



Trekking in BHUTAN Itinerary

Day 1 - September 7: Meet the group in Los Angeles, board Cathay Pacific Airlines for the trip across the Pacific and the International dateline.

Day 2 - September 8: A short night at the Suvarnabhumi Airport Hotel in Bangkok

Day 3 - September 9: Early morning departure on Druk Air, the only national carrier for Paro, Bhutan. The flight offers

beautiful views of the Himalayas and landscapes. On arrival and after visa formalities, we will be received by INTREK staff. Local sightseeing. Overnight at Kichu Resort.

Day 4 – September 10: Local sightseeing in Paro, visit the National Museum, Paro Dzong and Kichu Lhakhang. Overnight at Kichu Resort.

Day 5 – September 11: More sightseeing and acclimatizing to the culture and altitude. Afternoon drive to Geynikha, visit the school and overnight at camp.

Day 6 – September 12: Dagala Thousand Lakes Trek

Geynikha to Labatama: Today's trek is all the way up til you reach the highest point for the day, Pagalapta alt.4,170m. From here you can see views of whole Himalayan ranges. From the pass you hike down for two hour besides the Yak herder's camp, to your camp. We have a chance to visit many lakes around the place. Setso is the closest lake which takes only fifteen minutes walk. The rest of the lakes are further away. Once you get on the top of the pass you can have the spectacular view of the surrounding mountains around during the clear weather. Overnight in the camp.

Day 7 – September 13: Labatama to Jadula: Today you have a gradual climb of 2-3 hours to reach the Jomigue pass alt. 4,460m. From the pass some of the mountains of northern Bhutan can also be viewed. Then descend for about two hours to Jadula. Overnight in camp.

Day 8 – September 14: Jadula to Japhuna: The trail from Japhuna takes 1-2 hours through Rhododendrons up til the valley and another 1-2 hours to the lunch place. After another hour you will reach to the camp site Japhuna, which means a Rock Cave at an altitude of 3,800m. Overnight in camp.

Day 9 – September 15: Japhuna to Talakha: From Japhuna continue the gradual climb til you cross Jeleze La Pass at alt 4,000m. On a clear day you can get the a good view of Jou Dake Gang, Jhomolhari, Jichu Drake, Gangchen Tak, Masangang. After 2-3 hours gradual descent through the thick forest of blue pine and evergreen oak tree will reach you the Talakha monastery at the altitude of 2925m. Overnight in camp.

Day 10 – September 16: Talakha to Thimpu: From Talakha hike all the way

down through the blue pine and evergreen oak trees till Semtokha Dzong where the vehicle awaits your arrival and drive to Thimphu. Afternoon at leisure. Overnight at the Riverview Hotel.

Day 11 – September 17: Visit Thimphu Drubchen in the Dzong, afternoon visit Textile museum, Heritage Museum etc. Overnight at the Riverview Hotel.

Day 12 - September 18: Visit Indigenous Hospital and drive to Tashigang Monastery, spend the morning with the monks, attend prayers and chanting. Lunch could be arranged with Monks or drive to Dochola Pass for Lunch. After we finish with the prayers, we drive to Punakha and visit the most beautiful Dzong in Bhutan! then drive to Paro and Kichu Resort.

Day 13 – September 19: Day hike to Taktsang monastery (Tiger's Nest). The hike which is all the way uphill takes about 2 /3 hours through villages and pine forests. The monastery clings to a huge granite cliff 800 meters above the Paro valley. It is believed that the great saint Padmasambhava came in the 7th century on a flying tigress and meditated in a cave for 3 months. The demons were subdued who were trying to stop the spread of Buddhism and converted the Paro valley to Buddhism. During the end of the 17 century a monastery was built on the spot where the saint meditated and it is a pilgrimage site for every Bhutanese to visit once in their life time. Back to Kichu Resort for a delightful closure dinner with our trekking staff. Overnight Kichu Resort, Paro

Day 14 - September 20: Transfer early morning to airport for departure to Ko Samui, Thailand

Day 14-18 - September 20-24: Ko Samui! Unscheduled time to relax and play on this lush green gem in the ocean, lovely accommodations, powder white beaches, great restaurants, snorkeling and shopping, gracious Thai residents...nothing to do but enjoy yourself. Heaven on earth!

Day 19- September 25: Early morning departure for Bangkok and Los Angeles. Arriving in Los Angeles, September 25 in the afternoon!