



Druk Path Trekking-8 Days

Overview

The Druk Path Trek is a classic Himalayan journey in Bhutan, combining breathtaking mountain scenery, rich cultural encounters, and rewarding adventure. Passing ancient monasteries, serene alpine lakes, and pristine trails, it offers stunning views of snow-capped peaks and insights into traditional Bhutanese life, making it an unforgettable exploration of the country's natural and cultural heritage.

Highlights of the Druk Path Trekking

Set off on an exceptional journey deep into the Himalayas with the Druk Path Trek, presented by Amen Bhutan Tours and Treks. This renowned trek promises awe-inspiring scenery, rich cultural interactions, and exciting escapades, ensuring it's an essential experience for both adventure seekers and admirers of nature.

- **High-Altitude Lakes**

Encounter pristine high-altitude lakes nestled amidst the mountains, offering serene reflections and opportunities for tranquil moments of contemplation.

- **Rich Wildlife**

Experience encounters with diverse wildlife species, including native birds, Himalayan blue sheep, and possibly even elusive Himalayan musk deer.

Cultural Encounters: Interact with local communities, visit traditional villages, and engage with yak herders to gain insights into Bhutan's rich cultural heritage.

- **Challenging Passes**

Conquer challenging mountain passes, such as Labatama Pass, offering exhilarating trekking experiences and rewarding panoramic views.

- **Camping in the Wilderness**

Experience the thrill of camping in the wilderness, surrounded by the tranquility of nature and under the starlit sky of Bhutan's pristine wilderness.

TRIP ITINERARY

Day 01: Arrival – Land of the Thunder Dragon (Paro International Airport)

Day 02: The Legendary Taktsang Monastery Hike

Day 03: Trek from Genekha to Gur – Tradition, Spirituality, and Scenic Beauty

Day 04: Trek from Gur to Labatama

Day 05: Explore and Rest at Labatama- History and Leisure

Day 06: Trek From Labatama to Panka

Day 07: Trek From Panka to Chamgang and Drive to Thimphu

Day 08: Journey from Thimphu to Paro for Departure

Day 1: ARRIVAL IN BHUTAN

- **Arrival in Paro (2,280m/7,480ft)**

Arrive in the scenic town of Paro, set in a picturesque valley surrounded by majestic mountains. Paro Airport is known for its beautiful traditional architecture and stunning natural surroundings.

Upon landing, you'll be warmly welcomed by your local guide and driver at the airport.

- **Accommodation and Explore Paro**

You'll be transferred to your accommodation in Paro, where you can relax and unwind after your journey. Accommodation options may vary depending on your



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preferences and budget, ranging from cozy guesthouses to luxury hotels with stunning mountain views.

Explore Paro town and its surrounding attractions. Visit the iconic Paro Rinpung Dzong, stroll through the local markets, or take a leisurely walk along the scenic Paro River.

Dinner and overnight stay in Paro.

Day 2: Paro (Sightseeing and Acclimatization)

- **Distance, altitude and Duration**

Paro, hike to Taksang (Tiger's Nest Monastery) | 3,180m/10,433ft) - 4 to 5 hours (5km) trek. Begin your day with an early breakfast at your hotel in Paro, energizing yourself for the exhilarating hike ahead. After breakfast, embark on a short drive to the base of Taktsang, also known as Tiger's Nest Monastery, a sacred Buddhist site perched on a cliffside.

- **Tiger's Nest Trail:**

Start your ascent along the scenic Tiger's Nest Trail, a moderate trek that winds through pine forests and offers breathtaking views of the Paro Valley below.

- **First Viewpoint**

Reach the first viewpoint, where you can pause to admire the stunning panoramic vistas of Taktsang clinging precariously to the cliffside, surrounded by lush greenery and cascading waterfalls.

- **Taktsang Monastery:**

Continue your hike to reach Taktsang Monastery, an iconic symbol of Bhutanese spirituality and a testament to human perseverance. Explore the monastery complex, including temples, shrines, and meditation caves, while soaking in the serene atmosphere.

- **Return to Paro**

Upon reaching the base, return to Paro by vehicle, reflecting on the awe-inspiring experience of hiking to one of Bhutan's most iconic landmarks.

Leisure Time: Spend the remainder of the afternoon at leisure in Paro, relaxing at your hotel or exploring the charming town at your own pace.

Dinner and overnight stay in Paro.

Day 3: Trek from Genekha to Gur

- **Distance, altitude and Duration**

Start your day with an early breakfast at your accommodation in Paro before embarking on today's trek. Depart from Genekha, a picturesque village located at an altitude of 3,290m (10,793ft), marking the beginning of your trekking adventure. The trek from Genekha to Gur spans approximately 7 kilometers and takes 5 to 6 hours to complete, depending on the pace of the group and trail conditions. Take regular breaks to rest, hydrate, and admire the natural beauty of the landscape.

- **Cultural Encounters**

Encounter local villagers and nomadic herders along the trail, offering opportunities to learn about their traditional way of life, customs, and practices. Engage in cultural exchanges and immerse yourself in the rich cultural heritage of Bhutan.

- **Scenic and Breath-taking Landscape**

As you ascend uphill, you are treated to breathtaking scenic views, with the village spread out below.



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- **Lunch**

Pause for a picnic lunch at a picturesque spot along the trail, enjoying wholesome homemade meals prepared by your trekking crew. Recharge with nourishing food and renew your energy for the rest of the journey.

- **Destination**

As time passes, your destination draws nearer, and you begin to see the place called Gur. Gur is a charming village nestled amidst the mountains, offering stunning views of the surrounding landscapes and a tranquil ambiance perfect for relaxation.

- **Accommodation in Gur**

Your accommodation which may include cozy guesthouses or traditional homestays. Enjoy warm hospitality and comfortable amenities as you unwind from the day's trekking activities.

- **Dinner, Rest and Rejuvenation**

All you can think about is sinking into a bed to rest your weary body, rejuvenating your body and mind for the adventures that await you on the next day of your Trekking expedition.

Day 4-Trek from Gur to Labatama

- **Distance, altitude and Duration**

The walk from Gur to Labatama is a peaceful and scenic stretch, passing through rolling hills and untouched terrain, offering stunning views at every turn. Its distance is 10-12 Km and altitude ranges from 4,300m/14,107ft and takes around 6 to 7 hours depending on the pace of the group and trail conditions.

- **Altitude Gain**

As you ascend to Labatama, you'll gradually gain altitude, reaching an elevation of 4,300m (14,107ft). Stay hydrated, maintain a steady pace, and listen to your body's cues to ensure a safe and comfortable transition to higher altitudes.

- **Scenic and Breath-taking Landscape**

As you make your way along the trail, you'll be rewarded with stunning views of snow-capped peaks, crystal-clear glacial lakes, and vibrant alpine flora. Stay alert for native wildlife, including blue sheep, Himalayan marmots, and a variety of bird species that call this region home.

- **Lunch**

Refuel with nourishing meals prepared by your trekking crew, replenishing your energy for the remainder of the trek.

- **Arrival in Labatama**

Arrive at Labatama, your destination for the day, in the late afternoon. Nestled amidst pristine wilderness at an elevation of 4,300m (14,107ft), Labatama offers a serene and tranquil setting for overnight camping.

- **Accommodation (camping)**

Sleeping in the camp brings a gentle sense of nostalgia, as you rest beneath a sky full of stars, the cool mountain air and familiar rustle of the tent lulling you to sleep. Set up camp at Labatama, pitching tents in a designated camping area surrounded by panoramic views of the surrounding mountains. Your trekking crew will ensure that all camping equipment is properly set up, providing a comfortable and secure base for the night.

- **Dinner and Campfire**



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Gather around the campfire with your fellow trekkers for a delicious dinner under the starry sky. Share stories, laughter, and camaraderie as you enjoy a memorable evening in the wilderness of Labatama.

Day 5-Explore and Acclimatization at Labatama

Today is dedicated to acclimatization and exploration of the Labatama area. Take advantage of the day to adjust to the high altitude and immerse yourself in the natural beauty of the Himalayas. Engage in light activities such as short walks or yoga to help your body adjust to the altitude.

- **Relaxation and Cultural Discovery on the Trek**

Whether lounging in a hammock, reading a book, or simply soaking in the majestic surroundings, take time to appreciate the beauty of the present moment. Optional activities may include a yak herding demonstration, offering insights into the traditional livelihoods of the region's nomadic communities. Witness the skillful techniques of yak herders and learn about the important role of yaks in Bhutanese culture and economy.

Days 6-Trek from Labatama to Panka

Begin your day with an early breakfast at the campsite in Labatama, preparing for another day of trekking amidst the Himalayan wilderness. Pack your belongings and bid farewell to the tranquil surroundings as you embark on the journey to Panka.

- **Distance, altitude and Duration**

As you descend toward Panka, you will gradually gain altitude, reaching approximately 4,000 meters (13,123 ft) over a distance of 8 km. The trek to your next destination typically takes 5 to 6 hours. Remember to stay hydrated, maintain a steady pace, and pay attention to your body's signals to ensure a safe and comfortable journey to higher elevations.

- **Scenic and Breath-taking Landscape**

Follow a scenic trail that descends from Labatama towards Panka, offering panoramic views of the surrounding mountains, valleys, and alpine meadows. Traverse diverse landscapes, including rocky terrain, lush forests, and meandering streams, as you make your way to your next destination.

- **Lunch**

Refuel with nourishing meals prepared by your trekking crew, replenishing your energy for the remainder of the trek.

- **Arrival in Panka**

Arrive at Panka, your destination for the day, in the late afternoon. Nestled amidst pristine wilderness. Panka offers a serene and tranquil setting for overnight camping.

- **Accommodation (camping)**

Sleeping in the camp brings a gentle sense of nostalgia, as you rest beneath a sky full of stars, the cool mountain air and familiar rustle of the tent lulling you to sleep. Set up camp at Labatama, pitching tents in a designated camping area surrounded by panoramic views of the surrounding mountains. Your trekking crew will ensure that all camping equipment is properly set up, providing a comfortable and secure base for the night.

- **Dinner and Camp fire**



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Gather around the campfire with your fellow trekkers for a delicious dinner under the starry sky. Share stories, laughter, and camaraderie as you enjoy a memorable evening in the wilderness of Panka.

Day 7-Trek from Panka to Chamgang and Drive to Thimphu

- **Duration and Distance**

Today's trek spans roughly 14 kilometers and typically takes 7 to 8 hours to complete, depending on the group's pace and trail conditions. Move at a comfortable pace and take time to appreciate the stunning natural scenery along the route.

- **Cultural Encounters on the Trail**

Along the trail, you may encounter local villagers, farmers, or nomadic communities, offering opportunities for cultural exchanges and insights into traditional Bhutanese lifestyles. Engage with locals, learn about their customs, and appreciate the rich cultural heritage of the region.

- **Lunch**

Refuel with nourishing meals prepared by your trekking crew, replenishing your energy for the remainder of the trek.

- **Arrival in Chamgang**

Arrive at Chamgang, the endpoint of your trekking adventure, in the late afternoon. From here, bid farewell to your trekking crew and prepare for the drive to Thimphu, the capital city of Bhutan.

- **Accommodation**

Board a vehicle for a scenic drive from Chamgang to Thimphu, enjoying panoramic views of the surrounding landscapes along the way. As you approach Thimphu, marvel at the bustling cityscape, vibrant markets, and cultural landmarks that await you. Upon arrival in Thimphu, check into your accommodation, which may include hotels, guesthouses, or traditional Bhutanese lodges. Relax and unwind after your trekking adventure, savoring the comfort and amenities of your chosen lodging.

- **Exploration of Thimphu**

In the evening, indulge in a delicious dinner at a local restaurant, sampling authentic Bhutanese cuisine or international fare to suit your taste. Reflect on the memorable experiences of your Trekking adventure.

Dinner and overnight stay in Thimphu.

Day 8- Travel to Paro from Thimphu

Board a comfortable vehicle for a scenic drive from Thimphu to Paro, retracing your steps through the picturesque landscapes of Bhutan. Enjoy panoramic views of lush valleys, terraced fields, and snow-capped peaks along the journey.

- **Final Departure**

Upon arrival in Paro, our representative will assist you with the necessary departure procedures, including check-in for your onward flight. Bid farewell to your guide and trekking crew, expressing gratitude for their hospitality and assistance throughout your journey.

COST DETAILS

Your travel package to Bhutan will include;

1. **Arrival And Departure:**

All ground transport in a private vehicle, including airport and hotel transfers

2. **Accommodation During the Trip:**



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Comfortable lodging throughout the tour.

3. Visa Fees

Bhutanese Tourist Visa fee

4. Meals During the Tour

Full board meals - standard breakfast, lunch, dinner, tea & snacks.

5. Transportation:

All ground transportation in a comfortable private vehicle as per the itinerary

6. Guide For the Tour

Licensed English-speaking Bhutanese Professional tour guides.

7. Water During Tour

Mineral drinking water during the tour

8. Government Taxes:

All government taxes and official expenses.

What's not Included

1. International Airfare:

International flight airfare (from and to Paro) Please contact us at bhutan.solatravels@gmail.com to book a Bhutan flight.

2. Insurance Policy:

Travel Insurance (for trip cancellation, interruption, medical treatment, repatriation, etc.)

3. Personal Expenses:

Telephone Calls, Internet, laundry, soft drinks, beers, and any Alcoholic beverages.

4. Filming:

Special Filming, Camera, and Drone permit fee.

5. For Private and Customize Trip

Please contact us or send us an email at bhutan.solatravels@gmail.com

6. Tips:

Tips for the guide & driver. (Tipping is Expected).

7. Extra:

Any other services, activities or personal expenses, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section.

The best times to visit -Best Seasons to Visit Bhutan for Druk Path TREK

- The best time for the Druk Path Trek is generally during the spring and autumn seasons, when the weather is stable and the scenery is at its most spectacular:
- Spring (March to May)-Weather: Mild and pleasant
- Highlights: Blooming rhododendrons, vibrant alpine flowers, and clear mountain views
- Autumn (September to November): Weather: Cool and crisp with minimal rainfall
- Highlights: Clear skies, excellent visibility of snow-capped peaks, and golden autumn foliage