



Flights to Bhutan

[Drukair](#) and [Bhutan Airlines](#) are the two national airlines operating in Bhutan. Only a few pilots are permitted to fly at Paro International Airport due to the difficult landing circumstances there, which are surrounded by peaks as high as 5500 meters (18,000 feet).

We will request information regarding your flights soon. So stay tuned! Please note that you will be flying into Paro, Bhutan. You will be transported to your hotel in Thimphu, Bhutan which is approximately 23 kilometers or approx. 14 miles.

Bangladesh (Dhaka), India (Bagdogra, Guwahati, Kolkata, and New Delhi), Nepal (Kathmandu), Singapore, Thailand (Bangkok), and the United Arab Emirates (Sharjah) are just a few of the places you may travel directly to and from Paro. Bangkok and Delhi are popular starting sites, but Kathmandu offers the most spectacular route, with views of Mount Everest on clear days.

Stay Current on Your Vaccinations

No vaccines are required for entry into Bhutan. Be sure you are up-to-date with your vaccines and consult a health-care professional at least eight weeks before your departure in case you need any boosters. Standard recommendations include vaccinations for hepatitis A and B, diphtheria, tetanus and typhoid, in addition to childhood vaccinations for measles-mumps-rubella and polio.

Minimize Altitude Sickness

Acute Mountain Sickness (AMS) can occur when travelers are above 2500m (8202ft). Given that the most commonly visited cities – Thimphu and Paro – are just 200m to 300m (656ft to 984ft) below that threshold. However, (AMS) is a risk at Bhutan's Tiger's Nest (Paro Taktsang), which sits around 3,120m (10,100 ft), with symptoms like headache, nausea, fatigue, and dizziness appearing as your body struggles with lower oxygen, so acclimatize first (do it later in your trip), ascend slowly and stay hydrated.

Pre-existing Medical Conditions

Please seek advice from a doctor before travelling to high altitude if you have any of the following conditions:

- heart or lung disease, or cardiac problems
- diabetes
- epilepsy
- asthma
- pregnancy
- high blood pressure

Please check with a doctor about any prescription medication that might be affected by altitude.

Don't Drink the Tap Water

Tap water isn't safe to drink in Bhutan unless it has been boiled or purified. Ask your hotel for boiled water, or purchase bottled water to have on your person. The University bookstore also has bottled water for purchase.

Pack Layers, Modest Clothes and Good Walking shoes

In addition to modest attire for entering temples and monasteries, such as socks for the chilly temple floors, you'll need layers for varied weather and terrain. Smart casual, which includes professional dresses paired with flats, sandals, or loafers, or tailored pants or a midi skirt with a shirt or jacket, is appropriate for conference wear. For men, smart casual implies that a suit is not required. Wear separates with a jacket or blazer made of a more casual material (tweed, for example), and an oxford shirt with a button-down collar or knitwear.)

Bring a finer shoe to wear with a gho or kira (the national attire of Bhutan for men and women, respectively), in addition to a decent pair of walking or hiking boots. For those interested in local fashion feel free to [follow Bhutan Street Fashion for ideas](#).

Hotel/Accommodations in Bhutan

Please review link for [hotel recommended accommodations](#).

Please review the instructions in this link.

Delegates must email or call the hotel (from a list provided) and notify staff of their preferred dates and accommodations.

- Save your confirmation number or email.
- Inform hotel personnel you are an IASE delegate attending a conference at Royal Thimphu College.
- Fees apply per room, not per person.
- There is a lift in each hotel.
- Fees include a daily breakfast. This must be requested.
- Payment is only accepted in cash. Most establishments in Bhutan do not accept credit cards.
- Payment options include Bhutanese Ngultrum, Indian Rupees, US Dollars, and Euros.
- Banks are open on weekdays from 9-3 pm.
- ATMs and money exchange facilities are available at the arrival terminal and in town.

What food and drink should I try in Bhutan?

In Bhutan, eat traditional dishes like ema datshi (chili pepper and yak cheese stew), momos (steamed dumplings), and suja (salted butter tea). Traditional Bhutanese cuisine is often hot and spicy, with plenty of chilies served alongside meat, veggies, and red or white rice. Vegetarian food is rather easy to find.

Must-try Bhutanese dishes: **ema datshi** – chili and cheese national dish, **kewa datshi** – potatoes with cheese, **suja** – butter tea, **momos** – dumplings and **red rice** – Bhutanese staple

In Bhutan, meals are frequently presented as a collection of small dishes, allowing you to sample a variety of delicacies in one sitting. Singchang (local beer) is the most popular beverage.

Bhutan Is Plastic-Free, Clean, and Eco-Conscious

Bhutan is plastic-free, clean, and environmentally conscious.

Bhutan is the world's first carbon-negative country, with environmental protection as a national priority.

Important Traveler Notes:

- Plastic bags are banned.
- Littering is strictly forbidden.
- Smoking is prohibited in public areas; keep a receipt if purchasing cigarettes lawfully.

Pack reusable bottles and environmentally friendly things to support Bhutan's sustainability initiatives.

Internet, ATMs & SIM Cards Are Available but Not Everywhere

Bhutan is modern yet remote. Connectivity varies by region. You will have connectivity at the university as well as at your hotel.

What you should know:

4G is available in major towns.

ATMs accept international cards but may not work in remote areas.

ATMs are open 24 hours.

Always carry some cash—small towns and markets prefer it.

What Currency is used in Bhutan?

The Bhutanese Ngultrum (BTN), commonly referred to as the "nu," is the local currency of Bhutan. As of December 2025, the average international conversion rate was \$1 USD = 89.93 BTN. In Bhutan, ATMs are more common than they were in the past and can be found in the majority of the kingdom's major cities and towns. They are open all day.

Most MasterCard and VISA cards are accepted at the ATMs; however, you can find out if your card will be accepted by contacting the bank that issued it. They'll find out!



The best way to get your local currency for Bhutan is to wait until you get there. You will also get a better exchange rate if you use 100 dollar bills rather than smaller denomination bills, as they have more value to the changers. The Indian rupee can also be used in Bhutan, and has a similar exchange rate to the ngultrum.

Which power plug is standard in Bhutan?

Three different electrical plugs are used throughout Bhutan: the British plug (three square pins, compatible with type G sockets), the European plug (two round pins, compatible with type C socket) and the Indian plug (three thick round pins, compatible with type D sockets). It's a good idea to bring adaptors for all three.

What languages are spoken in Bhutan?

There are over 20 languages spoken in Bhutan, but the national language is Dzongkha. English is used throughout Bhutan's education system, so it is widely used and understood.