

# **Bumthang Trek and Cultural Tour**

## **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 checking into our rooms, 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.

## **Day 02: Paro to Thimphu (2,320m/7,610ft): 54 km, 1 hour, 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. After our tour of the monastery we travel to Thimphu.

## **Day 03: Go Sightseeing in Thimphu**

In Thimphu, our tour continues to Memorial Chorten, a nunnery temple, mini zoo, the National Institute of Traditional Medicine, a Bhutanese traditional painting school, a folk heritage museum, the majestic Tashichho fortress and a traditional paper factory. If this day is on the weekend, some of the landmarks will be closed and we will instead visit the weekend market, which is also a wonderful experience. We spend the night in Thimphu.

## **Day 04: Travel to Punakha (1,250 m / 4,100 ft): 76 km, 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. In Punakha, we stop at 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 05: Travel to Bumthang (2,850 m / 9,350 ft): 214 km, 7 hours**

Today 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. As we continue traveling to Bumthang we make another stop at a textile weaving factory. The embroidered patterns are unique to Bumthang. We spend the night in Bumthang.

## **Day 06: Trek to Ngang Buddhist Temple (2,895 m / 9,500 ft): 10 km, 2 - 3 hours, Trek begins**

Upon arriving at Thangbi Goemba we start our trek following Chamkhar River, which is known for huge trout. After trekking a short distance we come to Zangling Temple, where we stop for lunch. From Zangling Temple, we travel to Ngang Yul “Land of the Swan”, which is where the Ngang Temple sits. We set up camp near Ngang Yul.

**Day 07: Trek to Ugyen Choling (2,895 m / 9,500 ft): 18 km, 6 - 7 hours**

The trek to Ugyen Choling begins with a gradual ascent to Phephe La Pass, whose altitude is 3,360 m and is the highest point in the trek. From the pass we gradually descend through a beautiful forest with many stopping areas to admire the scenery. As we continue through the forest, we come to Tang Valley then Ugyen Choling Village. We set up camp next to the river at an elevation of 2,760 m.

**Day 08: Trek to Jakar / Bumthang (2,745 m / 9,000 ft): 2km, 1.5 hours: Trek ends**

On the last day of our trek we visit Ugyen Choling Palace, which showcases artifacts from the royal families. After touring the palace we walk to Kizam where we travel to Mebertsho Lake “Burning Lake”. The lake received its name from folk lore of when Pemal Lingpa found religious treasures at the bottom of the lake with a lit lantern in the 15<sup>th</sup> century. We spend the night in Bumthang.

**Day 09: Go Sightseeing in Jakar / Bumthang**

We start our day with a tour of Kakar Fortress. We then follow it with a tour of Jambay Temple, one of the oldest monasteries in Bhutan. After touring Jambay Temple we visit Kurjey, and Tamshing Temples. We spend the night in Bumthang.

**Day 10: Bumthang to Wangdue (1,240 m / 4,068 ft): 197 km, 6 hours**

Before we travel to Wangdue we tour the market place in Bumthang. At the market place we can find unique handicrafts, spiritual items, exotic foods, and many other things. After touring the market place we travel to Wangdue, which is known for its beautiful stone and slate carvings. We spend the night in Wangdue.

**Day 11: Travel to Paro: 124 km, 3 - 4 hours**

From Wangdue we travel to Paro over Dochula Pass. Before reaching Paro, we visit Chimi Temple. The temple was built to honor Lama Drukpa Kuenley “the Devine Madman,” which blesses people seeking pregnancy. Afterward we visit Druk Wangyal Monastery. At the monastery we can see artwork depicting the king’s ancestors and their achievements. We spend the night in Paro.

**Day 12: 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.