



Merak Sakteng Trek - 10 Days

Embark on the **Merak Sakteng Trek**, a captivating journey offered by **Amen Bhutan Tours and Treks** through the untouched wilderness of **Eastern Bhutan**. This unique trek takes adventurers across the pristine landscapes of **Merak Sakteng National Park**, where the rich cultural heritage of the region's semi-nomadic communities unfolds. Ideal for enthusiasts of **High Altitude Treks in Bhutan**, this route promises an intimate encounter with remote Himalayan life, blending breathtaking natural beauty with a deep cultural immersion. Whether you're a seasoned trekker or a cultural explorer, the **Merak Sakteng Trek** offers an unparalleled adventure into one of Bhutan's most secluded and mystical areas.

At **Amen Bhutan Tours and Treks**, we pride ourselves on being the premier choice for the **Merak Sakteng Trek**. Our deep-rooted expertise in navigating the pristine landscapes of **Eastern Bhutan** and our comprehensive knowledge of the region's cultural intricacies set us apart. We offer tailored trekking experiences that not only promise adventure but also ensure safety, comfort, and a deep connection with the local heritage. Join us for the **Merak Sakteng Trek** and experience why **Amen Bhutan Tours and Treks** is renowned as the best in delivering a truly authentic and unforgettable Bhutanese adventure.

The **Merak Sakteng Trek**, offered by **Amen Bhutan Tours and Treks**, is a remarkable journey that combines breathtaking high-altitude landscapes with deep cultural immersion in one of Bhutan's most pristine environments. This trek is not just a physical adventure but a passage into the heart of Bhutan's enduring traditions and natural beauty. Whether you are an avid trekker or a cultural enthusiast, the **Merak Sakteng Trek** offers an unforgettable experience that epitomizes the spirit of adventure and exploration. Join us to discover the hidden wonders of Eastern Bhutan.

Itinerary

Day 01: Arrival in Paro

Arrival and Welcome: Upon your arrival at Paro Airport, you will be warmly greeted by representatives from **Amen Bhutan Tours and Treks**. Nestled in the heart of the Himalayas, Paro is

situated at an elevation of about 2,280 meters above sea level, offering visitors their first breathtaking glimpse of Bhutan's scenic beauty and serene landscapes.

Airport Transfer: The team from **Amen Bhutan Tours and Treks** will assist you with your luggage and provide a comfortable transfer from the airport to your accommodation. As you travel through Paro, you'll notice the rich architecture and vibrant culture that define this historic town.

Orientation and Briefing: Once you've settled into your hotel, **Amen Bhutan Tours and Treks** will provide a detailed briefing about your upcoming adventure. They will cover essential information, including itinerary details, safety protocols, and what to expect during your trek. This session is the perfect opportunity to ask questions and make any final preparations for the days ahead.

Rest and Acclimatization: The rest of your day is free for relaxation and acclimatization. Paro's altitude makes it an ideal starting point to gently adjust to the higher elevations you will encounter on the trek. You are encouraged to explore the town at your leisure, perhaps visiting local markets or enjoying the peaceful ambiance of a nearby monastery.

Day 02: Hike to Tiger's Nest Monastery, then drive to Thimphu

Morning Hike to Tiger's Nest Monastery: Start your day early with a guided hike to one of Bhutan's most revered and iconic landmarks, the Tiger's Nest Monastery (Paro Taktsang). Situated at an altitude of approximately 3,120 meters, this stunning monastery clings to a cliffside above the lush forested Paro Valley. The hike to Tiger's Nest is both invigorating and spiritual, taking about 5 to 6 hours round trip. It's a challenging ascent, but the panoramic views and the serene monastery complex at the top make it incredibly rewarding.

Lunch at the Viewpoint Cafe: Midway through your hike, stop at the Viewpoint Cafe, which offers a perfect spot to rest and refuel. Enjoy a light meal or snacks while soaking in the majestic views of the monastery and surrounding mountains.

Drive to Thimphu: After descending from Tiger's Nest, you'll embark on a scenic drive to Bhutan's capital, Thimphu. This journey, taking about 1 to 1.5 hours, winds through some of Bhutan's most beautiful landscapes. Thimphu sits in its own valley at an altitude of 2,320 meters and offers a mix of traditional Bhutanese culture and modern life.

Evening in Thimphu: Upon arrival in Thimphu, check into your hotel and take some time to relax. In the evening, you can explore Thimphu's unique attractions, such as the Tashichho

Dzong, a fortress that houses the throne room and offices of the King of Bhutan, or stroll through the city's lively markets. **Amen Bhutan Tours and Treks** will ensure that all arrangements are in place for a comfortable and enjoyable stay, providing you with suggestions for local dining and experiences to enhance your visit.

Day 03: Thimphu to Merak

Morning Departure from Thimphu: Your journey continues as you depart early from Thimphu to embark on the scenic drive towards the remote village of Merak. This leg of your adventure will transition you from the bustling capital to the serene landscapes of eastern Bhutan.

Drive Through Bhutan's Diverse Landscapes: The drive to Merak is an experience in itself, taking approximately 6-7 hours. As you travel, you'll pass through a mosaic of terraced fields, deep valleys, and high mountain passes. This route offers a glimpse into the varied geography of Bhutan, showcasing lush forests and quaint villages along the way.

Altitude Adjustment: Merak is situated at an elevation of around 3,500 meters. As you ascend, **Amen Bhutan Tours and Treks** will guide you through the necessary precautions to adjust to the higher altitude, ensuring a comfortable acclimatization process.

Arrival in Merak: Upon arrival in Merak, a village known for its unique culture and traditional lifestyle, you will be introduced to the distinctive semi-nomadic lifestyle of the Brokpa people. The community here is known for their unique dress, language, and customs, which have been preserved for generations.

Settling In: Check into a local guesthouse, where you will experience authentic Bhutanese hospitality. The accommodations in Merak are simple yet comfortable, offering you a chance to connect closely with the natural and cultural environment of the region.

Evening Exploration: Depending on your arrival time and energy levels, take a short walk around Merak village. This will not only help further your acclimatization but also provide deeper insight into the daily lives of the Brokpa community.

Briefing on the Trek Ahead: In the evening, gather for a briefing by your guides from **Amen Bhutan Tours and Treks**. They will discuss the trekking route, what to expect on the trail, and any last-minute preparations needed for the following days of trekking.

This day serves as a pivotal transition from urban to rural Bhutan, setting the stage for the immersive trekking experience that lies ahead in the untouched landscapes of eastern Bhutan.

Day 04: Trek from Merak to Miksateng

Early Morning Start: Begin your day early with a hearty breakfast prepared by your hosts in Merak. The trek from Merak to Miksateng marks the start of your true high-altitude trekking experience in the Eastern Bhutan wilderness.

Setting Out on the Trail: The trek from Merak to Miksateng will take you through stunning landscapes characterized by verdant pastures, rugged hills, and occasional glimpses of distant snow-capped peaks. The distance covered is manageable but challenging due to the altitude and terrain, with the journey typically taking about 5-6 hours of walking.

Elevation Changes: As you trek towards Miksateng, you will navigate varying elevations, with the path reaching up to 3,700 meters at certain points. The ascent involves moderate climbs interspersed with flat stretches, providing a balanced trekking experience.

Lunch En Route: Amen Bhutan Tours and Treks will arrange for a packed lunch to be enjoyed amidst the natural beauty of the Eastern Himalayas. Taking breaks not only helps with altitude adjustment but also offers you the chance to enjoy the panoramic views and possibly spot some local wildlife.

Arrival in Miksateng: Upon reaching Miksateng, a serene and remote village, you will have the opportunity to experience the hospitality of the local communities. The village is nestled in a picturesque setting, offering a peaceful retreat after a day of trekking.

Setting Up Camp: In Miksateng, you will either stay in a local guesthouse or camp outdoors, depending on the arrangements made by Amen Bhutan Tours and Treks. Camping provides a closer connection to nature, allowing you to enjoy the clear night skies and crisp mountain air.

Evening Relaxation: Spend your evening relaxing and recuperating from the day's trek. Enjoy a traditional dinner prepared by your guides or local hosts, and take the time to interact with fellow trekkers and share stories.

Briefing for the Next Day: Before retiring for the night, you'll receive a briefing on the next day's route and what to expect as you continue your journey deeper into the remote landscapes of Bhutan.

This day of the trek not only immerses you in the natural beauty of Bhutan but also challenges your physical limits and rewards you with unparalleled experiences of the region's pristine environment.

Day 05: Miksateng to Sakteng

Morning in Miksateng: Start your day in the quiet village of Miksateng, enjoying breakfast with views of the surrounding mountains. This peaceful morning sets the tone for another day of trekking through the breathtaking landscapes of Eastern Bhutan.

Departure from Miksateng: After breakfast, prepare to depart from Miksateng. The trek to Sakteng is a continuation of your journey through this culturally rich and ecologically diverse area, offering new vistas and experiences.

Trekking Through Diverse Terrains: The trek from Miksateng to Sakteng takes about 4-5 hours, covering a variety of terrains. You'll pass through rhododendron forests, open meadows, and over small streams, each providing its own unique beauty and challenges. The trail gradually ascends and descends, maintaining a moderate pace suitable for acclimatization.

Elevation and Scenery: As you trek, you'll find yourself surrounded by the natural beauty of the region, with the trail elevation ranging around 3,000 meters. The path offers stunning views of the Eastern Himalayas, with opportunities to observe the flora and fauna native to this high-altitude environment.

Arrival in Sakteng: By early afternoon, you'll arrive in Sakteng, a village famous for its unique cultural heritage and traditional lifestyle. Sakteng is part of the Sakteng Wildlife Sanctuary, home to the mythical Yeti and a variety of other wildlife, providing a fascinating backdrop to your trekking experience.

Exploring Sakteng Village: Once in Sakteng, you'll have time to explore the village and interact with the locals. This is a great opportunity to learn about the daily lives and traditions of the Brokpa people, who are known for their distinctive clothing and sustainable living practices.

Settling into Camp or Guesthouse: Amen Bhutan Tours and Treks will arrange for your stay in either a local guesthouse or a campsite, depending on the preferred setup. Rest and relax in the comfort of your accommodation, rejuvenating after the day's trek.

Evening Activities: Enjoy a traditional dinner prepared by your hosts. Post-dinner, gather around for a briefing on the next day's activities and perhaps some local stories or music, enhancing your cultural experience in this remote part of Bhutan.

Night Under the Stars: If camping, you'll end your day under the starlit sky of Sakteng, a perfect setting to reflect on the journey and the natural beauty of Bhutan.

This day not only brings you closer to the unique culture of the Sakteng region but also immerses you in some of the most beautiful and untouched natural landscapes that Bhutan has to offer.

Day 06: Exploring Sakteng

Morning in Sakteng: Begin your day with a leisurely breakfast amidst the serene ambiance of Sakteng, allowing the peaceful energy of the village to set a relaxed pace. This day is dedicated to exploring and experiencing the unique aspects of Sakteng and its community.

Cultural Immersion: Participate in a guided village tour organized by Amen Bhutan Tours and Treks. This tour provides an in-depth look into the daily lives and cultural practices of the Brokpa people. You'll have the opportunity to visit traditional homes, observe local crafts being made, and perhaps even participate in daily activities like butter tea preparation or barley milling.

Visit to Sakteng Wildlife Sanctuary: Explore parts of the Sakteng Wildlife Sanctuary, known for its diverse flora and fauna. While the mythical Yeti is said to roam these parts, you're more likely to encounter other wildlife such as red pandas, Himalayan black bears, and various bird species. The sanctuary also offers beautiful trekking routes through rhododendron forests and alpine meadows.

Interaction with Local Artisans: Engage with local artisans who specialize in weaving and other traditional crafts. Sakteng is renowned for its unique textile patterns and woolen products. This interaction not only supports the local economy but also helps preserve the cultural heritage of the region.

Traditional Lunch: Enjoy a traditional meal prepared by the villagers. This is a great chance to taste local delicacies, which are typically made from locally sourced ingredients and have unique flavors specific to the region.

Afternoon Activities: In the afternoon, take part in a cultural workshop or a traditional dance performance. These activities are both entertaining and educational, providing insights into the spiritual and communal aspects of Brokpa culture.

Evening Reflections: As the day winds down, reflect on your experiences over dinner with your group. **Amen Bhutan Tours and Treks** will facilitate discussions that deepen your understanding of the cultural and ecological significance of Sakteng.

Stargazing: If the weather permits, end your day with some stargazing. The remote location and clear skies offer a perfect backdrop for viewing the stars, adding a peaceful close to your cultural exploration in Sakteng.

This day is not just about seeing a new place, but truly experiencing it—connecting with its people, understanding its traditions, and appreciating its natural beauty. This immersive experience in Sakteng provides a deep, meaningful connection to the land and its inhabitants.

Day 07: Sakteng to Jyonkhar Teng

Morning in Sakteng: Start your day in the serene village of Sakteng, enjoying a hearty breakfast prepared by local hosts. Take in the tranquil morning atmosphere of the village, set against the backdrop of the Eastern Himalayas.

Departure from Sakteng: After breakfast, prepare to leave Sakteng. Today's trek to Jyonkhar Teng will lead you through some of the most picturesque and culturally rich areas of the region. The trek duration is approximately 6-7 hours, offering ample opportunity to enjoy the scenic beauty and occasional wildlife sightings.

Trekking Route: The trekking route from Sakteng to Jyonkhar Teng involves moderate ascents and descents through diverse landscapes, including alpine meadows, dense rhododendron forests, and traditional Bhutanese villages. This journey provides a deep connection with nature and insight into the rural lifestyle of Eastern Bhutan.

Elevation and Environment: As you trek, you'll navigate through varying elevations, with the trail maintaining an average altitude around 2,950 meters. The environment here is pristine, with clean air and panoramic views that make every step worthwhile.

Lunch on the Trail: Amen Bhutan Tours and Treks will arrange for a packed lunch to be enjoyed on the trail. This break not only offers a chance to refuel but also to appreciate the surrounding natural beauty and take memorable photos.

Arrival in Jyonkhar Teng: Jyonkhar Teng is a small, welcoming village that provides a glimpse into the traditional life of its inhabitants. Upon arrival, you will have the chance to interact with the locals and learn more about their daily routines and cultural practices.

Setting Up Camp or Guesthouse Stay: Depending on the accommodation arrangements made by Amen Bhutan Tours and Treks, you will either set up camp or check into a local guesthouse. Both options offer a comfortable resting place after a day of trekking and a chance to experience local hospitality.

Evening Activities: Spend your evening relaxing and enjoying a traditional dinner with your group. This is a great time to reflect on the day's experiences and mingle with fellow trekkers. You may also enjoy a walk around the village to see it under the evening light.

Briefing for Tomorrow's Trek: Before turning in for the night, receive a briefing from your guides on the next day's trek to Trashigang. They will provide details on what to expect in terms of terrain and duration, ensuring you are well-prepared for the journey ahead.

This day of your trek is enriched with cultural insights and natural beauty, providing a comprehensive experience of Bhutan's remote eastern landscapes.

Day 08: Jyonkhar Teng to Trashigang

Morning in Jyonkhar Teng: Begin your day in Jyonkhar Teng, a small village nestled in the picturesque landscapes of Eastern Bhutan. Enjoy breakfast while soaking in the tranquil surroundings, preparing for the day's journey to Trashigang.

Departure from Jyonkhar Teng: After breakfast, set out on the trek towards Trashigang. This portion of the trek takes you through a mix of rolling hills and rural landscapes, offering a different perspective of Bhutan's diverse geography.

Trekking Experience: The trek from Jyonkhar Teng to Trashigang will take approximately 5-6 hours. As you make your way, you'll pass through several small hamlets and lush agricultural fields, witnessing the everyday life of Bhutan's rural communities. The path is relatively moderate, with occasional ascents and descents.

Scenic Views and Cultural Insights: Along the way, enjoy panoramic views of the distant Himalayan peaks and the verdant valleys that define this region. The trek provides ample opportunities for photography and interaction with local farmers and villagers, offering insights into their traditional farming practices and lifestyles.

Arrival in Trashigang: Trashigang is known as the "Jewel of the East" and serves as the administrative and commercial hub of eastern Bhutan. Upon arrival, check into your accommodation, which **Amen Bhutan Tours and Treks** will have arranged for you. This could be a comfortable hotel or a local guesthouse, providing a warm welcome and a chance to relax after the trek.

Exploring Trashigang: In the afternoon, explore the town of Trashigang, which includes visiting the Trashigang Dzong, a historic fortress that stands guard over the town. The Dzong is an excellent example of Bhutanese architecture and offers stunning views of the surrounding area.

Evening Leisure: Spend your evening at leisure in Trashigang. You might enjoy strolling through the local market, where you can find handicrafts, textiles, and other regional products. This is a great opportunity to pick up souvenirs and interact more with the locals.

Dinner and Briefing: Enjoy dinner at your hotel or a local restaurant, where you can try more Bhutanese cuisine. **Amen Bhutan Tours and Treks** will provide a briefing on the next day's activities and any logistical details for the continuation of your journey.

This day not only offers a scenic trek but also introduces you to the vibrant culture and community life in one of Bhutan's most significant eastern towns, enriching your overall experience of the country.

Day 09: Return to Paro

Morning Departure from Trashigang: Start your day early with breakfast in Trashigang. Prepare for your journey back to Paro, which marks a transition from the remote eastern regions to the more central part of Bhutan. This day involves significant travel, ensuring you see a diverse range of Bhutanese landscapes along the way.

Travel by Road or Air: Depending on the arrangements made by **Amen Bhutan Tours and Treks**, you may travel back to Paro by road or by a domestic flight. The road journey can be long but is incredibly scenic, offering views of mountains, rivers, and villages. If flying, the journey from the nearest airport in Trashigang to Paro is relatively short, providing aerial views of the Himalayas.

Scenic Stops: If traveling by road, the journey includes stops at notable sites such as scenic viewpoints, historical monuments, or local markets. These stops not only break up the travel but also enrich your experience with additional cultural and natural insights.

Lunch En Route: Enjoy lunch at a local restaurant or a packed meal provided by **Amen Bhutan Tours and Treks**. This meal offers a chance to try more local cuisine or enjoy familiar favorites as you reflect on the journey thus far.

Arrival in Paro: Arrive in Paro in the late afternoon or early evening. Check back into your hotel where you can relax and unwind after the long journey. Paro's serene environment and comfortable accommodations provide the perfect setting to rejuvenate.

Evening at Leisure: Spend your evening at leisure in Paro. This is an excellent opportunity to explore any sights you may have missed upon your arrival, or simply enjoy the amenities of your hotel. Paro offers a variety of dining options where you can enjoy a relaxed dinner.

Reflect on Your Journey: As this is one of the last nights of your trip, take some time to reflect on the experiences and memories you've gathered. **Amen Bhutan Tours and Treks** may organize a special dinner or a cultural performance to celebrate the conclusion of your trekking adventure.

Preparation for Departure: Use this time to prepare for your departure the next day. Packing, confirming travel details, and a final check of your belongings will help ensure a smooth transition as you conclude your journey in Bhutan.

This return to Paro not only brings you back to where you started but also wraps up your exploration of Bhutan with a renewed appreciation for its culture, landscapes, and people

Day 10: Departure

Breakfast in Paro: Enjoy a final breakfast in Paro, taking in the serene atmosphere of this beautiful valley. It's a moment to savor the last tastes of Bhutanese cuisine and reflect on your journey through the kingdom.

Final Packing and Check-out: Ensure all your belongings are packed and ready. Check out of your hotel, where representatives from **Amen Bhutan Tours and Treks** will assist you with any last-minute details and ensure your departure process is smooth.

Transport to Paro Airport: **Amen Bhutan Tours and Treks** will provide transportation to Paro International Airport. Depending on your flight time, this might be scheduled shortly after breakfast or later in the morning. The drive to the airport from most locations in Paro is short, allowing you some relaxed final moments in Bhutan.

Airport Farewell: At the airport, receive assistance with your luggage and check-in procedures. This is where you bid farewell to your guides and the team from **Amen Bhutan Tours and Treks** who have accompanied you throughout your adventure. It's a time for warm goodbyes and perhaps exchanging contact information to stay in touch.

Reflect on Your Journey: As you wait for your flight, take some time to reflect on the experiences you've had in Bhutan. From the breathtaking landscapes and spiritual sites like Tiger's Nest Monastery to the unique cultural insights in Sakteng and the remote eastern regions, each moment has contributed to a deeper understanding and appreciation of this Himalayan kingdom.

Departure: Board your flight with a heart full of memories and a camera full of breathtaking photos. As your plane ascends, catch one last glimpse of the majestic mountains and verdant valleys—lasting impressions of a truly profound journey.

Looking Ahead: As you head home or onto your next destination, consider how this trip has impacted you. Bhutan's philosophy of Gross National Happiness and its commitment to preserving both culture and environment often leave visitors with much to contemplate about their own lives and communities.

This final day marks not just the end of your trip, but the beginning of carrying forward the peace and lessons learned from a land that exemplifies sustainability and cultural richness. Safe travels, and may the spirit of Bhutan stay with you long after you've returned home.

Cost Details

What's Included

- ✓ **ARRIVAL AND DEPARTURE:**
All ground transport in a private vehicle, including airport and hotel transfers
- ✓ **ACCOMMODATION DURING THE TRIP:**
Comfortable lodging throughout the trek
- ✓ **ACCOMMODATIONS DURING THE TREK**
Accommodation in a tented camp during the trekking days
- ✓ **SIGHTSEEING FEES & VISA**
All entrance fees to museums and monuments / A Bhutanese Tourist Visa fee
- ✓ **MEALS DURING THE TOUR AND TREK**
Full board meals - standard breakfast, lunch, dinner, tea & snacks.
- ✓ **TRANSPORTATION:**
All ground transportation in a comfortable private vehicle as per the itinerary
- ✓ **GUIDE:**
An experienced, helpful, and friendly English-speaking Guide.
- ✓ **PORTERS**
Porter and pack animal services for trekking
- ✓ **STAFF SALARY AND ALLOWANCE:**
All Bhutanese staff & porter's daily wages, salary, equipment, food & clothing.
- ✓ **GUIDE FOR THE TOUR AND TREK**
Licensed English-speaking Bhutanese Professional tour and trekking guides.
- ✓ **GOVERNMENT TAXES:**
All government taxes and official expenses.

What's Not Included

INTERNATIONAL AIRFARE:

- ✗ International flight airfare (from and to Paro) Please contact us at info@amenbhutan.com to book a Bhutan flight.

INSURANCE POLICY:

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

PERSONAL EXPENSES:

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

FILMING:

- ✗ Special Filming, Camera, and Drone permit fee.

FOR PRIVATE AND CUSTOMIZE TRIP

- ✗ Please contact us

Group and Family Discounts

- ✗ Please contact us or send us an email at info@amenbhutan.com

TIPS:

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

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.