



Adventure.Culture.Nature

P.O. Box 1382
Thimphu: Bhutan

www.alpine-bhutan.com
alpinebhutan@yahoo.com
tel. +975 1761 2210
fax. +975 2 334911

Druk Path Trek (8 Days/7Nights) Trek Rating: Medium

Day 1:

Arrival at Paro

Arrive at Paro by Druk Air flight. Reception will be arranged for you on arrival. After lunch, visit National Museum, Kyichu Lhakang and drive to Drugyel Dzong ruins.

Night Halt: Hotel in Paro

Day 2:

Paro to Jele Dzong

Trekking starts today. 10 km distance. Short trek with a gradual climb. On clear day, you can see Mt. Jhomolhari and Paro valley.

Night Halt: Camp at Jele Dzong

Day 3:

Jele Dzong to Jangchu Lakha

Distance 10 KMs. Altitude 3,500 meters. One and half hour of bit steep climb and then gradual ascend. The trek takes you through alpine forests and rhododendron shrubs and Yak herders.

Halt at: Camp in Jangchu Lakha

Day 4:

Jangchu Lakha to Jimi Langtsho

Distance 11 Km. Altitude 3,700 meters. The trail follows the ridge and offers clear views of mountains and valleys. Camping at Jimi Langtsho Lake (Lake of the Ox).

Day 5:

Jimilangtsho – Simkotra

Distance 11 Kms. Altitude 3850 meters. The Trail takes you through rhododendron shrub forests and yak herders. You will pass Janetso lake on the way. Camp is close to Simtokha lake.

Day 6:

Simkotra – Phajoding

Distance 10 kms. Altitude 3,400 meters. Gradual Climb with beautiful view of “Gangkar Puensum” mountain, the highest mountain in Bhutan. Slowly descend to reach Phajoding monastery, overlooking Thimphu city.

Day 7:

Phajoding – Thimphu

Distance 8 Kms. You descend down to Thimphu through mostly Blue Pine forests. Lunch at hotel in Thimphu. After some shopping, move to Paro by mid afternoon.

Halt at Hotel in Paro

Day 8:

Depart from Paro. Transfer to the airport for your departure flight from Bhutan.