



9 DAY DRUK PATH TREK

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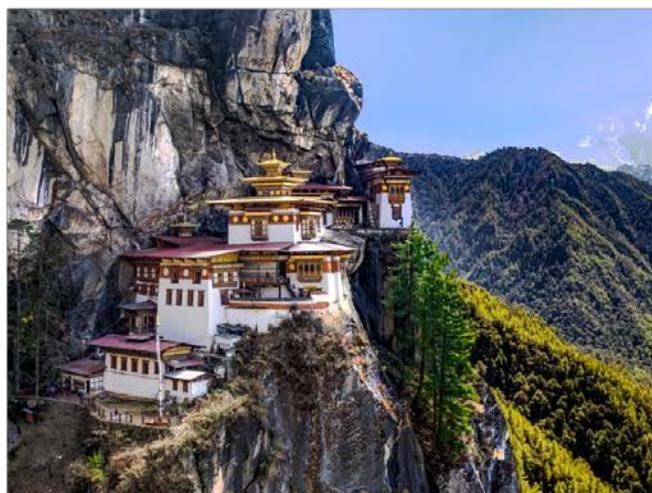
Trip Duration: 9 days

Trip Difficulty:

Destination: Bhutan

Begins in: Paro

Activities: 



INCLUDED

- 3 nights hotel in Paro/1 night in Punakha
- Four season, 3 person tents, double occupancy
- Private toilet during trek
- Ground transportation
- Entrance Fees and taxes
- Bhutanese entry permit
- English speaking guides
- Meals (B, L, D)

EXCLUDED

- Airfare
- Personal gear and hiking equipment
- Snacks
- Tips

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Itinerary

DAY 1 Arrive Paro Airport

A representative will greet you on your arrival into Paro airport to escort you to your hotel. You can then tour the city in the afternoon. The National Museum of Bhutan is located in Ta Dzong, which is a watchtower built in the 17th century to defend Rinpung Dzong. Built in 1646, the Dzong calls the monastic body of Paro home, and also houses the offices of the Thrimpon (judge) and Dzongda (administrative head). Back at the hotel the lead guide will hold a pre-trek briefing. Overnight in Paro.

DAY 2 Excursion to Taktshang Lhakhang

On the second day, you will tour Taktshang Lhakhang, a world-famous monastery also known as the Tiger's Nest Monastery. The Taktshang monastery rests on the top of a cliff at 10,170 feet in elevation. The main temple, is one of the holiest sites for the locals, was built in 1692. The monastery is recognized as a sacred place of worship and Bhutanese people visit at least once, if not more. You then visit Kyichu Lhakhang, a temple that signified Buddhism in Bhutan in the 7th century. It is also one of the 108 temples built by Songtsen Gampo, a famous Tibetan king. From here, you will drive to Drukgyel Dzong, a beautiful ruined fortress. Overnight stay in Paro.

DAY 3 Paro To Jangchulakha

Your trek begins with a gradual climb to Jele Dzong, which is now in ruins. On a clear day, you can see the Paro valley flanked by snow-capped mountains. A Lhakhang dedicated to Buddha Sakyamuni is nestled here. Many women praying for fertility visit the monastery, where the presiding Lama hits them on the head with a phallus. After lunch, your trek continues with a 1.5-hour climb onto a ridge, offering beautiful views of the Himalayas. Total hike time will be 5-7 hours.

DAY 4 Jangchulakha to Lake Jimgelang Tsho

The trek continues along the ridge and offers panoramic mountain and valley views. There's a lot of ascending and descending on this trek. You climb up to the main ridge, before walking down as you cross the valley. Enjoy spectacular views of Jichu Drake along the way, before camping close to the Jimgelang Tsho lake, which is famous for its giant trout. Total hike time will be 6-7 hours..

DAY 5 Lake Jimgelang Tsho to Simkota

The day takes you through a series of ridges, where you will pass through forests, as you make your way to lake Janatsho. You'll have the chance to watch yak herder camps, showcasing how people live in the Bhutanese mountains. After your final climb, you will head straight to your Lake Simkota campsite. Hike time will be 4-6 hours.

DAY 6 Simkoto to Thimphu

Today is your final day of trekking where you begin with a brief ascent to the Phume La Pass which sits at 13,812 feet in elevation. From here, you will breathe in beautiful views of Mount Gangkar Puensum, the highest peak in Bhutan and the highest unclimbed mountain worldwide. You will make your way towards Thimphu passing through blue pine forests along the way. Once you arrive in Thimphu, you can enjoy a short tour of the city. Visit the King's Memorial Chorten, the memorial of Bhutan's third king, His Majesty Jigme Dorji Wangchuk. You can also visit the Trashichhoe Dzong built in 1641, The Fortress of the Glorious Religion. This is also the seat of the government and religion. Overnight stay in a hotel in Thimphu. Hike time will be 6-7 hours.



DAY 7 Thimphu to Punakha

A tour of the National Library in Thimphu, which houses ancient Buddhist texts and manuscripts, along with modern books about Himalayan culture and religion. The Institute for Zorig Chusum, an arts and crafts school, teaches students 13 local arts and crafts techniques. The Textile Museum is a good way to learn more about Bhutan's weaving history. You can also learn about Bhutanese traditional life at the Simply Bhutan, a living museum. After lunch, you are driven to Punakha (3 hours). The road takes you through the Dochu-La Pass, which offers stunning views of the surrounding peaks. Overnight in Punakha.

DAY 8 Punakha to Paro

Before you head for Paro, you'll visit the Punakha Dzong, nestled where the Mo Chhu and Pho Chhu rivers meet. This is now the religious and administrative centre of the region and was built in 1637. Despite being damaged by fires and an earthquake, it has been fully restored. Your drive back to Paro will take approximately 5 hours, with a break at the Chimi Lhakhang. This temple has been dedicated to Lama Drukpa Kuenley, the Divine Madman, a name he earned thanks to his extreme teaching methods. This temple is also known for its fertility, where women arrive to pray for children. Overnight in Paro.

DAY 9 Depart Paro Airport

Your guide will meet you at the hotel and transfer you to the airport where you will head to your next destination.

BHUTAN

Best Time to Visit

Bhutan is a great destination year-round; however, the weather varies dramatically depending on elevation and season. Autumn is the high season; September and October have the highest number of tshechus (monastic festivals) and the region offers clear mountain views and picturesque landscape of terraced rice fields.

Autumn

September-November; Bhutan offers sunny skies and pleasant temperatures and it is a great time for a mountain trek.

Winter

December-February; the low valleys are typically in the 50s to 60s, but higher elevations will be cold and the Snowman Trek is often closed during this time due to snow. The trade-off is fewer travelers and clear skies.

Spring

March-May; brings mild weather with chance of mountain views, the flora will be in full bloom as the rhododendron forests fill with color, expect rain beginning May.

Summer

June-August; is monsoon season where the days are long, hot and humid. If you can tolerate the heat, this is an opportunity to beat the crowds. Afternoon showers during July and August are typical and get up to 14 inches of rain.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	48	56	58	63	74	77
Average Low (F)	21	34	33	40	51	57
Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	80	77	74	65	57	52
Average Low (F)	58	58	53	45	34	28

Entry Requirements

Visas are processed through an online system by our licensed Bhutanese partners. A photo copy of the passport photo page and \$40 processing fee is required. Upon arrival you will show your visa clearance letter to customs and the visa will be stamped into your passport.

Vaccinations

All travelers should be up to date on routine vaccinations which, includes measles-mumps-rubella (MMR), diphtheria-



tetanus-pertussis, varicella (chickenpox), polio, and the flu shot. In addition, it is recommended to get Hepatitis A and Typhoid vaccines. If you are staying in Bhutan for a month or longer, consult with your doctor about any other vaccines and/or medicines you may need for your trip. The government of Bhutan requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever (this does not include the US). For more information visit the CDC website at www.cdc.gov/travel.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Bhutan. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash or traveler's check, also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is boliviano (BOB), and it is advised to carry hard notes of USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Since 2008 the government of Bhutan has been a constitutional monarchy.

Religion

75% Drukpa Kagyu or Nyingma Buddhism and 25% Hinduism.