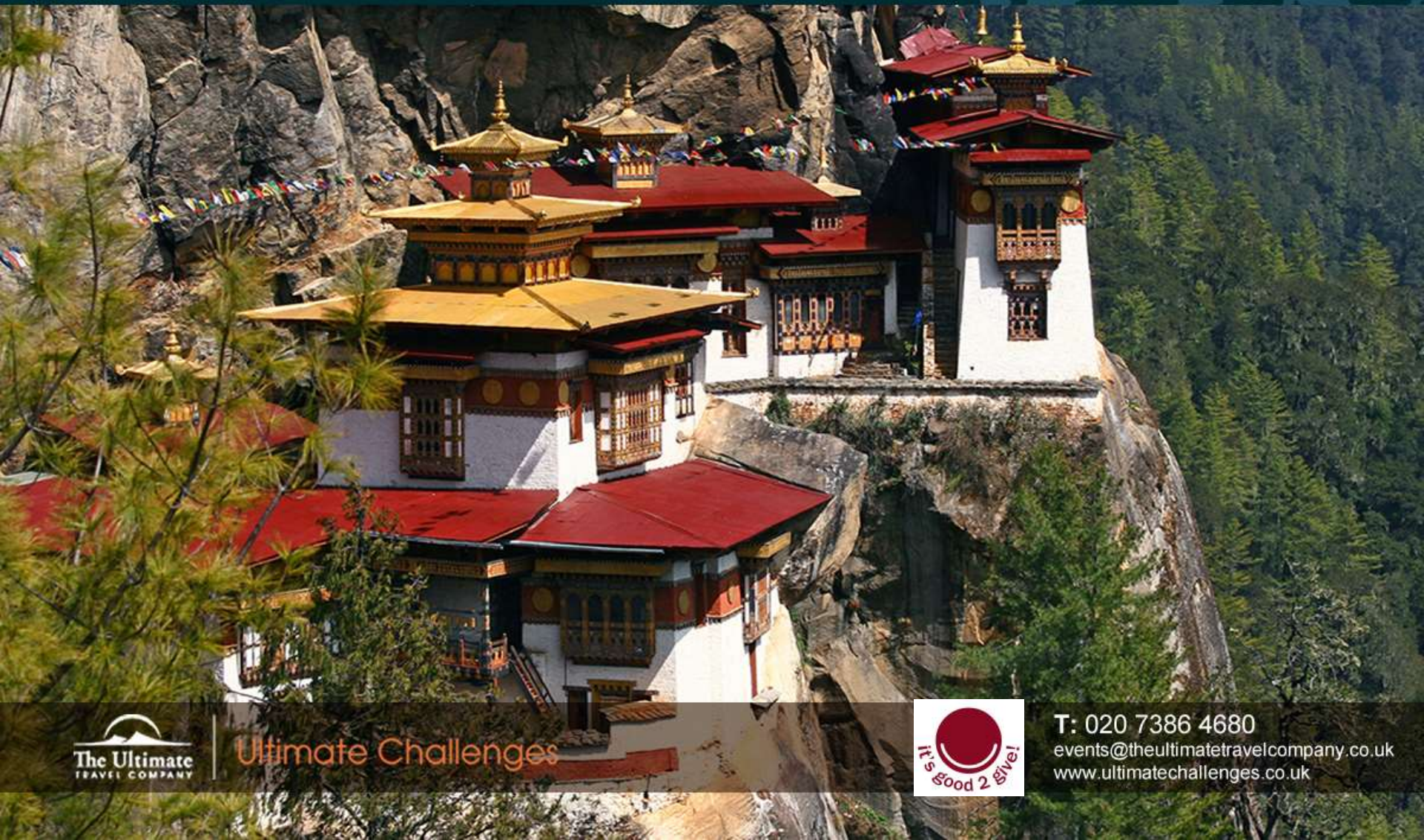


# Bhutan Trek

Trek five days in this undiscovered country



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# Trek Bhutan

Embark on an immense and once in a lifetime trek through this ancient land

Very few people have ever visited the last remaining Himalayan Buddhist kingdom of Bhutan. For centuries the impenetrable wall of the Himalayan mountains with their forbidding cliffs, plunging chasms and terrifying heights made this tiny country all but impossible to reach.

Modern travel has made Bhutan more accessible, but the number of visitors is still strictly managed. A fact that means the place is unspoiled, non-commercial and infinitely more appealing.

Bhutan lies along the lofty ridges of the eastern Himalayas, bordered by Tibet to the north and northwest, and by the Indian states of Arunachal Pradesh, Assam, West Bengal and Sikkim on the east, south and west respectively.

The ancient Druk Path trek from Paro to Thimpu is one of the finest treks through this pristine landscape, spindling camping and mountains views with unique Bhutanese culture making this one of the finest trekking experiences in the Himalaya.



# Detailed itinerary



## Day 1: Depart UK to Delhi, India

Depart Scotland for an overnight flight.

## Day 2: Delhi

Transfer to hotel in Delhi. Afternoon sightseeing.

## Day 3: Flight to Paro, Bhutan, 2,250m

Early morning flight to Bhutan's main airstrip with fantastic views of Everest. Met on arrival and transferred to hotel. Afternoon sightseeing including a visit to the cliff temples at Dzong Drakha. Evening trek briefing and prepare for the trek.

## Day 4: Warm up trek to Taktsang , 2,610m (4-5 hours trekking)

One of the most amazing and important pieces of architecture in Bhutan is Taktsang Goemba (also known as The Tigers Nest). It defies logic, gravity, and reason. Legend has it that this cliffside was where Guru Rinpoche (Padmasambhava) landed on the back of a flying tigress, bringing Buddhism to Bhutan from Tibet. On the way back to Paro, visit the ruins of Drugyel Dzong and pay your respects at Kyichu Lhakhang, one of the oldest temples in Bhutan with its magic orange tree that bears fruit all year round.

## Day 5: Paro to Jili Dzong, 3,450m (5 hours trekking)

Our challenge begins! The support crew will load supplies and your bags on to the waiting horses. With an altitude gain of more than 1,000 metres, this first day is long and initially follows a gravel road past a few farms, before climbing through forests of blue pine and fir to Damche Gom. You continue on up to the ridge below Jili Dzong, from where a short descent brings you to the first night's campsite at an altitude of around 3,500 metres. If the weather is clear, there are views across the Paro Valley to Mt. Jumolhari (7,314m) and other snow-capped peaks of the Bhutanese Himalaya.

## Day 6: Jili Dzong to Jangchulakha, 3,780m (5-7 hours trekking)

After an early breakfast we depart from Jili Dzong, where the trail takes us along a ridge through thick alpine and rhododendron forest, with Mount Jumolhari visible for much of the day. There is every chance of meeting yak herders camped in their black, woven yak hair tents. Overnight camp at Jangchulakha.

## Day 7: Jangchulakha to Jana Tsho via Jimi Langtsho 3,956m (7-8 hours trekking)

From camp the path ascends to the ridge, which we then traverse along, first on one side and then the other, with wonderful mountain views. Eventually we cross a small pass and then descend down to Jimi Langtsho Lake. This is a large beautiful lake, stocked with trout, with a large chorten (religious obelisk) built at one end. We zigzag down to the lakeside, which is thick with rhododendron and hemmed in by rocky bluffs. The path then leads up from the lake and along cliff paths with massive drops below. Eventually it leads round a succession of ridges until we arrive at the second lake, Jana Tsho, another magical campsite.





# Detailed itinerary

## Day 8: Jana Tsho to Phadjoding, 3,690m (5-7 hours trekking)

A stunning and challenging day in high mountains, crossing our highest pass, the Simkota La 4,210m. The path is a mixture now of small passes, mountain tracks, some of which wander underneath cliffs. We may meet monks on their way from Thimphu to visit the sacred lake of Jimi Langtsho, where they meditate for a few days before returning.

After lunch here, we zigzag down to the temples at Phadjoding. Incredible buildings with golden roofs, and acolyte monks will show us the inner temples. Phadjoding is a great meditation centre and there are a number of houses dedicated to retreat. A particular type of branch is put outside the front door, showing that the person inside must not be disturbed. High up on the cliff behind Phadjoding is a famous hermit temple, built many hundreds of years ago and is still used today.

## Day 9: Phadjoding to Thimphu, 2,350m (3-4 hours trekking)

The last day of our challenge, and an early start to appreciate the clear views of the western Himalaya and views of Bhutan's highest peak Gangkar Punsum, at 7,550m; now the highest unclimbed peak in the world. Quite often the valley below is filled with cloud, with just the mountains poking up into the clear air. Once at the road head we have a short transfer to our hotel in town.

If our visit to Thimphu coincides with the weekend, we can walk through the main market to see the variety of foods of Bhutan, including basket upon basket of fiery chillies! Tonight we celebrate our incredible Bhutanese experience with a special dinner. Overnight hotel in Thimphu.



## Day 10: Return to Delhi

Travel back to Paro and take our flight back to Delhi, where we will have day rooms in a hotel. After Dinner we transfer to the airport for our very late night flight back home.

## Day 11: Arrive Scotland

### Challenge grade

### Best time of year

Late February-June & August-October.

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*This itinerary is complex and subject to change*



# Breakdown of Costs – Bhutan Trek

## Included

- International return flights from UK to Delhi
- International return flights to Paro (Bhutan) from Delhi
- Twin share accommodation at the beginning and end of trek
- Shared tented accommodation on trek
- Professional local trek guides
- Airport transfers upon arrivals and local transfers
- Baggage transfers on treks
- UK Expedition Doctor
- Full board throughout
- Government Royalty / permit / visa fees in Bhutan
- Monument fees (unless stated)

## Not Included

- Personal expenses (incl. facilities at hotels, drinks etc.)
- Single supplements
- Gratuities
- Personal travel insurance
- Airport taxes
- India Visas

## Approx. 2018 Costs

16 participants	- £2945 per person
17 participants	- £2935 per person
18 participants	- £2925 per person
19 Participants	- £2915 per person
20 participants	- £2905 per person

*Please note airport taxes and fuel surcharges are not included in the above (currently £325-375 per person).*

## Our pricing policy

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, a small alteration in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.