

## **Bumthang tour with day hikes**

### **Day 01: Arrival in Paro then transfer to Thimphu (2,320m/7,610ft): 1 hour**

Upon your arrival into the country, a representative from Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to Thimphu and check into a hotel.

### **Day 02: Travel to Punakha (1,250 m / 4,100 ft): 2 - 3 hours**

After eating breakfast we travel to Dochu La pass (3,100 m) for tea then travel to Punakha through mature forests of rhododendrons, firs and hemlocks. Are next stop is in Lobesa for a hike through the country side to Chimi Lhakhang Temple, which was built to worship Drukpa Kuenley “the Divine Madman” who blesses women seeking fertility. We also visit Punakha Fortress, which was built in 1637 and is the second oldest and second largest fort in Bhutan. We spend the night in Punakha.

### **Day 03: Travel to Phobjikha (3,000 m / 9,800 ft): 3 hours**

We begin our day by exploring the Wangdue Phodrang district. Nearby villages have amazing craftsman and the area is well known for its stone and slate carvings. Next, we travel to the scenic Gangtey Valley for astonishing views of the surrounding mountains, and beautiful Phobjikha Valley. Phobjikha Valley is over-wintering site of the black-necked cranes. We also tour Phobjikha village. We spend the night in Phobjikha.

### **Day 04: Travel to Bumthang (2,850 m / 9,350 ft): 5-6 hours**

Before traveling to Bumthang, we tour Gangtey Monastery. After the tour we travel to Bumthang over Pele La Pass. Depending on the time of year we can see yaks along the road. We make a stop in Trongsa for lunch and to tour Trongsa Fortress, which is a masterpiece in Bhutanese architecture. We spend the night in Bumthang.

### **Day 05: Sightseeing and hiking in Bumthang**

We begin our day with a hike to Tamshing Monastery, which is the oldest monastic school in Bhutan. We also tour Kurjey Temple, which houses the imprint of a demon’s body that was slain by Rinpoche spiritual teacher. We also tour Jambay Temple and Jakar Fortress. After lunch we switch gears and hike to Thangbi Valley. In May, a Yak Festival is celebrated in Thangbi Valley. We spend the night in Bumthang.

### **Day 06: Fly from Bumthang to Paro (2,250 m / 7,382 ft): 45 minutes**

Due to our remoteness we will board a plane to travel to Paro. In Paro we visit Rinpung Fortress “mound of jewels fortress”. We also tour the oldest temple in the country, Kichu Lhakhang, and Drugyal Fortress, which was built in 1646 to honor Bhutan’s successful defense against foreign invaders.

Note: The flight may not be available due to the airport’s operation schedule. If the flight to Paro is unavailable we travel by car to Paro.

### **Day 07: Hike to Tiger’s Nest Monastery**

Today we treat ourselves to a tour of the Tiger’s Nest Monastery. After eating a healthy breakfast, the tour goes on a short hike to Tiger's Nest Monastery. Tiger’s Nest Monastery rests at an elevation of 3,180 meters and is Bhutan's most cherished heritage site. Spiritual teacher Rinpoche is believed to have traveled on the back of a tiger into the cave where Tiger’s Nest Monastery sits. We spend the night in Paro.

**Day 08: 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 airport.