

Taste of Bhutan:  
A culinary journey in the land  
of thunder dragon



# BHUTAN FOOD AND CULTURE TOUR



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Season: August / September

Tour duration: 14 days



## TOUR HIGHLIGHTS

- Savour and enjoy a wide variety of Bhutanese cuisine.
- Learn to cook over 15 authentic Bhutanese dishes.
- Explore Bhutan's food culture, ingredients, and vegetables.
- Discover the art of making butter and cottage cheese, along with their delicacies.
- Master the preparation of various Bhutanese salads.
- Learn to make momos (dumplings) and different types of noodles.





## TOUR SUMMARY

Introducing a unique and immersive way to experience Bhutan's rich culture through its culinary delights. Embark on a behind-the-scenes tour of Bhutanese cuisine, exploring the heritage of local dishes preserved for generations. Journey across Bhutan, from the rice fields of the west to the wheat farms of the high altitudes, tasting the unique flavours of each region. Led by renowned photographer and cookbook author Punap Ugyen Wangchuk, you'll not only savour the best of Bhutanese cuisine but also learn to prepare traditional dishes like the famous Ema Datshi, embracing the Bhutanese love of spicy chilies. As a special bonus, each guest will receive a copy of Punap Ugyen Wangchuk's "Authentic Bhutanese Cookbook," featuring striking photographs of 27 popular dishes. This tour is perfect for adventurous foodies and offers a rare opportunity to bring a piece of Bhutanese culinary culture home. Don't miss this once-in-a-lifetime culinary experience in the Land of the Thunder Dragon. Contact us now to book your spot on this exclusive tour.



# TOUR GUIDE

**P**unap Ugyen Wangchuk, often called Punap Ugyen, is a well-known person in Bhutan's tourism. He is more than just a guide; he's also a storyteller, photographer, and protector of Bhutanese culture and environments. He was monk for 13 years and born in rural village in Punakha. With over 20 years of experience, he crafts real and exciting travel adventures. A freelance photographer himself, he founded Gomo Adventure, a company committed to responsible and eco-friendly tourism and photography tour. Punap even published few books on Bhutan. Cookbook, children's book and photography book. His passion for nature extends beyond Guiding as he designs and build the Wangdue Eco-Lodge, an eco-friendly lodge to support society, environment, conservation of culture & tradition. Traveling with Punap Ugyen isn't just a trip; it's a collection of wonderful experiences in the heart of Bhutan's beautiful scenery. He has travelled thought the country and beyond. Learn more – <https://punapugyenwangchuk.com>



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*“Life is worth living when you travel.”*

**gomo**  
Adventures



# ITINERARY

## Day 1:

Paro: Arrive in Bhutan and drive to Thimphu. Refresh with a nature hike and enjoy dinner at a local restaurant.

## Day 2:

Thimphu: Visit the Tallest Sitting Buddha and Kaja Thom vegetable market. Have lunch at the Folk Heritage Museum and dinner with a cultural show at Simply Bhutan Kitchen.

## Day 3:

Thimphu: Visit Begana to learn cook and enjoy. Hike to Cheri, visit Tango Buddhist University, and dine with monks.



# ITINERARY

## Day 4:

Punakha: Drive to Genikha village and cook freshly harvest Matsutake mushroom. After lunch hike and do mushroom picking in the forest



## Day 5:

Drive to Punakha and visit farm house and cooking lesson with fresh vegetables and other ingredients of authentic Bhutanese food.

## Day 6:

Visit Punakha Dzong and village homestay for lunch and cooking lessons. Learn to make butter cheese, Bhutanese pizza, and puff rice etc.



## Day 7:

Wangdue: Morning breakfast making and explore the village. visit local restaurant where they serve the best momos, enjoy the momo making and taste testing. Afternoon we prepare a dinner for monks at monastery.

## Day 8:

Drive to Bumthang via Trongsa, with a lunch stop at the local restaurant. In Bumthang, stroll Chamkhar town and cook authentic Bumthap meals for dinner

## Day 9:

Visit monasteries in the morning and travel to Tang Valley. Stay at Tang Ugyen Choling Heritage Guest House and meet author Kuenzang Choden.



**Day 10:**

Relax in the morning, then learn to cook regional dishes. Visit the palace museum, a temple, and the village.

**Day 11:**

Drive to Phobjikha, with lunch and a visit to the Tadzong Museum in Trongsa. Visit Gangtey Monastery and hike through Phobjikha Valley.

**Day 12:**

Drive back to Paro, stopping in Yuesuna Village to learn about chili production. Enjoy Jomja and Lomba meals.

**Day 13:**

Hike to Tiger's Nest Monastery, shop for souvenirs, and enjoy a farewell dinner.

**Day 14:**

Depart for Bangkok, Delhi, Dhaka, Kathmandu, or Singapore, cherishing memories of Bhutan's culinary and cultural experiences.



# WHAT'S INCLUDED?

- Transfers upon arrival and departure
- Internal airfare where applicable
- Transportation provided on trip
- Accommodation as indicated in the itinerary
- Meals as indicated in the itinerary
- Daily activities and excursions as indicated in the itinerary
- All entrance fees and festival admissions
- Expert Bhutanese guide throughout the tour





## *CUSTOMIZE YOUR JOURNEY:*

**F**eel free to personalize your trip according to your preferences. We are here to help you design a unique experience that fits your interests and schedule. Contact us for more information on how to tailor your adventure to your liking.

For specific dates and detailed pricing, please contact us directly so we can tailor the tour to your preferences and provide an accurate quote and date.

The rates vary based on the duration, choice of accommodations, and any additional services or customizations.



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