JOURNEYS

OF THE SPIRIT



Bhutan with Cally 6 - 19 May 2027

"Bhutan is the crossroad upon which your spirit meets your physical world, and asks you to reflect upon what is really true for you. If you allow the intrinsic spirit of Bhutan to reach deep within your soul, you will find a peace and joy that lives within you.
All you have to do is be there with the people and country to touch this inner sanctum"

"Bhutan is more than just the prayer flags and pray wheels, it is the heartbeat of a time lost to the Western World. A heartbeat that renews itself every time you spin a prayer wheel or fly a prayer flag. Bhutan takes you on a journey within. All you have to do is be there."
Julianne, November 2011







Imagine a kingdom where happiness is paramount, where culture and tradition remain intact and where Buddhism has predominated since the 7th century

This country is Bhutan, the 'Land of the Thunder Dragon'. Step inside a mystical kingdom floating high amongst the clouds in the Himalayas, a place often romantically referred to as the Last Shangri-la.

This journey takes you on a magical journey across the Western provinces and gently weaves through the central Bumthang region of the Drukpa people to follow the trail of Guru Rinpoche, or Padmasambhava, the revered saint who bought Buddhism to Bhutan.

As we head east we will journey alongside the rushing rivers that snake through the valleys of Paro, Thimphu and Wangdue. There is plenty of time to rest and explore in the local villages and mingle with the people that live there. Discover fertile rice paddies, verdant valleys, lush forests, magnificent mountains and pristine rivers that comprise this magical land.

We will venture to central Bhutan region with an opportunity to explore the remote and ancient monasteries and temples. We will have the chance to meet and chat to monks and the caretakers of these precious sites and make offerings to local deities.

On returning to the Western provinces we will also explore the Punakha Dzong, the winter residence of the Je Khempo, who is the head of the Bhutanese monk body.

Before leaving Bhutan we take a day hike to the famous Tiger's Nest Monastery, perched high on a cliff above Paro Valley, to hang prayer flags, to seek blessings and to be present to one of the most extraordinary energetic sites on our planet.

Your 14 day itinerary

Day 1 6 May

Arrival in Bhutan



Fly into Paro and experience breathtaking views of the Himalayan peaks as you descend into this remote land. On arrival in Paro we will be met by Nidup our local Bhutanese guide and one of the most experienced in the country. After a cup of tea to take in the sights and sounds of Paro, we will journey to the 8th Century Kichu Lhakang one of the oldest and most beautiful temples in Bhutan. It is very special Lhakang to visit first on our journey. You can circumambulate the building and spin the numerous prayer wheels around the building. After lunch in Paro you will drive to settle into your hotel.

Overnight in City Heritage Hotel, Thimphu | Meals - Lunch & Dinner

Day 2 7 May

Tango Monastery

In the morning you will head toward Thimphu and skirt the city to head toward Tango Monastery. Walk through beautiful forest and on the way up stop to hang your own prayer flags, sending out a special prayer for whatever you wish! At the top, tour this working monastery and get an insiders view to a day in the life of a Bhutanese monk. If in residence on the day, there may be an opportunity for those interested to seek a private audience with a Trulku or High Lama and receive a blessing!

Overnight in City Heritage Hotel, Thimphu | Meals – Breakfast, Lunch and Dinner

Day 3 8 May

Thimphu



After breakfast, you will spend time experiencing local attractions, wander through bookshops and handicraft boutiques and get a feel for the city. Attractions include the Textile Museum featuring masterpieces and exquisite hand painted Thangkhas from the Royal family of Bhutan; the papermaking factory; and the Traditional Medicines Hospital, an indigenous hospital specializing in Tibetan herbal medicine.

Overnight in City Heritage Hotel, Thimphu
Meals – Breakfast, Lunch and Dinner

Day 4 9 May

Onwards to Punakha



Depart Thimphu and cross Dochu-la Pass at 3,140 meters and on a clear day enjoy a spectacular view of the Eastern Himalayan mountain range. You will visit the 108 Chortens which were built recently by the 4th King's first wife. It is a truly serene place. Spend time at the recently built Lhakang and light a butter lamp for world peace. Travel by vehicle beside the remarkable Wangdue River and be mesmerised by the glorious light blue glacial water as it reflects off the soft white sands along the shoreline. The colour of the water is amazing and is proof alone that it is one of the cleanest rivers in the world. Arrive into the spectacular spiritual capital town of Punakha.

Overnight at Hotel Lobesa, Punakha | Meals – Breakfast, lunch and Dinner

Day 5 10 May

Punakha Dzong

Visit the breathtaking Punakha Dzong (meaning fortress). Punakha is the ancient capital of Bhutan and the winter residence of the Head Abbott or chief monk of Bhutan. The Dzong lies between two rushing rivers, the Mochu and Pochu or male and female rivers and was built in 1637 AD. It is one of the most dramatic looking buildings in Bhutan. Spend the afternoon resting and relaxing at your lovely hotel.



Overnight at Hotel Lobesa, Punakha
Meals – Breakfast, lunch and Dinner

Day 6 11 May

Khamsum Yuelley Namgyal Chorten



In the morning you will take a lovely walk to the Khamsum Yuelley Namgyal Chorten built in 1999 to protect the country and to spiritually support the reign of the 5th King of Bhutan. It will be a stunning walk through paddy fields, alongside a babbling brook and up a hillock to reach the Chorten. Inside the Chorten the walls are adorned with beautiful iconography of the Nyingmapa Buddhist tradition. In the afternoon, spend some time resting and relaxing at your hotel.

Overnight in Hotel Lobesa, Punakha | Meals – Breakfast, Lunch and Dinner

Day 7 12 May

Travelling eastward to Bumthang



Today is a big travelling day in our vehicle as we head eastward to Bumthang. We make a major stop in the Trongsa – the first capital of Bhutan. You will visit the Trongsa Dzong (or watchtower) which hosts one of the finest museums in Bhutan. It is an exquisite showcase of the history and spiritual significance of Bhutan. There will be plenty of rest stops to capture the stunning scenery and opportunities to mix with locals along the way. Dine on food unique to the Central Bhutan region and sample the local ara (rice wine). Enjoy an evening of local hospitality.

Overnight in Jakar Village Lodge, Bumthang | Meals – Breakfast, Lunch and Dinner

Day 8 13 May

Visit Ura Valley

Bumthang is the cultural and spiritual centre of Bhutan, so here is where we can rest and soak up some of the true essence of Bhutanese religious culture. Today you will visit the quaint Ura village in one of the most picturesque valleys in Bumthang. Often considered Switzerland within Bhutan, we will visit some of our friends whom we have connected with on our past journeys. Along the way to Ura we will visit the sacred Membar Tso or 'Burning Lake' a significant spiritual experience where according to Buddhist belief, the famous Pema Lingpa, the revered treasure seeker, found ancient treasures and teachings hidden by Guru Rinpoche.



Overnight in Jakar Village Lodge, Bumthang | Meals – Breakfast, Lunch and Dinner

Day 9 14 May

Sacred Sites of Guru Rinpoche



Today we will explore another aspect of the Bumthang region and hear stories about the famous Guru Rinpoche, the revered saint who bought Buddhism to Bhutan. Today we walk to the three most auspicious temples that were significant to Padmasambhava (Guru Rinpoche). One of them is Jambay Lhakang, which was built on the same day as 108 other Lhakangs throughout Tibet and Bhutan and was restored by both Guru Rinpoche and Bhutan's first King, making it one of Bhutan's most sacred temples. Our walk takes us through tiny villages, farmlands and we enjoy meeting monks and locals along the way.

Overnight in Jakar Village Lodge, Bumthang | Meals – Breakfast, Lunch and Dinner

Day 10

15 May

Travel to Punakha

Our time travelling to Punakha is under the directive of our great guide Nidup. There may be a festival to experience, or a visit to the Royal Palace for the flag changing ceremony. Whatever you experience here is very special.

Overnight in Hotel Lobesa, Punakha | Meals – Breakfast, Lunch and Dinner

Day 11

16 May

Paro

Spend these few days in Paro exploring the lovely Western Paro valley. We have many options for when we are in this region, so be open to surprises!



We will visit the Paro Dzong and also the opportunity to leisurely watch the villagers play an archery game at the central Paro archery grounds. Archery is the National sport in Bhutan.

Overnight in Khangkhu Resort, Paro | Meals – Breakfast, Lunch and Dinner

Day 12

17 May

Paro

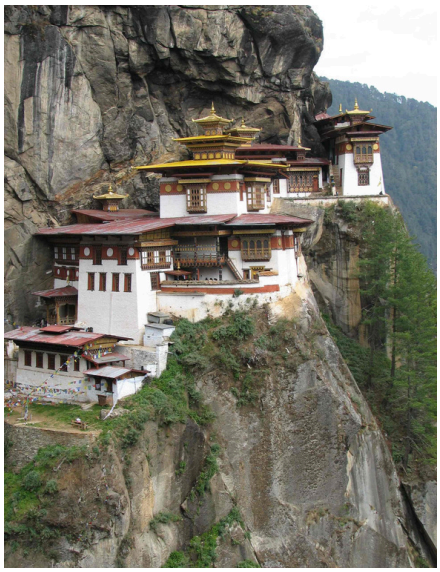
Maybe a gentle walk today in the forest surrounding the Talkin sanctuary. The Talkin is a unique animal only found in Bhutan and legend has it it is a combination of a cow and a goat....but I will leave that to Nidup to explain. There are many hidden surprises with Bhutan and I wouldn't want to share them all before you get there!

Overnight in Khangkhu Resort, Paro | Meals – Breakfast, Lunch and Dinner



Day 13 18 May

Hike to Taktsang



On your second last day in Bhutan, our piece de resistance is a walk up to Tigers Nest Monastery – a immersion of the senses you will never forget! Taktsang Monastery is the most famous monastery in Bhutan and is perched on the side of a cliff 900m above the Paro Valley. In Buddhism it is said that Guru Rinpoche flew here on the back of a tigress, and meditated at this place and so the monastery is called "Tiger's Nest" (Taktsang). It is a sacred place of pilgrimage which Bhutanese people try to visit at least once in their lifetime. Rise early like the monks to visit this spectacular monastery before anyone else arrives. Spend the afternoon resting at the hotel or perhaps a Hot Stone Bath to rejuvenate your walking legs, or just absorbing your last few hours in Bhutan in the beautiful grounds of our resort.

Overnight in Khangkhu Resort, Paro
| Meals – Breakfast, Lunch and Dinner

Day 14 19 May

Depart Bhutan



Maybe you can have a morning walk before breakfast, or just spend some peaceful time in meditation with views of the valley. Our flight leaves for Bangkok mid morning.

Meals – Breakfast

Important Note:

Whilst every effort is made to adhere to this itinerary, please keep in mind that this is a spiritual journey in a remote Himalayan kingdom. There may be changes to this itinerary - from the hotels we use, to the places we visit & the people we meet along the way. Your guide, Nidup is an extraordinary man who will make available to us the festivals, special events and exclusive opportunities that are generally known only to locals.

Journeys of the Spirit believes that when we immerse ourselves into the essence of this sacred culture, magical things happen. Always top of mind is to ensure you experience the authentic nature of this extraordinary kingdom and we ask of you to be open to the magic of the situations tat present themselves.
Tashi delek

About your Guide
Cally Jennings

Cally loves to explore new places and learn about different cultures & lifestyles fuelling her passion for life, personal growth and renewing her perspective on things. She fosters deep gratitude for her family, friends and the opportunities in her life.

Her passions include travelling, connecting with nature, reading, tennis, golf, scuba diving and spending time with loved ones. She was born in Zambia, raised in South Africa, and moved to Australia at 19. Her affinity with the earth and wild animals is ever-present and being outside in nature is where she feels most grounded.

Cally brings a supportive space for you to be yourself. A safe space for you to share your truths & vulnerabilities allowing you to learn, grow & evolve as an individual.

Her skills are wide having run a successful business for 17 years, being a single Mum, and more recently a care-giver to her husband with early-onset dementia. She is reliable, attentive, empathetic, compassionate, supportive and has a wicked sense of humour!



Bhutan prices & inclusions

6 May - 19 May 2027

USD $7700 twin share/ double per person

Single supplement + USD $300

Your journey includes ...

- 13 nights accommodation in 3 – 4 star local guesthouse style hotels. Your own room with private facilities
- All meals – organic fresh produce – a delightful aspect to travelling throughout Bhutan
- Transfers and transport in our own minibus
- Our wonderfully experienced English speaking local guide Nidup for the entire journey
- Return economy international airfare Bangkok / Paro (capital of Bhutan) / Bangkok
- All visa fees
- All entrance fees to museums, institutes and parks
- Guided from Bangkok by Cally Jennings
- All prices for Bhutan are quoted are in US Dollars.

This cost excludes:

- Airfare to Bangkok & overnight airport hotel
- Gratuities
- Souvenir costs & any other items of a personal nature





Booking Form

Bhutan with Cally 6 – 19 May 2027

SURNAME _____ & FIRST NAME AS PER PASSPORT _____

NAME YOU LIKED TO BE CALLED _____

ADDRESS _____

_____

PHONE CONTACTS: MOBILE _____ Do you have FaceTime? _____

EMAIL: _____

DEPARTURE DATE: _____ FROM (CITY): _____

SINGLE ROOMS THROUGHOUT ☐ or TWIN SHARE / DOUBLE ☐

COST USD$ _____

FLIGHTS TO BANGKOK TO BE ORGANISED BY YOURSELF _____ OR IF YOU NEED ASSISTANCE _____

TRAVEL INSURANCE POLICY ISSUED _____ OR QUOTE REQUIRED _____

PASSPORT NATIONALITY _____ PASSPORT NUMBER _____

EXPIRY DATE _____ DATE OF BIRTH _____

ANY DIETARY ALLERGIES: _____

MEDICAL CONDITIONS WE NEED TO BE AWARE OF: _____

_____

EMERGENCY CONTACT – NAME _____ PHONE NUMBER _____

NON-REFUNDABLE DEPOSIT – USD $2000 PER PERSON DUE WITHIN 7 DAYS OF BOOKING
(Please refer to your Terms and Conditions for payment options) PAID _____

FINAL BALANCE – DUE ON OR BEFORE THE 5 **MARCH 2027** PAID _____

HOW DID YOU HEAR ABOUT US? _____

☐ I have read, understood and agree to the attached Terms & Conditions for my Journeys of the Spirit Retreat

Signature _____ Date _____

Email your booking form to juliejourneys@outlook.com or text a photograph to Julie Baker at 042 77 66 716

Journeys of the Spirit Terms & Conditions

Bookings:

All reservations can be made directly to **Journeys of the Spirit** by:

Phone/SMS/WhatsApp/FaceTime:

Australia: 0427 766 716 **International:** +61 427 766 716

Email: juliejourneys@outlook.com

Web: www.journeysofthespirit.com.au

To assist us in fulfilling your requirements efficiently, please provide us with the following details for each person on your completed and signed Booking Form:

¨ Your passport details – nationality, number, expiry date

¨ Your surname and first name **exactly** as per your Passport

¨ Date of birth

¨ Any special requirements ie special dietary meals, medical conditions and any other details we need to be aware of.

Deposits

A non-refundable per person deposit, as stated on your Booking Form, is required within 7 days of booking to secure your reservation.

Final Balance

Due 8 weeks prior to your Journeys of the Spirit retreat departure, or as otherwise specified in your confirmation letter.

Payment

Payments can be made by cash, direct credit/EFT into our Trust account. We do not accept credit card. *Payment plans are available.*

Australian Bank Account details:

BSB: 016 376 Account: 298625571

Name: Journeys of the Spirit Pty Ltd Trust account

SWIFT code: ANZBAU3M ANZ Bank Kardinya, Western Australia

Please put your surname and trip / date as the reference and advise us via email or SMS of your receipt number.

Travel Insurance

It is a mandatory condition of booking any Journeys of the Spirit holiday that you are adequately insured for the duration of your journey. In some instances, credit card insurance may not be adequate coverage for some destinations.

Prices and itineraries are subject to change without notice due to weather, political and social unrest, currency fluctuations and any other unforeseen circumstances. If these arise, the Journeys of the Spirit journey/retreat may be affected.

Share Twin and Single Occupancy

All accommodation is provided on a single occupancy basis except for couples. Due to the personal & reflective nature of our spiritual journeys, we do not match up individuals for shared accommodation. Unless on special request only at the time of booking and paying your deposit. If twin share is confirmed to you in writing for two people but one person does cancel at any time before the retreat, the booking returns to a single occupancy cost for the remaining person.

Cancellation Policy

Time	**Cancellation Fee**
Deposit paid & prior to full payment	Full deposit
After full payment and more than 42 days prior to departure	Deposit + USD $800 per person + any ground operator/supplier cancellation charges
Less than 42 days prior to departure	100% cancellation fee per person

Refunds

No refund is available for cancellations or amendments after the journey/ retreat has commenced, or in respect of any transportation, accommodation, meals, treatments or any other services not utilized. Please contact your Travel Insurance company regarding your insurance claim.

Journeys of the Spirit Pty Ltd and its agents act only as an agent for passengers in all matters relating to accommodation, transport, sightseeing, tours, restaurants, guides services, spa and retreat facilities and its facilitators, and shall not be liable for any accident, illness, disease, death, irregularity, injury, loss or damage caused by or arising out of services offered by Journeys of the Spirit Pty Ltd.

JOURNEYS
OF THE SPIRIT

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Current as at 25 October 2026.