



Earthbound Expeditions

Bumthang Cultural Trekking Bhutan

14 days, from US\$4,697 per person

Duration

14 days

Group size

8 People

Country

Bhutan

Bumthang Cultural Trekking Bhutan

Day by day

Day 1

Arrive in Kathmandu, Nepal

Our representative of Earthbound Expeditions will receive you at Tribhuvan International Airport, Nepal and he will be displaying an Earthbound Expeditions signboard. You will then be transferred to your hotel.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu valley sightseeing

After breakfast, your tour commences with an excursion of the famous UNESCO World Heritage Sites situated in the Kathmandu valley. Hop in the comfy a/c bus, and we begin our trip. We head to the sites like Pashupatinath, Boudhanath, Swoyambhunath and Patan Durbar Square.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Fly to Paro, Bhutan

There are flight options from Bangkok, Delhi, Dhaka, and Kathmandu. The aerial journey into Paro is filled with wonder and as soon as you step out of the plane, brace yourself for a blast of freshness as this heavily forested country is abundant in the fresh air and panoramic views. In clear weather, you can see the tranquil Paro valley and the crystal clear sky. Overnight at Paro.

Altitude: 2,200 m On foot: None, flight day Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 4

Paro Sightseeing

Get ready for an adventurous day like today. You'll explore the mysteries of Paro. This quiet town sits on the northwest of the tremendous Paro Dzong. We will visit this artistic wonder which once held meetings for the National Assembly. This fort was used in ancient times to prevent invasions from Tibet. From there, we head forward to the National Museum, which was once a watchtower. It prides itself in its collection of thangkas and fearsome festival masks. We hike towards the Taktsang Monastery, and this hike will fill your soul with fire. Perched on a cliff, the view is astounding, and the quiet environment is perfect for meditation.

Altitude: 2,200 m On foot: 4–5 hrs Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 5

Drive to Thimphu

Your hunger for adventure and thrill takes you towards the capital of Bhutan, Thimphu. The drive takes about an hour, and when you reach there, you'll be amazed as it is the only capital in the world which does not contain traffic lights. This ancient capital is a place where culture and urbanization go hand in hand. Our journey takes us to the TrashiChhoDzong which provides the city with its charm and charisma. We make our way to the Buddhist temple of Changangkha Lhakhang, which was built in the 12th century and you can see many parents as they come here to name their children. If you're lucky, you can even get to observe Thimphu's Weekend market, which is filled with lots of accessories. After a hectic day, return to your hotel.

Altitude: 2,320 m On foot: Easy walking, 2–3 hrs Night: Hotel, Thimphu Meals: Breakfast, Lunch, Dinner

Day 6

Drive to Punakha

After a hearty breakfast, we depart to Punakha which was once the capital city of Bhutan. The tour takes you through a forest of pine with hanging lichen high up the Dochula pass. This pass offers untainted scenery of the Himalayan mountains, and as we descend through the hairpin bends, we reach the fertile valley of Punakha. We visit the landmarks like the Punakha Dzong and visit the Buddhist monastery of Chimi Lhakhang. From Punakha, a half hour drive leads us to Wangdue Phodrang. This small town comprises of shops that are tightly packed together, and the flowing river provides excellent refreshment.

Altitude: 1,300 m On foot: None, 3–4 hr drive Night: Hotel, Wangdue Phodrang Meals: Breakfast, Lunch, Dinner

Day 7

Drive to Phobjikha (Gangtey)

Today, we depart for central Bhutan through the tropical vegetation. On the trip, you'll see the panoramic sceneries of the countryside of Bhutan, and you can even see minor settlements. It takes about an hour to reach the Pelela Pass, and we take a road that leads us towards the Gangtey Gumpa. After descending for an hour towards the Phobjikha valley, we enter an open valley, and you can easily see the Gumpa, that sits on top of a hill. It is an ideal location for the Black-necked swan.

Altitude: 2,900 m On foot: None, 3 hr drive Night: Hotel, Phobjikha Meals: Breakfast, Lunch, Dinner

Day 8

Drive to Bumthang area to start the trek

The route to Bumthang from Trongsa takes about 3 hours on land. On Bumthang, check in at your lodge.

Altitude: 2,600 m On foot: None, 5–6 hr drive Night: Lodge, Bumthang Meals: Breakfast, Lunch, Dinner

Day 9

Trek to Mebartsho (Bumthang)

The Mebartsho lake is famously known as the burning lake, and it is located on the route to the Tang village over the feeder road under the Bumthang valley. The Mebartsho is revered as the sacred site in this region, and it is related to the famed religious treasurer Tertön Pema Lingpa. This small lake is a pilgrimage site, and there, you can see the multi-colored prayer flags surrounding it, and you can even see small butter lamps.

Altitude: 2,600 m On foot: 3–4 hrs Night: Lodge, Bumthang Meals: Breakfast, Lunch, Dinner

Day 10

Trek in Bumthang

After a delicious breakfast, we hike upwards to visit the Tamshing Monastery and the Kurje Lhakhang where it is believed that Guru Rinpoche had subdued a demon. We also visit the Jambay Lhakhang which is hailed by many as the oldest temples in Bhutan. If luck is in your favor, then you will get to witness the unique Tangbi Mani festival. Enjoy the festive atmosphere as you watch the thrilling dance amidst sounds of drum, horn and the chants of the Buddhist monks.

Altitude: 2,600 m On foot: 4–5 hrs Night: Lodge, Bumthang Meals: Breakfast, Lunch, Dinner

Day 12

Drive to Paro from Bumthang

After this beautiful journey, head back to Paro and on the route, be amazed by the fantastic scenery of Bhutan.

Altitude: 2,200 m On foot: None, 9–10 hr drive Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 14

Departure

Today is the day that your journey ends. Our representative will drop you at the international airport in Bhutan and bid you farewell.

Altitude: 2,200 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Accommodations in (3) three star hotels in the cities but for the duration of the trek, only simple lodges are available or Tented camps
- Ground transportations are provided.
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the trek with camping gear
- Government trained guides and needed no. of porters with their insurance, salary and meals will be provided.
- Farewell dinner along with one cultural show.
- Entry fees and trek permits will be provided.
- Domestic Flights will be booked according to the Itinerary listed.
- Sleeping bags and down jackets for the trek will be provided.
- Car / Bus / Domestic Flights included as per the itinerary

Not included

- International Flight tickets.
- Museums entrance fees.
- All personal expenses such as bar bills, beverage, snacks etc.
- Airport taxes.
- Extra shower, battery re-charge, laundry charge etc.
- Personal clothing and gears.
- Tips to guides and porters.
- Cost raised by cancelations, landslides, weather, political unrest, illness will not be our responsibility since these factors are not within our grasp.