

## **Druk Path Trek Itinerary (6 Days)**

The Druk Path Trek is one of the most popular treks in Bhutan, offering stunning views of the Himalayas, pristine lakes, and diverse landscapes. It typically starts from Paro and ends in Thimphu or vice versa. The trek usually takes around 5-6 days to complete, covering a distance of approximately 55 kilometers. Highlights include the breathtaking views of Mount Jomolhari, encounters with yak herders, and camping near picturesque alpine lakes.

### **Day 1: Arrive in Paro**

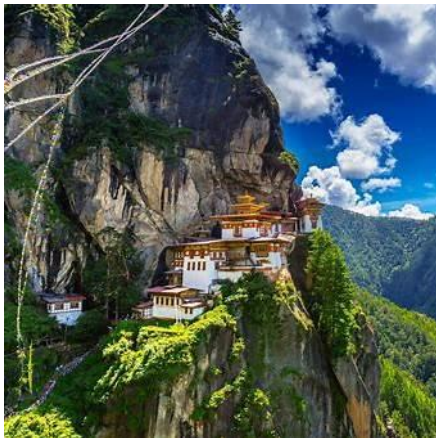
Arrive in Paro. You will be met by your guide and transferred to your hotel. Visit Rinpung Dzong, a fortress-monastery exemplifying Bhutanese architecture. Explore Paro town, experiencing local markets and traditional crafts.

Overnight stay at the hotel.

### **Day 2: Acclimatization Hike to Tiger's Nest Monastery**

Hike to Paro Taktsang (Tiger's Nest Monastery), perched on a cliff 900 meters above the valley floor. This sacred site is integral to Bhutanese culture.

- Trek Distance: 5 km round trip
- Altitude Gain: 900 meters
- Trek Duration: 4-5 hours



### **Tiger's Nest Monastery**

Overnight at a hotel in Paro.

### **Day 3: Paro to Jele Dzong (Start of the Trek)**

The trek begins with a steady climb through pine forests.

En route, you may pass farmhouses and apple orchards.

Arrive at Jele Dzong, a fortress situated on a ridge.

If the weather is clear, enjoy views of the Paro Valley and Mount Jomolhari in the distance.

- Trek Distance: 10 km (6 miles)
- Altitude Gain: 1,090 meters (3,576 feet)
- Trek Duration: 4-5 hours



Jele Dzong

Camp: Near Jele Dzong at an altitude of 3,480 meters (11,417 feet).

### **Day 3: Jele Dzong to Jangchulakha**

The trail follows the ridge and on a clear day, you can see the Paro Valley and snow-capped mountains.

The path ascends through thick alpine forests and rhododendron trees.

Camp near Jangchulakha, where you might encounter yak herders.

- Trek Distance: 10 km (6 miles)
- Altitude Gain: 310 meters (1,017 feet)
- Trek Duration: 4 hours



## **Jangchulakha**

Camp: At an altitude of 3,770 meters (12,369 feet).

### **Day 4: Jangchulakha to Jimilangtsho Lake**

The trail follows the ridge, offering spectacular views of the surrounding mountains and valleys.

Descend to the campsite at Jimilangtsho Lake, a picturesque alpine lake.

The lake is famous for its giant trout, and the surrounding area is known for its rhododendron forests.

- Trek Distance: 11 km (7 miles)
- Altitude Gain: 230 meters (755 feet)
- Trek Duration: 4-5 hours



## **Jimilangtsho Lake**

Camp: Near Jimilangtsho Lake at an altitude of 3,870 meters (12,697 feet).

### **Day 5: Jimilangtsho Lake to Simkota Tsho**

The trail takes you through dwarf rhododendron trees and passes by Janetsho Lake.

Continue trekking until you reach Simkota Tsho, another beautiful lake.

The campsite offers great views of the surrounding mountains.

- Trek Distance: 11 km (7 miles)
- Altitude Gain: 270 meters (886 feet)
- Trek Duration: 4 hours



### **Simkota Tsho**

Camp: Near Simkota Tsho at an altitude of 4,110 meters (13,484 feet).

### **Day 6: Simkota Tsho to Phajoding, and then to Thimphu. Departure from Thimphu.**

Begin with a gradual climb.

If the weather permits, enjoy majestic views of Mount Gangkar Puensum, the highest peak in Bhutan. The trail slowly descends through juniper trees to a community hall near Phajoding.

After a rest, continue the descent to Thimphu through a forested area.

Arrive in Thimphu in the late afternoon.

Transfer to your hotel for rest and freshening up.



Mount Gangkar Puensum



Phajoding

- Trek Distance: 14 km (9 miles)
- Altitude Loss: 1,530 meters (5,020 feet)
- Trek Duration: 7 hours

Depending on your flight schedule, you may depart from Thimphu or stay overnight.

Enjoy the rest of your time in Bhutan before your departure.

## **Jomolhari Trek Itinerary (9 Days)**

The Jomolhari Trek is another iconic trekking route in Bhutan, renowned for its spectacular scenery and cultural experiences. It starts from Paro and circles the majestic Mount Jomolhari, reaching altitudes above 4,000 meters. The trek usually takes around 8-9 days to complete, covering approximately 100 kilometres. Highlights include stunning views of snow-capped peaks, encounters with Bhutanese nomads, and visits to remote villages and ancient monasteries.



### **Day 1: Arrive in Paro, Acclimatization Hike to Taktsang Monastery**

- **Morning:** Arrive in Paro. You will be met by your guide and transferred to your hotel.
- **After Breakfast:**

Hike to Taktsang (Tiger's Nest) Monastery, perched at 3,100 meters. Enjoy lunch at the cafeteria halfway up the mountain. Explore the monastery, which clings to a cliff 900 meters above the valley floor.





- **Evening:** Return to Paro for an overnight stay at the hotel.

## **Day 2: Paro to Shana (Start of the Trek)**

- **Trek Distance:** 17 km (10.5 miles)
- **Altitude Gain:** 360 meters (1,181 feet)
- **Trek Duration:** 5-6 hours

Drive to the trailhead at Drukgyel Dzong. The trek follows the Paro River and passes through traditional farmhouses.



## **Drukgyel Dzong**

Camp at Shana, at an altitude of 2,870 meters (9,416 feet).

### Day 3: Shana to Thangthangkha

- **Trek Distance:** 22 km (13.7 miles)
- **Altitude Gain:** 770 meters (2,526 feet)
- **Trek Duration:** 7-8 hours

The trail continues along the Paro River, with gradual ascents and descents. Pass through a dense forest of oak, pine, and rhododendron.



Camp at **Thangthangkha**, at an altitude of 3,750 meters (12,303 feet).

### Day 4: Thangthangkha to Jangothang (Basecamp for Mt. Jomolhari)

- **Trek Distance:** 19 km (11.8 miles)
- **Altitude Gain:** 480 meters (1,575 feet)
- **Trek Duration:** 5-6 hours

Continue the trek with stunning views of Mount Jomolhari. The trail passes through small villages and yak pastures.



Camp at Jangothang, at an altitude of 4,080 meters (13,386 feet).



### Day 5: Jangothang (Acclimatization Day, Optional Hike to Tshophu Lake)

Rest day to acclimatize to the altitude. Optional hike to Tshophu Lake, located at 4,350 meters (14,271 feet). Explore the surrounding area and enjoy views of Mount Jomolhari and Jichu Drake.

- **Camp:** Same camp as Day 4.

### Day 6: Jangothang to Lingshi

- **Trek Distance:** 18 km (11.2 miles)
- **Altitude Gain:** 840 meters (2,756 feet)
- **Altitude Loss:** 870 meters (2,854 feet)
- **Trek Duration:** 6-7 hours

The trail crosses the Nyile La Pass at 4,890 meters (16,043 feet). Descend to Lingshi village, with its fortress and views of the surrounding peaks.



Camp at Lingshi, at an altitude of 4,010 meters (13,156 feet).

### Day 7: Lingshi to Shodu

- **Trek Distance:** 22 km (13.7 miles)
- **Altitude Gain:** 940 meters (3,084 feet)
- **Altitude Loss:** 920 meters (3,018 feet)
- **Trek Duration:** 8-9 hours

The trail crosses the Yale La Pass at 4,930 meters (16,174 feet). Descend through rhododendron forests and past yak herders' camps.

Camp at Shodu, at an altitude of 4,080 meters (13,386 feet).

### Day 8: Shodu to Barshong

- **Trek Distance:** 16 km (9.9 miles)

- **Altitude Gain:** 250 meters (820 feet)
- **Altitude Loss:** 670 meters (2,198 feet)
- **Trek Duration:** 5-6 hours

The trail follows the Thimphu River and passes through beautiful landscapes. Arrive at Barshong, with its ruined fortress.

Camp at Barshong, at an altitude of 3,710 meters (12,172 feet).

#### **Day 9: Barshong to Dolam Kencho, Drive to Thimphu. Departure from Thimphu**

- **Trek Distance:** 15 km (9.3 miles)
- **Altitude Loss:** 640 meters (2,100 feet)
- **Trek Duration:** 4-5 hours

The trail descends through dense forests to the road head at Dolam Kencho.



Drive to Thimphu. Arrive in Thimphu in the late afternoon. Depending on your flight schedule, you may depart from Thimphu or stay overnight.

Enjoy the rest of your time in Bhutan before your departure.

## **Snowman Trek Itinerary (25 Days):**

The Snowman Trek is one of the most challenging and remote treks in the world, traversing the high-altitude terrain of the Bhutanese Himalayas. It's a legendary trek that covers a distance of over 200 miles and crosses numerous high passes, including some over 5,000 meters. The trek typically takes around 25 days to complete, passing through pristine wilderness, remote villages, and breathtaking landscapes. Highlights include crossing the famous Gasa hot springs, encountering rare wildlife such as the blue sheep and snow leopard, and experiencing the unique culture of Bhutan's highland communities.

### **Day 1: Arrival in Paro**

Upon arrival in Paro, your guide will greet you and transfer you to the hotel. After settling in, you will visit the Ta Dzong, now the National Museum, and then explore the Rinpung Dzong. Enjoy a leisurely stroll in Paro town in the evening.

Overnight at Paro.

### **Day 2: Acclimatization Hike to Tiger's Nest Monastery**

After breakfast, embark on a hike to Taktsang (Tiger's Nest) Monastery, perched at 3100m. Enjoy lunch at the cafeteria halfway up the mountain before exploring the monastery.

Return to Paro for overnight stay.

### **Day 3: Paro to Shana Zampa (Start of the Trek)**

Drive north of Paro valley to Drugyal Dzong, where the trek begins. Trek to Shana Zampa (2870m), passing through lush landscapes and tiny settlements.



Camp at Shana Zampa for the night.

#### **Day 4: Shana Zampa to Soi Thangkha**

Trek through pine, oak, and spruce forests, crossing streams and enjoying scenic views, to reach Soi Thangkha (3750m).



Camp amidst beautiful meadows.

#### **Day 5: Soi Thangkha to Jangothang**

Ascend above the tree line, passing through yak country and enjoying views of Mount Jomolhari. Camp at Jangothang (4040m) with stunning mountain views.

#### **Day 6: Acclimatization Day and Exploration of Jangothang**

Spend the day acclimatizing with a hike offering panoramic views of the surrounding peaks. Explore the base camp area or simply relax.



Overnight at Jangothang.

### **Day 7: Jangothang to Lingshi**

Trek to Lingshi (4010m), ascending to the Ngye La pass and enjoying views of Mount Jomolhari. Descend to Lingshi Dzong, perched on a hilltop.



Camp at Lingshi.

### **Day 8: Lingshi to Chebisa**

Visit Lingshi Dzong before trekking to Chebisa (3850m), passing through villages and enjoying mountain views.



Camp near Chebisa village.

### **Day 9: Chebisa to Shoumuthang**

Trek to Shoumuthang (4250m), crossing Gogu La pass and passing through yak herder settlements.



Camp amidst stunning scenery.

### **Day 10: Shoumuthang to Robluthang**

Trek through edelweiss-bound trails, crossing Jari La pass and descending to Robluthang (4200m).

Camp amidst rocky meadows.

### **Day 11: Robluthang to Lingmithang**

Cross the Shingchen La pass, enjoying panoramic views, and descend to Lingmithang (4140m).



Camp by the river amidst picturesque landscapes.

### **Day 12: Lingmithang to Laya**

Trek to Laya village (3800m), passing through forests and enjoying wonderful views. Explore the unique culture of Laya.





Overnight in Laya village.

### **Day 13: Rest Day at Laya**

Explore Laya village and interact with the locals. Experience traditional Bhutanese hospitality and learn about their way of life.

Overnight in Laya village.

### **Day 14: Laya to Rodophu**

Trek to Rodophu (4160m), passing through valleys and enjoying mountain views.



Camp amidst stunning scenery at Rodophu.

### **Day 15: Rodophu to Narithang**

Trek to Narithang (4900m), passing through alpine grasslands and enjoying views of snow-capped peaks.



Camp at Narithang.

### **Day 16: Narithang to Tarina**

Trek to Tarina (4350m), crossing Ganglakarchung Pass and enjoying majestic mountain views. Camp amidst scenic surroundings.

### **Day 17: Tarina to Woche**

Trek to Woche village (4350m), passing through forests and enjoying views of waterfalls. Explore Woche village and camp nearby.

### **Day 18: Woche to Lhedi**

Trek to Lhedi (4200m), passing through valleys and villages. Explore Lhedi village and camp nearby.

### **Day 19: Lhedi to Thanza**

Trek to Thanza (4250m), passing through Phochu River and enjoying scenic landscapes. Explore Thanza village or nearby glacial lakes.



Overnight in Thanza.

### **Day 20: Rest Day at Thanza**

Explore Thanza village or nearby glacial lakes. Experience the untouched medieval-like society and unique culture of the region.

Overnight in Thanza.

### **Day 21: Thanza to Tshochena**

Trek to Tshochena (5000m), passing through high mountain passes and enjoying panoramic views.



Camp amidst breathtaking scenery at Tshochena.

### **Day 22: Tshochena to Jichu Dramo**

Trek to Jichu Dramo (5050m), passing through stunning landscapes and enjoying mountain views.

Camp at Jichu Dramo, the highest campsite on the trek.

**Day 23: Jichu Dramo to Chukarpo**

Trek to Chukarpo (4400m), descending through forests and pastures.

Camp amidst picturesque surroundings at Chukarpo.

**Day 24: Chukarpo to Tampetsho**

Trek to Tampetsho (4320m), passing through forests and reaching a beautiful turquoise-colored lake.



Camp near Tampetsho.

**Day 25: Tampetsho to Maraothang**

Trek to Maraothang (3620m), passing through diverse landscapes and enjoying views of blue sheep.

Camp at Maraothang for the night.

**Day 26: Maraothang to Nika Chhu Zam**

Descend gradually through forests and pastures to Nika Chhu Zam (2650m), where your trek concludes.

Transfer to Wangdue for overnight stay.

**Day 27: Punakha to Thimphu**

Drive to Thimphu, the capital of Bhutan, visiting Punakha Dzong en route. Explore Kuenselphodrang and Thimphu town in the evening.



Overnight in Thimphu.

This itinerary combines the adventure of the Snowman Trek with the cultural experiences of Paro, Punakha, and Thimphu, offering a comprehensive exploration of Bhutan's landscapes and traditions.

## **Phobjikha trek**

Embark on an immersive journey through the Land of Happiness, experiencing adventure, local life, and culture. The trek begins from the picturesque Phobjikha Valley, known for its stunning beauty and home to rare Black-necked cranes.

### **Day 1: Arrival in Paro – Thimphu**

Upon arrival in Paro, transfer to Thimphu. En route, stop at Tachog Lhakhang. Explore Thimphu, visit Buddha Point, Simply Bhutan Museum, and the Local Crafts Market.

Overnight in Thimphu.

### **Day 2: Thimphu Day Tour**

Visit National Library, Institute of Zorig Chusum, and Textile Museum. Explore Sangaygang viewpoint, Takin Reserve Centre, Changangkha Monastery, Memorial Chorten, and Tashichhodzong.

Overnight in Thimphu.

### **Day 3: Thimphu – Gangtey**

Drive to Gangtey via Dochula Pass. Stop at Rinchen gang village and enjoy scenic views. Visit Phobjikha valley.

Overnight in Gangtey.

### **Day 4: Gangtey Gompa - Gogona**

Trek through meadows and forests to Gogona village. Pass Tsele La and enjoy breathtaking views.



Overnight in Gogona.



### **Day 5: Gogona - Khotokha**

Trek through forests and over Shobju La pass to Khotokha village. Experience rich biodiversity and bird-watching opportunities.



Overnight in Khotokha.

### **Day 6: Khotokha - Tikke Zampa - Punakha**

Trek to Tashi La and descend to Tikke Zampa. Drive to Punakha.



Overnight in Punakha.

### **Day 7: Punakha Day Tour**

Explore Punakha, visit Punakha Dzong, Sangchhen Dorji Lhuendrup Lhakhang, and Khamsum Yuelley Namgel Chorten.



Overnight in Punakha.

### **Day 8: Punakha - Paro**

Drive back to Paro, visit Simthokha Dzong en route. Explore Ta Dzong, Paro Rinpung Dzong, and local handicraft stores in Paro.



Overnight in Paro.

### **Day 9: Paro Day Tour**

Hike to Taktshang Monastery, visit Drugyel Dzong, a traditional farmhouse, and Kichu Lhakhang.



Overnight in Paro.

### **Day 10: Departure**

Transfer to Paro Airport/Phuentsholing-Bagdogra for departure