

## **Bumthang Trek (10 nights 11 days)**

This trek offers you a wonderful variety of Bhutanese sightseeing's and landscapes it offers a Variety of Vegetation zones differ from richly forested valleys to high alpine pastureland where farmers graze their animals. One can have close impression at village life how it is proceeding since many centuries.

### **Day 1: Arrive Paro Bhutan by Druk Air /KTM or BKK - PBH.**

The flight fro KTM/BKK – PBH takes you over the great Himalayas, offering the sparkling scenery of the world's highest snow covered peaks. You can experience the breathtaking views of the Mount Jomolhari and as you descend down to the Paro airport you can see the Pa Chu (Paro River) meandering down the beautiful Paro valley. O/N Paro; is at 2280 meters (7500 ft).

### **Day 2: Paro**

Full day sightseeing includes visit to Ta Dzong (watch tower), which is now the National museum of the Kingdom, Paro Rinphung Dzong- "fortress on the heap of jewels" built by Zhabdrung Ngawang Namgyal in 1646. Lunch will be served in the local restaurant and after lunch hike to famous Taktshang Monastery "Tigers' Lair" which will offer you a stunning view of the monastery which is perched on the rocky side of the cliff at a height of 90m above Paro valley and is a place where a legendary Guru Padmasambhava is believed to have flown from Tibet riding on the back of Tiger to subdue the demons who were giving the obstacle in spreading the Buddhism in Bhutan –"" which takes 3-4 hrs.(both way). Way back drive to the ruine Drukgyel Dzong which marks the victory of the Kingdom over the Tibetan Invaders and from here with a clear day one can have a spectacular view of the Mount. Jomolhari (7314m). Evening stroll in the town. O/N Paro.

### **Day 3: Paro – Thimphu.**

Drive 65 km./ 1.45hrs Full Day sightseeing in Thimphu- the capital city of Bhutan includes visit to : Handicraft Emporium, National Institute of Traditional Medicine, Painting School, National Library, Folk Heritage Museum, Textile Museum, Zulukha Nunnary, Tashichoe Dzong, National Memorial Chorten, Mini Zoo and Dechen Phodrang, which houses the monastic school. O/N Thimphu.

### **Day 4: Thimphu – Trongsa.**

Drive (267kms/ 8.00 hrs) to the central Bhutan where your lunch will be served enroute at Wangdi. O/N Trongsa

### **Day 5: Trongsa – Bumthang.**

In the morning visit Trongsa Dzong built by Lama Zhabdrung Ngawang Namgyal in 1647 and the Ta Dzong(watch tower) above it, which is dedicated to Buddhist epic hero, King Gesar of Ling. Drive to Bumthang (68kms / 2 hrs ) across the Yutongla pass(3400m) and after it takes you through a wide, open, cultivated valley of Chumey. Check into Hotel and after lunch visit Kurjey Lhakhang- where the saint Guru Padmasambhava subdued a local demon and left his body print on the rock, Jambay Lhakhang built in 7<sup>th</sup> century, Tamshing Monastery, which is one of the oldest monastic school in the Kingdom and the Jakar Dzong which houses the administrative center of the region. O/N Bumthang.

### **Day 6: Bumthang –Ngang Lhakang.**

Bumthang trek begins here, trek route follows swift flowing Chamkhar river across many typical Bhutanese villages and temples. Arrival at the camping area after about 6 hrs. walk.

**Day 7: Ngang Lhakang – Ugynechoeling village.**

Trek journey ascends gradually towards the Phephela Pass, after a walk through a deep forests of Junipers. The path slowly descends to Tang valley and the finally arrive at Ugynechoeling village. Camp here by the river side after 8hrs. of walk.

**Day 8: Ugynechoeling village - Bumthang.**

After breakfast take a walk to Ugynechoeling dzong and visit neighboring villages, then drive back to Bumthang-Jakar town by the side of Tang Chu river. En route visit Membartsho lake Where Terton (treasure discoverer) Pema Lingpa supposed to have discovered religious treasures in 12th century. Drive back for overnight at Bumthang.

**Day 9: Bumthang - Punakha.**

Morning visit Jambay Lhakhang, monastery built by Tibetan King, Songtsen Gonpo, Tamshing Lhakhang, Domkhar Tashichholing Palace. Slowly drive (197 kms / 6.00 hrs) to Punakha with lunch en route. Overnight at Punakha.

**Day 10: Punakha – Paro.**

Morning visit beautiful Punakha Dzong located in between to smooth flowing rivers- namely Pho Chu and Mo Chu. En route visit Chhimi Lhakhang. Drive slowly to Paro for a lunch, is the relaxing day. In the Evening stroll through Paro market. Relaxing overnight and dinner at Paro.

**Day 11: PBH- KTM or BKK**

Early Breakfast and transfer to Paro airport for the flight to onward destination.

**Cost includes:**

Camping staff; food and camping equipment  
Accommodation on twin sharing basis at Guest Houses & Two-man tent during camping, Dining & Toilet tents, Car, driver, all ground transports and transfers, English speaking Guide, All food breakfast - lunch - dinner, Bhutan Permit

**Cost excludes:** Travel Insurance, Extra cost in the event of landslide additional transportation and evacuation cost in case of emergency, expenses of personal nature, KTM & BKK Airport tax, Visa for Nepal.

**Prices per person 2015:**

1 PAX :US\$ 250 pax per night X number of nights + Usd 50 ( visa )  
2 PAX :US\$ 230 pax per night X number of nights + Usd 50  
3 + PAX :US\$ 210 pax per night X number of nights + Usd 50

On top of that comes the flight either from Bangkok or KTM.

Flight: Kathmandu - Paro - Kathmandu is USD 475.00 per person (Flight Prices are subject of change without any notice!)