LUXURY GUIDE 2026 | LUXURY HOTEL & TRAVEL

Things to Do in Bhutan – Luxury Edition 2026

A Journey Through Culture, Nature, and Mindful Living

The Kingdom of Bhutan offers far more than breathtaking Himalayan landscapes. Here, travel becomes a deeply enriching experience — one that gently invites visitors to slow down, connect with local traditions, and embrace a more mindful way of living. From spiritual encounters to cultural immersion, each moment reveals the true soul of the Dragon Kingdom.



1. Wear the Traditional Kira

One of the most meaningful ways to connect with Bhutanese culture is by wearing the *Kira*, the elegant traditional dress worn by women. Draped gracefully and secured with ornate brooches, it reflects the timeless beauty of Bhutanese heritage, allowing visitors to participate respectfully in local customs — particularly when visiting temples or attending special ceremonies.



2. Savor Authentic Bhutanese Cuisine

Bhutanese cuisine is hearty, comforting, and rich in flavor. A must-try is *Ema Datshi*, the national dish made with chili peppers and local cheese. Meals often feature red rice, seasonal vegetables, and slow-cooked stews that reflect the country's deep agricultural roots.



3. Taste Local Beverages: Ara, Beer, and Wine

Bhutan offers a variety of traditional drinks. *Ara*, a locally distilled spirit made from rice or maize, is often served warm during celebrations. Visitors can also enjoy locally brewed beers and emerging Bhutanese wines, offering a taste of the country's evolving culinary culture.



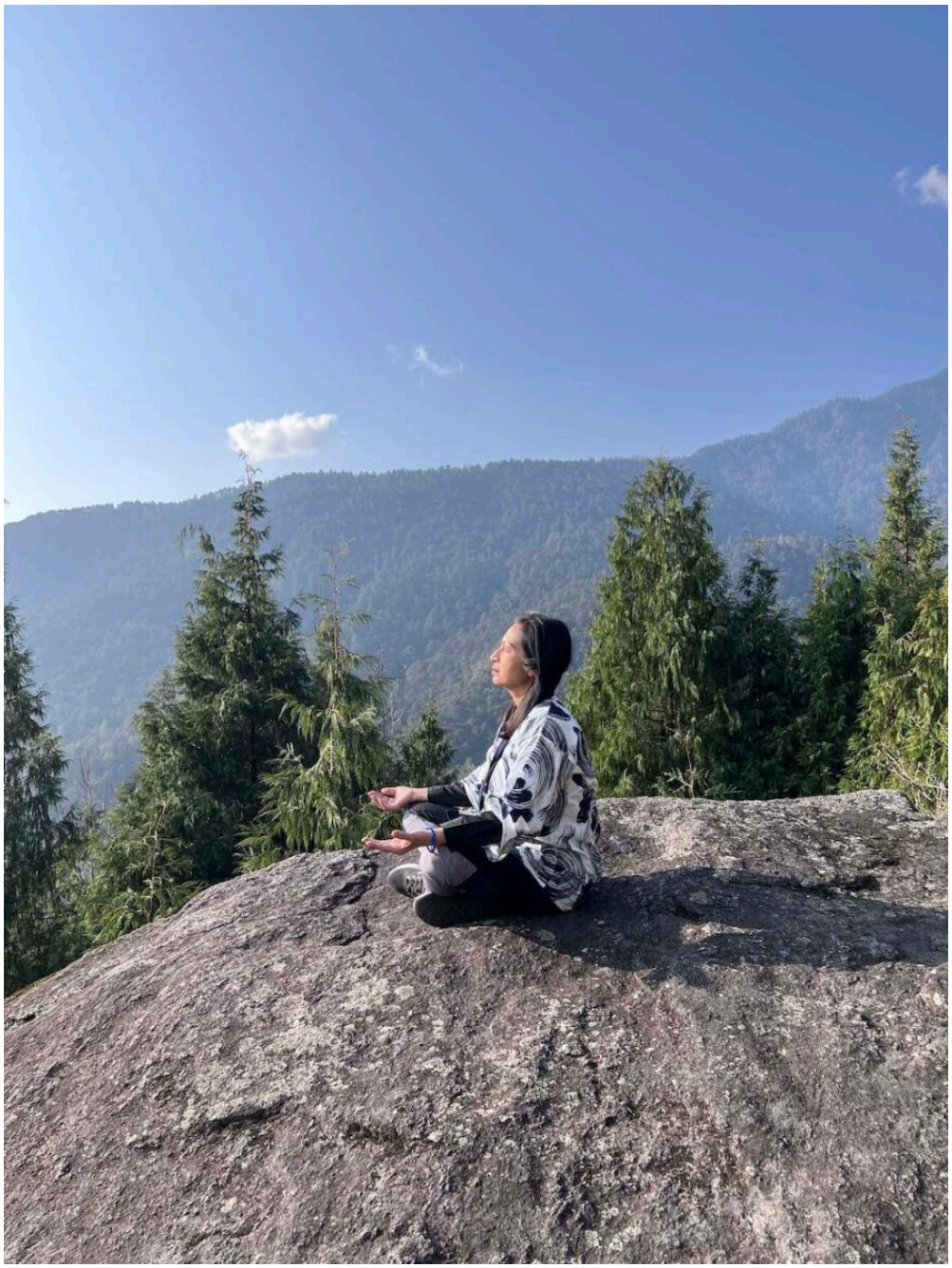
4. Enjoy Tea Anytime

Tea culture in Bhutan is wonderfully relaxed. Throughout the day, locals gather over butter tea or herbal infusions. Whether in a monastery courtyard or a village home, sharing tea becomes a quiet moment of connection and hospitality.



5. Experience Bhutan's National Sport

Archery is Bhutan's beloved national sport. At local archery grounds, teams dressed in traditional attire compete with remarkable precision, while singing and cheering between rounds. It is as much a social celebration as it is a sporting event.



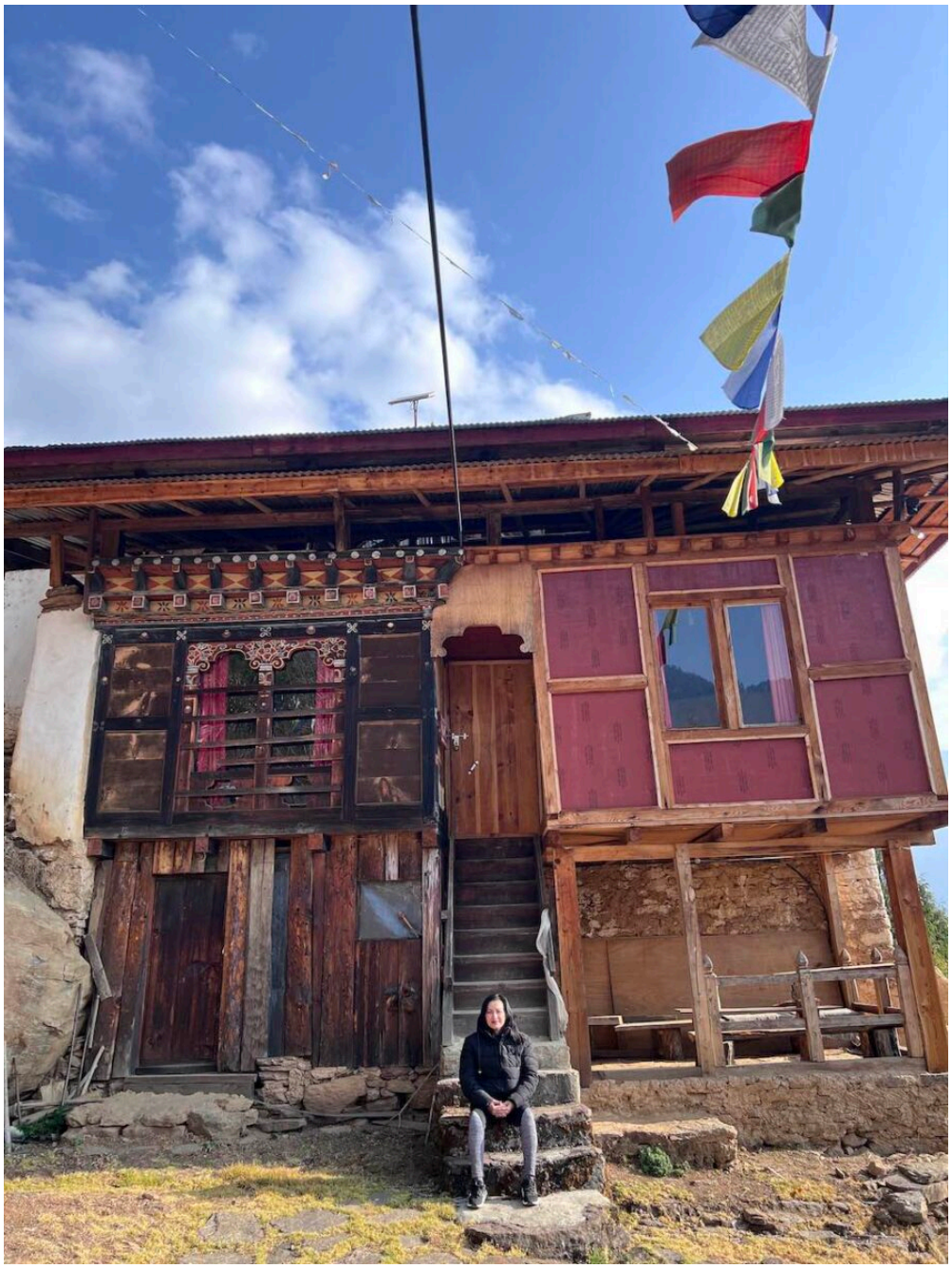
6. Embrace Mindful Slow Travel

Bhutan invites travelers to slow down. Rather than rushing from one destination to another, allow time to pause, breathe in the mountain air, and absorb the rhythm of Himalayan life. This philosophy aligns beautifully with the country's guiding principle of Gross National Happiness.



7. Join Local Community Events

Festivals and village gatherings are vibrant expressions of Bhutanese culture. When possible, join local communities during religious ceremonies or seasonal celebrations, where sacred masked dances and ancient rituals have been preserved for centuries.



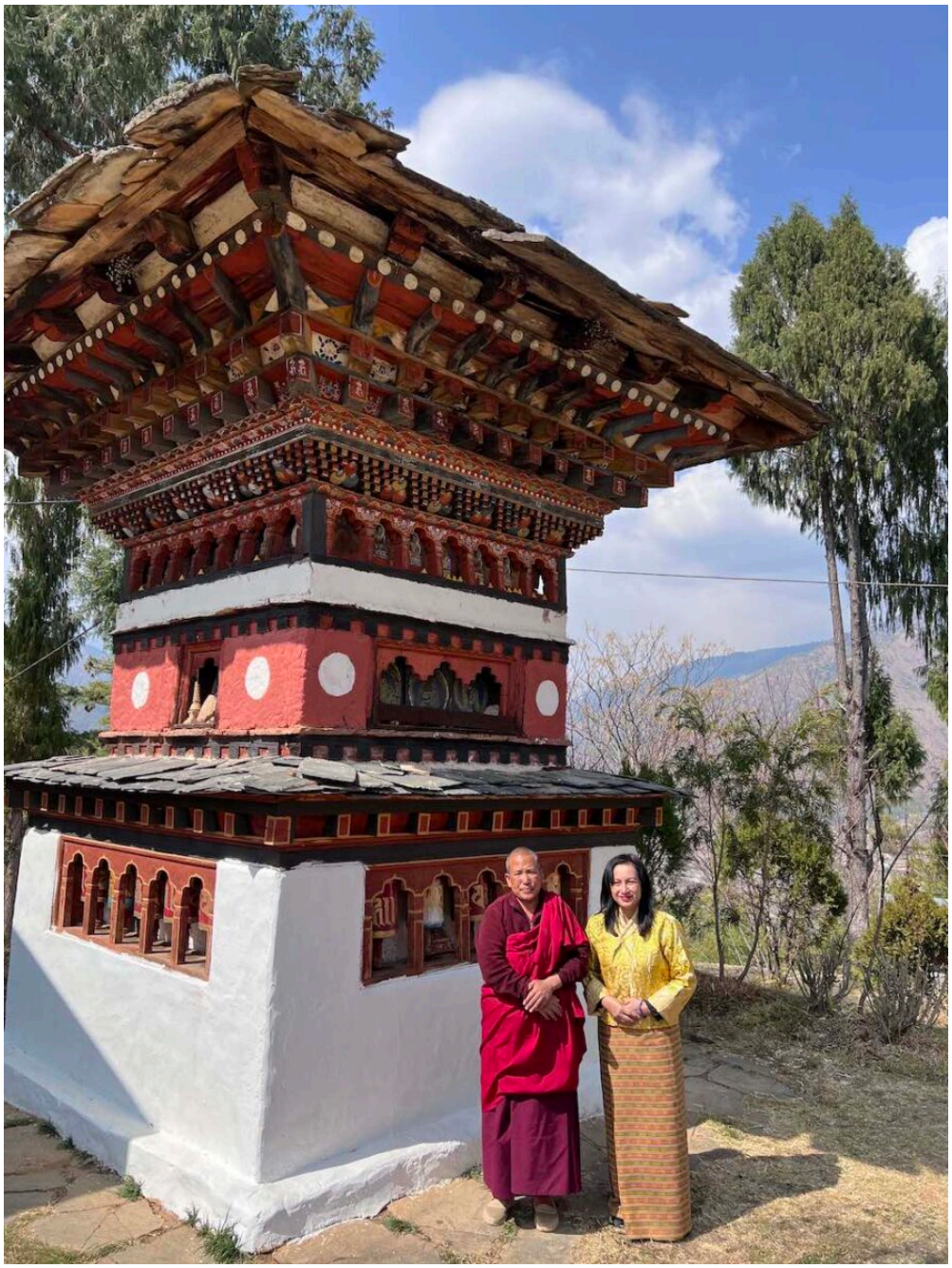
8. Trek Through the Himalayas

Bhutan is a paradise for trekkers. Trails wind through pristine forests, alpine meadows, and high mountain passes, offering extraordinary views of the eastern Himalayas. Whether a gentle valley walk or a multi-day expedition, trekking reveals the country's untouched natural beauty.



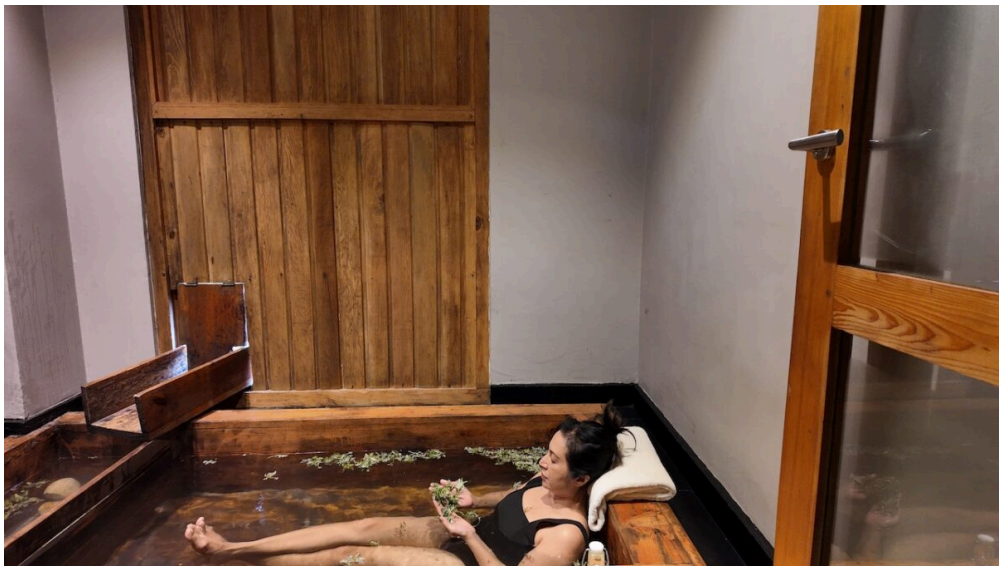
9. Visit Sacred Monasteries

Monasteries lie at the spiritual heart of Bhutanese life. A visit to iconic sites such as *Kyichu Lhakhang* and *Paro Taktsang*—dramatically perched on a cliffside above the Paro Valley—offers one of the most profound and memorable experiences in the country.



10. Discover Peaceful Nunneries

Nunneries offer a quieter yet equally meaningful glimpse into Bhutan's spiritual world. Here, devoted Buddhist nuns live and study in serene environments, surrounded by prayer flags and sweeping mountain views.



11. Relax in a Traditional Hot Stone Bath

After a day of hiking or exploration, a Bhutanese hot stone bath provides deep relaxation. River stones, heated over fire, are placed into wooden tubs filled with herbal water, releasing minerals believed to soothe muscles and improve circulation.



12. Explore Bhutan's Bird & Mountain Wildlife Trails

Bhutan is one of the world's most remarkable destinations for birdwatching and highland wildlife encounters. Along forest trails and across alpine valleys, you may spot rare bird species alongside iconic Himalayan animals such as yaks grazing peacefully in open pastures. From vibrant birdlife hidden within lush forests to the quiet presence of mountain wildlife, these landscapes offer a rich, immersive experience—making Bhutan a true paradise for nature lovers and photographers alike.



13. Discover Bhutan's Museums & Art Scene

For a deeper understanding of Bhutan's heritage, visit the National Museum of Bhutan and National Textile Museum, along with local art galleries. From sacred artifacts and thangka paintings to intricate textiles and contemporary works, these spaces offer a refined glimpse into Bhutan's cultural and creative identity.



14. Stay Connected, Mindfully

Bhutan gracefully blends tradition with modern convenience. Visitors can easily purchase local SIM cards at the airport after collecting luggage, with both major providers offering similar packages and reliable coverage—even in remote valleys. Digital payments are also increasingly common, with mobile banking platforms such as mBOB and Bhutan's QR systems making everyday transactions seamless.



15. Experience Local Farmhouse Life

Step into the heart of Bhutanese culture with a traditional farmhouse, where daily life unfolds at a gentle, authentic pace. Share home-cooked meals, learn age-old customs, and connect with local families surrounded by serene valleys and nature—offering a meaningful glimpse into Bhutan's warm hospitality and simple way of living.



16. Practice Compassion — Sharing is Caring

If you feel inspired to support others, Bhutan offers many meaningful ways to give back—from small donations at monasteries to organisations such as the Bhutan Youth Development Fund, local nunneries, the Museums of Bhutan Building Fund.

You can also help protect Bhutan's cultural treasures for generations to come by contributing to the Building Fund via the link here. These simple acts of generosity support communities, preserve heritage, and leave you with a meaningful sense of purpose.



“Bhutan is not a destination to rush through. It is a place to experience slowly — where every encounter, whether with nature, culture, or spirituality, becomes part of a deeper journey within.”



Where to Stay

"**Taj'**s new resorts in **Paro** and **Gangtey** frame the valleys as a sublime theatre of nature. Here, cultural authenticity and pristine landscapes come together to create deeply meaningful experiences. Expansive floor-to-ceiling windows in every room ensure the view is always part of the stay, and our clients' response has been overwhelmingly positive — drawn to the rare combination of thoughtful design and immersive nature," said **Joni Herison**, Founder of **Druk Asia** and co-author of *Bhutan Travelog*.

One of the curated journeys by **Druk Asia**, featuring stays at both Taj resorts in Paro and Gangtey, can be explored here.



Travel notes:

Since 2010, **Druk Asia** has served as the General Sales Representative for Drukair for Royal Bhutan Airlines (Drukair). This enduring partnership symbolises commitment to making **Bhutan** accessible to travellers from across the globe, sharing in the wonder and magic of Bhutan.

DrukAsia specialises in customised tour packages organised through **SoulTrips**, a travel brand of Druk Asia. **SoulTrips** can apply for your visas, book accommodations, local transportation, flights, arrange for guided tours, and more to ensure a seamless and enriching travel experience.

DrukVana – Green Weaving Centre empowers Bhutanese women in children in preserving the traditional art of hand weaving and natural dyeing

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