

Table Of Content

Geographical location	3
Neighbouring cities/countries	4
Significance	5
History	6
Cultural identity	7
Natural resources	8
Key site seeing places (paid and free)	9
- Paid	9
-- National Folk Heritage Museum	9
-- Royal Botanical Garden	9
- Free	11
-- Tashichhodzong	11
-- Dechen Phodrang Monastery	11
-- Drukgyel Dzong	11
-- Rinpung Dzong	11
-- Gangtey Monastery	12
-- Clock Tower Square	12
-- Changangkha Lhakhang	12
-- Phajoding Monastery	12
-- Jigme Dorji National Park	13
-- Chagri Dorjeden Monastery	13
-- Thimphu Chorten	13
-- Norzin Lam Street	14
-- Centenary Farmers Market	14
Key sites sports & adventure	15
Adventure sports, Local sports, stadiums	17
Spas and relaxation	18
Events calendar	19
Key local guides and tours	23
Transportation hubs	24
Transportation cost	25

Baggage allowance	26
Restaurant & Nightlife	27
Average meal cost	30
Tourist benefits	31
Essential local apps	32
Driving	33
Travel essentials	34
Essential clothes	35
Local currency	36
Change vendor's commission, ATM charges	37
Staying connected	38
Time Zone	39
Languages	40
Political Scenario	41
Economic Scenario	42
Religious belief	43
Visa requirements	44
Essential vaccination	45
Theft and Safety	46
Embassy/Consulate	47
Accessibility	48
Emergencies	49
Do's and Don'ts	50
Tipping basics	51
Pet info	52
Conclusion	53
Disclaimer	54

Index

1. Geographical location

Thimphu is the largest city of Bhutan kingdom. It is located on the western central part of the Kingdom. The city is currently expanding in a north to south direction along the west bank of Raidak River valley (Wang chuu/ Thimphu Chuu). Thimphu is spread over an altitude range of 2,248 meters (7,375 ft.) to 2,648 meters (8,688 ft.). Thimphu ranks 3rd on cities located on the highest altitudes.



Index

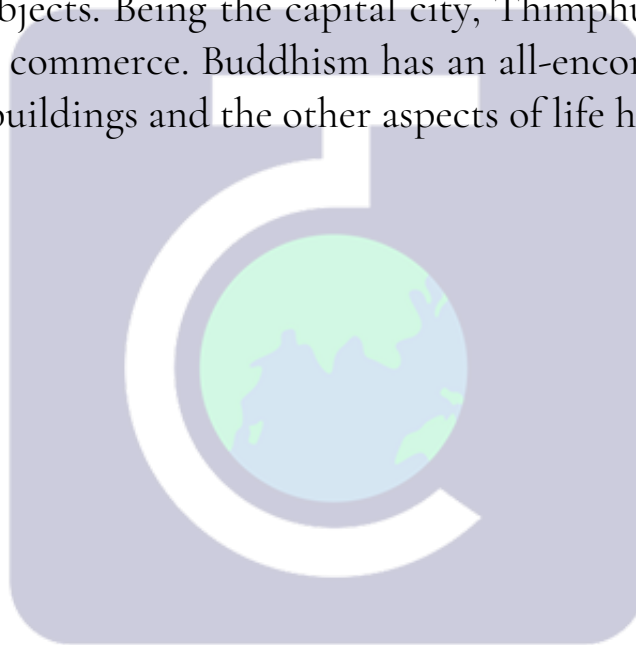
2. Neighbouring cities/countries

Thimphu Is The Largest City Of Bhutan. It Is Divided Into 12 Districts. The Nearest City To Thimphu Is Punakha Which Is 89.3 Kilometers North East. Phuentsholing Is 167.6 Kilometers South West Of Thimphu. The Nearest Town To Thimphu Is Para Which Is 51 Kilometers Away. Hasimara, A Town In India Is 182.7 Kilometers Away From Thimphu.



3. Significance

The largest city in the Kingdom of Bhutan, Thimphu is the center of politics and economics in the country. With substantial agricultural and livestock resources, the city is the backbone of the financial stability in Bhutan. Tradition and modernization go hand in hand in every field. Even tourism is extremely regulated by the religious and cultural norms that dictate the day-to-day lives of the rulers and the subjects. Being the capital city, Thimphu is also the center of religion, culture, and commerce. Buddhism has an all-encompassing influence in the country and the buildings and the other aspects of life have a strong Buddhist culture.

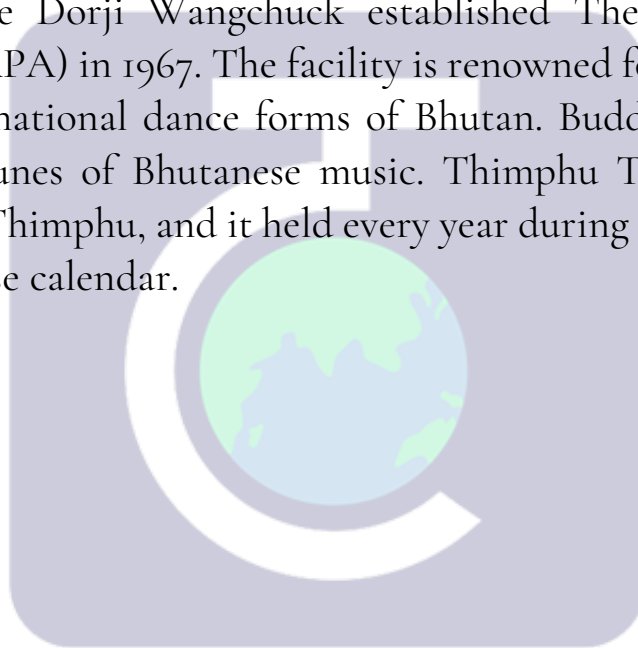


4. History

Prior to becoming the capital city of Bhutan, Thimphu, before 1960, comprised of several villages which were dispersed throughout the valley including Motithang, Changangkha, Changlimithang, Langchupakha, and Taba. Interestingly some of them are now districts of Thimphu city. One of the most pivotal events in the history of Bhutan is the battle which broke out in 1885. The battle was staged at what is now presently the Changlimithang sports ground in Thimphu. As a result of the win, Ugyen Wangchuck, the premier King of Bhutan, established control on the entire country. Thanks to the Wangchuck royalty, the nation of Bhutan saw days of peace and progress. The third king, Jigme Dorji Wangchuck, brought about reforms as he removed serfdom, redistributing land, and taxation reforms. This particular monarch was also responsible for introducing executive, legislative, and judiciary transformations. As reforms continued, the decision to rechristen Thimphu as capital of Bhutan was taken in 1952.

5. Cultural identity

The cultural tapestry of Bhutan is full of vibrancy and its many facets are apparent in the country's religious practices, monasteries, customs, traditions, rituals, literature, dress code, music, dance, arts and media. The literature found here is mostly written in Bhutanese script which is a derivative of Tibetan script. In order to safeguard the richness of the traditional performing arts of Bhutan, the late King, Jigme Dorji Wangchuck established The Royal Academy of Performing Arts (RAPA) in 1967. The facility is renowned for providing teaching and training in the national dance forms of Bhutan. Buddhist music is heavily perceptible in the tunes of Bhutanese music. Thimphu Tsechu Festival is the signature festival of Thimphu, and it held every year during autumn, based on the dates of the Bhutanese calendar.



Index

6. Natural resources

Thimphu has a large reserve of natural resources that includes timber, hydropower, gypsum, calcium carbonate, petroleum, and molybdenum, deposits of beryl, copper, graphite, mica, lead, pyrite, tin, tungsten, zinc, dolomite, coal and cement. A large area under forest and vegetation cover is recorded. It has a rich variety of species of flora and fauna.



Index

7. Key site seeing places (paid and free)**7.1. Paid****7.1.1. National Folk Heritage Museum**

Address : Kawajangsa, above National Library of Bhutan, Thimphu, Bhutan, 00975

Zipcode : 00975

Location : 27.4825729, 89.63198549999993

Contact : +975 2 2 327133

Website : <http://www.folkheritagemuseum.org.bt/>

Entry Fee : Locals - Nu.10, Bhutanese Students - Nu.10, SAARC Country Citizens - Nu.30, Non-SAARC Country Citizens - Nu.150, Monks, Nuns, and Children below 10 years - FREE

Open & Close Timing : Summer (April – October) – 9:15hrs to 17:00hrs Winter (November – March) – 9:15hrs to 16:00hrs Weekends (Saturday) – 10:00hrs to 17:00hrs

Time Required : 1.5

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.2. Royal Botanical Garden

Address : Serbithang, Babesa-Thimphu Expressway, Bhutan, 01127

Zipcode : 01127

Location : 27.4252837, 89.65002119999997

Contact : +00 975-2-351417/351218

Website : <http://www.nbc.gov.bt/work-units/royal-botanic-garden>

Entry Fee : SAARC Nationals, adults - Nu.30 Adults – Nu.50

Open & Close Timing : Monday–Sunday 09:00hrs-16:00hrs; summer (Mon-Sun 09:00hrs-17:00hrs)

Time Required : 1.5

Expected Wait Time : 15 mnutes

Buy Ticket : No



7.2. Free

7.2.1. Tashichhodzong

Address : Chhagchhen Lam, Thimphu, Bhutan, 00154

Zipcode : 00154

Location : 27.4900305, 89.63487379999992

Website : <http://www.bhutandzongs.com/tashichho-dzong>

Open & Close Timing : Monday- Friday 05:30hrs-18:30hrs, Saturday and Sunday 08:00hrs-18:00hrs; winter season - 08:00hrs-17:30hrs

Time Required : 1.5

Buy Ticket : No

7.2.2. Dechen Phodrang Monastery

Address : Gaden Lam, Thimphu, Bhutan, 11001

Zipcode : 11001

Location : 27.6785496, 91.52542590000007

Open & Close Timing : Daily 09:00hrs-21:00hrs

Time Required : 2

Buy Ticket : No

7.2.3. Drukgyel Dzong

Address : Upper Paro Valley, Bhutan

Location : 27.5031823, 89.32328840000002

Open & Close Timing : Daily 08:00hrs-17:00hrs

Time Required : 0.75

Buy Ticket : No

7.2.4. Rinpung Dzong

Address : Rinpung Dzong, Paro, Bhutan

Location : 27.42649550000001, 89.42313899999999

Contact : 975-2323251

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 1.5

Buy Ticket : No

7.2.5. Gangtey Monastery

Address : Wangdue Phodrang District, Bhutan

Location : 27.4843542, 90.16486120000002

Open & Close Timing : Daily 10:00hrs-19:00hrs

Time Required : 0.5

Buy Ticket : No

7.2.6. Clock Tower Square

Address : Hogdzin Lam, Thimphu, Bhutan, 0001

Zipcode : 0001

Location : 27.4703159, 89.63965389999998

Nearest Public Transport : Thimphu City Bus Station

Open & Close Timing : Open 24 hours

Time Required : 0.5

Buy Ticket : No

7.2.7. Changangkha Lhakhang

Address : Changangkha Lhakhang Footpath, Street Sevina Lam, Thimphu, Bhutan, 00975

Zipcode : 00975

Location : 27.473406, 89.6283277

Contact : +975 17 75 84 54

Open & Close Timing : 07:00hrs-22:00hrs

Time Required : 1.5

Buy Ticket : No

7.2.8. Phajoding Monastery

Address : Phajoding-Pumola Trail, Phajoding, Thimphu, Bhutan, 0001

Zipcode : 0001

Location : 27.4892026, 89.57454529999995

Website : <http://phajodingmonastery.com>

Open & Close Timing : Daily 10:00hrs-17:00hrs

Time Required : 2

Buy Ticket : No

7.2.9. Jigme Dorji National Park

Address : Thimphu, Bhutan

Location : 27.8309613, 89.77553379999995

Contact : +975-02-688314 or +975-02-16288304

Website : <http://dofps.gov.bt/protected-areas/jigme-dorji-national-park/>

Open & Close Timing : Daily 10:00hrs-16:00hrs

Time Required : 4

Buy Ticket : No

7.2.10. Chagri Dorjeden Monastery

Address : Chagri Dorjeden Monastery, Thimphu, Bhutan

Location : 27.5955545, 89.62536150000005

Contact : +975 2 335733

Open & Close Timing : Daily 09:00hrs-16:00hrs

Time Required : 1

Buy Ticket : No

7.2.11. Thimphu Chorten

Address : Chhoten Lam, Thimphu, Bhutan, 0001

Location : 27.4663651, 89.63766839999994

Contact : 0975-17131430/17131261

Nearest Public Transport : Thimphu City Bus Station

Open & Close Timing : Daily 07:00hrs-21:00hrs

Time Required : 1.5

Buy Ticket : No

7.2.12. Norzin Lam Street

Address : Norzin Lam 1, Thimphu, Bhutan

Location : 27.4693553, 89.63987589999999

Time Required : 0

Buy Ticket : No

7.2.13. Centenary Farmers Market

Address : Chhogyal Lam, Thimphu, Bhutan

Location : 27.4754177, 89.64132429999995

Time Required : 0

Buy Ticket : No



8. Key sites sports & adventure

Thimphu offers a range of adventures like rafting, kayaking, cycling, rock climbing, trekking, fishing, mountain biking, swimming, horse riding, and many other thrilling outdoor activities.

- **Trekking & Rock Climbing -**

Address : Paro Taktsang, Taktsang Trail, Paro, Bhutan

Location : 27.4918934,89.36349569999993

Contact No : +975-2-323 251/ +975-2-323 252

Website : <http://www.parotaktsang.org/>

Entry Fees : Free

Open / Close Time : Daily 08:00hrs- 17:00hrs

Time Required : 1

- **Hike -**

Address : Buddha Dordenma, Kuenselphodrang, Thimphu, Bhutan, 0001

Location : 27.443698,89.64572299999998

Website : <http://www.buddhadordenma.org/>

Entry Fees : Free

Open / Close Time : Daily 07:00hrs- 18:00hrs

Time Required : 1

- **Trekking -**

Address : Dochula Pass, 30km from Thimphu, Trashigang-Semtokha Highway, Hungtso, Bhutan

Location : 27.4904673,89.75017030000004

Entry Fees : Free

Open / Close Time : Daily 07:00hrs-20:00hrs

Time Required : 2

- **Horse Riding -**

Address : Wind Horse Tours Bhutan, Opposite Motithang High School,
Thori Lam, Thimphu, Bhutan

Location : 27.4751626,89.6235686

Contact No : +975 2 326 026

Website : <http://bhutanhorse.windhorsetours.com/>

Nearest Public Transport : Thimphu City Bus Station

Entry Fees : 218684 BDT

Time Required : 2



Index

9. Adventure sports, Local sports, stadiums

Archery is the national sports. Buddhist monks generally play a stone throwing sport called daygo. Pungdo is a shortput like game played with big stones. Another local game is Khuru which resembles a dart game. Modern sports activities like cricket, football, basketball, golf, kwon do, and squash are also popular. The major sports stadium in Thimphu is:

- **Changlimithang Stadium:**

Address : Chang Lam, Thimphu, Bhutan, 0001

Location : 27.4711152,89.64084149999996



10. Spas and relaxation

- **Explore Spa:**

Address : Chorten Lam, Thimphu, 0001

Location : 27.4701302,89.63804860000005

Contact No : +975 2 337 788

Website : <http://www.lemeridienthimphu.com/en/explorespathimphu>

- **Aru Spa:**

Address : Chorten Lam, Thimphu, 0001

Location : 27.4714266,89.63791049999998

Contact No : +975 2 321 632

Website : <http://www.hotelpedling.com/aru-spa/>

- **Terma Linca Spa:**

Address : Phuntsholing - Thimphu Hwy

Location : 27.4248882,89.63884499999995

Contact No : +975-2-351490

Website : <http://termalinca.com>

11. Events calendar

Month

Events

The Traditional Day of Offering @ Thimphu (28th)

This is the day when Bhutanese people give thanks and offerings to Zhabdrung Namgyal.

Birth Anniversary of Fifth King HM Jigme Khesar Namgyel Wangchuck @ Thimphu (21st to 23rd)

This is a three day celebrations that celebrates his majesty the king of Bhutan.

Bhutanese International Marathon @ Punakha Dzong, Bhutan (2nd)

It is an International marathon held in Thimphu Bhutan.

Rhododendron Festival @ Lamperi Botanical Garden Dochula, Thimphu, Bhutan (18th to 20th)

The festival features the rhododendron garden walk and exhibition, local culture and cuisines, arts and crafts, traditional games, cultural

program, guided walks and activities.

**Zhabdrung Kuchoe @
Lhakhangs and Goendeys
Thimphu (15th)**

This is a public holiday observed in Thimphu to mark the death of Zhabdrung Ngawang Namgyel.

**Lord Buddha's Parinirvana @
buddha Temples Thimphu (21st)**

This is the most sacred event for Buddha believers. On this day Buddhist from all over commemorate events of the birth, enlightenment and the passing away of Gautama Buddha.

Birth Anniversary of Guru Rinpoche @ city wide Thimphu (3rd)

It is a public holiday in the kingdom of Bhutan. The festival celebrates Padmasambhava who was a key figure to development.

Mountain Echo @ Thimphu (26th to 28th)

Mountain Echo is a literature festival organized by various stakeholders in Thimphu. The

**festival brings together
acclaimed authors from all over
the world.**

**Thimphu Drubchen Festival @
Tashichho Dzong, Thimphu,
Bhutan (29th)**

**Drubchen is a popular festival
that precedes the Thimpu
festival. The festival showcases
sacred dances.**

**Thimphu Festival @ Thimphu
Bhutan (11th to 15th)**

**This festival is the most popular
event in Thimphu. Thimphu
festival is preceded by days and
nights of prayer and rituals to
invoke the gods.**

**Birth Anniversary of Fourth King
Jigme Singye Wangchuck /
Constitution Day @ Thimpu**

**Birth Anniversary of Fourth King
Jigme Singye Wangchuck /
Constitution Day @ Thimpu 2017
will mark the 61st celebration of
king Jigme.**

**Thimphu Tsechu Festival @
Tashichho dzong Thimphu (13th)**

**Thimphu tsechu festival is a
religious festival held in
December. The festival**

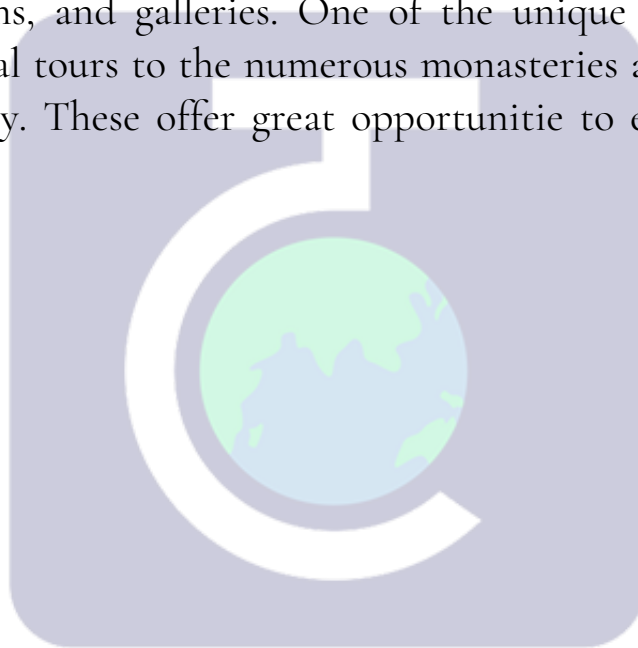
**celebrates the person who
brought Buddhism in the 8th
century.**



Index

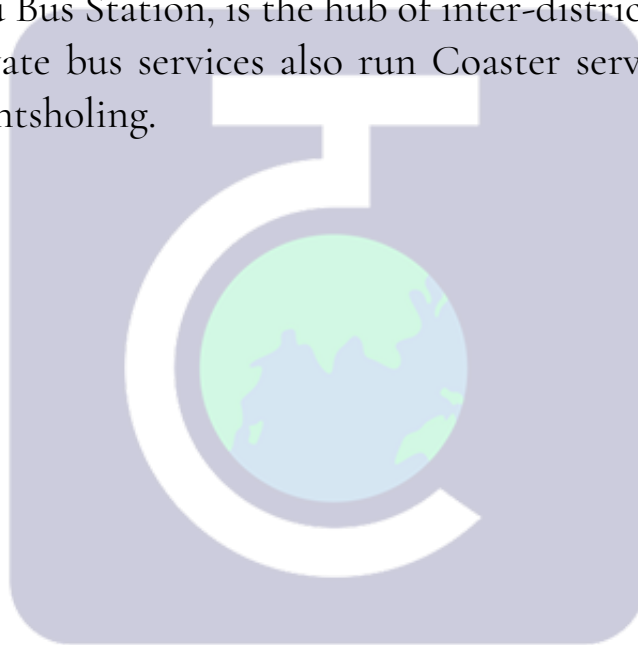
12. Key local guides and tours

Thimphu offers a wide range of tour options for the visitors. Bird watching tours are absolutely delightful for the sights and sounds they offer to the nature and wildlife enthusiasts. Cycling tours through the interior parts of the city and the enchanting mountainous terrain can be quite adventurous and entertaining. Heritage tours take the visitors through the country's historical buildings, monuments, museums, and galleries. One of the unique tours that Thimphu offers are the spiritual tours to the numerous monasteries and Buddhist gompas spread across the city. These offer great opportunities to explore the nature as well.



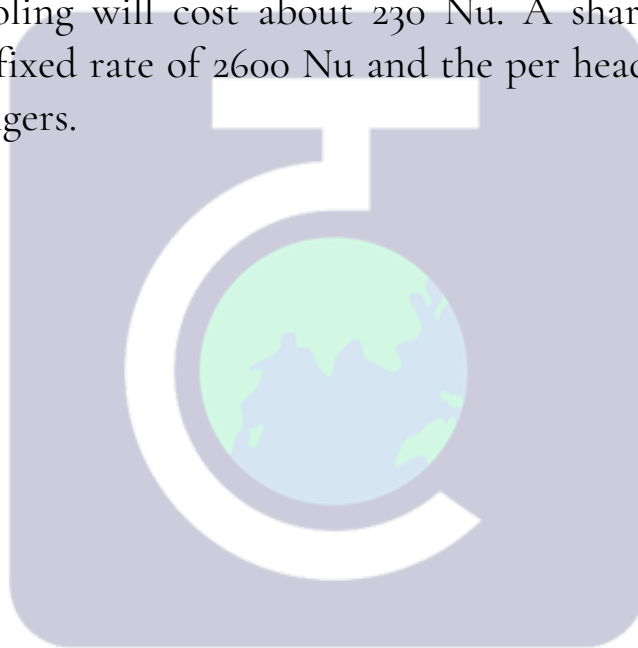
13. Transportation hubs

Thimphu is served by Paro Airport which lies 54 km away from the capital city. It takes about 45 minutes to one hour to reach the city center from the airport. Taxis are the only mode of transport to reach the downtown area unless your tour operator has arranged for other vehicles. The taxi fare from the airport starts at 18 Nu for the first kilometer and 18 Nu for each additional kilometer. The city's bus station, Thimphu Bus Station, is the hub of inter-district buses and is located across the river. Private bus services also run Coaster services to and from the border town of Phuentsholing.



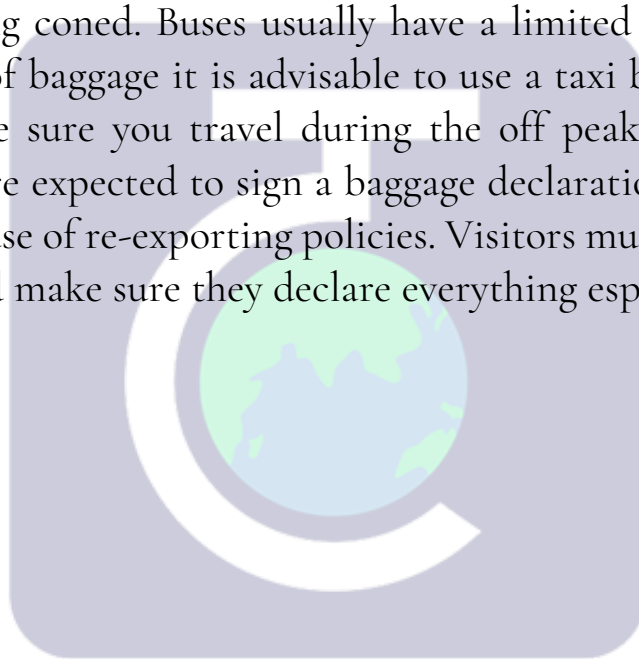
14. Transportation cost

Most of the city can be covered on foot. Taxis are available for longer distances and also for rides within the city. Though taxis are metered and have a fixed rate, drivers usually bargain with foreigners. It is better to fix a rate before the journey. A local taxi ride in Thimphu will cost around 70 Nu. A full day ride comes in the range of 1000-15000 Nu. A trip to the Phuentsholing costs 400-500 Nu. Travelling by bus to Phuentsholing will cost about 230 Nu. A shared taxi to and from Phuentsholing has a fixed rate of 2600 Nu and the per head cost will depend on the number of passengers.



15. Baggage allowance

Bhutan does not have a railway service which means you can only travel to Thimphu by road or air. Druk Air is one of the major airlines that fly to Thimphu. The main mode of transport in Thimphu, is taxis or buses. Taxis normally have a fixed price (which includes baggage) but more often than not they take advantage of foreigners by overcharging them. You should always be careful to avoid being coned. Buses usually have a limited space for baggage. If traveling with a lot of baggage it is advisable to use a taxi but if you have to use the bus service make sure you travel during the off peak hours. Visitors who arrive in Thimphu are expected to sign a baggage declaration form. This form is very important because of re-exporting policies. Visitors must ensure that they do not lose the form and make sure they declare everything especially jewelry.



16. Restaurant & Nightlife

There are so many restaurants in Thimphu's twelve districts. Many restaurants are found in Changngakha district.

Food -

There are so many restaurants in Thimphu's twelve districts. Many restaurants are found in Changngakha district.

- **Folk Heritage Museum Restaurant:**

Address : Pedzoe Lam, Kawang Jangsa, Thimphu, Bhutan 00975

Location : 27.4825729,89.63198549999993

Contact No : 02-334637

Open / Close Time : Monday to Saturday 10:00hrs-22:00hrs Sunday Closed

- **Uma by COMO Paro:**

Address : COMO Uma Paro P O Box 222 ParoBhutan

Location : 27.415957,89.42824900000005

Contact No : 975 8 271 597

Website : <http://www.comohotels.com/umaparo/>

Open / Close Time : Daily 08:00hrs-23:00hrs

- **Taj Tashi Hotel:**

Address : Samten Lam Chubachu, P.O.Box 524 Thimphu, Bhutan

Location : 27.476075,89.63750700000003

Contact No : 975 2 336699

Website : <https://taj.tajhotels.com/en-in/taj-tashi/restaurants/chig-jagye/>

Open / Close Time : Daily 10:00hrs to 20:30hrs

- **Galingkha:**

Address : Thimphu Town, Thimphu 12001, Bhutan

Location : 27.471451299,89.638350700

Contact No : 91 84477 47674

Website : <http://www.hotelgalingkha.com/>

Open / Close Time : Daily 08:00hrs-23:30hrs

- **Olive Restaurant:**

Address : Upper Ngoba Village, Naksel Road, Paro, 1, Bhutan

Location : 27.4229952,89.36717299999998

Contact No : +975 8 272 992

Website : <http://www.naksel.com/>

Open / Close Time : Daily 17:00hrs-23:00hrs

- **Zest Bar & Lounge:**

Address : Drentoen Lam, Thimphu, Bhutan, 0001

Location : 27.4756325,89.63939210000001

Contact No : +975 17 11 81 18

Open / Close Time : Wednesday to Sunday 11:00hrs to 23:00hrs Tuesday closed.

- **Om Bar:**

Address : Thimphu, Bhutan, 0001

Location : 27.4698443,89.64046600000006

Contact No : 975 17 60 36 17

Open / Close Time : Wednesday to Monday 18:00hrs to 02:00hrs;
Tuesday closed



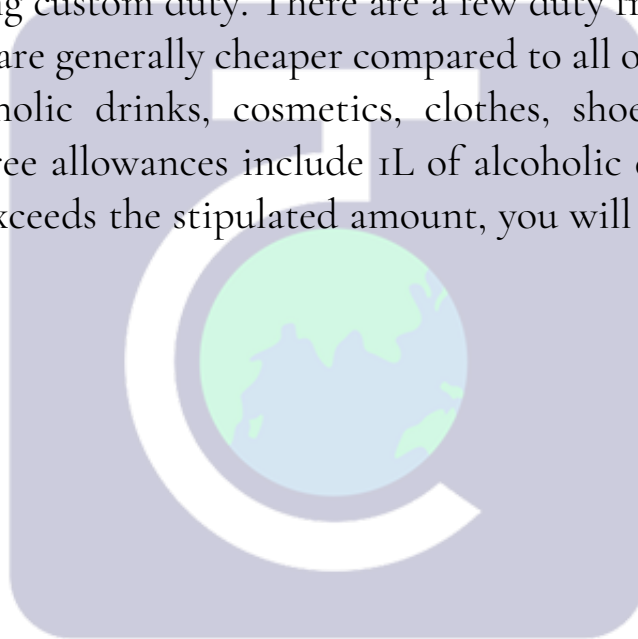
Index**17. Average meal cost**

At an inexpensive restaurant a normal meal costs 275.00 Nu and that of three-course meal for two people at a mid-range restaurant is available at 700.00 Nu. A combo meal at McDonald's is available at 249.64 Nu. You can have a fresh cappuccino at 107.50 Nu. 11.2 oz small bottle of water is available at 18.75 Nu.



18. Tourist benefits

Goods and services tax is charged according to the purchase price of the particular good or services. Everyone and every organization are subjected to tax apart from the Royal family and registered civil society organizations in Bhutan. Goods and services from the neighboring country of India are cheaper because they are exempted import tax. Foreign diplomats and government agencies are exempted from paying custom duty. There are a few duty free shops in Thimphu Bhutan. These shops are generally cheaper compared to all other shops in Bhutan. The shops sell alcoholic drinks, cosmetics, clothes, shoes, cigarettes, beauty products etc. Duty free allowances include 1L of alcoholic drink, a maximum of 300 cigarettes (if it exceeds the stipulated amount, you will have to pay a duty of 200%).



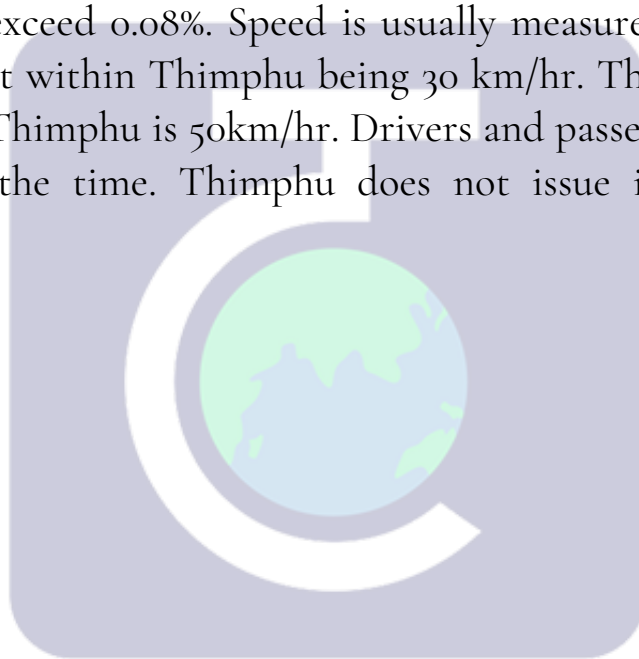
19. Essential local apps

Some travel apps are available to make your tour of the Kingdom of Bhutan easier and more convenient. Bhutan Cab app helps in finding transport facilities and in booking cab services.



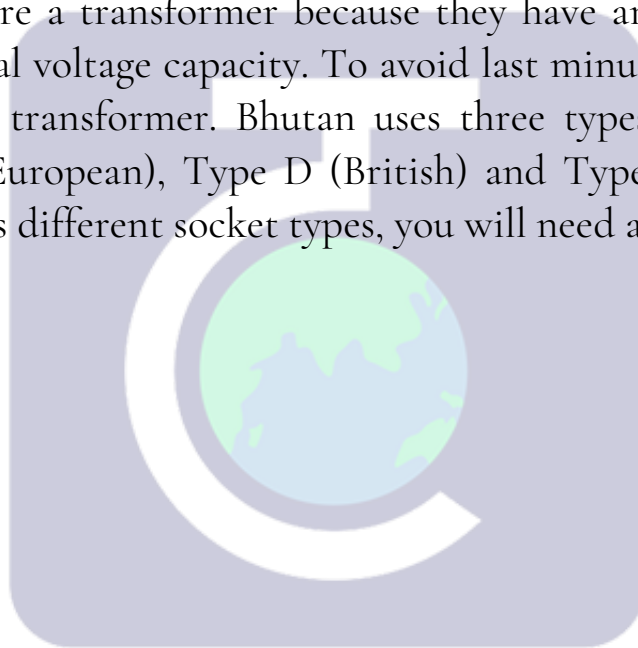
20. Driving

Bhutan was not part of the Geneva Convention but she honors the international driving permit. Many foreigners prefer not to drive in Bhutan because the roads are narrow. Thimphu uses the left side of the road. The traffic lights are not yet atomized so the traffic officers (cops) control/direct traffic flow in congested areas and roundabouts. All drivers must be 18 years and above. The alcohol content should not exceed 0.08%. Speed is usually measured in km/hr with the maximum speed limit within Thimphu being 30 km/hr. The maximum speed of the highways out of Thimphu is 50km/hr. Drivers and passengers are expected to wear seat belts all the time. Thimphu does not issue international driving permits.



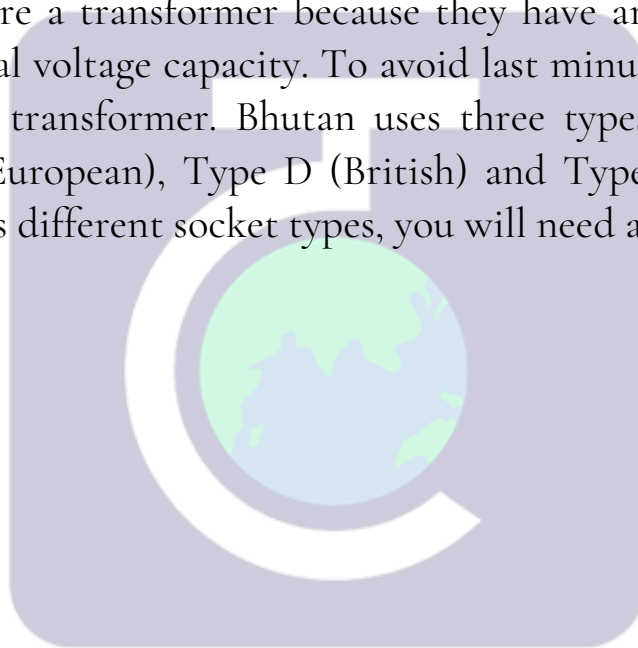
21. Travel essentials

Bhutan is connected to a standard voltage of 220 to 240 volts at frequency of 50 Hz. Many of the countries in Asia are connected to the electric grid of the same standard voltage. Other countries from Africa and Europe use this standard voltage. Countries from North America (US, Canada) and South America use a different standard voltage of 110 to 120 volts. Some electrical appliances like laptops do not require a transformer because they have an inbuilt transformer while others have dual voltage capacity. To avoid last minute inconvenience it is advisable to carry a transformer. Bhutan uses three types of electrical power outlet i.e. Type C (European), Type D (British) and Type G (British). If your country of origin uses different socket types, you will need a plug adopter for you to plug in.



22. Essential clothes

Bhutan is connected to a standard voltage of 220 to 240 volts at frequency of 50 Hz. Many of the countries in Asia are connected to the electric grid of the same standard voltage. Other countries from Africa and Europe use this standard voltage. Countries from North America (US, Canada) and South America use a different standard voltage of 110 to 120 volts. Some electrical appliances like laptops do not require a transformer because they have an inbuilt transformer while others have dual voltage capacity. To avoid last minute inconvenience it is advisable to carry a transformer. Bhutan uses three types of electrical power outlet i.e. Type C (European), Type D (British) and Type G (British). If your country of origin uses different socket types, you will need a plug adopter for you to plug in.



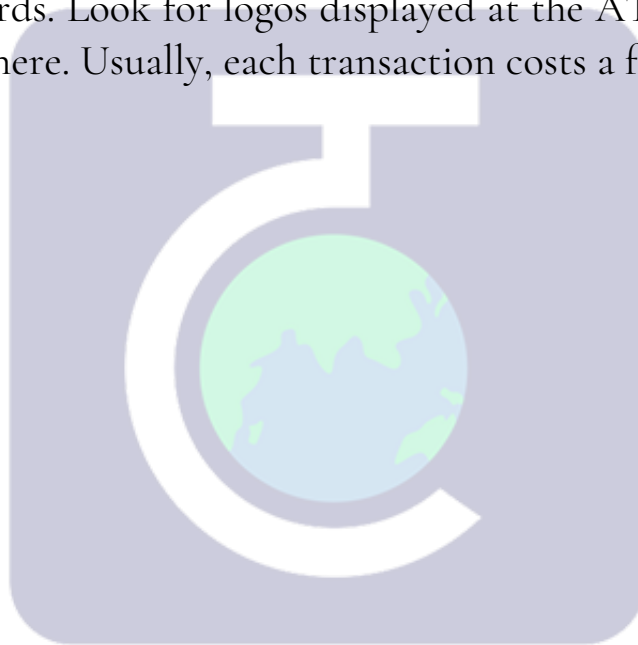
23. Local currency

Bhutanese ngultrum is the local currency of Thimphu. 1 USD = 66.56 Bhutanese ngultrum



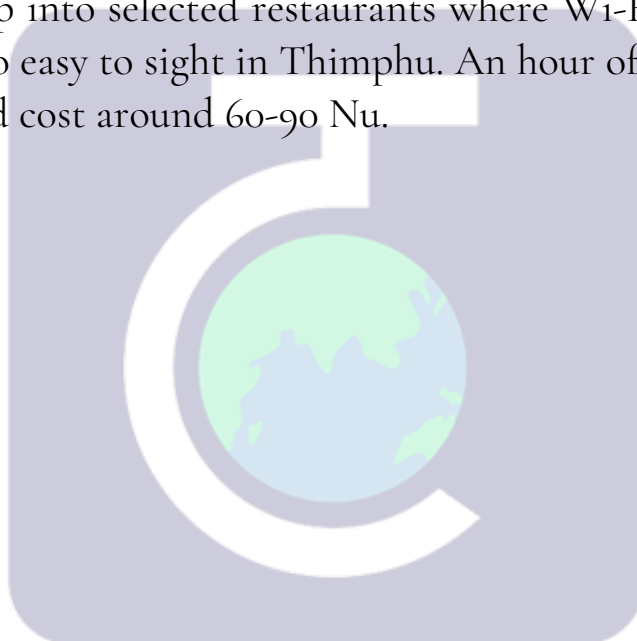
24. Change vendor's commission, ATM charges

Currency exchange services are available at the Paro Airport for those who arrive by air. Major banks in Thimphu like the Bank of Bhutan, Bhutan National Bank, and Punjab National Bank also provide money exchange facilities and generally charge a commission of 5-7%. Some hotels also provide currency exchange services mainly for the US Dollar. There are many ATMs in Thimphu that accept international cash cards. Look for logos displayed at the ATM to make sure that the cards will work there. Usually, each transaction costs a fee of 20 Nu.



25. Staying connected

In order to purchase a SIM card in Thimphu, tourists need to just display their permit and the verification and activation processes will be fulfilled in no time. Be informed that 3G and GPRS services are very costly in Thimphu – costs around 10Nu per MB. Connectivity issues are quite persistent in the city. However, for tourists who are hoping for catching Wi-Fi signals on their device, they may have to step into selected restaurants where Wi-Fi facility is available. Internet cafes are also easy to sight in Thimphu. An hour of internet browsing in an internet café could cost around 60-90 Nu.



26. Time Zone

Thimphu follows Bhutan Time Zone which is UTC + 06:00 hours.



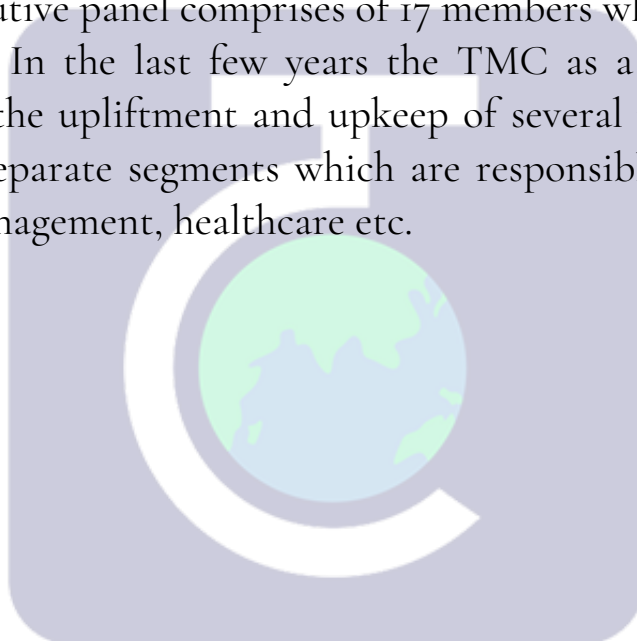
27. Languages

Dzongkha is the main language spoken in Thimphu.



28. Political Scenario

The overall responsibility and development rests in the hands of the Thimphu Municipal Corporation (TMC). It was established in 1995 by means of a royal decree. After the enforcement of the Municipal Act of 1999, the TMC became an autonomous vertical in the same year. The municipal body is helmed by the Mayor who is elected by the Ministry of Works and Human Settlement (MoWHS). The executive panel comprises of 17 members who collectively govern the municipal body. In the last few years the TMC as a regulatory body has actively acted upon the upliftment and upkeep of several public amenities and services. There are separate segments which are responsible for law and order, water supply and management, healthcare etc.



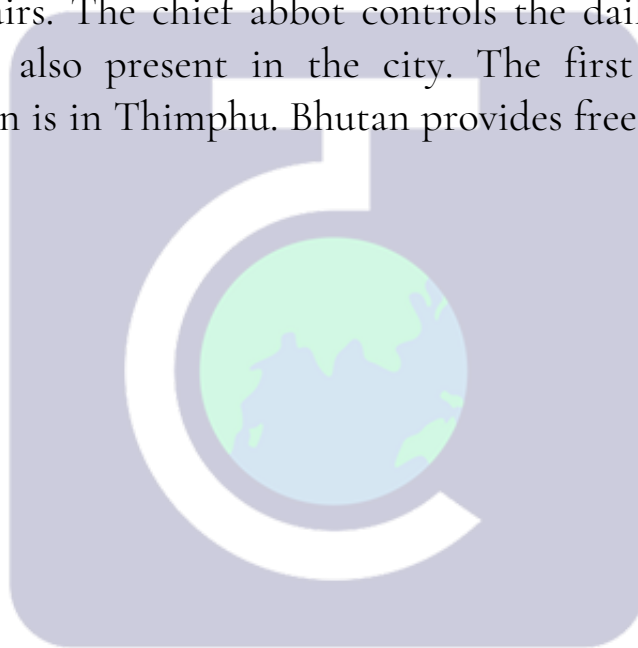
29. Economic Scenario

Thimphu is financial and commercial heartland of Bhutan's economy. Agriculture and livestock industries generate maximum revenue for the economy. Also the use of hydropower plants has also played a heroic role in supporting the economy. Tourism is also credited for driving the force of modernization and development not just in Thimphu, but in Bhutan in entirety. India and Bhutan are solid business neighbors and partners. Almost 90 percent electricity produced in Bhutan is exported to India. Imports from India are restricted at 70 percent only. As far as agriculture is concerned, rice, maize and wheat are the mainstay crops as well as the lumbering trade.



Index**30. Religious belief**

The official religion of the state is Vajrayana Buddhism. The largest number of people in Thimphu belongs to the ethnic group Drupka of Kagyu Buddhism. The chief abbot heads the main monastic body of monks. All the Buddhist meditation centers, educational institutions of Buddhist studies, the National Memorial Chorten, and the central and district monastic bodies are managed by a Council of Ecclesiastical Affairs. The chief abbot controls the daily functioning of the council. Hindus are also present in the city. The first ever Hindu temple constructed in Bhutan is in Thimphu. Bhutan provides freedom of religion to all the citizens.



31. Visa requirements

Visas in Bhutan are issued on arrival at the major airport or selected places if you are getting in by road. Visitors must apply for visas before arrival. You have to initialize the application through the ministry of foreign affairs. Then you submit an on line application form after attaching a passport size photo and pay an application fee of 40 USD. After getting an approval form tourism council in Thimphu after which you have to make a final application to the ministry of foreign affairs. The process should take at least three days. Once the process is through the ministry sends a visa confirmation number to you and Druk /Bhutanese airlines. The airline cannot issue a ticket before it receives the visa number. Once you arrive, you will immediately get a visa for the exact period of your planned visit. If you want a visa extension, you can apply for the same. When there are no festivals, visitors are allowed to visit certain areas of the temple but certain terms and conditions apply. Passport must have a validity period of more than six months. It is advisable to keep 2 pages free in your passport for arrival and departure stamps. In certain cases, it has been observed that applying and receiving a visa can be a process of 20-30 days. Hence, it is essential that you check the timeline with the relevant authority in the country where you intend to make the visa application.

Index**32. Essential vaccination**

It is recommended to be vaccinated for Rabies, Hepatitis B, Typhoid, Tetanus, Japanese Encephalitis, Hepatitis A, Diptheria, Measles, Mumps, Rubella and routine vaccination.



33. Theft and Safety

Bhutan is very safe for foreign tourists. The only safety hazard that one may encounter is motor accidents which is frequent in Bhutan. Wear seat belts and avoid driving at night when visibility is poor on the mountainous roads.



Index**34. Embassy/Consulate**

Bhutan is the third city with the least number of diplomatic offices after Vatican City and Lichtenstein. For more information you can visit <http://embassy.goabroad.com/embassies-in/Bhutan>



35. Accessibility

The infrastructure for the disabled is poor in Thimphu, and wheelchair bound tourists may find it difficult to maneuver through the mountainous terrain of the city.



36. Emergencies

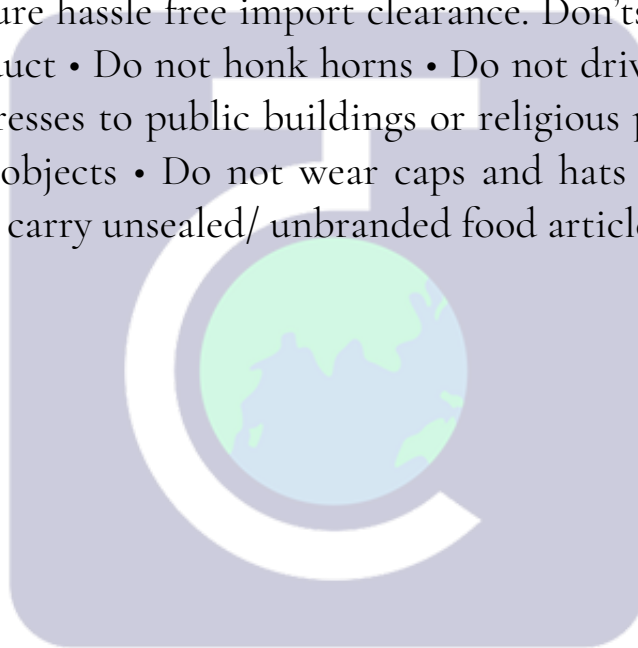
During emergencies you can dial 110 for Police, 119 for Fire and 120 for Ambulance. You can also call 118 for Maritime emergency and 171 for Earthquake assistance. You are provided with the top-notch medical services even if you are a tourist. There are several hospitals that can help you with travel insurance such as Jigme Dorji Wangchuck National Hospital.



Index

37. Do's and Don'ts

Foreign tourists need to be aware of the statutory regulations and customs and codes of conduct prevalent in Bhutan. Do's - • Remove footwear before entering a temple or holy place • Remove your caps or hats near the national flag • Wear modest and full dresses when entering Dzongs • Request permission before taking photographs • It is advisable to carry a certified doctor's prescription along with the medicines to ensure hassle free import clearance. Don'ts - • Do not smoke or use any tobacco product • Do not honk horns • Do not drive above 50km/hour • Do not wear short dresses to public buildings or religious places • Do not point fingers at people or objects • Do not wear caps and hats inside Dzongs • It is advisable that do not carry unsealed/ unbranded food articles as the same may be banned for import.



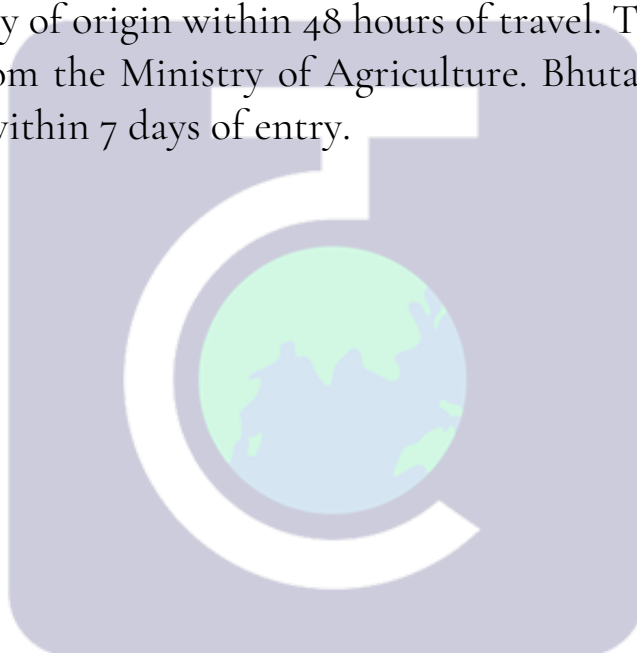
Index**38.Tipping basics**

Tipping is not common in Thimphu but it is slowly becoming a norm. Tipping is a good gesture of appreciating the people who have served you well. Taxi drivers and tour operators are the most common people who are tipped in Thimphu. You can tip any amount of money you want. Other people you should tip include house keepers, waiters etc.



Index**39.Pet info**

To bring a pet to Bhutan, it must be vaccinated for rabies. Then a Blood Titer Test must be performed to test for the presence of rabies antibodies. The vaccination must be taken not less than 6 months and not more than 12 months prior to travel. The health certificate must be filled in by the veterinarian to be endorsed by the governing authority responsible for the export and import of animals at the country of origin within 48 hours of travel. The pet must also have an import permit from the Ministry of Agriculture. Bhutan also requires Ticks and Tapeworm test within 7 days of entry.



Conclusion – Why to select this destination

The tranquility of the land is reason enough to visit Thimphu. This is the best place to relax and rejuvenate far from the madding crowd of the metropolitan cities. Nature, tradition, and religion make this wonderful land a tourist's haven. Pristine, untouched nature is the first thing that strikes you in Thimphu. Preservation and protection of nature is a way of life with the people. The mountains, the skies, and the flora and fauna offer a feast for the eyes and the mind. It is the land of the happiest people on earth. The spiritual and mental well-being of the people and their quality of life is reflected in the way they behave and how they treat you. Thimphu is a spiritual haven. With numerous Buddhist temples, monasteries and religious places, and a society that thrives on the principles and traditions of that religion, the city has a unique aura of spirituality in all its realms. This is the land of great adventures. The mighty Himalayan ranges offer the best mountaineering and trekking experiences. In fact, roaming around the city itself is thrilling for its mesmerizing natural scenery, cool and refreshing climate, and the most content faces that exude inner peace.

Index

Disclaimer

All rights reserved. This Travel Guide (inclusive of all content – text, graphics, images, illustrations, designs, etc.) is an Intellectual Property of Taxidio Travel India Pvt. Ltd. Copying, republishing, uploading, reproducing, downloading, distributing, posting, transmitting, or duplicating any of the material is prohibited. All the information contained in this Travel Guide is purely a work of research. The information may have undergone changes from the time it has been compiled. Taxidio Travel India Pvt. Ltd. Cannot be held liable for any alteration, inaccuracies or omissions.

