

# Starseed Bhutan Adventure

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From Golden Buddhas to Thunder Dragons  
April 21-30, 2027

## A Preview of the Highlights

Our adventure begins in Bangkok, a threshold landing and integration before we rise into the Himalayas. From here, we fly into a kingdom unlike any other – a place where old ways of relating to the land still inform the present, held alongside the realities of a changing nation. Bhutan is a country that strives to measure happiness, protect its forests, honor its rivers, and live inside a cosmology that didn't forget. It is a rare thing in our world: a living lineage of listening.

We travel from the high passes of Thimphu to the fertile valleys of Punakha, moving through landscapes shaped by wind, water, and mountain guardians. Dzongs rise from river confluences, chortens crown ridgelines, and prayer flags carry intentions into the sky. Along the way, we meet artisans, monks, nuns, and astrologers – people whose daily lives are woven with devotion, craftsmanship, and care. Festivals unfold in bursts of color, valleys open into glacial bowls, and the rhythm of the land becomes the quiet undercurrent of our days.

In Gangtey, we step into one of Bhutan's most serene valleys, a wide glacial basin where black-necked cranes winter and mist lingers over ancient meadows. Here, the pace slows. Silence stretches. The land feels close. This is the pause before the ascent.

And then comes Tiger's Nest – Taktsang – the cliffside monastery that has called travelers for centuries. Eight caves, one monastery, and a divine lineage of elemental mastery. This is the heart of the adventure – a meeting of myth and mountain, a feminine lineage held in stone, a reminder that the Earth still speaks and that the world softens when we remember how to listen.

We return to Paro, a soft landing shaped by unfolding. Some arrive from the ascent to Tiger's Nest; others have spent the day in sovereign ease. By evening, we gather for our celebration dinner – marking our close to Bhutan. A morning of ease follows before our flight back to Bangkok. The adventure ends with the same spaciousness that opened it, yet what we carry home is different – perhaps a steadier center, a clearer horizon, and a spark that feels newly alive.

Join Althea Provost on Starseed Bhutan Adventure to explore a kingdom where nature, lineage, and happiness are thoughtfully considered.



**10 Days, 9 Nights**

**\$8,950** USD

# Starseed Bhutan Adventure

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## Itinerary

### Day 1 Welcome to Bangkok, Thailand

Suvarnabhumi International Airport (BKK). [Bangkok, Thailand](#). Wednesday, April 21st.

#### Arrival Day

Our Starseed Bhutan Adventure opens in Bangkok, Thailand, where you are personally greeted at the airbridge upon landing, escorted through fast-track immigration, assisted with luggage collection, and accompanied to our hotel transfer point – a seamless, concierge-level welcome designed to make your arrival effortless.

The Hyatt Regency Bangkok Sukhumvit, connected directly to the airport, is a hotel designed for travelers arriving from long international flights. The hotel features an outdoor pool for unwinding, an onsite spa for restorative treatments, and dining options, including their Market Café, where an international buffet breakfast brings together Asian, Western, and global flavors. Whether you want to rest, float, stretch, or simply breathe, everything you need is already in place.

Join us for our welcome dinner, scheduled at a time that allows the full group to come together comfortably.

**Included: Private Airport Transfer / Accommodation / Welcome Dinner & Orientation tba**

### Day 2 Bangkok Temples (Optional Experience)

Individual or Group exploration. [Bangkok, Thailand](#). Thursday, April 22<sup>nd</sup>

This morning opens with space - a beginning to ease into Thailand. After breakfast, the day unfolds at your own pace. Rest, enjoy the pool, visit the spa, or simply take time to settle into the time zone.

For those who feel ready to explore, an optional 7:30 a.m. excursion invites you to visit three of Bangkok's most iconic temples with our private guide and private, air-conditioned transfer. These temples are not only architectural landmarks but also living thresholds shaped by the same elemental guardianship found throughout the Himalayas. Nagas coil along balustrades and rooflines, protecting sacred spaces and marking the passage from the everyday world into the realm of the sacred. This continuity of serpent (Nagas) or dragon (Druk) guardianship creates a subtle bridge between Thailand and Bhutan, reminding us that the sacred is shared across cultures and landscapes.

Our first stop is Wat Traimit, home to the Golden Buddha. This five-ton figure of solid gold was once hidden beneath layers of plaster to protect it during times of conflict, only revealing its true form when the plaster cracked during a move in the 1950s. The story is simple yet profound: the sacred sometimes conceals itself until the moment of recognition arrives. Standing before the Golden Buddha, there is a sense of quiet radiance, a reminder that what is precious often waits beneath the surface.

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## Itinerary continued

We continue to Wat Pho, one of Bangkok's oldest temple complexes. Here, the Reclining Buddha stretches nearly the length of the hall, its expression serene and timeless. The surrounding courtyards are filled with beautifully tiled stupas and guardian figures, each representing elements and protective forces. Wat Pho has long been a center of healing and traditional medicine, and the atmosphere carries that lineage. It is a place where restoration and spiritual presence meet, offering a gentle counterpoint to the city's fast pace. And, should you choose to receive it, a blessing from a Thai monk is available before we depart.

Our final stop is the Grand Palace; a vast ceremonial complex built in 1782. The palace grounds are a mosaic of Thai, Khmer, and Sri Lankan influences, with gilded spires rising above manicured courtyards. Within this complex stands the Temple of the Emerald Buddha, one of Thailand's most revered icons. The figure is small, carved from a single piece of jade, yet it holds immense cultural and spiritual significance. Nagas appear again along gateways and rooflines, their presence echoing the serpent-beings who guard Bhutan's rivers and hidden valleys. The palace is immense, layered, and alive with symbolism, offering a glimpse into the heart of the Thai kingdom.

By early afternoon, around 2:00 p.m., we return to the hotel as the heat and crowds rise. The remainder of the day is yours to enjoy at your own pace. Many will choose a poolside lunch, a spa treatment, or quiet rest. Dinner is at the hotel this evening, allowing everyone to settle in early and prepare for tomorrow's early morning flight into Bhutan.

**Included: Breakfast / Accommodation / Optional Private Group Experience with Private Guide & Transport, and Entrance Fees, \$155.**

## Day 3 Welcome to the Kingdom of the Thunder Dragon

Group Exploration. [Thailand to Bhutan](#). [International Group Flights: BKK » PBH](#). Friday, April 23<sup>rd</sup>

We are entering a kingdom with a different relationship to the world – a place where mountains are considered alive, a cosmology not forgotten, and a country in relationship with the elemental world.

Bhutan is shaped by a different way of seeing: a country that strives to measure happiness, where mountains are understood to have guardians, and where the lineage of the Thunder Dragon King continues to influence the rhythm of daily life. This is a nation that strives to protect its forests, honor its rivers, and invests its visa fees back into environmental and cultural stewardship. A country building a mindfulness city, expanding hydroelectric power, and holding fast to the belief that people, land, and lineage matter. Bhutan invites visitors to slow down and notice – and we may feel that invitation as the plane begins its descent.

As soon as we land in Paro International Airport, our starseeds are met and privately escorted through arrival, welcomed with the warmth and ease that define Bhutanese hospitality. From this point forward, we are in the care of our dedicated guide and driver – not simply facilitators, but hosts, storytellers, and cultural interpreters. This is the beginning of a Bhutanese welcome that will follow us throughout our stay: attentive, unhurried, and rooted in a culture where hospitality is an expression of respect.

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## Itinerary continued

After arrival, we pause in Paro town for lunch or coffee depending on the flow of the day before beginning our drive toward Thimphu. Along the way we cross the Iron Suspension Bridge and wander the Centenary Farmer's Market, a lively stretch of produce, spices, and daily rhythms. Because we are arriving during the Rhododendron Festival, the hills are bright with color and the celebration becomes part of our welcome – a soft seasonal opening into the land.

Zhiwaling Ascent is a Michelin-recommended hotel that is entirely Bhutanese-owned, and there is a feeling of pride and care in every detail – expressed through quiet, thoughtful sustainability, where rainwater is recycled, sunlight is harnessed, and traditional Bhutanese design is carried forward with a modern, intentional touch. Their complementary approach is built into the experience itself, ensuring that what we need has already been anticipated, creating a welcoming place for us to arrive and begin our time in Bhutan.

### **Optional Astrology Session — A Gift From My Heart to Yours**

As evening settles, we gather for our first orientation in Bhutan – a gentle introduction to the cosmology that still shapes daily life here. We are visited by an astrologer from Pangri Zampa Monastery, Bhutan's Royal College of Astrology and the training ground for the country's astrologers. Pangri Zampa is a lineage site with nearly five centuries of history, founded under the patronage of Ngawang Chögyal of the Drukpa Kagyu tradition.

According to Bhutanese history, the Zhabdrung – the spiritual leader who unified Bhutan – dreamed of a large black raven flying toward the land. He followed it in the dream until it landed on a cypress tree at Pangri Zampa, recognizing the raven as Mahakala, the fierce protector deity. This omen guided him to establish his seat here, setting the spiritual and political axis of Bhutan into motion.

Inside the Zhabdrung's temple stands a statue of a mermaid representing Menmo, a water goddess and consort of Genyen Jagpa Melen, the guardian deity of Thimphu. Sky and water, raven and goddess – the elemental balance of Bhutan is alive in this lineage, and tonight we step gently into its field.

Our visiting astrologer is a practitioner within this tradition. He is trained in the same lineage that guides the timing of national rituals. He will sit with each guest individually, offering a personal reading based on your birth details (provided in advanced).

Tonight, you are invited to sit with him for an intimate personal reading.

During your reading, you will receive:

- your Bhutanese name,
- a traditional astrological interpretation, and
- a suggested color of prayer flag aligned with your intentions.

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## Itinerary continued

Tomorrow morning, we'll visit the local market where you can purchase your prayer flags. Later in the journey, our Bhutanese guide and driver will help you hoist them on a mountain pass or along a bridge, allowing your intentions to be carried by wind and water – the elements that shape Bhutan's spiritual landscape.

**Included: Breakfast, Lunch & Dinner / Private Airport Transfer & Transport Throughout Bhutan / Accommodation / International Flight from BKK to PBH / Entrance Fees & Specialized Guide / Astrology Session**

## Day 4 Thimphu: Where Leadership Blooms

Group Exploration. [Thimphu Valley, Bhutan](#). Saturday, April 24<sup>th</sup>

We begin to understand Bhutan not just through its landscapes, but through the evolution of its leadership. The fourth Dragon King inherited a country with almost no infrastructure; as Patrick French notes, “At the time of his own father’s coronation, in 1952, Bhutan had no bridges or roads, and two foreign guests... had to make a nine-day journey from northeastern India to Thimphu by mule.” Over the next three decades, he guided Bhutan into the modern era with unusual restraint and clarity. At 53, after a long and steady reign, he voluntarily stepped aside so his son could lead the country into a new generation. This deliberate, thoughtful handover – from a father who modernized Bhutan to a son now shaping its future – becomes the undercurrent of our day as we explore Thimphu and begin to see the country through its own eyes.

From the viewpoint overlooking Tashichho Dzong—the seat of the Dragon King—we begin to feel the presence of this lineage. The Dzong is not simply a fortress; it is the working heart of Bhutan’s governance, where tradition and modernity sit side by side. Its whitewashed walls and golden roofs reflect a monarchy that is widely respected and deeply intertwined with the nation’s identity. Standing here, we begin to sense how history and leadership shape daily life in Bhutan.

Each autumn, this very site becomes the center of one of Bhutan’s major festivals, when a sacred thangka—a large devotional painting—is unfurled before sunrise. It is said that simply standing before it can help cleanse past misdeeds, a reminder that in Bhutan, gathering and forgiveness are woven gently into daily life.

These thangkas come from the same artistic lineage taught in the country’s traditional art schools, where the National Institute of Zorig Chusum offers a rigorous four-to-six-year, hands-on apprenticeship with master artisans. For students who cannot afford the fees or meet the merit-based entry requirements of the Institute, places like Choki provide an essential pathway to learn these crafts and carry the lineage forward.

As the day unfolds, we travel through the Kabesa Valley toward the Choki Traditional Art School. The drive carries us past farmhouses, fields, and small villages, giving us a sense of daily life in the countryside. When we arrive, we step into a space where young artists are learning the traditional crafts that define Bhutanese

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## Itinerary continued

culture. Here, we're reminded that circumstance does not determine worth – talent, discipline, and potential are found everywhere, and Bhutan makes space for them with dignity and intention.

As we continue through the valley, we arrive at the [Rhododendron Festival](#) – a joyful, distinctly Bhutanese celebration of the country's wildflowers. The hillsides are bright with blooms, and the festival grounds feel like a gathering of families, monks, schoolchildren, and elders, all moving easily among food stalls, local crafts, and traditional performances. It's a reminder that for many in Bhutan, nature isn't scenery; it's a living part of community life, honored with the same gentleness and intention we've seen throughout the day.

Later, we visit the Takin Preserve, a conservation area dedicated to Bhutan's national animal. The takin, with its unusual mix of features, feels both mythical and grounded in the mountains around us. Spending time here offers a light, almost playful window into Bhutan's natural world, while also giving us a sense of the country's commitment to caring for its unique wildlife.

We return to Zhiwaling Ascent in the evening, carrying not just the impressions of the day, but a deeper understanding of Thimphu—its leadership, its values, and the thoughtful way this young king is guiding Bhutan forward.

**Included: Breakfast & Dinner / Accommodation / Transportation / Entrance fees & Private Guide**

## Day 5 Punakha: From High Passes to the Fertile Valley

Group Exploration. [Thimphu - Punakha Valley, Bhutan](#). Sunday, April 25<sup>th</sup>

Today, we depart Thimphu a little more aware. The drive to Punakha carries us eastward for two hours, rising steadily toward Dochula Pass 10,335 feet (3,150 meters). As the road climbs, the landscape opens into broad ridgelines where cloud, forest, and sky meet. This high-altitude realm is closely associated with Druk, the Thunder Dragon – Bhutan's national symbol, tied to wind, thunder, and the clarity of the mountains.

At the pass, the 108 chortens stand in quiet formation, honoring Bhutanese soldiers who lost their lives in service. On clear days, the snowcapped Himalayas appear in full view, a panorama that feels both vast and grounding. Nearby, meditation caves offer a glimpse into the contemplative traditions that have shaped this region for centuries.

From Dochula, the descent into Punakha shifts the elements around you. The terrain softens into river-fed valleys, terraced fields, and the gentle curves of the Pho Chhu and Mo Chhu rivers, which meet in a true confluence – a geographic feature that has shaped Punakha's agriculture, climate, and historical importance. In Himalayan cultural tradition, waterways are linked to Nāga, protective water spirits associated with fertility, rivers, and the unseen life within the land. Here, the imagery of Druk and Nāga coexists naturally: the dragon of the high passes and the serpent of the river valleys, sky and water, thunder and current.

Continuing toward the valley floor, we stop at the Lobesa Market, where vendors sell seasonal produce, local snacks, and everyday essentials that reveal the rhythms of rural life.

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## Itinerary continued

From Lobesa, a gentle twenty-minute walk leads through Sopsokha Village, often called the Phallus Village for its bold protective symbols, toward Chime Lhakhang, the Fertility Temple. Built in honor of the Divine Madman, the temple is known for its blessings of fertility, protection, and good fortune. The walk itself is part of the experience: fields, farmhouses, and the easy laughter of villagers who have long welcomed travelers along this path.

By late afternoon, we arrive in Punakha and settle into Tara Haven, a recently built riverside retreat designed for comfort and ease. The hotel offers a heated indoor pool for unwinding after the journey, along with an iconic spa dedicated to refreshing and re-energizing tired muscles. The rooms are calming and spacious, with a relaxing ambience that invites you to soften into the valley. Guests can enjoy great food and coffee at the in-house café and restaurant, or take in sweeping river views from the rooftop bar, where evenings unfold with signature drinks and ambient music. It is a gentle, comfortable pause – a moment of ease before we continue deeper into the highlands tomorrow.

**Included: Breakfast & Dinner / Accommodation / Transportation / Entrance Fees & Private Guide**

## Day 6 Punakha to Gangtey: From River Valleys to Glacial Meadows

Group Exploration. [Punakha Valley to Gangtey, Bhutan](#). Monday, April 26<sup>th</sup>

This morning begins with a gentle ascent through the Punakha countryside toward the trailhead for Khamsum Yulley Namgyel Stupa, a temple built to bring peace and harmony to the world. The walk is a leisurely thirty minutes, winding through terraced fields and small farmhouses. At the top, the stupa rises above the valley like a guardian, offering sweeping views of surrounding villages, the layered paddy fields, and the soft curves of the Mo Chhu River below. It's a moment of stillness and perspective – Punakha laid out in its full, fertile beauty.

Descending from the ridge, we continue to Punakha Dzong, the “Fortress of Great Bliss,” one of Bhutan's most iconic structures. Set at the confluence of the Pho Chhu and Mo Chhu rivers, the dzong feels both grand and serene – whitewashed walls, intricately carved windows, and courtyards filled with the scent of incense and polished wood. This is where Bhutan's kings were crowned, and where the country's spiritual and administrative histories intertwine.

From the dzong, we walk across the Iron Suspension Bridge, the longest in Bhutan at 160 meters. Prayer flags flutter in the wind as you cross, the river rushing far below. It's a simple but exhilarating moment – a reminder of how deeply the elements shape life in this valley.

Our final stop in Punakha is the Sangchhen Dorji Lhendrup Nunnery, perched high above the valley with panoramic views of both Punakha and Wangdue. The nunnery is peaceful, elegant, and welcoming. Many of the nuns speak English, and conversations here often become unexpected highlights – gentle exchanges

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## Itinerary continued

about daily life, study, and the rhythms of monastic practice. The atmosphere is warm, sincere, and quietly joyful.

By mid-afternoon, we begin the two-hour drive to Gangtey, climbing steadily into cooler air and broader landscapes. The road winds through forests of pine and rhododendron before opening into the wide glacial bowl of Phobjikha Valley, one of Bhutan's most serene and untouched regions.

As evening settles, we arrive at ABC Lodge, a small, rural retreat overlooking the valley. This is a deliberate shift – a step away from the polished comforts of Punakha and the ultra-luxury lodges that dominate this region. ABC Lodge offers clean, thoughtfully designed rooms, warm bedding, generous natural light, and views that open directly onto the quiet valley. Meals are home-style and comforting, served in a friendly, unpretentious dining room.

It's not luxury – and that's the point.

For one night, we embrace the authentic simplicity of a rural Himalayan valley, where silence stretches wide, stars appear in astonishing clarity, and the pace of life slows to something elemental. This gentle pause sets the tone for tomorrow's morning in Gangtey before we continue westward to Paro.

**Included: Breakfast, Lunch & Dinner / Accommodation / Transportation / Entrance Fees & Private Guide**

## Day 7 From Glacial Meadows to the Heart of the Himalayas

Group Exploration. [Gangtey Valley to Paro](#). Tuesday, April 27<sup>th</sup>

The morning in Phobjikha Valley unfolds slowly. Mist often lingers over the wide glacial basin, softening the edges of farmhouses and pine forests. This is one of Bhutan's most beautiful valleys – broad, quiet, and shaped by ancient ice. Before leaving, we visit Gangtey Goemba, an important Nyingma monastery and home to the Institute for Buddhist Studies. Perched on a hilltop, the monastery offers sweeping views of the valley and a glimpse into monastic life: young monks chanting, butter lamps flickering, the scent of incense drifting through wooden corridors.

From the monastery, we may choose to walk the Gangtey Nature Trail, a gentle 1.5-hour path that winds through pine forests, open meadows, and traditional farmhouses. It's an easy, contemplative walk – the kind that lets us feel the valley's spaciousness. If we prefer not to hike, the valley roads offer equally beautiful viewpoints.

Late morning, we enjoy a picnic lunch at a scenic spot – a quiet meadow or a ridge overlooking the valley floor. The simplicity of the meal matches the landscape: unhurried, peaceful, and deeply grounding.

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## Itinerary continued

Before departing Gangtey, we stop at the Black-Necked Crane Observation Center, dedicated to the conservation of the endangered cranes that winter here. Even outside crane season, the center offers insight into the valley's ecology and the cultural significance of these birds.

By early afternoon, we begin the five-hour drive to Paro, descending from the glacial meadows into warmer valleys and winding mountain roads. Along the way, we pause at View Point Café, which offers a striking perspective of Semtokha Dzong, the fortress said to have been built atop a subdued demon. It's a dramatic, storied landmark – Bhutan's oldest dzong – and a fitting final viewpoint before reaching Paro.

As we enter the Paro Valley, the landscape opens into wide fields, traditional homes, and the gentle curve of the Paro Chhu. We take time for a relaxed stroll through Paro town, browsing small shops, local handicrafts, and cafés before heading to our hotel.

By late afternoon, we arrive at COMO Uma Paro, our home for the next two nights. Set on a tree-clad hill overlooking the valley, the property feels immediately serene – a quiet perch above Paro town, surrounded by forest and mountain views. The design blends traditional Bhutanese craftsmanship with clean, contemporary lines, creating warm, calming spaces that feel like a natural continuation of the landscape. Suites and villas use hand-carved details, natural woods, and soft lighting to create a sense of quiet refinement.

We have access to the COMO Shambhala wellness facilities, including the indoor pool, gym, and scheduled group yoga sessions – a welcome reset after days of mountain roads and rural valleys. Dinner is at Bukhari, the resort's celebrated restaurant, where much of the produce comes from their own organic kitchen garden. The dishes are seasonal, vibrant, and so well regarded that Bhutan's royal family are regular visitors.

Our arrival here feels like a soft exhale – a return to comfort and elegance after the stillness of Gangtey. Tonight is for warmth, rest, and settling into the quiet luxury of Paro.

**Included: Breakfast, Picnic Lunch & Dinner / Accommodation / Transportation / Entrance Fees & Guide**

## Day 8 Ascending Tiger's Nest: Taktsang Monastery

Group Exploration. [Tiger's Nest Monastery](#). Wednesday, April 28<sup>th</sup>

We begin the ascent in the cool morning, entering a forest of blue pine and rhododendron. The trail rises, a steady climb through moss-draped trees and prayer flags that catch the early light. Horses are available for those who want support, but only to the halfway point; beyond that, the mountain asks for our own steps. After about an hour, the forest opens and we reach the halfway café, where the first full view of Tiger's Nest appears—white walls and gold roofs fused to the cliff, suspended above the valley in a way that feels both impossible and inevitable. We pause here for tea, letting the monastery reveal itself slowly.

Before we climb higher, we acknowledge what is so often overlooked: the feminine lineage that shapes this place. The tigress in the legend was Yeshe Tsogyal — not a mount but a master — a woman who transformed

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## Itinerary continued

herself through tantric realization and carried Guru Rinpoche to this cliff. The entire complex is built around eight sacred caves, part of the Dakini realm, the feminine dimension of wisdom, protection, and fierce clarity. The Cave Temple, Taktsang Pelphug, is the spiritual nucleus, open to the public only on rare ritual occasions. Other grottoes — historically known as the Lion Cave, the Splendor Cave, and more — form part of the cliff network; some are visible from the terraces, a few are reachable by narrow ledges, but many remain restricted as active monastic sanctums. We cannot enter all the caves, but we enter the space of Tiger's Nest—the threshold where myth, mountain, and feminine power converge.

From the café, the trail narrows along an exposed ridge, leading to the viewpoint where the monastery appears at eye level, prayer flags streaming in the wind. This is the last place for photographs; beyond this point, the monastery faces inward. Then comes the gorge—seven hundred stone steps descending toward a sacred waterfall, followed by a final steep climb to the monastery gates. This is the part that humbles even seasoned hikers, the part that clarifies why this place stays with people forever.

At the entrance, everything goes into lockers—phones, cameras, bags. No photography is allowed inside. What remains is presence. We move through a network of temples built around the cliff's natural caves, spaces shaped by centuries of devotion. We cannot enter the inner grottoes, but we feel their gravity—the cave where Guru Rinpoche meditated, the shrines to his eight manifestations, the fierce chamber of Dorje Drolo, the murals of disciples, including the women who carried this lineage forward.

We retrace our steps through forest and stone, returning to the valley floor with the kind of silence that only mountains teach. Back at COMO Uma Paro, the day softens. We play archery on the hotel grounds, Bhutan's national sport—playful, communal, unexpectedly joyful. We unwind in the COMO Shambhala spa, letting the body release the climb. We float in the indoor pool, warm and restorative. We rest in the quiet luxury that meets us without contradiction, because devotion and delight can live in the same day. Join us for dinner to celebrate our final evening in Bhutan.

### **Optional Path – COMO Uma Paro**

For Starseeds who prefer not to make the climb, the day can be spent at COMO Uma Paro, shaping the experience as you like. You will have full access to the hotel's amenities: complimentary access to the indoor pool and gym, join a group yoga session if schedules align, practice archery, Bhutan's national sport. Should you wish to rise slowly, linger for breakfast, or stretch into the morning with the in-room yoga mats and meditation videos. Spa treatments may be booked if you wish something restorative, and you're welcome to join a whisky-tasting course or a private butter-lamp lighting ceremony. The choice is yours.

We reunite in the afternoon when the hikers return and gather again in the evening for our celebration dinner.

**Included: Breakfast & Celebration Dinner / Accommodation / Transportation / Entrance Fees**

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## Itinerary continued

### Day 9 Final morning in Paro & Return Flight to Bangkok, Thailand

Group Exploration. [International Group Flights: PBH » BKK](#). Thursday, April 29<sup>th</sup>

Our final morning in Bhutan begins with breakfast at COMO Uma Paro before we transfer to Paro Airport for our international flight to Bangkok. Inside the departure lounge, you'll find the small Bhutan Postal Museum, where you can create personalized stamps using your own photos and send postcards to family and friends around the world. A simple, memorable way to make the end of our time here.

Afternoon arrival into Bangkok is likely, so we've arranged an overnight stay at the Hyatt Regency to make the transition easy and unhurried. The hotel will already feel familiar from our arrival, and its pool and onsite services are available should you wish to unwind. We are offering an easy evening to settle in, repack, and prepare for tomorrow's departures.

**Included: Breakfast / Accommodation / Private Transportation**

### Day 10 Final Departure: Farewell from Bangkok

Group Farewell. [Bangkok](#). [Individual Final Departure](#). Friday, April 30<sup>th</sup>

Breakfast at the Hyatt Regency, followed by individual transfers to Suvarnabhumi International Airport (BKK) for your final departure home. The hotel connects directly to the terminal via an underground walkway, making the transition to your flight smooth and effortless.

**Included: Breakfast**

**[Reserve Your Space for this 10-Day Starseed Bhutan Adventure Today with a \\$1,250.00 non-refundable deposit.](#)**

What's Included:

- Leadership from Althea Provost & Starseed Adventure Curation
- International Round Trip flight from Bangkok to Bhutan on Drukair or Bhutan Airlines, including taxes.
- Airport Transfers to all hotels listed in the itinerary; concierge airport welcome & fast track arrival
- All private touring and transfers to sites mentioned in the above itinerary
- Monument entrance fees to all visits mentioned in the above itinerary
- Astrology Reading and Bhutanese Name
- Daily buffet breakfast at hotels
- Lunches & dinners as indicated on itinerary (Beverages & Alcohol drinks not included)
- Double Occupancy; All hotel taxes, service charges and government sales tax
- 3 nights at Hyatt Regency Bangkok Sukhumvit, Thailand

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## Itinerary continued

- 2 nights at Zhiwaling Ascent, Thimphu, Bhutan
- 1 night at Tara Haven, Punakha, Bhutan
- 1 nights at ABC Lodge, Gangtey, Bhutan
- 2 nights at COMO Uma Paro, Bhutan

## What's Not Included

- International Roundtrip Airline tickets from your home country to Bangkok, Thailand.
- Meals and beverages including alcohol drinks not specified in the itinerary.
- Travel insurance is mandatory for all travelers. You may choose the policy and coverage level that best fits your needs.
- Items of a personal nature. (e.g., laundry, telephone calls, room service, personal spa programs or optional excursions.
- Travel Visa & Governmental Fees – Feb. 1, 2027
  - Bhutan Sustainable Development Fee (SDF): \$100 per person, per night (6 nights = \$600 total).
  - Bhutan Visa Fee: \$40 per person (non-refundable)
- Gratuities for Bhutan and Thailand guides, drivers, and staff (\$150 per traveler), collected by April 2, 2027.

## Hotels Dates

Hyatt Regency Bangkok Sukhumvit, Thailand	April 21 - 23	2 nights
Zhiwaling Ascent, Thimphu, Bhutan	April 23 - 25	2 nights
Tara Haven, Punakha, Bhutan	April 25 - 26	1 night
ABC Lodge, Gangtey, Bhutan	April 26 - 27	1 night
COMO Uma Paro, Bhutan	April 27 - 29	2 nights
Hyatt Regency at BKK, Thailand	April 29 - 30	1 nights

Total 10 days / 9 Nights

Per person in double occupancy: \$ 8,950  
Single Supplement: \$ 1,550

Estimated General Check in time at hotels is 3:00 pm  
Estimated Check out time at hotels is 12:00 pm

## Adventure Cost is \$8,950 USD.

Checks made out to:

Thea's Heart, LLC  
6324 Westview Circle  
Parker, CO 80134

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### Is this tour for me?

Travel Style:	Physical Rating:	Service Level:	Trip Type:
<b>Group, Relaxed-Spontaneity</b>	Average in Thailand; Moderate in Bhutan. Optional temple excursion in Thailand includes walking and stairs. Bhutan days may include 7-10 hours of activity. Ability to adjust to elevation gain, higher altitude, longer distances and uneven terrain. Some excursions include light to moderate exercise, or extended walking, climbing on natural, uneven earth and stone terrain such as sand, limestone, rock, rocky outcroppngs, and old worn stone steps at temple sights, including the Tiger's Nest ascent. Exposure to the elements, including changing spring temperatures. Ability to swim unassisted in a hotel pool (if desired).	Enjoy a thoughtfully curated collection of hotels and lodges chosen for comfort, style, and exceptional locations throughout your journey. Double-occupancy accommodations are included, with the option to upgrade to single occupancy. Your experience includes attentive group service, private drivers, private guides, airport transfers, and your regional international flight from Bangkok (BKK) to Paro (PBH) included in your tour price.	Group experience. Cultural Immersive, Adventure Tour.

#### *Altitude & Safety*

This Adventure stays at a comfortable altitude throughout.

Paro sits at 7,382 ft.

Thimphu at 7,612 ft.

Punakha at 3,937 ft.

Phobjikha at 9,842 ft.

the Dochula Pass is crossed at 10,302 ft.

The Tiger's Nest hike on Day 8 reaches an elevation of approximately 10,236 ft over a 2,953 ft ascent and takes three to four hours of steady climbing.

A reasonable level of fitness is recommended for the hike, though the pace is always set to your comfort level with rest stops built in. Horses are available for the lower portion of the trail. Optional day at 5-star hotel.

# REQUIRED TRAVEL DOCUMENTS

**For U.S. citizens entering Thailand:** A valid U.S. passport is required for entry into Thailand. Your passport must be valid for at least 6 months beyond your date of arrival and contain at least one blank page for entry and exit stamps.

**Visa Fee for Thailand:** A tourist visa is not required for U.S. citizens staying fewer than 60 days.

**Arrival Registration for Thailand:** All passengers must complete the Thailand Digital Arrival Card. <https://tdac.immigration.go.th/arrival-card/#/home>

**For U.S. citizens entering Bhutan:**

A valid U.S. passport is required for entry into Bhutan. Your passport must be valid for at least 6 months beyond your planned departure and contain at least one blank page for entry and exit stamps.

**Visa Fee for Bhutan:** A non-refundable **\$40 visa application** fee applies. Thea's Heart® LLC will collect the Visa fees and submit your Bhutan visa application through our licensed Bhutanese partner. To process your application, we will request:

- a scanned copy of your passport information page (valid for at least 6 months beyond your entry date)
- and one digital passport-sized photo.

Once approved, you will be issued a **Visa Clearance Letter**, which must be presented to board your flight to Bhutan.

**Bhutan Arrival:** Your visa stamp will be issued upon arrival at Paro International Airport, provided you present your Visa Clearance Letter. Airlines will require this letter before boarding flights bound for Bhutan.

**Bhutan's Sustainable Development Fee (SDF)**

In addition to the visa fee, all international tourists must pay a mandatory daily **Sustainable Development Fee (SDF)**. This government-imposed fee supports Bhutan's long-term goals for **carbon-neutral tourism, education, and community development**.

The SDF is **\$100 per person, per night** for all travelers ages 13 and older. For this itinerary, the total SDF for 6 nights in Bhutan is **\$600 USD**.

Thea's Heart® LLC will collect the SDF and remit it to our licensed Bhutanese partner, who pays the fee directly to the Government of Bhutan as part of the visa approval process.

**For all other nationalities:** Entry requirements for Thailand and Bhutan vary by citizenship. Travelers who are not U.S. passport holders must check with their own embassy or consulate to confirm passport validity rules, visa requirements, and any additional entry conditions.

Thea's Heart® LLC is an accredited travel agency with IATAN (International Airlines Travel Agent Network), Agency Code 06591620.

### **Tour Terms and Conditions**

**Itineraries are subject to change.** Our itineraries are updated regularly to reflect the current situation in each destination, so the information you receive at booking may differ from later versions. A final detailed itinerary will be sent approximately 30 days before departure, and travelers are responsible for reviewing the latest updates.

Due to weather, local conditions, transportation schedules or delays, public holidays, site closures, political or civil disruptions, or other practical factors, further adjustments may be necessary once the tour is underway. The order of activities may change, and whenever possible, substitutions of comparable experiences will be provided.

To provide the best possible tour, we will inform you of any such changes, and Thea's Heart® LLC has the authority to amend or cancel parts of the itinerary if required for safety or operational reasons.

Uncompleted portions of the tour itinerary are not cause for refund.

This itinerary is subject to change due to circumstances beyond our control, including adverse weather, transportation delays, government actions, public health events, or other disruptions that affect travel. These circumstances are not the responsibility of Thea's Heart® LLC, and itinerary changes resulting from them are not cause for refund. We highly recommend travel insurance to protect against unforeseen events.

Thea's Heart® LLC acts as a tour operator and reserves the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operation of a tour or adversely affect the enjoyment or safety of other passengers. Thea's Heart® LLC will not be held liable for a refund or compensation by any such person. All medical and health matters are to be disclosed to Thea's Heart® LLC at the time of registration, and we retain the right to refuse registration.

**Governing Law & Jurisdiction:** Any disputes arising from this tour or these Terms & Conditions shall be governed by the laws of the State of Colorado. The venue for any legal action shall be the state or federal courts located in Colorado, and all participants consent to the jurisdiction of these courts.

### **EU Travelers and Applicable Law**

Thea's Heart® LLC is a U.S.-based company established in the State of Colorado. Under Directive (EU) 2015/2302 (Package Travel Directive), EU travel regulations apply only to travel organizers established within the European Union. Because Thea's Heart® LLC has no establishment in the EU, EU travel regulations – including the EU Package Travel Directive – do not apply to this booking. By making a payment to reserve or participate in this tour, travelers acknowledge that this agreement is governed solely by U.S. law, specifically the laws of the State of Colorado.

Any disputes arising from this tour or these Terms & Conditions shall be governed by the laws of the State of Colorado. The venue for any legal action shall be the state or federal courts located in Colorado,

and all participants consent to the jurisdiction of these courts.

**Tour Cancellation By Operator:** Be clearly advised that a tour departure may be canceled due to travel advisories or warnings, acts of war or terrorism, natural disasters, pandemics, acts of God, force majeure events, or any other circumstances outside the control of Thea's Heart® LLC. These events are not the fault of Thea's Heart® LLC and are not eligible for refund. If a tour is canceled due to lack of participation, Thea's Heart® LLC will provide a full refund of payments made to the operator. Thea's Heart® LLC is not responsible for any airline tickets purchased independently by participants. Travel insurance is mandatory for all travelers. You may choose the policy and coverage level that best fits your needs.

**Responsibility:** Thea's Heart® LLC accepts no responsibility for financial losses or expenses resulting from a participant's illness, emergencies, or personal circumstances; all such losses are the sole responsibility of the participant. Thea's Heart® LLC is not responsible or liable for any changes made by independent contractors or suppliers providing transportation, sightseeing arrangements, hotel or lodging accommodations. Thea's Heart® LLC will not be held responsible for late arrivals to airports or tour activities due to inclement weather or other delays, nor for payment or refund of unused accommodations, meals, or services resulting from such delays.

**Traveler Responsibility for Documentation:** Each traveler is solely responsible for obtaining information and for having in their possession all required documentation and identification necessary for entry, stay, and exit in each country or region visited on this tour. This includes a valid passport and all travel documents required by Thea's Heart®, LLC and/or the relevant governmental authorities, such as visas, permits, and certificates (including vaccination or medical certificates) and insurance policies. Entry decisions are made solely by government authorities.

Travelers are responsible for any costs, delays, or losses that result from missing, invalid, or incomplete documentation.

**Photography and Film:** Thea's Heart® LLC may take photographs and video during the tour, and such images and recordings may be used for promotional purposes. Participants who wish to opt out of photography and video, must notify the tour operator in writing prior to making your deposit.

**Payments and Refunds:** A non-refundable deposit of \$1,250 secures your reservation. All payments made to Thea's Heart® LLC—deposit, partial payments, or full payments—are non-refundable, with the sole exception of tips, which remain refundable until the stated deadline. Reservations are accepted on a first-come, first-served basis, and administrative work and supplier commitments begin immediately upon registration.

### **Total Tour Cost**

- Total tour price: \$8,950
- Deposit: \$1,250 (non-refundable)
- Balance after deposit: \$7,700

## **Payment Options**

### **Option 1 – Remaining Balance is Due**

The remaining balance of \$7,700 is due Friday, October 5, 2026.

### **Option 2 – Three-Payment Plan**

- October 5, 2026: \$2,567
- December 1, 2026: \$2,567
- February 1, 2027: \$2,566

By selecting the payment plan, the October 5, 2026 remaining-balance deadline no longer applies. Payments not received by the due date may result in cancellation of the reservation without refund of any payments already made.

#### **Installment Payments:**

Installments may be paid by check or through online payment methods such as PayPal, Venmo, or Apple Pay. Standard processing fees apply to online installment payments. Travelers who wish to avoid processing fees may make installment payments by check.

### **Refund Policy - Thea's Heart® LLC**

All payments made—deposit, partial payments, or full payments—are non-refundable.

If a participant cancels in writing before a scheduled payment is made, they may withdraw from the tour without owing the remaining installments; however, any payments already made remain non-refundable. Unused portions of the tour are not refundable by Thea's Heart® LLC. We refer you to your Travel Insurance.

### **Rooming & Single Occupancy Upgrade**

All hotel accommodations—whether double occupancy or single occupancy—are strictly non-refundable by Thea's Heart® LLC and by all suppliers, regardless of use or non-use. No refunds, credits, or reimbursements will be issued under any circumstance.

### **Processing Fees**

Online payments (including PayPal) incur processing fees. All processing fees are non-refundable.

### **Refundable Items (Tips)**

Mandatory gratuities (\$150 per traveler) are collected by April 2, 2027. Should you cancel in writing prior to departure, your gratuity payment will be fully refunded.

### **Refunds by Suppliers:**

The following section outlines supplier policies, which are separate from and do not override the non-refundable policies of Thea's Heart® LLC.

### **International Roundtrip Flight (Bangkok–Bhutan)**

The international roundtrip flight between Bangkok (BKK) and Bhutan is included in the tour price and is purchased by Thea's Heart® LLC on behalf of participants. Once issued, the ticket is governed solely by the fare rules, refund policies, cancellation fees, and administrative charges of the operating airline. Thea's Heart® LLC is not responsible for airline decisions, penalties, delays, schedule changes, or refund determinations and does not act as an intermediary or advocate in airline refund or change requests.

Because airline funds are paid directly to the carrier, Thea's Heart® LLC cannot refund the cost of the Bangkok-Bhutan ticket under any circumstances. Any refund, credit, or change—if permitted—must be handled directly with the airline according to its policies. Participants are responsible for reviewing the fare rules of their specific ticket and must contact the airline directly for any refund or modification requests. All airline refund or change requests must be handled directly with the operating carrier.

### **SDF & Visa Fees**

#### **Sustainable Development Fee (SDF):**

Bhutan's Sustainable Development Fee (SDF) is refundable for cancelled trips or unused nights if a participant shortens their stay, subject to government-imposed bank transfer and processing fees.

**Cancelled Trips:** SDF is fully refundable.

**Shortened Stays:** Unused nights are refundable.

**Deductions:** Bank and processing fees apply.

**Visa Fee:** The US \$40 e-Visa/permit application fee is strictly non-refundable under all circumstances.

#### **SDF Refund Processing:**

SDF refunds are processed exclusively by the Bhutanese Department of Immigration. Thea's Heart® LLC does not process SDF refunds and does not act as an intermediary for refunds. Participants must submit refund requests directly through the Bhutan Department of Immigration Online Visa Portal after their scheduled travel dates.

### **Consent to Terms**

Payment—whether deposit, partial payment, or payment in full—constitutes acceptance of all terms contained herein.

### **Questions**

For more information or questions, please contact Althea Provost at [thea@theasheart.com](mailto:thea@theasheart.com) or [theasheart.com](http://theasheart.com)