Druk Path Trekking - 8 Days

The **Druk Path Trek **is a renowned **trekking** adventure through the majestic **Himalayas** of **Bhutan**. Offering a perfect blend of **scenic beauty**, -**cultural experiences**, and **adventure**, this iconic trek takes you on a journey through pristine **mountain trails**, past ancient **Buddhist monasteries**, and alongside tranquil **alpine lakes**. With **stunning vistas** of snow-capped peaks, encounters with local **yak herders**, and the opportunity to immerse yourself in the vibrant hues of traditional **prayer flags**, the Druk Path Trek promises an unforgettable exploration of the Bhutanese wilderness. Whether you're a seasoned **hiker** or an outdoor enthusiast seeking a new **wilderness** experience, this trek offers an unparalleled opportunity to delve into the heart of Bhutan's natural and cultural treasures.

Amen Bhutan Tours and Treks takes immense pride in being recognized as the premier choice for **Druk Path Trekking** adventures in **Bhutan**. With our extensive experience, unmatched expertise, and unwavering commitment to excellence, we strive to provide our valued clients with the ultimate trekking experience. Our seasoned guides, personalized service, and attention to detail ensure that every moment of your trek is filled with **adventure**, **discovery**, and **memories** that last a lifetime. Choose Amen Bhutan Tours and Treks for your Druk Path Trekking expedition and embark on a journey of a lifetime amidst the breathtaking beauty of the Himalayas.

Itinerary

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

Arrival at Paro International Airport: Your adventure starts the moment you land at **Paro International Airport**, Bhutan's only international gateway. The airport itself, surrounded by mountains, offers a spectacular entry into the country. Ensure your documents, including visa and trek permits, are in order for a smooth entry process.

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Welcome by Your Tour Operator: Upon exiting the airport, you'll be greeted by representatives from **Amen Bhutan Tours and Treks** or your chosen tour operator. This is a great time to ask any last-minute questions you might have about the trek and your stay in Bhutan.

Transfer to Your Hotel: You'll be escorted to your hotel in Paro. This short drive offers your first glimpse of Bhutan's stunning landscapes and traditional architecture. Notice the dzongs (fortresses), traditional houses, and the serene Paro River as you make your way through the valley.

Check-in and Acclimatization: After checking into your hotel, take some time to rest and start acclimatizing to the **altitude**. Paro sits at **2,280 meters (7,480 feet)** above sea level, and giving your body time to adjust is crucial for a comfortable trekking experience.

Leisurely Exploration of Paro: Depending on your arrival time, you may have the opportunity to explore Paro. Visiting the **Paro Rinpung Dzong** or taking a leisurely stroll through the town's market can be a gentle introduction to Bhutanese culture and history.

Briefing Session: Your tour operator will likely organize a briefing session either on the day of arrival or the evening before the trek begins. During this session, you'll meet your guide and perhaps other members of your trekking group. It's an excellent opportunity to discuss the trek itinerary, safety protocols, and any concerns you might have.

Equipment Check: Ensure you have all necessary trekking gear and that it's in good condition. If you're missing anything, this is the time to let your tour operator know. They can assist in arranging rentals or purchases in Paro.

Dinner and Cultural Immersion: Enjoy your first dinner in Bhutan, possibly at your hotel, where you can sample traditional Bhutanese cuisine. Dishes like **Ema Datshi** (chili and cheese stew) will introduce you to the flavors of Bhutan. This is also a chance to interact with locals and immerse yourself in the country's warm hospitality.

Rest and Preparation for the Trek: After dinner, take the evening to relax and prepare mentally and physically for the trek ahead. Ensure your daypack is ready with essentials like water, sunscreen, and your camera for the stunning vistas you'll encounter.

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Overnight in Paro: Your first night in Bhutan will be spent comfortably in a hotel in Paro, allowing you a good night's sleep in preparation for the trekking adventure that begins the following day.

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

Breakfast at the Hotel: Start your day with a hearty breakfast at your hotel in **Paro**. Opt for a mix of carbohydrates, proteins, and fats to give you sustained energy for the hike ahead.

Briefing and Preparation: Before departing, your guide will brief you on the day’s activities. Make sure you're dressed in comfortable hiking attire, wear sturdy trekking boots, and carry a daypack with water, snacks, sunscreen, and a camera.

Drive to the Base of Tiger’s Nest: Enjoy a scenic drive from your hotel to the base of -**Tiger’s Nest Monastery**. The journey offers beautiful views of the Paro valley and glimpses of Bhutanese rural life.

Start of the Hike: The hike to **Tiger’s Nest** starts at the base where the trail winds its way up the mountain through beautiful pine forests adorned with Spanish moss and prayer flags, enhancing the spiritual ambiance.

Tea House Break: Midway up the trail, you’ll find a tea house with a perfect view of the monastery. This is a great spot to rest, hydrate, and take some photos of the monastery perched seemingly impossibly on the cliff face.

Final Ascent and Monastery Visit: After the tea house, the path becomes steeper, leading to a series of stairs to the monastery entrance. Upon reaching **Tiger’s Nest**, you’ll have the opportunity to explore the temples and caves that make up this sacred site. Your guide will explain the monastery’s history, significance, and why it's considered one of Bhutan’s most important spiritual sites.

Lunch: Depending on the time, lunch can be taken at the tea house on your way back down or once you return to the base. It’s an opportunity to reflect on the experience and enjoy traditional Bhutanese cuisine.

Return Hike Down: The hike down is usually quicker but requires caution as the path can be steep in places. Use your trekking poles for additional support.

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Drive Back to Paro: Once back at the base, you’ll be driven back to your hotel in **Paro**. This is a good time to discuss any insights or questions you might have with your guide.

Rest and Reflect: After such an exhilarating day, take the evening to rest. This is also an opportune moment to review your gear for the upcoming **Druk Path Trek**, ensuring everything is in order and that you’re as prepared as possible.

Overnight in Paro: Spend another night at your hotel in Paro, resting and acclimatizing further to the altitude in preparation for the trek ahead.

Day 03: Drive to Ta Dzong (2,487m/8,159ft) and trek to Jele Dzong (3400m) - 4 to 5 hours (10km) trek

Early Breakfast: Begin your day with an early breakfast at your hotel in **Paro**. Opt for a nutritious meal that includes a balance of carbohydrates, proteins, and fats to fuel the first leg of your trek.

Drive to Ta Dzong: After breakfast, embark on a short drive to **Ta Dzong**, the National Museum of Bhutan. This ancient watchtower, converted into a museum, is perched above the historic town of Paro, offering panoramic views of the surrounding valley. The museum houses a rich collection of artifacts that provide insights into Bhutanese culture, art, and history.

Start of the Trek to Jele Dzong: From **Ta Dzong**, you’ll start your trek towards -**Jele Dzong**. The initial part of the trek involves a gradual climb through pine forests. Keep an eye out for the diverse **flora and fauna**, and enjoy the serene ambiance as you ascend.

Lunch Break: Depending on your pace, a lunch break can be taken en route. This might be a packed lunch provided by your tour operator. It’s an opportunity to rest, hydrate, and enjoy the natural beauty of Bhutan.

Arrival at Jele Dzong: After approximately 4 to 5 hours of trekking, covering around 10 kilometers, you’ll reach **Jele Dzong**. Situated at an altitude of **3,400 meters (11,154 feet)**, Jele Dzong is a small fortress that houses a temple and offers stunning views of the surrounding mountains and valleys.

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Explore Jele Dzong: Take some time to explore **Jele Dzong**. The dzong is historically significant and offers trekkers a glimpse into the spiritual and architectural heritage of Bhutan. The serene atmosphere is conducive to reflection and appreciation of the journey thus far.

Set Up Camp: Your campsite for the night will be near **Jele Dzong**. Participate in setting up camp or take the opportunity to rest as your trekking crew prepares your accommodations. Camping near the dzong allows you to experience the tranquility of the Bhutanese wilderness under a starlit sky.

Dinner: Enjoy a well-deserved dinner prepared by your trekking crew. Meals on the trek are designed to provide the energy needed for trekking and to introduce trekkers to Bhutanese cuisine.

Briefing for the Next Day: After dinner, your guide will brief you on the itinerary for the next day. This is a good time to ask questions and discuss any concerns you might have.

Rest: With the first day of trekking behind you, get a good night’s rest. Sleeping at higher altitudes can be challenging for some, so it’s important to stay hydrated and keep warm.

Day 04: Trek from Jele Dzong (3,400m/11,154ft) to Jangchulakha (3,650m/11,975ft) - 3 to 4 hours (10km) trek

Morning Rituals: Start your day at **Jele Dzong** with a warm breakfast prepared by your trekking crew. Enjoy the serene morning views of the valley below as you fuel up for the day's trek.

Trek Begins: After breakfast, you'll begin your trek towards **Jangchulakha**. The day's journey covers approximately 10 kilometers and takes about 3 to 4 hours. The trek starts with a gradual ascent from **Jele Dzong**, offering breathtaking views of the snow-capped peaks and valleys.

Rhododendron Forests: As you progress, you'll enter lush rhododendron forests, a highlight of this section of the trek. Depending on the season, you might witness these forests in full bloom, painting the landscape in vibrant colors.

Altitude Gain: The trek involves a modest altitude gain, from **3,400 meters (11,154 feet)**- at **Jele Dzong** to **3,650 meters (11,975 feet)** at **Jangchulakha**. While this is a relatively gentle ascent, it's important to stay hydrated and monitor yourself for any signs of altitude sickness.

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Lunch on the Trail: Enjoy a packed lunch provided by your trekking crew at a scenic spot along the route. It's a great opportunity to rest, refuel, and take in the stunning surroundings.

Arrival at Jangchulakha: Upon reaching **Jangchulakha**, you'll be greeted by even more expansive views of the Himalayan landscape. **Jangchulakha** is known for its beautiful campsite located amidst highland pastures, often used by yak herders during the summer months.

Camp Setup: Your crew will set up camp for the night. You can assist with the setup or take the time to explore the area, capturing photos of the panoramic vistas or simply enjoying the tranquility of the high-altitude wilderness.

Evening Activities: After settling into camp, gather with your group for dinner. Post-meal, you might have the opportunity for some stargazing, as the clear skies at this altitude offer a spectacular view of the stars, unimpeded by light pollution.

Overnight at Jangchulakha: Spend the night in tents at the **Jangchulakha** campsite. The quiet of the mountains provides a peaceful backdrop for a restful sleep, preparing you for the next day's trek.

Preparation for the Next Day: Before retiring for the night, ensure you're prepared for the following day. Replenish your water supplies, check your gear, and get a briefing from your guide on what to expect next.

Day 05: Trek from Jangchulakha (3,650m/11,975ft) to Jimilangtsho (3,870m/12,696ft) - 4 to 5 hours (11km) trek:

Start with a Hearty Breakfast: Fuel up with a nutritious breakfast at the **Jangchulakha-** campsite. The meal is designed to provide the energy needed for the day's trek.

Embark on Your Trek: After breakfast, set out on the trail leading to **Jimilangtsho**. This segment of the **Druk Path Trek** covers about 11 kilometers and typically takes between 4 to 5 hours to complete.

Ascending Through Diverse Terrain: The trek from **Jangchulakha** to **Jimilangt-sho** involves a gradual ascent through diverse terrains, including alpine meadows and dense rhododendron forests, offering a changing landscape that captivates with every step.

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Stunning Mountain Vistas: As you gain altitude, keep an eye out for stunning vistas of the surrounding peaks. On clear days, the views extend across the majestic **Himalayas**, offering breathtaking panoramas that are quintessential to the **Druk Path Trek**.

Arrival at Jimilangtsho Lake: The highlight of the day is reaching **Jimilangtsho Lake**, situated at an altitude of **3,870 meters (12,696 feet)**. This stunning high-altitude lake is known for its clear waters and the remarkable reflections of the surrounding peaks.

Lunch by the Lake: Enjoy lunch by the serene **Jimilangtsho Lake**, taking in the peaceful atmosphere and natural beauty. It's an ideal setting to relax and rejuvenate before continuing on your journey.

Explore the Area: Take some time to explore around **Jimilangtsho Lake**. The area is rich in flora and fauna, and you might spot high-altitude birds or even catch a glimpse of larger wildlife from a safe distance.

Set Up Camp: Your campsite for the night will be near **Jimilangtsho Lake**. Participate in setting up camp or unwind as your trekking crew prepares your accommodations for the evening.

Evening at Leisure: After dinner, enjoy the tranquility of the lake and the surrounding wilderness. The lack of light pollution at this altitude offers an excellent opportunity for stargazing, making for a magical end to the day.

Overnight at Jimilangtsho: Spend the night in tents by **Jimilangtsho Lake**. The quiet and isolation of the location provide a unique wilderness experience, allowing for restful sleep under the stars.

Preparation for the Next Day: Before heading to bed, make sure you're prepared for the following day’s trek. Replenish your water supplies, check your gear, and discuss the next day’s route with your guide.

Day 06: Trek from Jimilangtsho (3,870m/12,696ft) to Simkotra Tsho (4110m/13,484ft) – 4 to 5 hours (11km) trek:

Morning Amidst Nature: Wake up to the tranquil beauty of **Jimilangtsho Lake**, with the early sun casting a golden hue over the water. Enjoy a hearty breakfast prepared by your trekking crew, fueling up for the day ahead.

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Begin the Trek: After breakfast, set off towards **Simkotra Tsho**. Today's trek covers approximately 11 kilometers and is expected to take about 4 to 5 hours. The trail ascends from **Jimilangtsho**, offering fresh challenges and new vistas.

Ascend Through Diverse Terrain: The path to **Simkotra Tsho** takes you through varied landscapes, including dense rhododendron forests, open meadows, and rocky terrain. The diversity of the trail provides a rich tapestry of Bhutan’s natural beauty.

Mountain Views and Flora: As you gain altitude, keep an eye out for the stunning mountain vistas that unfold around you. The trail also offers the chance to see a variety of high-altitude flora, adding color and life to the rocky landscapes.

Lunch on the Trail: Enjoy a midday break with a packed lunch on the trail. This is a great opportunity to rest, hydrate, and take in the breathtaking surroundings. Your guide will choose a scenic spot for the break, allowing you to relax and rejuvenate.

Arrival at Simkotra Tsho: The day’s trek concludes at **Simkotra Tsho**, a beautiful high-altitude lake situated at **4,110 meters (13,484 feet)**. The lake is surrounded by steep hills and rocky shores, offering a dramatic setting for your campsite.

Explore the Lake: After setting up camp, take some time to explore the area around **Simkotra Tsho**. The lake’s remote location and the pristine environment make for a peaceful and introspective experience.

Campsite Evening: Gather with your fellow trekkers for dinner beside the lake. The evenings in the high-altitude campsites are a time for camaraderie, sharing stories of the day’s trek, and enjoying the serene beauty of your surroundings.

Stargazing Opportunity: The clear skies and lack of light pollution at **Simkotra Tsho** provide an excellent opportunity for stargazing. Spend some time marveling at the night sky, a perfect way to end the day.

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Overnight at Simkotra Tsho: Rest in your tent by the lakeside, lulled to sleep by the silence of the Himalayas. The remote location offers a unique wilderness experience, allowing you to connect deeply with nature.

Prep for the Final Leg: Before retiring for the night, prepare for the final leg of your trek. This is a good time to check your equipment and discuss the next day’s journey with your guide.

Day 07: Trek from Simkotra Tsho (4,110m/13,484ft) to Thimphu via Phajodhing – 5 to 6 hours (14km) trek:

Sunrise at Simkotra Tsho: Begin your day early to catch the sunrise over **Simkotra Tsho**, a truly magical experience as the first light of day illuminates the high-altitude lake and surrounding peaks. Enjoy breakfast at the campsite, preparing for the day ahead.

Start the Descent: After breakfast, pack up and start the trek towards **Thimphu**. Today’s trek covers around 14 kilometers and takes approximately 5 to 6 hours. The trail initially follows a gentle descent from **Simkotra Tsho**, offering one last chance to enjoy the pristine natural beauty of the area.

Trek through Phajodhing: The route takes you through **Phajodhing**, where you’ll encounter a peaceful monastery and hermitage nestled in the mountains. This area provides a perfect blend of spiritual serenity and natural beauty, offering a reflective space to contemplate the journey thus far.

Lunch on the Trail: Stop for lunch at a scenic spot along the route. This is an opportunity to rest and refuel, enjoying the views of the valley below and the city of **Thimphu** in the distance.

Final Descent to Thimphu: Continue the descent towards **Thimphu**, with the trail becoming more defined as you approach the city. The changing landscape, from alpine meadows to mixed forests, signals the end of your high-altitude adventure.

Arrival in Thimphu: The trek concludes as you reach the outskirts of **Thimphu**. Here, you’ll be met by a vehicle arranged by **Amen Bhutan Tours and Treks** or your tour operator, ready to transport you to your hotel in the city.

Check-in and Relax: After checking into your hotel, take some time to relax and freshen up. It’s a significant transition from the rustic conditions of the trek to the comforts of modern accommodation.

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Explore Thimphu (Optional): Depending on your arrival time and energy levels, you might opt to explore **Thimphu**. The city offers a range of cultural and historical sites, including the -**Tashichho Dzong**, **National Memorial Chorten**, and vibrant local markets.

Celebrate Your Achievement: Enjoy a celebratory dinner to mark the completion of your **Druk Path Trek**. It’s a time to reflect on the journey, share stories, and celebrate the achievement with your fellow trekkers and guide.

Overnight in Thimphu: Spend the night in a comfortable hotel in **Thimphu**, enjoying a well-deserved rest after the trek. It’s the perfect opportunity to acclimatize back to urban life and enjoy the amenities of the city.

Preparation for Departure or Further Exploration: Use this time to either prepare for your departure from Bhutan or plan for further exploration of the country. **Thimphu** offers many opportunities for additional adventures, cultural immersion, and relaxation.

Day 08: Drive from Thimphu to Paro and Departure

Breakfast in Thimphu: Start your day with a hearty breakfast at your hotel in **Thimphu**. This is a good time to ensure you have all your belongings packed and ready for the journey back to **Paro**.

Final Exploration of Thimphu (Optional): If your departure schedule allows, take some time in the morning for any last-minute exploration or shopping in **Thimphu**. Visit a local craft bazaar to pick up souvenirs or simply enjoy a leisurely stroll through the city.

Drive to Paro: Depart from **Thimphu** by vehicle, arranged by **Amen Bhutan Tours and Treks** or your chosen tour operator. The drive to **Paro** is approximately 1.5 hours, depending on traffic and road conditions. Enjoy the scenic journey, which takes you through the winding roads of the Bhutanese countryside, offering one last glimpse of the country's stunning landscape.

Lunch in Paro: Depending on your flight schedule, you may have time for lunch in **Paro**. This could be an opportunity to revisit a favorite spot or try something new, savoring the flavors of Bhutanese cuisine one last time.

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Last-Minute Sightseeing in Paro (Optional): If time permits, engage in some last-minute sightseeing in **Paro**. Visit the **Paro Dzong** or take a leisurely walk around the town, soaking in the tranquil atmosphere.

Transfer to Paro International Airport: Your tour operator will ensure you're transferred to **Paro International Airport** in time for your departure. Check-in procedures at Paro Airport are straightforward, but it's advisable to arrive at least 2 hours before your flight to navigate through security and immigration.

Farewell Bhutan: As you board your flight, take a moment to reflect on your journey through Bhutan. The **Druk Path Trek** is an experience that leaves a lasting impression, filled with memories of breathtaking landscapes, rich cultural encounters, and the spirit of adventure.

Departure and Onward Journey: With your flight departing from **Paro**, you bid farewell to Bhutan, carrying with you the essence of the Himalayas and the warmth of Bhutanese hospitality. Whether you’re returning home or continuing to another destination, you leave enriched by the experiences and connections made during your trek.

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.

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- **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**

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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.

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