

Bhutan City Tours with Bumdra Trek and Home Stay

Day 01: Arrive and Go Sightseeing in Paro (2,250 m / 7,382 ft)

Upon your arrival into the country, a representative from Himalayan Treks and Adventure will meet you at an agreed upon location to assist with transport and checking into a hotel. After lunch we visit Rinpung fortress, and Kichu Lhakhang Temple, which is the oldest temple in Bhutan. Next we visit Drugyal Fort “Victory Fort”, which was built in 1646 to celebrate Bhutan’s successful defense against invaders. We conclude the day with a night over in Paro.

Day 02: Paro to Punakha (1,300 m / 4,265 ft): 4 hours

After a great nights rest and a wonderful breakfast we travel over Dochu La Pass to Punakha. Our trip takes us through beautiful forests and locations with excellent views of the Himalayan Mountains. We also stop at Chimi Lhakhang Temple, which was built to worship Drukpa Kuenley “the Divine Madman” who blesses women seeking fertility. Next we visit Punakha Dzong “fortress” and visit the longest suspension bridge in Bhutan. We will spend the night at a local resident’s home to experience Bhutanese lifestyle.

Day 03: Punakha to Thimphu (2,320 m / 7,610 ft): 3 hours

After a delicious breakfast the tour continues to Thimphu. In Thimphu we visit the Post Office Headquarters, which displays the history of the postal system in Bhutan and contains a museum. In the Post Office Headquarters we can make personalized stamps! Next, we visit Kuensel Phodrang “Buddha Point”, which has the tallest statue of Buddha in the world. We spend the night in Thimphu.

Day 04: Sightseeing in Thimphu

Today we tour Thimphu’s Memorial Chorten, a nunnery temple, and a mini-zoo to see Takin, the national animal of Bhutan. We also tour the Changangkha Monastery and Thimphu Fortress. After lunch, we visit the National Institute of Traditional Medicine, a Bhutanese traditional painting school, a folk-heritage museum, Tashichho Fortress and a traditional paper factory. We spend another night in Thimphu.

Please note: Some of the tour destinations are closed on the weekends (Saturdays and Sundays). If this happens to be the case, an equally fun and wonderful tour of the weekend market is planned.

Day 05: Drive to Sang Choekor Buddhist University then hike to Bumdra (3,500 m / 11,482 ft): 4 hours walk

After breakfast we travel through Paro to Sang Choekor Buddhist University. At the university we take horses on a two hour trail walk up a mountain for amazing views of Paro and Do Chu Valleys. We continue on the trail to Chhoe Tse Temple, which has excellent views of the Himalayan mountain range. We continue our climb through ruins and forests to a secluded meadow with sacred chortens and beautiful prayer flags. We spend the night near Bumdra Monastery “Cave of a Thousand Prayers”, which has unobstructed views of the Himalayan mountains.

Day 06: Hike Bumdra to Paro and visit Tiger’s Nest Monastery (3,180 m / 10,433 ft): 6 hours

After breakfast we trek through an ancient pine and rhododendron forest, which gives way to the golden roofs of the monasteries below. Our path continues between the monasteries before reaching the

gardens of Zangto Pelri “Heaven on Earth”. It is named Heaven on Earth because you can look over a ledge, straight down onto the decorated rooftops of Tiger’s Nest Monastery set against the cliff-face far below. We continue the trek down the trail to a waterfall then ascend to the Tiger’s Nest Monastery. After touring the monastery, we travel to Paro and stay overnight.

Day 07: Final departure

We conclude our trip after breakfast. If you wish to stay in Bhutan, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the air.