



Sensational mountain views © Bhutan Travel Bureau

TREKKING IN BHUTAN

One of the best ways to experience the heart and soul of this unique destination is to incorporate a trek into your itinerary. With much of the kingdom covered with ancient forests and high alpine meadows, a trek will not only bring you closer to nature but provide you with the opportunity to meet rural people. Whilst you will need to be physically fit and used to long walks, our trekking itineraries have been designed to travel at a gentle pace. You will be accompanied by a local trekking guide, cook, camp hand and horsemen who look after the yaks and ponies that transport your luggage and camping gear. The crew take care of all the camp chores and the cook will provide you with simple but wholesome food along the way.

DRUK PATH TREK

**11 days/10 nights (6 day trek)
Hotels/Lodges/Camping
Departs Wed, Sat & Sun
Ex Bangkok**

**SEASON: Mar-May & Sep-Nov
GRADE: Moderate**

| | | |
|-----------------------------|--------|--------|
| Price per person twin* | Cat A | Cat B |
| Sep-Nov 2010 & Mar-May 2011 | \$6753 | \$5384 |

*Minimum two people. Single travellers prices on request.

Note: Airfares to/from Paro subject to change with Druk Air.

A Uma Paro, Taj Tashi Thimphu, camping.

B Standard range of accommodations, camping.

Price per person includes: Airfare Bangkok/Paro return including taxes, Bhutan visa fee, accommodation, all meals, excursions, transfers by air-conditioned private vehicle, services of a local English speaking guide, 1 bottle of water per person per day for all surface travel.

Price excludes: Airfares Australia - Bangkok return and accommodation in Bangkok.

This adventurous itinerary includes a 6 day trek commencing in either Paro or Thimphu. The trekking route crosses a chain of beautiful mountains that separates two valleys. Along the way there are wonderful lakes teeming with fish and the area is famous for its spectacular rhododendron forests. In late autumn and winter there are great views of the Himalayas.

Day 1 Paro

Early morning flight to Paro. After lunch visit the Ta Dzong National Museum and the 17th century Rimpong Dzong. LD

Day 2 Paro

Walk (1.5 hrs) up to the Taktsang Monastery, perched on a rocky ledge over a 900m drop, then visit the historic ruins of the Drukgyel Dzong, and the 7th century Kyichu Temple. BLD

**Day 3 Paro - Jele Dzong
8km, 4 to 5 hours**

Accompanied by your guide, meet your camp crew and begin your 6 day trek walking slowly up to the campsite at Jele Dzong. Enjoy stunning views of the Paro Valley surrounded by snow capped mountains (weather permitting). Overnight camping. Altitude 3,480m. BLD

**Day 4 Jele Dzong - Jangchulakha
10km, 3 to 4 hours**

The day begins with a 1.5 hrs climb and then a gentle ascent through thick alpine forests and rhododendrons. Overnight camping. Altitude 3,770m. BLD



© David Kneale

Prayer flags can be seen regularly on trekking routes

**Day 5 Jangchulakha - Jimilangtsho
11km, 4 hours**

The trail follows a ridge with sensational mountain views on a clear day. The campsite is close to the Jimilangtsho lakes, famous for giant trout. Overnight camping. Altitude 3,870m. BLD

**Day 6 Jimilangtsho - Simkota
11km, 4 hours**

Today's walk will take you through dwarf rhododendron forests, along the shores of Lake Janeetsho and past yak herders' camps. Overnight camping close to Lake Simkota with the opportunity to catch a lake trout for dinner! BLD

**Day 7 Simkota - Phajoding
10km, 4 hours**

A gradual climb that offers majestic views of the highest peak in Bhutan, Mt. Gangkar Puensum. (weather permitting). The trail slowly descends through juniper trees to your campsite. Overnight camping. Altitude 3,610m. BLD

**Day 8 Phajoding - Thimphu
5km, 3 hours**

The leisurely trek to Thimphu is downhill all the way, passing through a forested of blue pine. After reaching Thimphu, the remainder of day is at leisure. BLD

Day 9 Thimphu

Explore the highlights of Thimphu including the National Library featuring ancient Buddhist scripts, Memorial Chorten, the Bhutanese School for Arts and Painting, Tashichhodzong, 12th century Changangkha Temple and the Zilukha nunnery. BLD

Day 10 Paro

Enjoy a hike (45 min) to Tango Monastery, one of the Thimphu's most ancient monasteries. Late afternoon departure for Paro. BLD

Day 11 Tour ends Bangkok

Early morning transfer to airport for flight to Bangkok. Tour ends. B



© Bhutan Travel Bureau

Walking against a beautiful Himalayan backdrop

BUMTHANG PILGRIM TREK

11 days/10 nights (3 day trek)
Hotels/Lodges/Camping
Departs daily ex Bangkok
SEASON: Mar-May & Sep-Nov
GRADE: Moderate

| | | |
|-------------------------------|--------|--------|
| Price per person twin* | Cat A | Cat B |
| Sep-Nov 2010 & Mar-May 2011 | \$8962 | \$5384 |

*Minimum two people. Single travellers prices on request.

Note: Airfares to/from Paro subject to change with Druk Air.

A Uma Paro, Taj Tashi Thimphu, Amankora Punakha & Bumthang resorts, camping.

B Standard range of accommodations, camping.

Price per person includes: Airfare Bangkok/Paro return including taxes, Bhutan visa fee, accommodation, all meals, excursions, transfers by air-conditioned private vehicle, services of a local English speaking guide, 1 bottle of water per person per day for all surface travel.

Price excludes: Airfares Australia - Bangkok return and accommodation in Bangkok.

The beautiful Bumthang Valley is the religious heartland of Bhutan and home to some of its oldest temples and monasteries. Incorporated into this itinerary is 3 days of moderate walking which will take you on an unforgettable journey through picturesque countryside and bring you closer to nature.

Day 1 Paro

Early morning flight to Paro. After lunch we visit the Ta Dzong National Museum and the 17th century Rimpong Dzong. LD

Day 2 Paro

Walk (1.5 hrs) up to the Taktsang Monastery, perched on a rocky ledge over a 900m drop, then visit the historic ruins of the Drukgyel Dzong, and the 7th century Kyichu Temple. BLD

Day 3 Thimphu

Morning drive to Thimphu, Bhutan's capital. Highlights include the Memorial Chorten, Folk Heritage Museum, the National Library containing ancient Buddhist scripts, Tashichhodzong and the Changangkha temple. BLD

Day 4 Trongsa

Drive to Trongsa (7 hrs) via the market town of Wangdue and Chendibji Chorten, modelled on Kathmandu's Swyambhunath Stupa. BLD

Day 5 Bumthang

Early morning visit to Trongsa Dzong and then drive to Bumthang (3 hrs). Spend the afternoon exploring ancient monasteries and sacred sites, some dating back to the 7th century. BLD



Stunning mountain village view

Day 6 Bumthang Ngang Lhakhang (14km, 3-4 hrs)

Today with your guide, you will meet your camp crew and begin your 3 day trek. The walking route follows the Chamkhar River and will take you across open fields and through pine forests. Today's trail is at a leisurely pace with plenty of time for stopping at local villages and temples. Overnight camping. Altitude 2,900m. BLD



Pilgrim women in Bumthang

Day 7 Nang Lhakhang Ugyencholing (19km, 7-8 hrs)

It's a full day's trek ascending gradually through the forest towards Phephe La Pass (3,360m) before descending into the Tang Valley, finally arriving at the village of Ugyencholing (2,850m). Your campsite is by the river close to the village. Altitude 2,670m. BLD

Day 8 Ugyencholing Bumthang (11km, 4 hrs)

In the morning, walk up to Ugyencholing Palace, a beautiful mansion housing a small eco-museum. Later, travel back by vehicle to Bumthang, stopping at the Burning Lake where one of Terton Pema Lingpa found religious treasures in the 15th century. Overnight in Bumthang. BLD

Day 9 Punakha

Drive to Punakha (8 hrs), Bhutan's ancient winter capital. Overnight in Punakha. BLD

Day 10 Paro

Continue by road to Paro (5 hrs) via Semtokha Dzong, the oldest fortress in Bhutan. Remainder of day at leisure to stroll through downtown Paro. Overnight in Paro. BLD

Day 11 Tour ends Bangkok

Early morning transfer to airport for flight to Bangkok. Tour ends. B



Young monks practicing buddhist horns



Spectacular views from Dochu La Pass



Grazing Yak