Dagala Trekking - 8 Days

The rugged beauty of Bhutan's **Dagala Mountains** with our meticulously crafted -**Trekking** itinerary. Immerse yourself in the stunning **wilderness** as you hike through picturesque alpine meadows, cross mountain passes, and discover high-altitude lakes. Led by knowledgeable local guides, this adventure offers an authentic glimpse into Bhutan's rich **nature** and **culture**, with opportunities to encounter **wildlife** and engage with traditional yak herders along the way. From the majestic scenery to the vibrant local life, the Dagala Trekking experience promises unforgettable memories and unparalleled **adventure** in the heart of the Himalayas.

Amen Bhutan Tours and Treks proudly stands as the premier choice for **Dagala Trekking** adventures in Bhutan. With a legacy of unparalleled expertise and a deep-rooted commitment to providing exceptional **trekking** experiences, we offer unparalleled access to the majestic **Dagala Mountains**. Our team of seasoned guides ensures safe and memorable journeys through the region's breathtaking **wilderness**, allowing travelers to immerse themselves in the awe-inspiring **nature** and vibrant **culture** of Bhutan. With a focus on sustainability and personalized service, Amen Bhutan Tours and Treks guarantees an unmatched level of satisfaction for every adventurer seeking an unforgettable **Himalayan** expedition.

The Dagala Trekking experience offers a harmonious blend of natural wonders, cultural immersion, and physical challenge, making it an unforgettable adventure for all who embark on it. From the awe-inspiring beauty of the Dagala Mountains and the tranquility of high-altitude lakes to the encounters with local communities and diverse wildlife, every moment of the trek is filled with discovery and wonder. Whether you're seeking breathtaking scenery, cultural insights, or thrilling outdoor experiences, the Dagala Trekking adventure promises to leave a lasting impression and memories that will be cherished for a lifetime. Join us on this journey and experience the magic of Bhutan's Himalayas with Amen Bhutan Tours and Treks.

Itinerary

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Day 01: Arrival in Paro (2,280m/7,480ft)

Arrival: Upon your arrival at Paro International Airport, you'll be greeted by our representative who will assist you through immigration and customs procedures.

Pre-Trek Meeting: After completing the arrival formalities, you'll attend a pre-trek meeting where you'll meet your trekking guide and fellow trekkers. During this meeting, your guide will provide a detailed briefing on the trekking itinerary, safety protocols, and essential information for the journey ahead.

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

Exploration: Depending on your arrival time, you may have the opportunity to 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: Enjoy a delicious dinner at a local restaurant, savoring traditional Bhutanese cuisine or international dishes to suit your taste. Use this time to bond with your fellow trekkers and prepare for the adventure ahead.

Overnight: Spend the night at your chosen accommodation in Paro, resting and rejuvenating for the start of your Dagala Trekking expedition tomorrow.

Day 02: Sightseeing and Acclimatization Hike to Tiger’s Nest Monastery (3,180m/10,433ft) - 4 to 5 hours (5km) trek

Sightseeing at Tiger’s Nest Monastery: After breakfast, embark on a sightseeing excursion to the iconic Tiger’s Nest Monastery, also known as Paro Taktsang. Perched on a cliffside at an elevation of 3,180m (10,433ft), this sacred monastery is one of Bhutan’s most revered landmarks. Marvel at its breathtaking architecture and panoramic views of the surrounding valley.

Acclimatization Hike: Begin your acclimatization hike to Tiger’s Nest Monastery, a moderate 4 to 5-hour trek covering approximately 5 kilometers round trip. The trail winds through pine forests and rhododendron groves, offering glimpses of cascading waterfalls and scenic vistas along

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

the way. Take your time to acclimatize to the altitude and immerse yourself in the tranquility of the Himalayan wilderness.

Guided Exploration: Your experienced guide will accompany you throughout the hike, providing insights into Bhutanese culture, history, and Buddhist traditions. Learn about the significance of Tiger’s Nest Monastery and its spiritual importance to the people of Bhutan.

Picnic Lunch: Enjoy a picnic lunch amidst the natural beauty of the surroundings, savoring delicious homemade meals prepared by your trekking crew. Take in the serene atmosphere and recharge your energy for the descent back to the trailhead.

Return to Paro: After exploring Tiger’s Nest Monastery and completing your acclimatization hike, descend back to the trailhead. Return to Paro town in the late afternoon, where you can relax and unwind at your accommodation.

Evening Leisure: Spend the evening at leisure, reflecting on the day's adventures and enjoying the warm hospitality of Paro. Take a leisurely stroll around town, visit local markets, or unwind with a traditional Bhutanese hot stone bath to soothe tired muscles.

Dinner: Indulge in a hearty dinner featuring authentic Bhutanese cuisine or international fare at a local restaurant. Relish the flavors of Bhutan as you recount the highlights of your day with fellow trekkers.

Overnight: Retire to your accommodation in Paro for a restful night's sleep, ready to continue your Dagala Trekking journey tomorrow.

Day 03: Trek from Genekha to Gur (3290m/10,793ft) – 5 to 6 hours (7km) trek

Trek Commencement: 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.

Scenic Trail: Follow a scenic trail that winds its way through verdant forests, charming villages, and terraced farmlands. As you ascend through the pristine wilderness, soak in panoramic views of the surrounding mountains and valleys, immersing yourself in the tranquility of nature.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Duration and Distance: 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.

Altitude Gain: Gain elevation gradually as you ascend to Gur, acclimatizing to the higher altitude along the way. Your experienced trekking guide will monitor your progress and provide guidance to ensure a safe and enjoyable journey.

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.

Lunch Break: Take a break for a picnic lunch at a scenic spot along the trail, savoring homemade meals prepared by your trekking crew. Fuel up with nutritious food and replenish your energy for the remainder of the trek.

Arrival in Gur: Arrive at Gur, your destination for the day, in the late afternoon. Gur is a charming village nestled amidst the mountains, offering stunning views of the surrounding landscapes and a tranquil ambiance perfect for relaxation.

Accommodation: Settle into your accommodation in Gur, which may include cozy guesthouses or traditional homestays. Enjoy warm hospitality and comfortable amenities as you unwind from the day's trekking activities.

Dinner and Evening Leisure: Enjoy a hearty dinner featuring local Bhutanese cuisine, served with hospitality and warmth. Spend the evening at leisure, stargazing, exchanging stories with fellow trekkers, or simply enjoying the serenity of the mountainous surroundings.

Rest and Rejuvenation: Retire to your accommodation for a restful night's sleep, rejuvenating your body and mind for the adventures that await you on the next day of your Dagala Trekking expedition.

Day 04: Trek from Gur to Labatama (4,300m/14,107ft) - 6 to 7 hours (12km) trek

Morning Departure: After an early breakfast in Gur, prepare for another day of trekking as you bid farewell to the village and begin your journey towards Labatama. The crisp mountain air and anticipation of the day's adventure fill you with energy and excitement.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Trail Exploration: Embark on a scenic trekking trail that leads you from Gur to Labatama, traversing diverse landscapes including alpine meadows, rocky terrain, and pristine forests. Marvel at the ever-changing scenery and immerse yourself in the natural beauty of the Himalayas.

Duration and Distance: Today's trek covers approximately 12 kilometers and takes 6 to 7 hours to complete, depending on the pace of the group and trail conditions. Take your time to enjoy the journey, pausing to admire panoramic views and capture memorable photos along the way.

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 Highlights: En route to Labatama, you'll encounter breathtaking vistas of snow-capped peaks, glacial lakes, and alpine flora. Keep an eye out for native wildlife such as blue sheep, Himalayan marmots, and various bird species that inhabit the region.

Lunch Break: Take a well-deserved break for a picnic lunch at a picturesque spot along the trail, surrounded by the majestic beauty of the Himalayan landscape. 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.

Camping Setup: 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.

Evening Relaxation: Spend the evening at leisure, exploring the surrounding area, taking short walks, or simply relaxing at the campsite. Enjoy the tranquility of the mountains as you unwind from the day's trekking adventures and prepare for a peaceful night under the stars.

Dinner and Campfire: 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.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Overnight Camping: Retire to your cozy tent for a restful night's sleep, lulled by the soothing sounds of nature and the crisp mountain air. Rest assured, knowing that you're surrounded by the beauty and serenity of Bhutan's majestic Himalayas.

Day 05: Explore and Acclimatization at Labatama

Morning Awakening: Wake up to the crisp mountain air and panoramic views of Labatama's stunning landscapes. After a restful night's sleep in your cozy tent, enjoy a hearty breakfast prepared by your trekking crew, fueling you for the day ahead.

Acclimatization Activities: 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.

Scenic Hikes: Embark on optional short hikes or nature walks in the surrounding area, offering opportunities to explore nearby hills, valleys, and meadows. Marvel at the diverse flora and fauna, including alpine flowers, grazing yaks, and Himalayan bird species.

Photography Opportunities: Capture breathtaking moments and stunning vistas with your camera as you explore Labatama. From snow-capped peaks to crystal-clear lakes, the landscape provides endless photo opportunities for nature enthusiasts and photography enthusiasts alike.

Cultural Experiences: Immerse yourself in the cultural heritage of Bhutan with visits to local landmarks or interactions with nomadic herders in the area. Learn about traditional Bhutanese customs, practices, and way of life, gaining insight into the rich cultural tapestry of the region.

Picnic Lunch: Enjoy a leisurely picnic lunch amidst the natural beauty of Labatama, savoring delicious meals prepared by your trekking crew. Take in the serene atmosphere and panoramic views as you relax and recharge for the afternoon.

Relaxation and Reflection: Spend the afternoon at leisure, indulging in moments of relaxation and reflection amidst the tranquility of Labatama. 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.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Yak Herding Demonstration: 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.

Sunset Views: As evening approaches, find a scenic vantage point to witness the breathtaking sunset over the Himalayan peaks. Watch as the sky transforms into a palette of vibrant colors, casting a golden glow over the landscape.

Dinner and Campfire: Gather around the campfire with your fellow trekkers for a delightful dinner under the starlit sky. Share stories, laughter, and camaraderie as you recount the day's adventures and bond with newfound friends.

Overnight Camping: Retire to your comfortable tent for another peaceful night under the stars, surrounded by the serenity and majesty of Labatama's pristine wilderness. Reflect on the day's experiences and look forward to the adventures that await you in the days ahead.

Day 06: Trek from Labatama to Panka (4,000m/13,123ft) – 5 to 6 hours (8km) trek

Early Morning Start: 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.

Scenic Trail: 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.

Duration and Distance: Today's trek covers approximately 8 kilometers and takes 5 to 6 hours to complete, depending on the pace of the group and trail conditions. Take your time to enjoy the natural beauty of the landscape and pace yourself accordingly.

Altitude Adjustment: Descend gradually from Labatama's higher altitude to Panka's elevation of 4,000m (13,123ft), allowing your body to adjust to the changing altitude. Stay hydrated, listen to your body's cues, and take breaks as needed to ensure a comfortable and safe trekking experience.

Cultural Encounters: Along the trail, you may encounter local villagers, yak herders, or nomadic

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

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 Break: Take a break for a picnic lunch at a scenic spot along the trail, enjoying homemade meals prepared by your trekking crew. Refuel with nutritious food and take time to rest and recharge before continuing your journey to Panka.

Arrival in Panka: Arrive at Panka, your destination for the day, in the late afternoon. Nestled amidst the mountains at an elevation of 4,000m (13,123ft), Panka offers a tranquil setting for overnight camping and relaxation.

Campsite Setup: Set up camp at Panka, pitching tents in a designated camping area surrounded by breathtaking natural beauty. Your trekking crew will ensure that all camping equipment is properly set up, providing a comfortable and secure base for the night.

Evening Leisure: Spend the evening at leisure, exploring the surrounding area, taking short walks, or simply relaxing at the campsite. Enjoy the peaceful ambiance of Panka as you unwind from the day's trekking activities and prepare for another memorable night under the stars.

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

Overnight Camping: Retire to your cozy tent for a restful night's sleep, lulled by the soothing sounds of nature and the crisp mountain air. Reflect on the day's adventures and look forward to the experiences that await you on the next leg of your Dagala Trekking expedition.

Day 07: Trek from Panka to Chamgang and drive to Thimphu – 7 to 8 hours (14km) trek

Early Morning Departure: Start your day with an early breakfast at the campsite in Panka, preparing for the final leg of your trekking adventure. Bid farewell to the serene wilderness as you embark on the journey from Panka to Chamgang.

Scenic Trail: Follow a picturesque trail that descends from Panka towards Chamgang, offering sweeping views of the surrounding mountains, valleys, and dense forests. Traverse diverse landscapes, including rocky terrain, meandering streams, and lush greenery, as you make your way to Chamgang.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Duration and Distance: Today's trek covers approximately 14 kilometers and takes 7 to 8 hours to complete, depending on the pace of the group and trail conditions. Pace yourself accordingly and enjoy the natural beauty of the landscape along the way.

Altitude Descent: Descend gradually from Panka's elevation to lower altitudes as you approach Chamgang, allowing your body to adjust to the decreasing altitude. Take breaks as needed to rest, hydrate, and enjoy the journey at a comfortable pace.

Cultural Interactions: 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.

Picnic Lunch: Take a break for a picnic lunch at a scenic spot along the trail, enjoying delicious meals prepared by your trekking crew. Replenish your energy and take time to rest before continuing your journey to Chamgang.

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.

Drive to Thimphu: 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.

Accommodation in Thimphu: 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: Depending on your arrival time, you may have the opportunity to explore Thimphu's attractions, including the Tashichho Dzong, National Memorial Chorten, and bustling markets. Immerse yourself in the vibrant culture and lively atmosphere of Bhutan's capital city.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Dinner in 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 Dagala Trekking adventure as you enjoy a relaxing evening in Thimphu.

Overnight in Thimphu: Retire to your comfortable accommodation in Thimphu for a restful night's sleep, cherishing the memories of your trekking journey and looking forward to future adventures in the Land of the Thunder Dragon.

Day 08: Drive from Thimphu to Paro and Final Departure

Morning Preparation: After breakfast in Thimphu, prepare for the final leg of your journey as you bid farewell to Bhutan's capital city. Pack your belongings, check out of your accommodation, and ensure that you have all necessary items for the day ahead.

Scenic Drive to Paro: 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.

En Route Attractions: Depending on your schedule and interests, make stops at notable attractions along the way, such as the Simtokha Dzong, Dochula Pass, or traditional Bhutanese villages. Take advantage of photo opportunities and soak in the beauty of Bhutan's natural and cultural heritage.

Arrival in Paro: Arrive in Paro, the gateway to the Land of the Thunder Dragon, in the afternoon. As you approach Paro, marvel at the scenic beauty of the valley and the iconic Paro Rinpung Dzong perched on a hilltop.

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.

Last-Minute Explorations: If time permits before your flight departure, take the opportunity to explore Paro town, visit local markets, or indulge in some souvenir shopping. Alternatively, you may opt for a leisurely stroll along the Paro River or visit nearby cultural attractions.

Transfer to Paro International Airport: At the designated time, our representative will transfer you to Paro International Airport for your departure flight. Enjoy the scenic drive through the valley one last time as you reminisce about your unforgettable experiences in Bhutan.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

Fond Farewell to Bhutan: Depart from Paro International Airport with cherished memories of your Dagala Trekking adventure and the warm hospitality of Bhutanese people. Reflect on the awe-inspiring landscapes, cultural encounters, and personal achievements that made your journey truly memorable.

End of Services: Your Dagala Trekking adventure with us concludes upon your departure from Paro International Airport. We hope you had an enriching and fulfilling experience in Bhutan and look forward to welcoming you back for more adventures in the future. Safe travels!

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

© 2026 Amen Bhutan Tours & Treks. All rights reserved.

- **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

- **NTERNATIONAL 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.

© 2026 Amen Bhutan Tours & Treks. All rights reserved.