



Bhutan Druk Path Trek



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*Paro District
10 Days / 9 Nights*

Date of Issue: 28 July 2026



Included

Included in cost

- - Mobile Camping trek with all meals supported by trekking guide, cook, helpers etc,
- - 6 Nights hotel accommodation in 3-star hotel during city stay on full board basis
- - All transfers and sightseeing as per the itinerary
- - Entrances as per itinerary
- - Group trekking equipment (sleeping tents, dining tent, toilet tents)
- - Pack animals to carry luggage during trek
- - All required permit
- - English speaking accompanying guide
- - Sustainable Development Fee (SDF)
- - Bhutan Visa fee
- - Bottled water during drives & sightseeing
- **Following facilities provided under standard trekking arrangement:**
 - Sleeping tent
 - Tent light
 - Hot water bag with cover
 - Sleeping bag with inner
 - Dining tent with table
 - Chair (folding)
 - Kitchen set, kitchen light
 - Toilet tent, Toilet pot, Toilet light, Toilet paper
 - Shower tent,
 - Camping Light

Excluded

- Airfares and Airport Taxes
- Insurance of any kind / medical expenses
- Beverages (alcoholic / non – alcoholic)
- Expenses of personal nature (like tipping, laundry, Telephone/fax calls, camera/video fees etc)
- Personal trekking gears and clothing

Day 1

Paro District

Paro District

Sitting pretty at an altitude of 2200 metres above sea level, Paro is the gateway to beautiful Bhutan. Planes make an incongruous sight, flying low as they prepare for landing in this Himalayan oasis, home to many of Bhutan's oldest temples and monasteries. Resting on the banks of the Paro River, there is plenty to observe in this traditional town, from quaint farmhouses scattered across the valley to emerald green terraced paddy fields. For outdoor enthusiasts and adventure seekers alike, a great day excursion is to trek to the famous Tiger's Nest Temple, on the face of a sheer 1000-metre-high cliff. This acclaimed temple houses the National Museum, which shows hundreds of ancient Bhutanese artefacts and artwork. It's advised to do this at the end of a trip, once travellers have acclimatised.

Day Itinerary

Arrive Paro

The flight to Paro is widely regarded as one of the most spectacular journeys in the Himalayas. Whether approaching along the Himalayan range from Kathmandu or over the lush foothills from Kolkata, the flight offers breathtaking panoramic views and an unforgettable descent into the Kingdom of Bhutan.

Upon arrival at Paro International Airport, you will be welcomed by the fresh mountain air and greeted by our representative after completing immigration formalities and collecting your baggage. You will then be transferred to your hotel for check-in.

Located in the northwestern region of Bhutan, the picturesque Paro Valley is renowned for its stunning landscapes, rich cultural heritage, and fascinating legends. It is home to many of Bhutan's oldest temples and monasteries, the country's only international airport, and the National Museum, making it one of the kingdom's most significant cultural destinations.

Later, enjoy a leisurely stroll through Paro's charming main street and local market, where you can experience the relaxed pace of Bhutanese life and browse traditional handicrafts and local products.

Continue your visit to **Kyichu Lhakhang**, one of Bhutan's oldest and most sacred temples. Built in the 7th century by the Tibetan King Songtsen Gampo as one of the legendary 108 temples constructed across the Himalayas, Kyichu Lhakhang marks the arrival of Buddhism in Bhutan and remains an important pilgrimage site.

Overnight stay at the hotel in Paro.

Altitude: 2,280 metres

Basis

Bed and Breakfast

Day 2

Paro District

Day Itinerary

Paro

After breakfast, embark on a memorable hike to the iconic **Taktshang Monastery (Tiger's Nest)**, one of Bhutan's most revered landmarks. The hike takes approximately **5 hours (round trip)** and rewards visitors with spectacular views of the Paro Valley. Perched dramatically on a sheer cliff face, about **900 metres above the valley floor**, Tiger's Nest is considered Bhutan's most sacred monastery. According to legend, Guru Rinpoche flew to this site on the back of a tigress and meditated here, giving the monastery its famous name. Visited by Zhabdrung Ngawang Namgyal in 1646, it remains one of Bhutan's most important pilgrimage sites and a place every Bhutanese hopes to visit at least once in their lifetime.

Later in the afternoon, drive to the northern end of the Paro Valley to visit **Drukgyel Dzong**, a magnificent 17th-century fortress originally built to commemorate Bhutan's victory over Tibetan invaders. Beautifully restored after being partially destroyed by fire in the 1950s, the fortress once again stands as a symbol of Bhutan's rich history and architectural heritage.

Continue with a visit to a traditional Bhutanese farmhouse, known for its vibrant paintings, intricate woodwork, and unique construction without the use of a single nail. This authentic experience offers a fascinating glimpse into rural Bhutanese life, where families continue to live in harmony with nature, surrounded by terraced fields of rice, maize, and buckwheat, preserving centuries-old customs and traditions.

Overnight stay at the hotel in Paro.

Altitude: 2,280 metres

Basis

Bed and Breakfast

Day 3

Paro District

Day Itinerary

Paro – Jili Dzong

Distance: 4 km | **Trekking Time:** 2–3 hours | **Ascent:** 570 m | **Descent:** 30 m | **Camp Altitude:** 3,575 metres

After breakfast, visit the magnificent **Rinpung Dzong**, also known as the "*Fortress of the Heap of Jewels*." One of Bhutan's finest examples of traditional architecture, the dzong is renowned for its impressive courtyards, intricately carved wooden galleries, and beautifully preserved murals depicting Buddhist philosophy and folklore. Highlights include the **Four Friends**, the **Wheel of Life**, the **Old Man of Long Life**, scenes from the life of **Milarepa**, **Mount Sumeru**, and elaborate cosmic mandalas. The fortress also gained international recognition as a filming location for Bernardo Bertolucci's acclaimed movie *Little Buddha*.

Continue to **Ta Dzong**, Bhutan's National Museum, which houses an outstanding collection of cultural and historical artefacts. Its exhibits include ancient relics, sacred thangka paintings, traditional handicrafts, ceremonial masks, royal costumes, armour, and Bhutan's famous postage stamps, providing a fascinating introduction to the kingdom's rich heritage and artistic traditions.

Later, drive along a mountain road to the trek starting point at approximately **3,050 metres**, where you will meet your trekking crew and pack horses. Begin your trek through peaceful forests of blue pine, fir, and rhododendron, gradually ascending towards **Jili La Pass (3,575 metres)**. Along the way, enjoy refreshing mountain air and beautiful views of the surrounding valleys.

Upon reaching the pass, take in spectacular panoramic views of **Jili Dzong** and the rugged Himalayan landscape. Your campsite is set in a tranquil alpine meadow just below the pass. If time permits, enjoy a short walk to the nearby prayer flags overlooking the Paro Valley, offering breathtaking sunset views and a peaceful introduction to Bhutan's wilderness.

Overnight at the campsite near Jili Dzong.

Altitude: 3,575 metres

Basis

Bed and Breakfast

Day 4

Paro District

Day Itinerary

Jili Dzong – Rabana

Distance: 10 km | **Trekking Time:** 6–7 hours | **Ascent:** 440 m | **Descent:** 225 m | **Camp Altitude:** 3,890 metres

After breakfast, retrace the ridge to **Jili Dzong**, an ancient fortress that once served as an important resting point along the historic trade route connecting Paro and Thimphu. During the summer months, a small community of monks resides here, and, if circumstances permit, you may have the opportunity to visit the monastery. Colourful prayer flags fluttering around the dzong create a peaceful atmosphere and provide an excellent backdrop for photographs.

Continue your trek along a scenic ridgeline, following a gently undulating trail that crosses a series of mountain spurs before descending through dense forests of fir and rhododendron. As the trail emerges into open alpine meadows, enjoy spectacular panoramic views overlooking the Thimphu Valley and the surrounding Himalayan landscape.

Pause for a freshly prepared hot lunch in one of the picturesque mountain meadows before continuing towards **Rabana**. Arrive at your campsite by mid-afternoon, beautifully situated on a high ridge at an altitude of **3,890 metres**. On clear days, the campsite offers magnificent views across the valleys and distant mountain ranges, making it an ideal place to relax and soak in the tranquillity of Bhutan's pristine wilderness.

Overnight at the campsite in Rabana.

Altitude: 3,890 metres

Basis

Bed and Breakfast

Day 5

Paro District

Day Itinerary

Rabana – Jimilang Tsho

Distance: 9 km | **Trekking Time:** 6–7 hours | **Ascent:** 430 m | **Descent:** 490 m | **Camp Altitude:** 3,830 metres

After breakfast, continue your trek through fragrant conifer forests and picturesque stands of dwarf rhododendron, gradually ascending into Bhutan's breathtaking alpine landscape. The trail leads to **Jangchu La Pass (4,190 metres)**, where you are rewarded with spectacular panoramic views of the surrounding valleys and, on clear days, the snow-capped peaks of the eastern Himalayas.

From the pass, enjoy your first glimpse of **Jimilang Tsho (Sand Ox Lake)**, shimmering far below amidst the pristine mountain scenery. While the main trail continues towards the remote fortress of Lingshi, today's route descends steeply to the tranquil lakeshore at an altitude of **3,830 metres**.

Steeped in local folklore, **Jimilang Tsho** is believed to be the home of a mystical sand ox. According to legend, local farmers bring their cattle to graze near the lake in the hope that the mythical creature will bless them with strong and healthy offspring. Surrounded by dramatic mountain landscapes and crystal-clear waters, the lake is also well known for its abundance of trout and its peaceful atmosphere.

Your campsite is beautifully located beside the shores of this enchanting alpine lake, providing the perfect setting to relax and immerse yourself in the serenity of Bhutan's untouched wilderness.

Overnight at the campsite at Jimilang Tsho.

Altitude: 3,830 metres

Basis

Bed and Breakfast

Day 6

Paro District

Day Itinerary

Jimilang Tsho – Janye Tsho – Simkotra Tsho – Labana

Distance: 9 km | **Trekking Time:** 6–7 hours | **Ascent:** 530 m | **Descent:** 230 m | **Camp Altitude:** 4,110 metres

After breakfast, continue your trek along a well-defined mountain trail, crossing a series of scenic ridges and gentle passes. The day begins with a gradual ascent to **Janye Tsho**, a beautiful alpine lake nestled amidst rolling highlands. The route passes through extensive patches of dwarf rhododendron, which transform the landscape into a vibrant display of colour during the spring flowering season.

Continue onwards to the larger and equally picturesque **Simkotra Tsho**, surrounded by dramatic mountain scenery and pristine alpine meadows. From here, ascend to a saddle at approximately **4,180 metres**, where magnificent views of the rugged Himalayan landscape unfold in every direction.

This high-altitude region is home to Bhutan's traditional yak herders, and it is common to encounter their grazing herds along the trail. These nomadic communities have followed seasonal migration patterns for generations, preserving a unique mountain lifestyle. The area is also renowned for **Cordyceps**, a rare and highly valued medicinal fungus that grows naturally at these elevations and is sustainably harvested by licensed local herders during the summer months.

A gentle descent from the pass brings you to **Labana Camp (4,110 metres)**. The name *Labana* translates to "**between two passes**," reflecting its location between the surrounding mountain crossings. From the campsite, you can see **Phume La Pass (4,230 metres)**, the highest point of the trek, which you will cross the following day. The peaceful alpine setting and sweeping mountain views provide a memorable end to another rewarding day on the trail.

Overnight at the campsite in Labana.

Altitude: 4,110 metres

Basis

Bed and Breakfast

Day 7

Paro District

Day Itinerary

Labana – Phajoding Goemba – Thimphu

Distance: 12 km | **Trekking Time:** 6–7 hours | **Ascent:** 100 m | **Descent:** 1,400 m | **Altitude (Thimphu):** 2,280 metres

After breakfast, bid farewell to your trekking crew and begin the final day of your trek with a short ascent to **Phume La Pass (4,230 metres)**, the highest point of the journey. Marked by a traditional stone cairn draped with colourful prayer flags, the pass offers spectacular panoramic views of the eastern Himalayas. On a clear day, you may enjoy breathtaking vistas of **Mount Jomolhari** and **Gangkar Puensum**, the world's highest unclimbed mountain. From here, take in a magnificent bird's-eye view of **Thimphu Valley** stretching out below.

Begin your descent to **Phajoding Goemba (3,700 metres)**, one of Bhutan's most important mountain monasteries. Founded in the 15th century, this peaceful monastery is renowned for its spiritual significance, traditional architecture, and tranquil setting overlooking the capital valley. Enjoy a scenic lunch en route before continuing your descent through serene forests of pine and rhododendron until you reach the roadhead.

Upon arrival, meet your vehicle and transfer to **Thimphu**, Bhutan's vibrant capital city. If time permits, visit the **Motithang Takin Preserve**, home to Bhutan's unique national animal, the **Takin**, an unusual species found only in the eastern Himalayas.

Later, visit the impressive **Tashichho Dzong**, the "Fortress of the Glorious Religion." This magnificent fortress-monastery serves as the administrative and religious heart of Bhutan, housing the King's Throne Room, the Secretariat, several government offices, and the summer residence of the Chief Abbot and the Central Monastic Body. With its striking Bhutanese architecture and beautifully maintained courtyards, it stands as one of the country's most iconic landmarks.

Overnight stay at the hotel in Thimphu.

Altitude: 2,280 metres

Basis

Bed and Breakfast

Day 8

Paro District

Day Itinerary

Thimphu – Punakha (75 km | Approx. 2.5 hours drive)

After breakfast, begin the day with a visit to the magnificent **Buddha Dordenma**, one of the world's largest seated bronze Buddha statues. Standing **201 feet (61 metres)** tall, the statue overlooks the Thimphu Valley from **Kuenselphodrang Nature Park** and offers spectacular panoramic views of the surrounding mountains. Consecrated in 2015, it commemorates the 60th birth anniversary of His Majesty the Fourth Druk Gyalpo and is one of Bhutan's most important spiritual landmarks.

Continue to the **King's Memorial Chorten**, a revered monument built in memory of His Majesty King Jigme Dorji Wangchuck, the Third King of Bhutan and the Father of Modern Bhutan. The chorten is one of the country's most significant religious sites, where devotees gather daily to offer prayers, spin prayer wheels, and perform circumambulations.

Next, visit the **National Textile Museum**, which showcases Bhutan's rich weaving traditions and textile heritage. Established under the patronage of Her Majesty Queen Ashi Sangay Choden Wangchuck, the museum features an impressive collection of traditional fabrics, royal garments, sacred textiles, and intricate handwoven masterpieces, offering valuable insight into one of Bhutan's most cherished cultural arts.

Later, drive to **Punakha** via the spectacular **Dochula Pass (3,088 metres)**. Weather permitting, enjoy breathtaking panoramic views of the eastern Himalayas, including **Masagang (7,158 m)**, **Tsendagang (6,960 m)**, **Terigang (7,060 m)**, **Jejegangphugang (7,158 m)**, **Kangphugang (7,170 m)**, **Zongphugang (7,060 m)**, and **Gangkar Puensum (7,570 m)**, the highest unclimbed mountain in the world.

At the summit of the pass, visit the iconic **108 Druk Wangyal Chortens**, built by Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck. These beautifully arranged white stupas, adorned with colourful prayer flags, create one of Bhutan's most photographed and spiritually significant landmarks.

Continue your scenic drive through forests and mountain valleys to **Punakha**, the ancient capital of Bhutan until 1955. Nestled at the confluence of the **Pho Chhu (Male River)** and **Mo Chhu (Female River)**, Punakha remains the winter residence of the **Je Khenpo**, Bhutan's Chief Abbot. Located at an altitude of **1,300 metres**, the valley enjoys a pleasant subtropical climate and is renowned for its fertile farmlands, rice terraces, and abundant fruit orchards, making it one of Bhutan's most picturesque destinations.

Overnight stay at the hotel in Punakha.

Altitude: 1,300 metres

Basis

Bed and Breakfast

Day 9

Paro District

Day Itinerary

Punakha – Paro (125 km | Approx. 4 hours drive)

After breakfast, visit the magnificent **Punakha Dzong**, one of Bhutan's most spectacular fortresses, beautifully situated at the confluence of the **Pho Chhu (Male River)** and **Mo Chhu (Female River)**. Built in **1637** by **Zhabdrung Ngawang Namgyal**, the dzong served as Bhutan's religious and administrative centre for centuries and remains one of the country's most significant historical landmarks. Despite suffering damage from fires and earthquakes over the years, it has been meticulously restored and continues to showcase Bhutan's finest traditional architecture.

Next, enjoy a leisurely walk through picturesque rice fields and traditional villages to **Chimi Lhakhang**, a charming hilltop temple dedicated to **Lama Drukpa Kuenley**, the legendary 15th-century saint affectionately known as the **"Divine Madman."** Renowned for his unconventional teachings delivered through humour and wisdom, he remains one of Bhutan's most beloved spiritual figures. Chimi Lhakhang is also celebrated as the **Temple of Fertility**, attracting couples from around the world who visit to seek blessings for children.

Later, drive back to **Paro**, retracing your journey over the scenic **Dochula Pass** and following the picturesque valleys of the **Wang Chhu** and **Paro Chhu** rivers.

En route, visit **Simtokha Dzong**, the oldest surviving dzong in Bhutan. Built in **1629** by **Zhabdrung Ngawang Namgyal**, this historic fortress—officially known as **Sangak Zabdhon Phodrang (Palace of the Profound Meaning of Secret Mantras)**—was the first dzong constructed in Bhutan. Today, it serves as an important centre for Buddhist studies while preserving its remarkable architecture and rich cultural heritage.

Continue your drive to Paro and check in at your hotel.

Overnight stay at the hotel in Paro.

Altitude: 2,280 metres

Basis

Bed and Breakfast

Day 10

End of Itinerary

Day Itinerary

Depart Paro

After breakfast at the hotel, you will be transferred to **Paro International Airport** in time to board your onward flight.

As you bid farewell to the enchanting Kingdom of Bhutan, take with you unforgettable memories of majestic Himalayan landscapes, sacred monasteries perched high on mountain cliffs, vibrant traditions, and the genuine warmth of Bhutanese hospitality. May the serenity, spiritual richness, and timeless charm of the Land of the Thunder Dragon remain with you long after your journey comes to an end.

We thank you for choosing to travel with us and wish you a safe journey and pleasant onward travels.

End of Services

Basis

Bed and Breakfast

Travel Information

Consistently voted the happiest country in the world, the little nation of Bhutan is set at the far eastern end of the Himalayas, between India and China. Bhutan only began to open its doors to outsiders in the 1970s and still has a strict sustainability policy regarding tourism. As a result, it has retained a deep cultural authenticity and has preserved its environment admirably, making it one of Asia's most beguiling and unforgettable destinations. Highlights include incredible forts and temples perched on sheer mountain cliffs, a rich (predominantly Buddhist) culture, and spectacular scenery – ranging from temperate sub-tropical plains and valleys cloaked with dense forest to lofty sub-Alpine mountains capped with snow.

Banking and Currency**Currency**

Local currency: Bhutanese Ngultrum

Symbol: Nu.

ISO code: BTN

Subunit: Chhertum

Banknotes: Nu.1, Nu.5, Nu.10, Nu.20, Nu.50, Nu.100, Nu.500, Nu.1000

Coins: Ch.5, Ch.10, Nu.25, Nu.50

Banking

Card Transactions: Limited

ATMs: Yes

Mastercard: Limited acceptance

Visa: Limited acceptance

American Express: Limited acceptance

Diner's club: Limited acceptance

Banking Hours:

Weekdays: 9:00 am - 4:00 pm

Weekends: Limited

Public Holidays: Limited

Foreign exchange services: Limited

Travel, Transport and Getting Around**Air:**

Main airlines: Druk Air, Bhutan Airlines

International Airports: Paro International Airport (PBH)

Domestic Airports: None

Road:

Driving on the: Left

Tar roads: Yes

Gravel roads: Limited

Valid International Driver's License needed: No

Car hire available: Limited

Taxis: Yes

E-hailing services: No

Bus:

Inter-city bus services: Yes

Local city bus networks: Limited

Rail:

Railway system: No

Subway System: No

Water:

Ferries: No

Water taxis: No

Leisure cruises: No

Food, Drink and Cuisine Advice**Food and water safety:**

Can you drink the tap water: No

Fresh fruit and veg: Yes

Ice: Use bottled or purified water

Meat: Yes, but prefer well-cooked

Street food: Exercise caution

Local cuisine: Bhutanese cuisine is characterized by spicy flavors and typically includes dishes like Ema Datshi (chili and cheese stew), Phaksha Paa (pork cooked with chilies), and Momos (dumplings). Butter tea (suja) is a popular local drink.

Drinks: Butter tea (suja), Ara (locally brewed rice wine)

Tipping: Tipping is not expected but appreciated.

Climate and Weather

Annual rainfall: Varies by region

Average temperature: 10°C to 25°C

Summer:

Average highs: 24°C to 28°C

Average lows: 15°C to 18°C

Winter:

Average highs: 12°C to 16°C

Average lows: -1°C to 5°C

Best time to visit: The best time to visit Bhutan is during the spring (March to May) and autumn (September to November) seasons when the weather is mild, and the skies are clear, offering ideal conditions for trekking and sightseeing.

Clothing and Dress Recommendations**Spring and Summer**

Cool, light, breathable and comfortable: Yes

Lightweight warm clothes: Yes

Winter and Autumn

Jerseys, cardigans, sweaters, jackets: Recommended

Heavyweight clothing and boots: Yes

General

Umbrella and raincoat: Yes

Warm gloves, hat and scarf: Yes

Swimming costume (bathing suit): Yes (for hot springs)

Hat, sunglasses and sunblock: Yes

Walking shoes: Yes

Casual: Yes

Smart-casual attire: Yes

Internet Availability

Internet cafes: Limited

Accommodation options: Yes

Restaurants: Yes

Cafes: Yes

Shopping malls: No

Public parks: Yes

Libraries: Limited

Electricity and Plug Standards

Plug Type: Type D, Type F

Voltage (V): 230

Frequency Hertz (Hz): 50

*Travel plug adapter and voltage converter might be necessary depending on your appliances.
