

# BHUTAN ITINERARY

## 4 DAYS JOURNEY TO DRUK YUL, FLY IN FLY OUT

**Day 01:** Arrive - Paro by Royal Bhutan Airlines.

The flight into the Himalayas reveals breath taking views of the great peaks, taking you right into the Dragon Kingdom's cloud scraping airstrip at Paro (approx. Altitude 7000 ft./2134 m). Your Bhutanese will greet you on arrival and drive you through the beautiful Paro valley to the Hotel Olathang, situated on a breezy, pine-scented hillside. Dinner and overnight at the Hotel Olathang.

**Day 02:** Paro - Thimphu.

The day begins with a visit to the ruins of Drukgyel Dzong (18 km. from the hotel). This Dzong is of historical importance, from whose ramparts the Bhutanese repelled Tibetan invaders. On a clear day, the 24,000 ft. white domed peak of sacred Chomolhari (Mountain of Goddess) looms overhead. After lunch at the hotel, visit Ta Dzong, the National Museum housed in an ancient watchtower, which has a fine collection of ancient Thangka paintings, textiles, weapons and artifacts.

In the evening, a 2 - hour drive through the Paro and Thimphu valleys to the Capital of Bhutan (Alt. 7500 ft.). Enroute visit the Simtokha Dzong, the oldest fortress of its kind which once guarded the Thimphu valley, built by Shabdrung Ngawang Namgyal in 1627. It is now a religious university. Overnight at the Hotel Motithang.

**Day 03:** Thimphu - Paro.

Sightseeing in Thimphu which includes - The visit to the National Library which holds a vast collection of ancient Buddhist manuscripts, the School of Thangka Painting and the Traditional Medicine Institute, where centuries old healing arts are still practised.

Then visit the Handicrafts Emporium, to see the exquisite artistry of traditional crafts and textiles and take a stroll through the streets for a little shopping.

After lunch, visit the Memorial Chorten to His late Majesty, King Jigme Dorji Wangchuck, and take a 15 minutes drive to Dechencholing, to witness the gold and silversmiths at work.

Then visit the Tashichhodzong ("Fortress of the Glorious Religion"), built in 1641 by Shabdrung Ngawang Namgyal and reconstructed in 1961, using traditional methods, without the use of any nails or plans or paper, under the Late King, Jigme "Dorji Wangchuck, regarded as the Father of Modern Bhutan. Overnight at the Hotel Olathang.

**Day 04:** Paro - Depart by Royal Bhutan Airlines.

Early breakfast at the hotel and then drive to the airport to board the flight.

## 8 DAYS SPECIAL WESTERN BHUTAN CULTURAL TOUR, FLY IN FLY OUT

**Day 01:** Arrival at Paro airport by Royal Bhutan Airlines and a short drive to Hotel Olathang. In the evening an oriental talk will be given by your local escort with a short documentary film on Bhutan. Overnight stay at Hotel Olathang

**Day 02:** Morning drive to Drukgyel Dzong, (18 km away from the hotel). On the way back visit a typical Bhutanese farmhouse and a sightseeing trip to Paro Bazaar. Lunch at Hotel Olathang.

After Lunch drive to Ta Dzong which houses the National Museum followed by a short walk to Paro Rimpung Dzong. Overnight stay at Hotel Olathang.

**Day 03:** A short drive to Satsam Chorten. From there a 2 hour horse ride to Taktsang till the view point of the Monastery, where light refreshments and lunch will be served at the Cafeteria, followed by a short walk to Satsam Chorten and a 2 hour drive to Thimphu. Overnight stay at Hotel Motithang.

**Day 04:** In the morning witness mask & folk dances performed by the Royal Academy of Performing Arts and visit the Memorial Chorten and National Library. Lunch at Hotel Motithang.

After lunch a visit to the Handicrafts Emporium and a sightseeing trip of the Thimphu town.

In the evening a visit to Tashichho Dzong. Overnight at Hotel Motithang.

**Day 05:** A two hour morning drive to Punakha across the Dochula Pass (Alt. 3100 m.). On the way back light refreshments will be served at Dochula Cafe.

Lunch at Wangdiphodrang. After lunch a visit to Punakha Dzong and Punakha High School. Overnight at Hotel Zangto Pelri, Punakha.

**Day 06:** Drive to Thimphu. After lunch in Thimphu drive to Paro. Evening visit Paro Bazaar. Overnight at Hotel Olathang.

**Day 07:** Open for optional tours. Lunch, Dinner and Overnight at Hotel Olathang.

**Day 08:** Early morning drive to Paro Airport for departure.

## DRUK PATH TREK 10 NIGHTS/11 DAYS

**Highlights:** This is an excellent choice for those with a tight schedule. A short 4 days trek crossing the chain of mountains which separates two districts, Paro & Thimphu or vice versa. This is a classic walk along high, windy ridges, past ruined forts, which long ago guarded against Tibetan invasion. Although the route is sparsely inhabited there are wonderful lakes teeming with fish and the area is famous for its spectacular rhododendron forests which bloom in Spring. The views of the Himalayas can be seen in late autumn and winter.

### **Day 01 :**

Arrive Paro by Druk air BAe 146-100 series, the only national carrier. The flight offers you beautiful views of mountains and landscapes. On arrival and after visa formalities you will be received by ITT members. Afternoon / evening time at leisure. Overnight Kichu Resort.

### **Day 02 :**

Paro Sightseeing - visit the ruined fortress of Drugyel dzong which still attracts visitors due to the strategic location of the fort. The fort defended the Paro valley from the Tibetan invasion from the north in the early 17th century. On clear weather Mount Chomolhari 7320 meters can be seen towering over the dzong. Proceed through the beautiful valley to the watch tower or locally known as Ta-Dzong. It was housed into the National museum in the 1960s by the third King Jigme Dorji Wangchuck. The seven floors museum highlights various aspects of Bhutanese culture and history dating back to the 7th century. A short walk downhill to the Rinpung Dzong which serves as the administrative center and school for monks. Walk further down crossing the traditional bridge into Paro Town. Overnight Kichu Resort.

### **Day 03 :**

Day hike to Taktsang monastery. Horses can be arranged with an extra payment. The hike which is all the way uphill takes about 2 /3 hours through villages and pine forests. The monastery clings to a huge granite cliff 800 meters from the Paro valley. It is believed that the great saint Padmasambhava came in the 7th century on a flying tigress and meditated in a cave for 3 months. The demons were subdued who were trying to stop the spread of Buddhism and converted the Paro valley into Buddhism. During the end of the 17th century a monastery was built on the spot where the saint meditated and it is a pilgrimage site for every Bhutanese to visit once in their lifetime. Stroll back to Kichu Resort.

### **Day 04 :**

Trek starts to Jele Dzong. Today is rather a short trekking day so you can relax and enjoy the scenic beauty of the Paro valley. The hike is gradually uphill through pine forest. Camp will be next to a Dzong which was renovated recently. There are very interesting stories about the Dzong. Camp at 3100 meters. Walking time 4/5 hours.

### **Day 05 :**

Jele dzong to Jangchulakha. Today the trek begins uphill through huge rhododendron trees. You may encounter yak herders during the winter season. Camp at 3650 meters. Walking time 3/4 hours.

### **Day 06 :**

Jangchulakha to Jigmelangtsho. The trail follows the ridge and on clear weather you will have perfect views of the mountains. The path descends for sometime and camp will be near the lake at 3600 meters. The lake is filled with giant salmon trouts. Walking time 5/6 hours.

### **Day 07 :**

Jigmelangtsho to Phajoding. The trail takes you through dwarf rhododendron shrubs passing two lakes. After passing the second lake ascend gradually. From the top you can enjoy the majestic view of Mt. Gangkar Punsum, 7520 meters, highest mountain in Bhutan. then gradually straight for one and half hour till the steep descend to Phajoding camp at 3500 meters. At night you can see Thimphu city glittering in a bowl shaped valley. Walking time 6/7 hours.

**Day 08 :**

Phajoding to Thimphu. Today is the easiest day of trekking. Three hours all the way down hill through pine forest. Upon reaching Motithang, ITT coach will drive you to your Hotel. If you are not too tired commence sightseeing. Overnight Hotel at 2320 meters.

**Day 09 :**

AM visit the Painting school, National library, Royal goldsmith workshop and Handicraft centers. PM drive 3 hours to Wangduephodrang crossing the Dochula pass 3100 meters. On fine weather you will see the eastern Himalayan ranges including the highest mountain in Bhutan Mt. Gangkar Punsum 7520 meters. The drive from the pass is all the way downhill dropping to the lower and warmer valleys of lobesa. Visit the Wangduephodrang Dzong from outside and the market area. Overnight at Wangdi Kichu Resort.

**Day 10 :**

AM drive 45 minutes to Punakha and visit the Punakha Dzong which served as an old capital of Bhutan. This remarkable fortress is built between two rivers and has survived many glacial floods and fire. Every year during the month of February a procession known as the Punakha Serda takes place to commemorate the victory over the Tibetans. Proceed to Thimphu. PM drive back to Paro. Overnight Kichu resort.

**Day 11 :**

Transfer to airport for departure.

## CHELE - LA NATURE TREK 10 NIGHTS/11 DAYS

**Highlights :** This trek is for Nature lovers. During spring is the rhododendrons season. The trail takes you through forest filled with many species of Primula and shades of red and orange rhododendrons. From the pass you will have panoramic view of the two valleys Paro & Haa and off course the beautiful Himalayan ranges of Bhutan.

### **Day 01 :**

Arrive Paro by Druk Air flight which will offer you great views of Mt. Everest, Kanchenjunga, Chomolhari, Tshim gang and Jichu Drake. The moment you step out of the plane you will see the difference. Bhutan welcomes you with cool, clean fresh air. Peace and quietness is just another bonus. ITT representatives will escort you to Kichu resort. If time prevails visit the National museum & Rinpung Dzong. O/N Kichu resort.

### **Day 02 :**

To acclimatize yourself a hike to Taktsang monastery meaning a tiger's den lies at an altitude of 3000m which takes about 2/3 hours. The monastery was gutted by fire in 1998 but the remains of the structure still attract visitors. The Royal Government has taken immediate steps to restore and re-construct the old structure. Tea and snacks will be served at the cafeteria where you can gaze at this beautiful monument built during the 17th century. Stroll back to Kichu resort. Evening at leisure.

### **Day 03 :**

Trek starts to Chonana. Drive till the trekking point and the hike is gradually uphill through farm houses. The view from the trail is beautiful. Camp at 3100 meters. Walking time 4/5 hours.

### **Day 04 :**

Chonana to Jebkarpo. Today the walk will be mostly uphill so take it easy allowing plenty of stops. The trail takes you through a forest filled with many species of primula and rhododendron. From the top along the ridge of Chele la the Himalayan range can be seen. Camp at 3650 meters. Walking time 5/6 hours.

### **Day 05 :**

Jebkarpo to Lower Mingula. We advise you to get up early to enjoy the stunning views of Mt. Chomolhari, Jichu Drake and Tshim Gang. The path leads along the ridge with mountain scenery and also offers birds eye view of Paro and Haa valley. Camp at 3750 meters. Walking time 4/5 hours.

### **Day 06 :**

Lower Mingula to Thong. This day will also offer excellent views of the mountains and valleys sometime coming across yak herders camp. You can visit one of the camps and enjoy their companion. As tradition you will be offered butter tea or chang (local wine). Camp at 3650. Walking time 5/6 hours.

### **Day 07 :**

Thong to Drugyel Dzong. The trail will descend all the way through pine and rhododendron forest. The trek ends at 2400 meters near the ruined fortress which once defended the valley from Tibetan invasion during the 17 century. Walking time 3/4 hours. Drive to Kichu resort.

### **Day 08 :**

Drive to Thimphu is 2 hours and will be a pleasant one mainly due to the luxurious Japanese transportation and well maintained road through out Bhutan. Upon arrival check into Hotel Druk or

River view. PM sightseeing - Visit the Memorial chorten built in the memory of the late King Jigme Dorji Wangchuck, 15 century Changangkha monastery, Motithang mini zoo to see the rare "Takin" national animal of Bhutan and drive further down with good view of the Thimphu valley. Visit the new Drupthob nunnery temple and free time in the market.

**Day 09 :**

AM visit the Painting school, National library, Royal goldsmith workshop and Handicraft centers. PM drive 3 hours to Wangduephodrang crossing the Dochula pass 3100 meters. On fine weather you will see the eastern Himalayan ranges including the highest mountain in Bhutan Mt. Gangar Punsum 7520 meters. The drive from the pass is all the way downhill dropping to the lower and warmer valleys of lobesa. Visit the Wangduephodrang Dzong from outside and the market area. Overnight at Wangdi Kichu Resort.

**Day 10 :**

AM drive 45 minutes to Punakha and visit the Punakha Dzong which served as an old capital of Bhutan. This remarkable fortress is built between two rivers and has survived many glacial floods and fire. Every year during the month of February a procession known as the Punakha Serda takes place to commemorate the victory over the Tibetans. Proceed to Thimphu. PM drive back to Paro. Overnight Kichu resort.

**Day 11 :**

Transfer to airport for departure.

## GANGTEY GOGONA KHOTAKHA TREK 07 NIGHTS/08 DAYS

**Highlights :** This trek of Phopjikha valley at 3,000m is one of the few glacial valleys in Bhutan. It is chosen home of the rare Black Necked Cranes which migrate here in winter from the Tibetan plateau. Gangtey is one of the most beautiful places and the Gangtey Gumpa is the only Nyingmapa monastery on the western side of the black mountains. This moderate trek visits the villages of Gogona and Khotokha, passing through meadows, fields, forests of Juniper, magnolia and rhododendrons. Considered as one of the finest low level treks.

### **Day 01 :**

Arrive Paro by Druk Air flight which will offer you great views of Mt. Everest, Kanchenjunga, Chomolhari, Tsim gang and Jichu Drake. The moment you step out of the plane you will see the difference. Bhutan welcomes you with cool, clean fresh air. Peace and quietness is just another bonus. ITT representatives will escort you to Kichu resort. If time prevails visit the National museum & Rinpung Dzong. O/N Kichu resort.

### **Day 02 :**

Drive to Thimphu is 2 hours and will be a pleasant one mainly due to the luxurious Japanese transportation and well maintained road through out Bhutan. Upon arrival check into Hotel Druk or River view. PM sightseeing - Visit the Memorial chorten built in the memory of the late King Jigme Dorji Wangchuck, 15 century Changangkha monastery, Motithang mini zoo to see the rare "Takin" national animal of Bhutan and drive further down with good view of the Thimphu valley. Visit the new Drupthob nunnery temple and free time in the market.

### **Day 03 :**

AM visit the Painting school, National library, Royal goldsmith workshop and Handicraft centers. PM drive 3 hours to Wangduephodrang crossing the Dochula pass 3100 meters. On fine weather you will see the eastern Himalayan ranges including the highest mountain in Bhutan Mt. Gangar Punsum 7520 meters. The drive from the pass is all the way downhill dropping to the lower and warmer valleys of lobsa. Visit the Wangduephodrang Dzong from outside and the market area. Overnight at Wangdi Kichu Resort.

### **Day 04 :**

AM early drive to the Gangtey Gumpa valley at an altitude of 2800 meters. The only Nyingmapa monastery in western Bhutan is located here. This beautiful valley is also home to the rare Black Necked Cranes migrating from the Tibetan plateau to escape the harsh winter. Currently there are 200 to 300 cranes residing in this valley and the Royal Society for Protection of Nature (RSPN) is taking every measures to ensure the safety of the Cranes. While the cranes reside in the winter valley for 4/5 months the village folks are not allowed to make loud noises or fish in the river that runs through the valley. The trekking staff will be waiting for your arrival and start hike to Gogona. A moderate trail winds through meadows and fields then ascends to the Tselela pass. You will be walking through forest of juniper, bamboo, magnolia and rhododendron. The people of Gogona are nomads and have their own dialect. Camp at 3200 meters. Walking time 5/6 hours.

### **Day 05 :**

Gogona to Khotokha. A gentle climb leads to Shobjula pass at 3700 meters with views of the wide open valley. Then descend gradually to camp at 3100 meters. Walking time 5/6 hours.

### **Day 06 :**

Khotokha to Chuzomsa via Nizergang. A short ascends leads to Tashi la at 3300. Be sure to fill your water bottles shortly after crossing the pass as the descend is very dry. Walk down through ever changing vegetation into the drainage of the Danqchu river at 1400 meters. Walking time 6/7

hours. Overnight at Wangdi Kichu Resort.

**Day 07 :**

AM drive 45 minutes to Punakha and visit the Punakha Dzong which served as an old capital of Bhutan. This remarkable fortress is built between two rivers and has survived many glacial floods and fire. Every year during the month of February a procession known as the Punakha Serda takes place to commemorate the victory over the Tibetans. Proceed to Thimphu. PM drive back to Paro. Overnight Kichu resort.

**Day 08 :**

Transfer to airport for departure.



## STUNNING CHOMOLHARI TREK 11 NIGHTS/12 DAYS

**Highlights :** This trek gifts you with great variety of Bhutanese landscapes and is without doubt one of the most beautiful and unspoiled trekking areas in the entire Himalayas. The trek begins at Drugyal dzong passing through beautiful villages, scattered hamlets and farmland. Different vegetation from richly forested valley to high alpine pastureland where Yak herders graze their animals. Trout fishing in the sky blue lake with magnificent view of three majestic peaks are some activities which can be done on a rest day. You will also encounter rare species like the blue sheep & snow leopard.

**Day 01 :**

Arrive Paro by Druk air BAe 146-100 series, the only national carrier. The flight offers you beautiful view of mountains and landscapes. On arrival and after visa formalities you will be received by ITT members. Afternoon / evening time at leisure. Overnight Kichu Resort.

**Day 02 :**

Day hike to Taktsang monastery. The hike which is all the way uphill takes about 2 /3 hours through villages and pine forests. The monastery clings to a huge granite cliff 800 meters from the Paro valley. It is believed that great saint Padmasambhava came in the 7th century on a flying tigress and meditated in a cave for 3 months. The demons were subdued who were trying to stop the spread of Buddhism and converted the Paro valley into Buddhism. During the end of the 17 century a monastery was built on the spot where the saint meditated and it is a pilgrimage site for every Bhutanese to visit once in their life time. Stroll back to Resort.

**Day 03 :**

Drive to Drugyel Dzong where the trek begins. The path goes upstream of the Pachu river through villages gradually ascending to 2800 meters at Shana camp. Walking time 5/6 hours.

**Day 04 :**

Shana to Soi Thangthangkha. The trail again follows the Pachu river ascending through pine, oak and spruce forest. Lunch will be served near a wooden bridge. The camp is at an altitude of 3800 meters near a stone shelter. Walking time 7/8 hours.

**Day 05 :**

Soi to Jangothang. Climb slowly for a while till you reach an army camp. Then follow the river above tree line with stunning views of the surrounding peaks. Hot lunch will be served inside a Yak herders camp. A easy walk will reach you to Jangothang at an altitude of 4050 meters. The view of Chomolhari (7320 meters) and Jichu Drake (6900 meters) is superb. Both the mountains are still virgin peaks. Walking time 4/5 hours.

**Day 06 :**

Halt at Jangothang. Explore the surrounding areas like Tshophu lake, visit Yakherders or simply relax.

**Day 07 :**

Jangothang to Lingshi. The trail follows the stream for half hour and crosses the bridge to the right side. Climb up the ridge and enjoy stunning views of Chomolhari, Jichu Drake and Tshrim Khang mountains. Than walk through the wide open valley sometimes coming across herds of blue sheep. The climb upto the Nyele la pass 4700 meters is not too difficult and the view is breathtaking. After the pass its a gradual descend and through the valley with beautiful views on all side. Nearing the camp you will see the Lingshi Dzong perched on top of a hill with commanding view of the valley. Arrive camp at 4100 meters near a stone shelter. Walking time 6/7 hours.

**Day 08 :**

Lingshi to Shodu. Today is the most difficult day so start early. Begin walk opposite the dzong gradually through the valley until the stiff climb to Yale la pass at 4950 meters the highest point of the trip. The panoramic view of Mt.Chomolhari, Jichu Drake and Tshrim Gang is breathtaking. After the pass its a long descent to the camp at 3750 meters. Walking time 7/8 hours.

**Day 09 :**

Shodu to Barshong. The path follows the Thimchu river descending through rhododendron, Juniper and pine forests. The view of the cliff facing rocks and water falls are stunning. The trail gradually ascends after 3/4 hours to the ruins of Barshong Dzong reaching the camp at 3500 meters. Walking time 5/6 hours.

**Day 10 :**

Barshong to Dodina. The path descends for a while joining the Thimchu river and gradually ascending and descending through thick bamboo and pine forests. From Dolemkencho the trail descends all the way to Dodina where the ITT coach will be waiting for your return. Walking time 7/8 hours. Drive 1 and half hour to Thimphu (capital city). Overnight at Hotel.

**Day 11 :**

AM stroll around the market and drive 2 hours to Paro. PM Paro sightseeing. Overnight Kichu resort. Day 12 : Transfer to airport for departure.

## CLASSIC LAYA TREK 18 NIGHTS/19 DAYS

**Highlights :** This is one of the treks that will always rank as one of Bhutan's finest treks. The route offers fantastic mountain views at close range including Mt. Gangchey Ta(tiger mountain), mother of the female river flowing through Punakha valley. Renowned for its diversity in Himalayan flora and Fauna. Numerous isolated dzongs and scattered settlements including the outlandish village of Laya, a unique culture of its own provide a great deal of cultural interest. Though remote, the Laya region is known for its hospitality and your time here will be delightful. The trek will end with a dip at the Gasa Tshachu (hot spring) relaxing every bone in your body, and the memories of the special trek will stay with you for a lifetime.

### **Day 01 :**

Arrive Paro by Druk air BAe 146-100 series, the only national carrier. The flight offers you beautiful view of mountains and landscapes. On arrival and after visa formalities you will be received by ITT members. Afternoon / evening time at leisure. Overnight Kichu Resort.

### **Day 02 :**

Day hike to Taktsang monastery. The hike which is all the way uphill takes about 2 /3 hours through villages and pine forests. The monastery clings to a huge granite cliff 800 meters from the Paro valley. It is believed that great saint Padmasambhava came in the 7th century on a flying tigress and meditated in a cave for 3 months. The demons were subdued who were trying to stop the spread of Buddhism and converted the Paro valley into Buddhism. During the end of the 17 century a monastery was built on the spot where the saint meditated and it is a pilgrimage site for every Bhutanese to visit once in their life time. Stroll back to Resort.

### **Day 03 :**

Drive to Drugyel Dzong where the trek begins. The path goes upstream of the Pachu river through villages gradually ascending to 2800 meters at Shana camp. Walking time 5/6 hours.

### **Day 04 :**

Shana to Soi Thangthangkha. The trail again follows the Pachu river ascending through pine, oak and spruce forest. Lunch will be served near a wooden bridge. The camp is at an altitude of 3800 meters near a stone shelter. Walking time 7/8 hours.

### **Day 05 :**

Soi to Jangothang. Climb slowly for a while till you reach an army camp. Then follow the river above tree line with stunning views of the surrounding peaks. Hot lunch will be served inside a Yak herders camp. A easy walk will reach you to Jangothang at an altitude of 4050 meters. The view of Chomolhari (7320 meters) and Jichu Drake (6900 meters) is superb. Both the mountains are still virgin peaks. Walking time 4/5 hours.

### **Day 06 :**

Halt at Jangothang. Explore the surrounding areas like Tshophu lake, visit Yakherders or simply relax.

### **Day 07 :**

Jangothang to Lingshi. The trail follows the stream for half hour and crosses the bridge to the right side. Climb up the ridge and enjoy stunning views of Chomolhari, Jichu Drake and Tshrim Khang mountains. Then walk through the wide open valley sometimes coming across herds of blue sheep. The climb upto the Nyele la pass 4700 meters is not too difficult and the view is breathtaking. After the pass its a gradual descend and through the valley with beautiful views on all side. Nearing the camp you will see the Linashi Dzong perched ontop of a hill with commanding view of the valley.

Arrive camp at 4100 meters near a stone shelter. Walking time 6/7 hours.

**Day 08 :**

Lingshi to Chebisa. Walk pass the Lingshi Dzong and magnificent peaks. Today is a very pleasant walk through villages, yak herders camps and keep a sharp eye on herds of blue sheep that looks like rock boulders on the mountain side.. lunch will be served at scenic Goyuna village. A short walk after lunch will reach you to Chebisa village at an altitude of 3900 meters. Walking time 4/5 hours.

**Day 09 :**

Chebisa to Shomuthang. Today begins with a stiff climb up a ridge to Gobu la pass 4600 meters taking nearly 3/4 hours to the top but rewarded with magnificent views of the Himalayas. This is a blue sheep area so always keep a sharp eye. After the pass descend through rhododendrons bushes and lunch will be served at a ideal spot. The path goes up down crossing streams and Yak herders camps. Arrive camp at 4250 meters. Walking time 7/8 hours.

**Day 10 :**

Shomuthang to Robluthang. The trek starts with a climb to Jari la pass 4650 meters. Then descend all the way through alpine forest and rhododendron shrubs to Tsharjathang a summer feeding ground for the rare Takins (national animal of Bhutan). During summer/monsoon the path is all wet so be prepared to get wet as the small wooden bridges are all washed away. After crossing the stream the trail ascends for a while till you reach the camp at 4300 meters. Walking time 7/8 hours.

**Day 11 :**

Robluthang to Limithang. Today will be a long climb up to Shinje la pass at 4950 meters. The view of Gangchey ta mountain 6800 meters from the pass is breathtaking. From the pass descend all the way with a wider view of the mountain. Arrive Limithang a wide open valley and summer grazing ground for the yaks of the Laya people. Camp at 4100 meters. Walking time 7/8 hours.

**Day 12 :**

Limithang to Laya. Wake up with great view of Gangchey Ta mountain in front of you. The walk to Laya is pleasant passing through damp forest filled with moss and singing birds. Arrive Laya village the second highest settlements in the country at an altitude of 3850 meters. Walking time 4/6 hours.

**Day 13 :**

Laya halt. Explore the village by visiting the home of the laya people. Every home will welcome you with smiling faces and there is no need for invitation. A cup of butter tea, yak milk, Chang (local brewed wine made from wheat or barley) any of your choice will be offered. They are very friendly people and will happily pose for photographs. The Laya women have a dress that is unique in Bhutan. They wear the conical bamboo hats decorated with turquoise and silver ornaments and dark yak wool dress. If the group is interested in a cultural dance program by the Laya people it can be arranged.

**Day 14 :**

Laya to Koina. Trek down to the army base camp and follow the river crossing small streams. During the winter months you will see the rare Takins grazing on the bamboo shoots. The trail is up and down. Camp will be near a river next to a stone shelter at 3400 meters. Walking time 5/6 hours.

**Day 15 :**

Koina to Gasa Hot spring. The trail ascends for some time and gradually to the Bamela pass at

3750 meters. The path is all the way down hill till the camp. During monsoon the trail is filled with leeches but it is surprising not finding any leeches near the hot spring. The hot spring was discovered by Guru Rinpoche and it is believed that who has faith in him can cure sickness which was impossible by modern medicine. The spring has a small shop selling beer imported from India and is a sure way to relax after a long trek. Camp altitude at 2200 meters. Walking time 6/7 hours.

**Day 16 :**

Hot Spring to Goen Damji. The walk begins through semi tropical vegetation filled with wild orchids crossing rivers and streams. Walking across huge suspension bridges and one bridge is over 150 meters in height which is all a part of the thrill. It is a easy walk and you can take your time in admiring the scenic beauty of the country side. Camp at 1850 meters. Walking time 4/5 hours.

**Day 17 :**

Damji to Tashithang. Today is the last day of trekking. Continue walking gradually down hill following the Mochu river through heavily forested area till you arrive Tashithang at 1550 meters. The Intrek bus will be waiting and proceed for 1 hour to Punakha. Visit the 17 century dzong and drive 45 minutes to Wangdue Kichu resort. Relax and enjoy the modern comfort.

**Day 18 :**

Drive 4 hours to Paro via Thimphu. On arrival in Paro commence sightseeing. Overnight at Kichu resort.

**Day 19 :**

Transfer to airport for departure.

## DUR HOT SPRING TREK 16 NIGHTS/17 DAYS

**Highlights :** During this trek you will see spectacular mountain scenery, remote and dramatic monasteries and pristine Himalayan culture. You might encounter Musk Deers, herds of Blue Sheep and the Himalayan Black Bear. Last but not the least, a dip in the Dur Hot spring will surely be rewarding.

**Day 01 :**

Arrive Paro by Druk Air flight which will offer you great views of Mt. Everest, Kanchenjunga, Chomolhari, Tsim gang and Jichu Drake. The moment you step out of the plane you will see the difference. Bhutan welcomes you with cool, clean fresh air. Peace and quietness is just another bonus. ITT representatives will escort you to Kichu resort. If time prevails visit the National museum & Rinpung Dzong. O/N Kichu resort.

**Day 02 :**

To acclimatize yourself a hike to Taktsang monastery meaning a tiger's den lies at an altitude of 3000m which takes about 2/3 hours. The monastery was gutted by fire in 1998 but the remains of the structure still attract visitors. The Royal Government has taken immediate steps to restore and re-construct the old structure. Tea and snacks will be served at the cafeteria where you can gaze at this beautiful monument built during the 17th century. Stroll back to Kichu resort. Evening at leisure.

**Day 03 :**

Drive to Thimphu is 2 hours and will be a pleasant one mainly due to the luxurious Japanese transportation and well maintained road through out Bhutan. Upon arrival check into Hotel Druk or River view. PM sightseeing - Visit the Memorial chorten built in the memory of the late King Jigme Dorji Wangchuck, 15 century Changangkha monastery, Motithang mini zoo to see the rare "Takin" national animal of Bhutan and drive further down with good view of the Thimphu valley. Visit the new Drupthob nunnery temple and free time in the market.

**Day 04 :**

AM visit the Painting school, National library, Royal goldsmith workshop and Handicraft centers. PM drive 3 hours to Wangduephodrang crossing the Dochula pass 3100 meters. On fine weather you will see the eastern Himalayan ranges including the highest mountain in Bhutan Mt. Gangar Punsum 7520 meters. The drive from the pass is all the way downhill dropping to the lower and warmer valleys of lobsa. Visit the Wangduephodrang Dzong from outside and the market area. Overnight at Wangdi Kichu Resort.

**Day 05 :**

Today the drive takes about 6 / 7 hours crossing 3 passes over 3000 meters. The route offers magnificent views of the Himalayas and beautiful landscape through scattered hamlets and forest of rhododendrons and pine. Picnic lunch will be served at the 18 century Chendebji chorten. After one and half hour arrive at a small town known as Trongsa meaning new village. The town mainly consists of fresh Tibetan refugees but the most impressive of all is the Trongsa Dzong. The whole of eastern Bhutan was controlled from this fortress during the mid 17th century. Visitors are not allowed inside the building. Proceed another 2 hours to Bumthang visiting the Chume weaving center. Overnight at Karma Tobden Guest House.

**Day 06 :**

Bumthang altitude 2600m, has an individuality that charms its visitors and separates it from other regions. Comprised of four smaller valleys, the deeply spiritual region of Bumthang is shrouded in religious legend. Here tales of Guru Padmasambhava and his re-incarnation known as Tertons still

linger in most nooks and corners. It is also known for its woolen material (yathra) which can be seen hung outside of houses for sale. Sightseeing - Visit the Jakar Dzong, 7th century Jambay Lhakhang, Kurje monastery, Tamshing and Kunchosum monastery. This sightseeing is a round trip so it is more interesting done on foot. Overnight same.

**Day 07 :**

Trek starts to Gorsum. The bus will drop you a little further from Kurje monastery and begin walk along the Chamkhar river which is filled with rainbow trouts and the trail gradual till the camp at 3050 meters. Walking time 6/7 hours.

**Day 08 :**

Gorsum to Lungsum. Today the trek begins through dense forests of Spruce, hemlock, cypress and maples. The trail is more or less muddy and ascends gradually till you reach camp at 3100 meters. Walking time 4/5 hours.

**Day 09 :**

Lungsum to Tshochench. The trek is up and down through dense vegetation and you might encounter Himalayan Black Bears. Camp is located above tree line at 3500 meters. Walking time 4/5 hours.

**Day 10 :**

Tshochench to Dur Hot spring. Today the trek will be mostly uphill crossing the Julila pass at 4400 meters. On fine weather surrounding mountains can be viewed. The path then descends all the way and look out for Musk deer, blue sheep and Himalayan black bear. Arrive camp near the Hot spring at 3450 meters. Walking time 6/7 hours.

**Day 11 :**

Rest day. Relax and enjoy in the Hot spring which is believed to cure disease or stroll around the area.

**Day 12 :**

Trek back the same way to Tshochench.

**Day 13 :**

Tshochench to Gorsum. Today will be long hike so start early. Walking time 8/9 hours.

**Day 14 :**

Gorsum to Bumthang. ITT coach will be waiting and drive back to lodge. Day

**Day 15 :**

Drive to Wangduephodrang. Overnight Wangdi Kichu Resort.

**Day 16 :**

AM drive 45 minutes to Punakha and visit the Punakha Dzong which served as an old capital of Bhutan. This remarkable fortress is built between two rivers and has survived many glacial floods and fire. Every year during the month of February a procession known as the Punakha Serda takes place to commemorate the victory over the Tibetans. Proceed to Thimphu. PM drive back to Paro. Overnight Kichu resort.

**Day 17 :**

Transfer to airport for departure.