

HIKING IN BHUTAN

Dagala Trek (5 Days)

11 Days & 10 Nights

BHUTAN TRAVEL GATE



OVERVIEW: - 10 Nights 11 Days Hiking In Bhutan

DAY	PLACE	DATE	ALTITUDE
1	Land Paro – Local sightseeing		2200 m
2	Hike to Tiger's Nest Monastery		3150 m
3	Gynekha – Gur (Trek Starts)		3290 m
4	Gur – Labatama		4300 m
5	Labatama (Local Sightseeing)		4300 m
6	Labatama – Panka		4000 m
7	Panka – Chamgang (Trek Ends)		3120 m
8	Thimphu Sightseeing		2334 m
9	Thimphu – Punakha		1242 m
10	Punakha – Paro		2200 m
11	Depart from Paro		2200 m

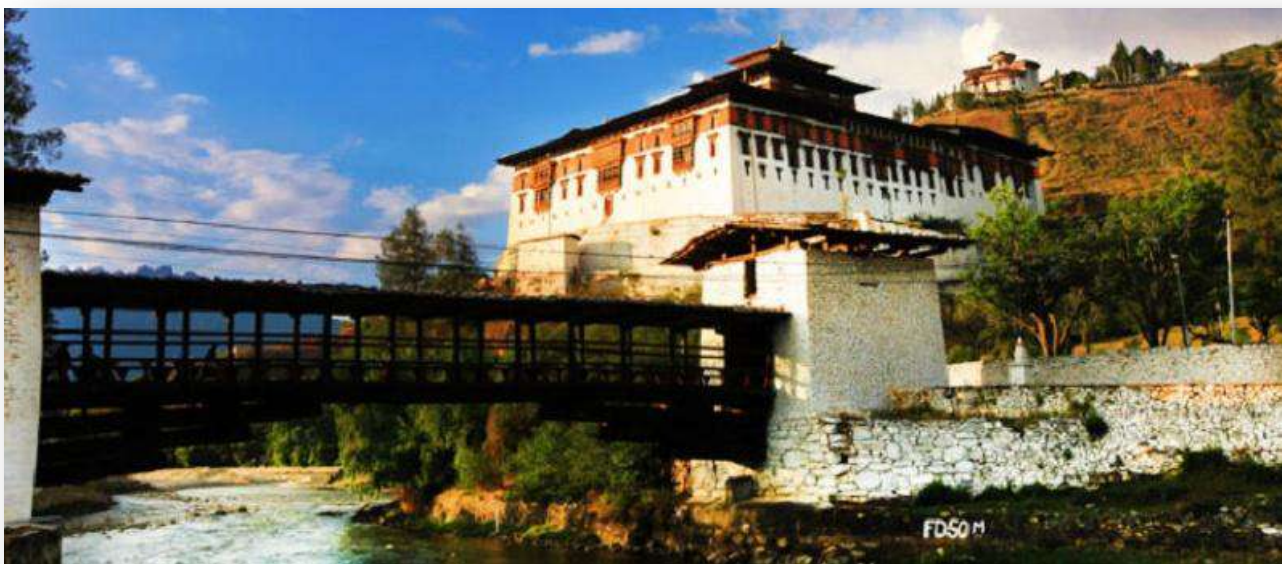
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Day 1

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

GYNEKHA – GUR (Trek Starts)

The trek starts at beautiful Gynekha village and begins with a short descent to the river. After crossing the river you start climbing until you reach a huge rock platform from where you have a picturesque view of the valley below. After another two hours you reach Gur, an area of yak pastures located just below the main trail.

Distance: 7 km; Hiking time: 4 – 5 hours; Camp altitude: 3290 m.

Day 4

GUR – LABATAMA

On the second day, the trail takes you across the high ridges from where you can truly appreciate the rugged beauty of your surroundings and the mountain vegetation. The path winds through refreshing meadows adorned with wild flowers and asparagus (in spring). The first mountain pass you cross is marked by a huge cairn and gives a spectacular view of Kanjenjunga (Sikkim) and a number of the Bhutanese Himalayan peaks. As you descend the pass you will be able to see the entirety of the Dagala mountain range including meadows and yak herder camps. Once you have descended into the Labatama valley you begin climbing gradually through the valley, passing several yak

herder huts before you arrive at Uthso Tsho. The campsite is right next to the lake.

Distance: 10 km; Hiking time: 4 - 5 hours; Camp altitude: 3770 m.

Day 5

LABATAMA (LOCAL SIGHTSEEING)

This day will be dedicated to relaxing and recuperating at Labatama. It is an ideal to take an excursion to any of three nearby lakes: Reli Tsho, Hen Tsho and Jama Tsho. Hikers are encouraged to take the opportunity to engage in some trout fishing as the location is ideal. Permits are required for fishing so you should request your tour operator to make the necessary arrangements beforehand.

Day 6

LABATAMA – PANKA

The trail climbs along the western side of Dala Tsho up to a saddle at 4,520m. From here onwards you will have a fantastic view of the majestic Himalayan peaks all through the descent. The mountain peaks visible include Mt. Everest (Nepal), Mt. Kanchenjunga (Sikkim), Mt. Jomolhari, Mt. Jichu Drake, Mt. Tshering Gang, Mt. Khangbum, Mt. Masang Gang, Mt. Tsende Gang and Mt. Gangche Ta. If you want an even better view, you can climb a peak close to the saddle with an altitude of 4,720m. From the saddle the path descends, passing some yak herder huts to Doccha Chhu. You follow the river for a while, but stay higher up on the slope to reach Panka with ascents and descents along the way.

Distance: 8 km; Hiking time: 4-5 hours; Camp altitude: 4000 m.

Day 7

PANKA – CHAMGANG - THIMPHU (TREK ENDS)

The day begins with a gradual climb. If the weather permits, you will have a spectacular view of Mount Gangkar Puensum, the highest mountain in Bhutan and several other Himalayan peaks. From this pass, the trek takes you downhill towards Phajodhing where you will halt for the night. The camp is located just above Phadjoding Monastery.

After passing Phadjoding monastery, the trek to Thimphu (Mothitang) is downhill through a forested area of mostly blue pine. The walk, at a leisurely pace, takes about three hours.

Distance: 14 km; Hiking time: 7 hours.

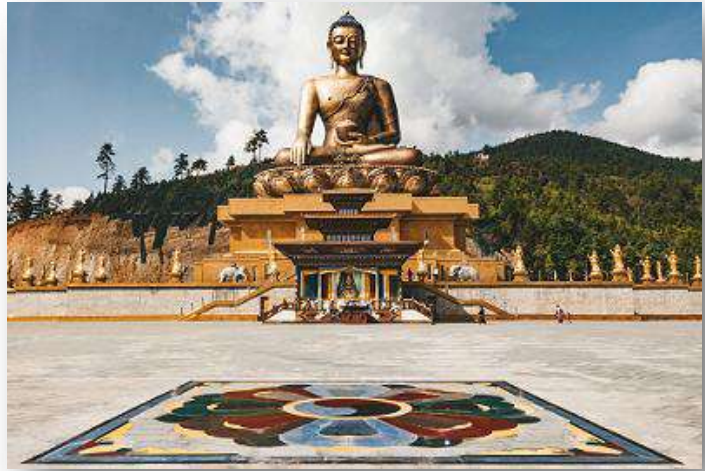
Day 8

THIMPHU SIGHTSEEING

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 19th 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.

- 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.

THIMPHU – 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.



Day 10

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.

PUNAKHA - PARO

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. This is also depicted during yearly festival called 'Serda' when the men are found carrying peace flags instead of swords and fireworks the drive to Gangtey valley .

Later on drive to Paro.

Day 11

DEPART FROM PARO