

# DISCONNECT

TRAVEL MAGAZINE

FEATURED DESTINATION

A PROTOCOL FOR PRESENCE |  
BHUTAN

10 DAYS · EXECUTIVE RECOVERY · SILENCE



# A NOTE FROM THE CURATOR.

"The rarest luxury in modern travel isn't a 5-star hotel or a private jet. It is the absence of friction.

We often mistake 'vacation' for 'logistics'.

The hours spent comparing reviews, the anxiety of picking the wrong tour, the fatigue of managing the schedule—that is not a holiday. That is work.

I created this dossier to give you back your mental bandwidth. Every link, every transfer, and every meal in these pages has been vetted not just for quality, but for flow.

I have stripped away the noise and left only the signal: the specific rooms that have the best light, the drivers who know the shortcuts, and the hours when the valleys are silent.

Bhutan is meant for **rejuvenation**, not management.  
Your only job now is to show up.

Journey well,"

*Jeyarani Venkatasamy*  
Founder, [\*\*XPLORWorld\*\*](#) Curation.



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# THE KINGDOM OF CLOUDS



## The Philosophy

Why here? "In a world of constant noise, silence is the ultimate luxury. This journey is not just a vacation; it is a strategic recovery. We are traveling to Bhutan, the only carbon-negative country in the world, to trade screen time for deep time. High altitude, ancient forests, and zero notifications.

Paro -> Thimphu -> Punakha -> Paro.

Bhutan is the only country in the world that measures success by "Gross National Happiness" rather than GDP. It is naturally exclusive (due to its sustainable tourism fee), carbon-negative, and deeply spiritual.

- The Vibe: Ancient, silent, and impossibly green.
- The Luxury: Stays at Amankora or Six Senses lodges, which offer a "circuit" experience—you travel through the country while staying in ultra-luxury, consistent sanctuaries.



# THE SANCTUARY

Sleep in the Clouds.

- Stays are arranged at Amankora and Six Senses lodges.
- Minimalist structures built from stone and wood, designed to disappear into the landscape.
- No TVs. Just a wood-burning stove and a view of the Himalayas.



### Days 1-3: The Decompression (Thimphu Valley)

- Day 1: The Landing
  - 10:00 AM: Arrive Paro. Transfer to Thimphu.
  - 04:00 PM: Protocol: "The Handover" (Devices to safe).
  - 06:00 PM: Welcome Blessing at the Lodge.
- Day 2: The Grounding
  - 08:30 AM: Visit Great Buddha Dordenma.
  - 03:00 PM: Astrology Reading.
  - 05:00 PM: Deep Tissue Massage.
- Day 3: The Forest Walk (The "Missing" Day)
  - 07:30 AM: Breakfast: Outdoor terrace (weather permitting).
  - 09:00 AM: Activity: Drive to the north end of the valley (Doden).
  - 09:30 AM: The Hike: Cross the traditional wooden cantilever bridge over the Wang Chhu river. Hike up to Cheri Monastery (approx. 45 mins - 1 hour steep uphill).

## THE CIRCUIT

SIGHT SEEING

- 11:00 AM: Mindfulness: Sit in the courtyard of the monastery. The guide will lead a 15-minute silent observation of the resident mountain goats that live around the temple.
- 01:00 PM: Lunch: Riverside picnic packed by the lodge.
- 03:00 PM: Creative/Slow: Visit the National Institute for Zorig Chusum (Painting School). Watch students painting thangkas in silence.
- 07:00 PM: Dinner: "Bhutanese Set Menu" introduction (Red rice, fiddlehead ferns, dumplings).



## Days 4–6: Punakha Valley

- Day 4: Drive over Dochula Pass. Rafting in the afternoon.
- Day 5: Walk to Chimi Lhakhang (Temple of the Divine Madman) through rice fields. Archery lesson.
- Day 6:
- **Morning:** Yoga or Qi Gong on the terrace overlooking the rice fields.
- **Afternoon:** A "Silent Walk" across the longest suspension bridge in Bhutan.
- **Evening:** A BBQ under the stars. The air here is exceptionally clear.

## Days 7–9: The Peak (Paro Valley)

- Day 7: Return to Paro. Visit National Museum. **Hot Stone Bath (Menchu)** in the evening.
- Day 8: The Challenge. Hike to Tiger's Nest (Taktsang). Picnic lunch halfway down. **Foot reflexology** in the evening.

# THE IMMERSION

PUNAKHA VALLEY & THE PARO VALLEY

## Day 9: The Reflection.

- 09:00 AM: Late breakfast.
- 11:00 AM: Visit Kyichu Lhakhang (7th Century Temple).
- 01:00 PM: Farmhouse lunch with a local family (sitting on the floor, eating with hands - very grounding).
- 05:00 PM: Closing Ceremony: Lighting 108 butter lamps.
- 08:00 PM: Final Farewell Dinner at the Lodge.

## Day 10: Departure

- Depart feeling lighter.



# THE SIGNATURE TREATMENT

## Mineral Recovery

**The Bhutanese Hot Stone Bath ('Menchu').**

- River stones are roasted in a fire until red-hot, then plunged into a wooden tub of water and artemisia herbs.
- The sizzling release of minerals soothes deep muscle tension and grounds the nervous system.



# THE CHALLENGE

Earn Your View.

## Tiger's Nest

- A 900-meter climb to the Tiger's Nest Monastery. It is a physical challenge designed to clear the mind.
- There is no cell service on the cliffside—only the sound of wind and prayer flags.

# “The Rules of Engagement

**OBJECTIVE:** To reclaim our attention, lower cortisol levels, and engage fully with the environment and each other for 10 days. We are traveling to one of the quietest places on Earth; this agreement ensures we do not bring the noise with us.

## 1. The Concierge Box (Phone surrender).

- Upon arrival at each Lodge (Amankora/Six Senses), all smartphones, tablets, and laptops will be handed to the Front Desk Manager for safe deposit.
- The Window: Devices may be retrieved for 30 minutes daily between 8:00 PM and 8:30 PM (Post-Dinner) if absolutely necessary.

## 2. The Analog Morning (No screens before 10am).

- Replacement: Coffee on the terrace, reading a physical book, or simply watching the clouds move over the Himalayas.

## 3. The "Silent Commute."

Note: Car rides between valleys (which can take 1-2 hours) are designated "Heads Up" zones.

- Prohibited: Scrolling, watching downloaded movies, or wearing noise-canceling headphones.
- Encouraged: Conversation, sleep, or looking out the window.

## 4. The Red Phone (Emergency only).

## 5. The Camera Rule We will prioritize memory over media.

- Photos are permitted, but the "Post Later" rule applies. No posting to Social Media (Instagram/LinkedIn/WhatsApp Status) until the trip is fully concluded and we are back in our home country.
- Reason: Posting invites immediate feedback (likes/comments), which pulls your mind back to the digital world.



# The Essentials

Climate Context: Nights are freezing ( 2°C -5°C ). Days are sunny and crisp ( 15°C ).  
winter/spring (Dec-March)

## The Essentials Wear on Plane

- **The "Temple Socks"** (Crucial): You must remove shoes in temples.
- The floors are freezing stone. Pack thick, warm wool socks specifically for this.
- **Slip-on Boots:** Footwear you can take off/put on in seconds like Blundstones or Chelsea boots). Laces are annoying when visiting 4 temples a day.
- **Down Jacket:** A lightweight, packable down puffer.



# “The Essentials

WHERE YOUR JOURNEY BEGINS

## 1. Day Wear (The "Active" Layer)

- Base Layers: Merino wool thermals (Uniqlo Heattech or similar).
- Pants: 2 pairs of "technical" trousers (stretchy, hiking style but look like chinos). No jeans (they are cold and heavy).
- Sunglasses: Polarized. The sun at 3,000m is intense.
- Sunscreen: SPF 50.

## 2. Evening Wear (The "Lodge" Layer)

- Note: Luxury lodges in Bhutan are "Smart Casual." No suits/ties needed.
- Cashmere Sweaters: 2-3 high-quality sweaters.
- Warm Shawl/Scarf: For ladies (and men) to wrap up while sitting by the fire.
- Indoor Shoes: Slippers or soft loafers for inside the lodge.

## 3. Wellness Kit

- Swimwear: For the hot stone bath (essential).
- Book: One physical book (fiction). No Kindles (screen temptation).



# THE AGREEMENT

We, the undersigned, agree to disconnect from the grid to reconnect with ourselves. We acknowledge that the emails will still be there when we return, but this moment in the mountains will never happen again.

Signed:

----- (Father)

----- (Mother)

----- (Child 1)

----- (Child 2)

Date: -----

## THE "IRON-CLAD" OUT OF OFFICE (OOO)

NOTE: This is crucial. If the executive leaves the door open ("I'll be checking sporadically"), the detox will fail. They must copy/paste this exactly.

Subject: Offline: [Executive Name] - Return Date [Date]

Body:

Hello,

I am currently away on an extended break with my family and will be completely offline with no access to email or phone until [Return Date].

I am taking this time to disconnect fully to recharge.

- For general inquiries: Please contact [Assistant Name] at [Assistant Email].
- For urgent matters: My assistant has my emergency contact protocols and will reach me if necessary.
- For decisions: Please hold all non-critical approvals until my return.

I look forward to reconnecting with fresh energy on [Return Date].

Best regards,

[Executive Name]

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