

# TREKKING IN HIMALAYAS

11 Days & 10 Nights



## OVERVIEW: - 10 Nights 11 Days Bhutan Trek

DAY	PLACE	DATE	ALTITUDE
1	Land Paro – Local sightseeing		2200 m
2	Hike to Tiger's Nest Monastery		3150 m
3	Paro – Punakha		3480 m
4	Punakha – Limukha (Trek Starts)		1980 m
5	Limukha - Chhungsakha		1550 m
6	Chhungsakha - Samtengang		1830 m
7	Samtengang - Chuzomsa (Trek Ends)		3120 m
8	Punakha - Thimphu		2334 m
9	Thimphu Sightseeing		2334 m
10	Depart from Paro		2200 m

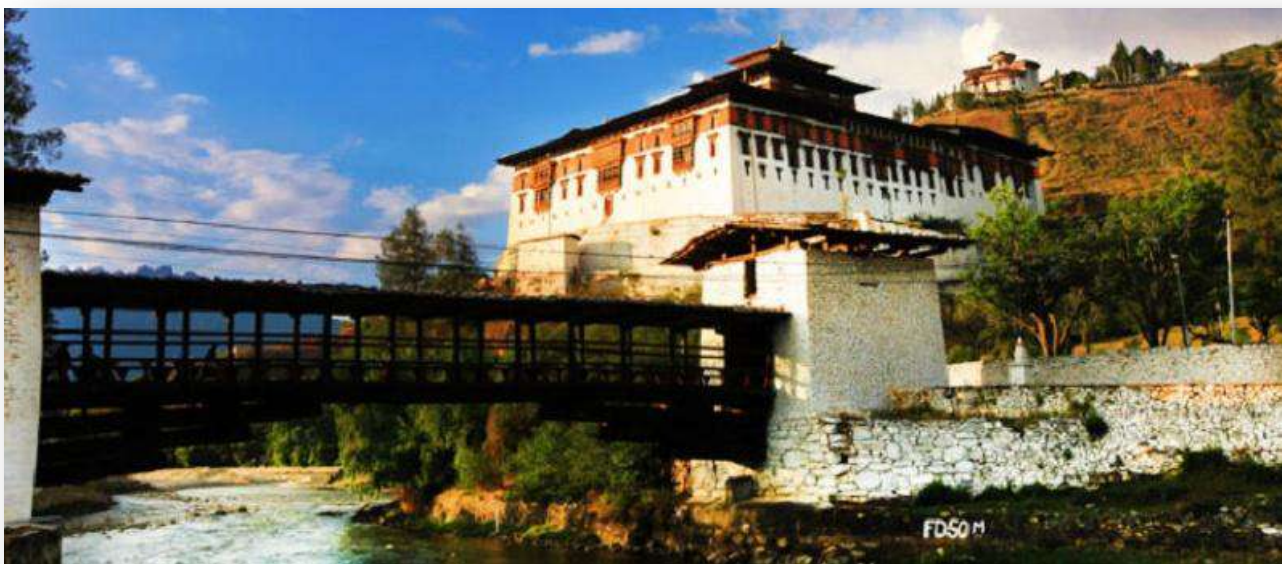
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## Day 1

### ARRIVE PARO – LOCAL SIGHTSEEING

On arrival at paro check into your hotel and visit the following: National Museum, housed in the Ta Dzong (watchtower). Here an intriguing collection of artifacts provide a wonderful introduction to the rich culture and heritage of the Kingdom. Paro Dzong, a fine example of Bhutanese historic architecture. It is also known as the Rinpung Dzong which means a “fortress that sits on a heap of jewels”. This imposing dzong located above the Paro River is a fine example of Bhutanese architecture with its inward sloping walls



that rise to an impressive height.

The dzong was built in the 16th century on the foundation of a monastery built by Guru Rinpoche (who is regarded as the "second Buddha.") .From the dzong, walk further down to Nyamai Zampa, an oldest traditional cantilever bridge in Bhutan.

## Day 2

### EXCURSION TO TIGER’S NEST MONASSATERY



After breakfast,drive to Paro which takes about 1 hr and then hike up to Taktsang Monastery, also known as ‘Tiger’s Nest’. The walk up to the viewpoint will take about 1 – 1 ½ hrs depending on your fitness and from View Point you will enjoy a spectacular view of the monastery clinging to the side of the cliff. Stop for refreshment at the View Point

Cafeteria. Then walk further up to the monastery which will take about 1 hour. It is said that in the 8th century Guru Rinpoche flew on the back of a tigress from eastern Bhutan to this place and meditated in a cave here for 3 months.

The principal Lhakhang (monastery) of the present monastic complex dates from 1692. Taktsang was damaged severely by fire in 1998 but has now been fully restored to its former glory. After visiting the monastery, walk downhill back to the road on the way stop for lunch at the view point cafeteria and then walk further downhill to the road point. Then drive back to hotel.



On the way visit Kyichu temple, one of the 108 temples built in the 7th century by the Tibetan King

Songsten Gampo. The story goes that a giant demon lay across the whole area of Tibet and the Himalayas and was preventing the spread of Buddhism. To overcome her, King Songtsen Gampo decided to build 108 temples, which would be placed on all the points of her body. Of these 108 temples, 12 were built in accordance with precise plans. Thus, it happened that in about the year AD 638 the temple of Jokhang in Lhasa was built over the very heart of the demon.

## Day 3

### PARO – PUNAKHA

After breakfast, travel to Punakha through Dochula Pass 3140 m). In the clear spring sky, you can enjoy the panoramic view of the Himalayan Mountain ranges. . Then pass by the beautiful 108 chortens built on the hill by Her Majesty Ashi Dorji Wangmo Wangchuck (Queen Mother of Bhutan) for the security and well being of His Majesty, the King of Bhutan.



Punakha has been inextricably linked to some of the most momentous events in the Bhutanese history and deserves its reputation as one of the most beautiful and significant regions at the heart of Bhutanese culture. Punakha had served as the capital of Bhutan from 1637 till 1907. The dzong is historically important and stands as the symbol for a unified Bhutan.



On the way, stop for lunch at Metsina village and then visit the Devine Madman's Monastery Chhimi Lhakhang, famously known for its fertility shrine, where one can receive a special fertility blessing. Then visit the Punakha Dzong, located on the island of the Pho - Chu (Male River) and the Mochu (Female River). The dzong was built in 1637 by Zhabdrung Ngawang Namgyal to serve as the religious and administrative seat of the region. At the dzong, you can see the highest standards in woodwork. In the evening visit Rinchengang & Lobesa villages where you will take a short walk through the village and have free interaction with the villagers.

## Day 4

### **PUNAKHA – LIMUKHA (TREK STARTS)**

After passing majestic Punakha Dzong you cross a footbridge over the Pho Chhu and walk up to Shengana. This is the longest bridge in Bhutan. You then climb gradually through the forest until you reach Limukha. Make sure you are carrying enough water as you won't find any on the way to Limukha.

**Distance: 12 km; Hiking time: 4 – 5 hours; Camp altitude: 1980 m.**

**Day  
5**

### **LIMUKHA – CHHUNGSAKHA**

The path leads through rhododendron and oak forests to Chhungsakha. Chhungsakha is a small village of about 10 houses. You'll find a holy stone and an impressive Cyprus tree here that are reminders of Drukpa Kuenley, the "divine madman".

**Distance: 14 km; Hiking time: 4 – 5 hours; Camp altitude: 1550 m.**

**Day  
6**

### **CHHUNGSAKHA – SAMTENGANG**

You walk downhill until you cross Pe Chhu before climbing again through the village of Sha on your way to Samtengang. Near the school in Samtengang you will see a small lake and your campsite is right next to it.

**Distance: 13 km; Hiking time: 4 – 5 hours; Camp altitude: 1830 m.**

**Day  
7**

### **SAMTENGANG – CHHUZOMSA - WANGDUE**

The trail leads steeply downhill on a treeless slope to the road head at Chhuzomsa.

**Distance: 15 km; Hiking time: 5 – 6 hours.**

**Day  
8**

### **WANGDUE – THIMPHU**

Hike to Khamsum Yulley Namgyal Chorten - A beautiful hike takes one to the regal Khamsum Yuelley Namgel Chorten, which was built to remove negative forces and promote peace, stability and harmony in the changing world. The Chorten dominates the upper Punakha Valley with commanding views across the Mo Chhu and up towards the mountainous peaks of Gasa and beyond. After lunch visit following place Limbukha –

Drive towards limbukha village later walk across the suspension bridge (about 200m long) through absolutely fresh breeze and fascinating view of Dzong. Follow the farm houses gradually climbing towards Dompala hills. The view of Dzong, Pho Chhu, Mo Chhu

rivers and surrounding village is superb amidst chirpine forests. The climb is another two and a half hours to Limbukha. Limbukha farmers grow Bhutan's famous red rice which is supposed to have medicinal values. This particular rice needs clean mountain spring so that the taste is good and nutritional value maintained. Limbukha is also known for its love of peace and tranquility. Legends say that during medieval wars the "limpus" or the people of Limbukha always volunteered as peace negotiators. Later on drive to Thimphu.



After breakfast visit following place:

- Institute for Zorig Chusum - commonly known as Arts & Crafts School or Painting



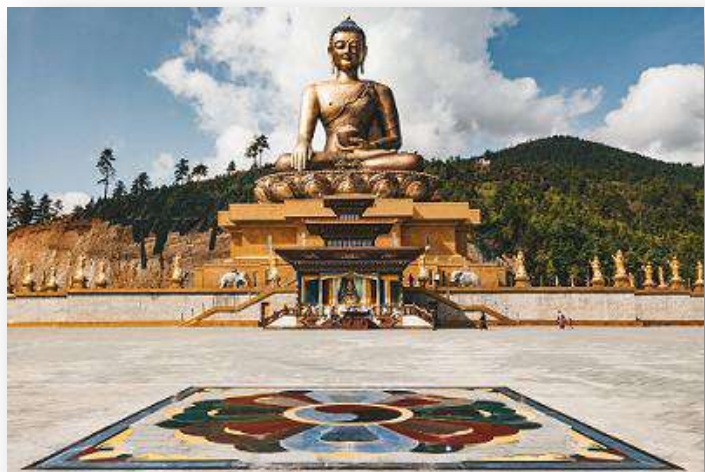
School, the Institute offers a six-year course on the 13 traditional arts and crafts of Bhutan. On a visit, one can see students learning the

various skills taught at the school.

- Coronation Park - Located on the banks of the river (near the city stadium), this 5.6 acres of parkland offer a pleasant and relaxing environment to stroll or to sit and watch the river flow by.

- Kuensel Phodrang and visit tallest Buddha statue and enjoy the full view of Thimphu Valley below.

- The Folk Heritage Museum (Phelchey Toenkhyim) - It is dedicated to connect people to the Bhutanese rural past through exhibits, demonstrations, educational programmes and documentation of rural life. The principal exhibit in the museum is



a restored three storey traditional rammed mud and timber house, which dates back to the mid 19thm century. The design and form of house is that of an average household in the Wang area during that era. The age of structure demonstrates the durability and performance of the building materials. From ground to top floor, household objects, typical domestic tools and equipments that would have been used by a family during that period are put on display. The museum is also developing some of the native trees and plants that were used for various domestic purposes in the rural households.

- Changangkha Lhakhang - It is a fortress like temple and monastic school perched on a ridge above Thimphu, south of Motithang. The temple was established in 12th century on a site chosen by Lama Phajo Drugom Shigpo, who came from Tibet. The central statue here is Chenrezig in a manifestation with 11 heads. From temple courtyard, there is fascinating view of Thimphu valley.
- Weekend Market - Every Saturday and Sunday most of Thimphu's scant population and many valley dwellers congregate on the banks of the river where weekend market is held. It is an interesting place to visit and provides opportunity to mingle with the local people.

**Day  
10**

## **DEPART FROM PARO**

