



Druk Path Trek Bhutan 12 Days

This wonderfully scenic high-altitude trek along the ridges between Paro and Thimphu. The walk accesses remote alpine lakes, yak herders and boasts views of Bhutanese Himalayas. For most part, it follows the traditional mule route between Thimphu and Paro. Because it departs or ends in Paro or Thimphu, its logistics make it a great choice as an add-on to any cultural tour of Bhutan.

Cost Per Person based on the group size (Valid from 1st Mar till Nov 2007)

Group Size	
4+Passengers	2040
3 pax	2135
2 pax	2490
Single person	2865
Single room Supplement	195
Single person cost includes single room supplement. July & August trips will be discounted by \$150	

Brief Information

Trek Difficulty: Moderate

Duration: 6 days trek (total 12 days/11 nights including the tour)

Season: Feb to early June, Sept to early Dec.

Best time: March – May, late Sept to mid Nov.

Alternative route: This trek can be done in 4 or 5 days if you can cover more distances instead of 6 days as per the standard itinerary. The route and sights remain same but you cover more distances. Further, instead of starting the trek in Paro, it can be done in reverse and started in Thimphu

Includes:

- Royalties, Visa fees and visa processing.
- Accommodation in listed hotels or similar with all meals during the tour
- all transfers, sightseeing with entrance fees,
- Full serviced Trek: Tent accommodation, all meals, Guide, cook, assistants, pack animals (ponies or yaks) for carrying gears and your luggage and even drinks during the trek.
- Tents, thermal mats, small blow pillow, hot water bags,
- All applicable taxes for above services.

Excluded :

- Druk Air fares and departure taxes
- Travel insurance, Tips & items of personal nature,
- Extra expenses due to nature and unforeseen events such as flight delay or cancellation, illness, natural calamities, which are beyond our control.
- All other than those listed in above inclusions

Detailed Itinerary

Day 01: Arrive Paro by Druk Air (L/D)

Fly from Bangkok, Delhi, Calcutta, Kathmandu or from other Druk air ports to Paro, Bhutan. Check Druk air schedule on our website. Daily flights from Bangkok.

During the flight to Paro, one will experience breath taking view of Himalayas. On arrival at Paro airport, you are met by Wind Horse representatives. Transfer to the hotel, where you stay for three nights.

Day 02: Paro valley sightseeing (B/L/D)

Sightseeing in Paro include visits to ruin ramparts of Drugyel Dzong, Dilgo Khyentse's temple, 7th century Kyichu temple complex, Dungshe lhakhang, Tshongde Druk Choeding. Lunch at fine town restaurant. After lunch visit the national museum housed in Ta Dzong the ancient watch tower, visit the impressive Rinphung Dzong and a typical Bhutanese farm house and stroll around the town area. Overnight and dinner at the hotel.

Day 03: Excursion- hike to Taktsang (B/L/D)

Spend the day hiking to the famous Taktsang monastery. Lunch at the tea house near Taktsang. Depending on your interest and abilities, you may explore other sites around Taktsang, which includes Zangdopelri and Ugyen Tshemo.

Trek to Taktsang is a steep uphill and takes from 2 hours to 4 hours depending how high you want to get and want to see. The return trek is downhill and takes about half the time. Return to Paro in the evening. Overnight and dinner at the hotel.

Day 04: Begin trek from Paro to Jele Dzong (B/L/D)

Distance - approximately 10 Kms - about 4-5 hours trek, - about 1025m ascent.

Your pack ponies arrive at the starting point of trek, near the museum area. The trek begins around 10am after the horsemen and trekking crews have packed your luggage and trekking supplies in order. To begin, the trail passes through some villages, houses, apple orchards, cultivated fields, steadily uphill. Then trek through the blue pine and fir forests, with some nice meadows and great view of Paro valley as you climb to the camping grounds near Jele Dzong at an altitude of approximately 3500m.



Day 05: Trek to Jangchulakha (B/L/D)

Distance - approximately 10 Kms- about 4 hours trek, - about 300m ascent

Jele Dzong is atop a promontory at an altitude of 3560m, which is a short ascent from your camp. On a clear day, the great views of Paro town and upper valley far below and Mt. Chomolhari, Mt Jitchu Drake and adjoining peaks can be seen in the distance. Visit this remote temple/fortress. From the Dzong, the trek is a long gradual ridge walk in a rhododendron forest. You descend and climb through forests of spruce, cedars and other trees mostly ravaged by bark beetles. You may pass the nomadic yak herders camps, see some beautiful flora and fauna including monal pheasants. Camp at a pasture land at an altitude of approximately 3750m.



Day 06: Trek to Jimilangtso lake (B/L/D)

Distance - approximately 11 Kms – about 4-5 hours trek

The trail follows the ridge, ascending and descending as you get the view of the mountains and valley are beautiful. The campsite is close to the lake Jimilangtso at an altitude of 3870m. These lakes are known for their giant sized trout and if lucky you may enjoy a freshly prepared lake trout for dinner.



Day 07: Trek to Simkota lake (B/L/D)

Distance - approximately 11kms, about 4 hours trek, 800m ascent and 400m descent

The trek makes gradual climbs and descends with the highest point being 4150m. The trail takes you through dwarf rhododendron trees and lake of Janetso. You may come across some yak herders camps where you will have the opportunity to get a glimpse of a nomads life. The campsite is close to Simkota lake, and if you are lucky, you can do some trout fishing!



Day 08: Trek to Phajoding (B/L/D)

Distance – approximately 10kms, about 3-4 hours trek, 150m ascent and 700m descent.

The trek makes several short ascents, to seemingly summits, traverses broad rocky valley, some sky burial sites, and crosses the final ridge at Phume la pass (4100m). From the pass, on a clear day, you will have a spectacular view of Mount "Gangkhar Punsum", the highest mountain in Bhutan, as well other peaks and the view below of entire thimphu valley. From the pass, descend and visit the Thujidra Gompa, a meditation site, that hangs on the side of precipitous rock face at 3950m. Short but steep descent from here is your camp site near the stone shelter at an altitude of 3750m



Day 09: Trek to Thimphu (B/L/D)

Distance – approximately 7 Km, about 3 hours trek downhill, 1200 descent.

Phajoding has several meditation residences and some ancient temples. In the morning, explore the monastery nearby and trek to Thimphu. The last day of your trek is all the way downhill through the forested area of mostly blue pine. At a leisurely pace, it takes about three hours. While you are waiting for the Wind Horse trekking crew and mules to arrive, explore the mini zoo nearby for Takin, the national animal of Bhutan. Transfer from trek end point to the hotel. Afternoon is free to explore Thimphu on your own or to relax in the comforts of the hotel.



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Day 10: Thimphu Valley sightseeing (B/L/D) Typical sightseeing in Thimphu include visits to late king's memorial chorten, the nunnery at Zilukha, the traditional painting and craft school, the national library, the indigenous hospital, folk heritage museum, textile museum, the hand-made paper factory, Zangdopelri temple, the handicraft centers, Simtokha Dzong and visit Tashichho Dzong, the main secretariat building, which houses the office of the government ministries, the office of the king, throne room, and the office and living quarters of the central monk body and its head abbot. On Saturdays & Sundays, you will also see the colourful weekend market. The above sightseeing will be spread out in 2 days.

Day 11: Thimphu sightseeing (B/L/D)

Sightseeing of places missed on the earlier day and more time for shopping or to explore on your own.

Day 12: Thimphu – Paro – Departure (B)

Transfer from Thimphu to Paro airport (about 2 hours drive) in time for your departure flight from Bhutan.

Usually the flight departing from Bhutan is early in the morning. You may be required to wake up early. An alternative would be change your last overnight in Bhutan from Thimphu to Paro.

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Our Trip Leaders and support staff take the utmost care with every aspect of your trip; from altitude-related concerns to ensuring hygienic food preparation in camp. It all comes down to experience – yours as a traveler and ours as a company. However rare emergencies may be, traveling with a company as experienced as Wind Horse adds a strong element of safety and security to your journey.

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ASTA has a long-standing record of fighting for consumer rights. And, should you ever encounter a problem with an ASTA member, Consumer Affairs Department is here to help you.



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In total, 145 BBBs help nearly 24 million consumers and businesses each year. Since the founding of the first BBB in 1912, the BBB system has proven that the majority of marketplace problems can be solved fairly through the use of voluntary self-regulation and consumer education.



Association of Bhutanese Tour Operators (ABTO) must meet strict requirements regarding travel arrangements in Bhutan in accordance to law of Kingdom. They ensure that trained/licensed guides are used. For now all local Bhutanese Tour Operator must be a member of ABTO.



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