

# **Chelela 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 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: Hike to Tiger’s Nest Monastery: 4-5 hours**

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 lunch and exploring the monastery, the tour returns to Paro to spend the night.

## **Day 03: Travel to Haa, and Trek to Sagala (3,150 m / 10,334 ft), trek starts: 6 km, 3-4 hours**

After spending the night in Paro, we travel across Chelela Pass and into Haa Valley. In Haa Valley, we begin our trek. The trail takes us to a yak herder’s camp where we start our ascent to Sagala Pass at 3,150 meters. We camp overnight at Sagala Pass.

## **Day 04: Trek to Ningula (3,850 m/ 12,631 ft): 9 km, 6 hours**

As we continue our trek, we are greeted by Mt. Jumolhari and Jitchu Drake Peak as we approach Ningula. We travel through rhododendron forests and meadows, and eventually on top of mountain ridges, which provides great views of Haa Valley. We spend the night in Ningula.

## **Day 05: Trek to Chelela Pass, Then Travel to Thimphu (2,320 m / 7,610 ft), trek ends: 11 km, 6 hours**

Our trek today takes us up and down the mountains on a trail decorated with cairns. The stacks of stones set next to the trail overlooking Haa Valley is a memorable sight. After reaching Kung Karoo we will have more views of Paro and Haa Valleys, and the Kila Gompa Nunnery. The trail continues through a dwarf rhododendron forest with prayer flags guiding us to Chelela Pass. When we arrive at Chelela Pass we will travel to Thimphu and enjoy a night out on the town. We spend the night in Thimphu.

## **Day 06: 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. 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 spend the night in Punakha.

## **Day 07: Travel to Paro: 124 Km, 4 hours**

We begin our day with a visit to Punakha Fortress. After touring the fortress we travel to Paro after making a stop at Dochula Pass. At the Pass we visit the Druk Wangyal Monastery, which features paintings of the king's ancestors and their accomplishments. 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.