

A photograph of a traditional Bhutanese monastery courtyard. The building features ornate wooden balconies with intricate carvings and colorful decorations. Two monks in bright red robes are walking away from the camera in the center of the courtyard. The scene is set against a backdrop of lush green trees and a clear sky.

Discover Bhutan

The Kingdom of Happiness
April 8-18, 2026

Trip Highlights

We invite you to join us as we explore the beauty and harmony of Bhutan, home to some of the world's most pristine, wild, and sacred places.

11-Day Adventure in Bhutan

April 8-18, 2026

Small Group Retreat - Limited to 8-15 Guests

- Hike to the sacred **Tiger's Nest Monastery**, perched on the cliffs above the Paro Valley
- Learn about **Gross National Happiness** from local experts
- **Connect in intimate settings** with artisans, monks, weavers, and educators
- Explore UNESCO sites, Himalayan passes, and **vibrant Bhutanese culture**
- Feel the connection to yourself and the earth through **meditation & sound healing ceremonies**

Where is Bhutan



Your Invitation to Adventure

Join us as we explore Bhutan's traditions, strong sense of community, and social cohesion. Together, we'll discover the rich heritage underscoring the Kingdom of Happiness, forming a deep connection to the culture, each other, and ourselves.

This journey is for you if you seek:

- ✓ **Natural Beauty:** Admire the protected lands and biodiversity, from the snowcapped Himalayan ranges to the lush landscapes of the valleys
- ✓ **Spiritual Wellbeing:** Deeply rooted in a strong sense of community and Buddhist philosophy, spirituality plays a central role in Bhutanese society
- ✓ **Mindfulness:** Carefully preserving its traditions, Bhutan's unique cultural identity centers inner peace and compassion as a way of life

I'm thrilled to be exploring the last remaining Himalayan kingdom. Together, we'll visit sacred monasteries, hike through stunning mountain vistas, and sip tea with local artisans. I can't wait to discover Bhutan's rich cultural tapestry with you.



Embracing Ethical Travel

We curate our journeys for the curious and conscious traveler. Each trip support connection—to yourself, to the communities we're visting, and to the inclusive values that sustain our world.

As we explore the world together, our small groups participate in communitiy activites to deepen our understanding of new cultures while supporting local development and sustainability.

As a socially-responsible, woman-owned business, we partner with AltruVistas to ensure this community spirit is reflected in every adventure. We support community reinvestment through donations and purchase carbon off-sets to mitigate the effects of our travel program on the environment.



Traveler Testimonials

Erin, with you I experienced not only the stunning Himalayas together with a group of hearty women, you also opened my mind in sharing your way of life. I'll never forget those magical moments!



Hilde L.
Nepal



Sue P.
Kenya &
Tanzania

Hiking Mt. Kilimanjaro was an epic adventure—from the 7-day climb to the celebration afterwards, Erin and I shared memories I'll never forget!



Matthias Z.
Maldives &
Thailand

Erin is all about ethical travel. Not just donations, but visiting local communities to gain a deeper understanding and appreciation for their culture.



Vasavi
China, Mongolia
& Russia

Erin and I traveled together on the Trans-Siberian Railway. We enjoyed every moment - whether it was navigating unfamiliar cities, trying local food, or simply sharing stories late into the night on our long epic train journeys. It was an unforgettable experience with a kindred spirit.

Daily Itinerary

Day
1

Wednesday, April 8
**Arrival in Paro & Welcome
Reception & Dinner**

Kuzuzangpo La—Welcome to Bhutan! You'll be met at the airport by our local representative before settling into our mountain-view hotel. In the evening, we gather for a **Welcome Reception and Dinner** in the historic town of Paro, a town nestled in scenic beauty and filled with color and culture.

Meals: Welcome Reception, Dinner



Thursday, April 9
Meditation & Markets in Paro

Day
2

The day starts with a **guided circle + monk-led** meditation, followed by a visit to the **National Museum**. Housed in a ta dzong (watchtower) built in 1649, museum features historical and cultural artefacts that capture the diversity of Bhutan's history including thangka paintings, sculptures, and costumes. After lunch we head to Paro's traditional market for an introduction to Bhutan's unique local products. We return to the hotel in time for a spa treatment before dinner.

Meals: Breakfast, Lunch, Dinner

Day
3

Friday, April 10
Magical Thimphu

We take the scenic drive to Bhutan's capital, **Thimphu**, a vibrant cultural center offering traditional Bhutanese culture and arts alongside modern developments. The city is home to various cultural landmarks, including the monastery **Tashichho Dzong** and the **National Chorten**, an iconic stupa built in memory of Bhutan's Third King.

The afternoon is spent visiting institutes of **traditional arts and medicine** learning practices that date back to the eighth century, such as acupuncture, herbal applications, and heat therapy. The day's outing culminates with a **meeting with local artists**. End the day with an optional **gong meditation healing**.

Meals: Breakfast, Lunch, Dinner



Saturday, April 11

Wildlife Preserve, Giant Buddha, & Gross National Happiness

Day
4

Your morning is free to **roam the capital** or relax with a spa treatment, such as a **hot-stone massage**. After lunch, we visit the **Royal Takin Preserve** to view Bhutan's national animal in this beautiful wildlife sanctuary. We also pay a visit to the **Great Buddha Dordenma**, a gigantic Buddha statue which houses more than 100,000 smaller statues inside. We wrap-up the day with a powerful session at the **Gross National Happiness Commission** to learn why more countries are following Bhutan's lead and measuring happiness in place of productivity.

Meals: Breakfast, Lunch, Dinner

Day
5

Sunday, April 12
Himalayan Views & Punakha Valley

After breakfast, we head into the mountains for a breathtaking view of the **Himalayan mountains**. Timing our visit for the peak of rhododendron season, we cross over **Dochula Pass** (10,100 ft) to witness the majesty of the panorama amid fluttering prayer flags. We stop for lunch in a village near **Chimi Lhakhang**, and to the cliff-hugging fertility temple called "**Divine Madman**," known for its conception and child naming ceremonies.

Meals: Breakfast, Lunch, Dinner



Monday, April 13
Punakha Dzong + Riverside Hike

Day
6

Our morning takes us to the gorgeous **Punakha Dzong**, considered one of Bhutan's historical and cultural gems, followed by a forested hike to the hills high above the **Punakha valley** where we enjoy a picnic lunch. Next, we visit **Khamsum Yulley Namgyal Chorten** with its golden spire, built as a magical tool to transmit peace and harmony for all the living beings. Our afternoon takes us to a local **vocational institute** empowering Bhutan's youth.

Meals: Breakfast, Lunch, Dinner

Day
7

Tuesday, April 12

Day Trip to Gangtey Gompa & the Picturesque Black Mountains

The day starts with a stunning drive to the **Phobjikha Valley**, home to black-necked cranes and timeless rural life. We have the opportunity to explore **Gangtey Gompa**, one of Bhutan's oldest monasteries and home to the Nyingmapa school of Tibetan Buddhism. The monastery is bounded by the 16,000-foot **Black Mountains** inhabited by nomadic shepherds and yak herders. The site also overlooks the magnificent glacial valley and rivers below.

Meals: Breakfast, Lunch (Dinner on your own)



Wednesday, April 15

Return to Thimphu & Learn about Textile Traditions

Day
8

We take the day to journey back to Thimphu, where we dive into Bhutan's vibrant weaving culture. Visiting the **National Textile Museum**, we learn about the traditional Bhutanese craft of weaving and embroidery and have the opportunity to **meet local women artisans**. That evening we delve into the local cuisine with a **hands-on Bhutanese cooking class**, discovering the unique techniques and flavors that sets the country's cuisine apart.

Meals: Breakfast, Lunch, Dinner



Day
9

Thursday, April 16
**Return to Paro + Learn about
Environmental Sustainability**

As we return to Paro, we visit the ancient **Kyichu Lhakhang monastery Paro Dzong**. The site of the movie *Little Buddha*, it is believed that by paying homage at the temple the faithful can attain Nirvana. Later in the day, we are joined by a local sustainability expert for a fascinating conversation on **Bhutan's environmental leadership**. End the day with an optional hot stone bath.

Meals: Breakfast, Lunch (Dinner on your own)



Friday, April 17
Hike the Tiger's Nest + Farewell Dinner

Day
10

Our final full day in Bhutan is one of wonder. We'll hike (at your own pace) to the iconic **Tiger's Nest Monastery**, an interconnected temple complex carved into the rock. The hike is four miles round-trip with a steep climb to the sanctuary perched on a sheer cliff more than 10,000 feet up. In the evening, we'll celebrate together with a private **mask dance performance + farewell dinner** from this remarkable land.

Meals: Breakfast, Lunch, Dinner

Day
11

Saturday, April 18
Departure from Paro

Time to say goodbye to each other and this magical land. I'm confident you'll leave with not only lifelong friendships, but also greater inner peace and inspiration.

Meals: Breakfast



Price:

Shared Room	\$7,225
Single Supplement	\$1,400 (limited quantity)
Deposit	\$725
Full Payment	February 8, 2026 (60 days prior to departure)

Included:

- 10 Nights of Accommodations in 4-Star Boutique Hotels
- Mandatory Bhutan Government Tourist Fee (\$100/day)
- Bhutan travel visa
- All in-country transportation
- Welcome Reception & Farewell Dinner
- All meals (except 2 dinners)
- English-speaking Bhutanese guides
- Private audience with local experts and NGOs
- All park, monastery, and museum entry fees
- All gratuities for meals, drivers, and guides
- Bottled water
- Two Pre-Trip Online Meet Ups: one for general questions; one for confirmed travelers

Not Included:

- International airfare to and from Bhutan
- Travel insurance



Additional Information

Weather

April is considered the best time to visit Bhutan. With temperatures ranging from 45 to 68° F (7 to 20° C). Skies are generally clear in April, meaning you're likely to be treated to good mountain views.

Fitness

We have many hikes planned, some at higher altitude. The longest hike is between 5-7 hours, so a reasonable level of fitness is required.

Dress

It is important to pack clothes that you can layer and be prepared for cool evenings. While visiting temples and religious monuments we ask that you dress modestly.

Visas


All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements.

Payments

A deposit is required to book this trip. If you need to cancel before final payment, you can apply the deposit to a future Nomad Life Adventure, pass it on to a friend, or donate it. Final payment is due 60 days prior to departure.



Contact:

If you have questions, feel free to contact me directly at  Erin@YourNomadLife.com.

*Join us for an
adventure of a lifetime*

**Reserve your
spot today.**

This intimate retreat is
capped at 15 people and
will sell out.

