

## 12-DAY NABJI-KHORPHU COMMUNITY BASED TREK

Bhutan is part of the Eastern Himalayan biodiversity hotspot. The diverse ecosystems and eco-floristic zones have made Bhutan home to a wide array of flora and fauna including some endangered species. In Bhutan, all the natural elements like mountains, rivers, rocks and even the tress have been revered and considered sacred for centuries as the abode of local deities and gods. Such beliefs have helped and complimented the people in natural conservation efforts. Conserving the natural environment is one of the pillars of the Gross National Happiness. The local highlander living at the base of Mount Gangkar Puensum believe it to be the “white peak of the three spiritual brothers”. In respect of such beliefs that exist in almost all highlander communities, mountaineering above 6000 meters is prohibited by the government. Gangkar Puensum is expected to retain its popularity as the highest unclimbed mountain in the world. Bhutan has an impressive 74 percent of its land under forest cover with 51.32 percent designated as protected area. It is mandated at least 60 percent of the land area in the country would always remain under forest cover for all times to come. All our tours are undertaken in a way that is culturally acceptable and environmentally friendly. We are firmly committed to a principle wherein the natural environment is not scarified at the altar of tourism.



The Nabji-Korphu Trek offers a peaceful blend of cultural immersion, wildlife encounters, and gentle trekking through scenic valleys, making it ideal for travelers seeking authenticity, nature, and a deeper understanding of Bhutan’s rural life. Located within the Jigme Singye Wangchuck National Park, this trek winds through lush forests, terraced fields, and traditional villages nestled in the heart of central Bhutan. What makes this trek truly unique is its community-based approach, which allows visitors to stay in local homestays or campsites managed by villagers. This model ensures that the benefits of tourism go directly to the communities, supporting local livelihoods and encouraging sustainable development. Along the way, trekkers are often welcomed with traditional ceremonies, cultural performances, and the warm hospitality of the villagers.

The trek passes through several Monpa villages, home to one of Bhutan’s oldest indigenous communities. The Monpas are known for their strong connection to nature, rich oral traditions, and unique way of life that blends animist beliefs with Buddhism. As you journey through these villages of Jangbi, Kudra, Nabji, and Korphu, one will witness cane and bamboo craftwork, traditional farming practices, and a culture deeply rooted in harmony with the environment.

Overall, the Nabji-Korphu Trek is more than just a walk through nature, it's a meaningful experience that connects you with Bhutan's cultural soul and conservation spirit. Combining this community-based trek with a few days cultural tour in the western region will give a very good insight into Bhutanese tradition, culture and nature while at the same time giving back to the community.



#### **TOUR PACKAGE DETAILS AT A GLANCE**

Group Name: Conscious Explorers

Duration: 12Day/11

Travel Date: Spring/Autumn

Trip Type: Cultural, Trekking, Photography, Adventure, Nature Tour & Ecotourism

#### **TRIP HIGHLIGHTS**

- Spectacular mountain flights, offering a panoramic view of one of the world's most stunning Himalayan Mountain ranges
- Visit a dramatic, cliffside monasteries dating back to as early as 8<sup>th</sup> century that combines spiritual significance with remarkable natural beauty
- A Unique Blend of Ancient and Modern: Experience the seamless fusion of Bhutan's ancient traditions with its contemporary growth, where time-honored customs coexist with modern-day progress.
- Journey into some of Bhutan's most secluded and pristine areas, where you can witness the country's traditional way of life, far from the modern world.
- Meet the Monpas – the first inhabitants of Bhutan
- Immerse in the local culture
- Explore the rich natural biodiversity hotspots
- Give back to the community as you travel by
- Throughout your holiday to Bhutan, escorted by one of Bhutan Mind Vacation's expert tour guide, trekking crew and professional driver – your travelling companions/your team; expert guide, consummate facilitator and friends in a foreign land to ensure your holiday is as enjoyable and meaningful as possible

**Uncover a purity of culture, traditions, kindness and a lifetime adventure experience with us!**

**DAILY ITINERARY**

DATE/DAY	PLACES/ACTIVITIES/SIGHTSEEING	HOTELS/ CAMPSITES
DAY 1	<p><b><u>KATHMANDU – PARO – WANGDUE -YOUR FIRST GLIMPSE OF BHUTAN</u></b></p> <ul style="list-style-type: none"> <li>• Meet your tour guide and driver at the airport</li> <li>• Drive to Wangdue -3-4 hours</li> <li>• Stop for Coffee and snacks at Café South Hall on the way</li> <li>• Stop at Dochulaa Pass –3,150 meters- On a clear day spectacular view of the snowcapped Himalayas</li> <li>• Circumambulate 108 chortens/stupas</li> <li>• Explore the meditation caves</li> <li>• Hike to Chimi Lhakhang – 25 mins through Sobsokha Village</li> <li>• Then visit Wangdue Dzong</li> <li>• Check in your homestay and meet the host family</li> <li>• Overnight: Stay at a Village Homestay in Wangdue</li> </ul>	Village Homestay 1,300m
DAY 2	<p><b><u>WANGDUE – JANGBI VIA TRAONGSA</u></b></p> <ul style="list-style-type: none"> <li>• Drive to Jangbi via Trongsa 5-6 hours</li> <li>• Stop at Pelela Pass and explore the nomadic stalls</li> <li>• Stop at Chendepji Chorten – The biggest Nepalese style stupa</li> <li>• Cross Mangde River over a suspension bridge</li> <li>• Natural biodiversity hotspot – Good opportunity to see the rare Golden Langure and many other species of flora and fauna</li> <li>• Meet the Monpas – the first inhabitants of Bhutan, you will get your first glimpse of their lifestyle and mythical legends about their origins</li> <li>• Enjoy the welcome cultural program by the locals</li> <li>• Overnight: Stay at campsite in Jangbi village</li> </ul>	Jangbi village campsite 1,319 m
DAY 3	<p><b><u>JANGBI VILLAGE TO KUDRA VILLAGE (START OF YOUR TREK- 13-14KMS, 6 HOURS TREK)</u></b></p> <ul style="list-style-type: none"> <li>• Morning allows you to further interreact with the Monpas</li> <li>• Before you proceed, visit the orchid garden that houses 75 different varieties of orchids</li> <li>• Explore the stone imprints of Guru Rimpoche’s footprints, dagger and phallus.</li> <li>• Hot picnic lunch served just before you arrive Phrumzur- one of the Monpa village</li> <li>• Visit the Lhakhang in Phrumzur</li> <li>• Enroute visit Lekpogang – another Monpa village</li> <li>• Continue trek for another one and half hour</li> <li>• Enjoy the view of Zhemgang twon and Nimshong village</li> <li>• Overnight: Stay at a campsite in Kudra village</li> </ul>	Kudra Village Campsite 1,319m
DAY 4	<p><b><u>KUDRA- NABJI VILLAGE (11-14 KMS, 5-7 HOURS)</u></b></p> <ul style="list-style-type: none"> <li>• After breakfast trek through collage of streams, waterfalls and thick forest, giving you an invigorating feeling of being in the wild</li> <li>• Good opportunity to spot Himalayan Squirrels, Rhesus Mecaques.</li> <li>• Himalayan black bears, Red Pandas, Tigers and clouded leopards are also present in region</li> <li>• Best location for bird watching</li> <li>• Meet the villagers of Nabji</li> </ul>	Nabji Guest House 1,315 m

	<ul style="list-style-type: none"> <li>• Enjoy the Nabjo village view with paddy fields circling the clustered houses</li> <li>• Visit the community school and enjoy a game of volleyball or football</li> <li>• Overnight: Stay at Nabji Guest House run by the locals</li> </ul>	
DAY 5	<p><b><u>NABJI – KORPHU (10-13 KMS, 3-4 HOURS)</u></b></p> <ul style="list-style-type: none"> <li>• After breakfast start your trek towards Korphu</li> <li>• Visit Nabji Lhakhang enroute (inside there is a Guru Rimpoche stone pillar)</li> <li>• Enjoy the most exemplify hospitality of the Korphu people</li> <li>• Visit the village temple that houses scared relics of Pema Lingpa, the famous Treasure Revealer of Bhutan</li> <li>• Local lunch with the view of Nabji and surrounding areas</li> <li>• Explore Korphu village and local lifestyle</li> <li>• Try out Bhutanese games Khuru, Dego, Soksum and Geedum</li> <li>• Overnight: Stay at a campsite in Korphu village</li> </ul>	Korphu Campsite 1,500m
DAY 6	<p><b><u>KORPHU- PHOBJIKHA – THE VALLEY OF THE BLACK NECKED CRANES</u></b></p> <ul style="list-style-type: none"> <li>• Drive to Phobjikha from Korphu -4-5 hours</li> <li>• Explore Phobjikha valley</li> <li>• Visit the community school</li> <li>• Check in your homestay &amp; explore the daily life of the host family</li> <li>• Learn how to cook Bhutanese</li> <li>• Overnight: Stay at a village homestay in Phobjikha</li> </ul>	Village homestay 2,700m
DAY 7	<p><b><u>HIKE &amp; EXPLORE THE VALLEY OF BLACK NECKED CRANES, THE MEADOWS &amp; THE VILLAGES</u></b></p> <ul style="list-style-type: none"> <li>• Visit the Black Necked Crane Information Center</li> <li>• Start your hike along the RSPN protected area</li> <li>• Optional mountain biking – can be rented on your own expenses at the crane center</li> <li>• Visit Khawang Lhakhang -12 Century old</li> <li>• Hike the villages of Gophu- Dogsena – Pangsa (4-5 hours)</li> <li>• Visit Jangchub Goenpa</li> <li>• Visit Kunzang Choling Shedra- Home to more than 300 monks</li> <li>• Meditate with the monks and explore a day into a monk’s life</li> <li>• Hike back on Gangtey Nature Trail -1.5 hours</li> <li>• Overnight: Stay at a village homestay in Phobjikha</li> </ul>	Village homestay 2,700m
DAY 8	<p><b><u>PHOBJIKHA-PUNAKHA- THE OLD CAPITAL OF BHUTAN</u></b></p> <ul style="list-style-type: none"> <li>• Drive to Punakha 2 hours</li> <li>• Visit Sangchen Dorji Lhendrup Nunnery – Interaction with the nuns (a few speaks 4nglish) and join prayer sessions or meditate</li> <li>• Visit Punakha Dzong -The Palace of Great Happiness</li> <li>• Hike to Khamsum Yulley Namgyal Chorten -45 mins hike</li> <li>• White Water Rafting in Mochu River – optional- extra payable directly to the providers</li> <li>• Overnight: Stay at a resort in Punakha</li> </ul>	Hotel River Valley or similar 1,300m
DAY 9	<p><b><u>PUNAKHA –THMPHU- COMBINATION OF THE ANCIENT AND THE MODERN</u></b></p> <ul style="list-style-type: none"> <li>• Drive to Thimphu – 2- 3 hours</li> <li>• Arrive Thimphu and visit Buddha Dordenma – 51.5meter bronze Shakyamuni Buddha statue gilded in gold and view of Thimphu valley</li> <li>• Visit Bhutan Postal Museum</li> <li>• Visit 13 Traditional Art School</li> </ul>	Hotel Drukgyal Twin Tower or

	<ul style="list-style-type: none"> <li>• Shop at Craft Bazar – Handmade souvenirs made in Bhutan</li> <li>• Walk to the Takin Preserve – national animal of Bhutan with the head of a goat and body of a cow</li> <li>• Then visit TashiChho Dzong/<i>Fortress of Splendid Religion</i> – Office of the Dragon King of Bhutan (Visit after office hours)</li> <li>• Overnight: Stay at a hotel in Thimphu</li> </ul>	similar 2,300m
DAY 10	<p><b><u>THIMPHU- PARO – THE HOLY VALLEY</u></b></p> <ul style="list-style-type: none"> <li>• We will start our day by visiting Memorial Chorten / Stupa – Congregation of devout Buddhists circumambulating the Chorten from dawn till dusk</li> <li>• Then visit Centenary farmer’s Market</li> <li>• Witness Archery at Changlimithang Stadium</li> <li>• Visit CSI market – explore Bhutan produce</li> <li>• Then drive to Paro Shaba – 1 hour</li> <li>• Arrive Shaba &amp; have tea at a 400-year-old traditional house</li> <li>• Drive to Jabdo Goenpa Monastery</li> <li>• Attend evening prayers with the nuns</li> <li>• Good opportunity to talk to the nuns</li> <li>• Overnight: Stay at Jabdo Goenpa Monastery in Paro</li> </ul>	Jabdo Goenpa Monastery
DAY 11	<p><b><u>PARO- TIGER’S NEST – THIMPHU</u></b></p> <ul style="list-style-type: none"> <li>• Wake up early morning and follow the monastery routine- Join prayer sessions, do offering and have breakfast with the nuns</li> <li>• Drive to Tiger’s Nest Base – 30 mins</li> <li>• Hike to Taktsang Monastery/Tiger’s Nest- The Cultural Icon of Bhutan 4-5 hours’</li> <li>• After the hike visit Kichu Lhakng – one of the two oldest temples in Bhutan built in the 8<sup>th</sup> century</li> <li>• Check in your farmhouse &amp; meet the family</li> <li>• Enjoy the traditional Herbal Hot Stone Bath</li> <li>• Overnight: Stay at the Farmhouse</li> </ul>	Local Farmhouse
DAY 12	<p><b><u>PARO – KATHMANDU</u></b></p> <ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Drive to Airport -15 mins</li> <li>• Farewell</li> </ul>	



## FLIGHT SCHEDULES

Destination	Flight sector (POE)	Flight Schedules	Economy Class	Business Class
Thailand	Bangkok-Paro-Bangkok	Daily Flights	US\$ 935	US\$ 1335
Singapore	Singapore-Paro-Singapore	02 Flights per week	US\$ 1094	US\$ 1720
Nepal	Kathmandu-Paro-Kathmandu	Daily Flights	US\$ 460	US\$ 695
India	Delhi-Paro- Delhi	Daily Flights	US\$ 595	US\$ 994
	Kolkata-Paro-Kolkata	05 flights per week	US\$ 425	US\$ 689
UAE	Dubai-Paro-Dubai	02 flights per week	USD 1410	USD 2314
Bangladesh	Dhaka-Paro-Dhaka	02 flights per week	US\$ 441	US\$ 744

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## OVERVIEW

### VISA to Bhutan

All Tourist Visa is guaranteed, and the only document required for this is a scan copy of your passport with a minimum validity of 6 months prior to entering Bhutan. We apply the Bhutan visa on your behalf after receiving the full tour payment, we will then email you the approval 3-5 working days thereafter.

### Sustainable Development Fee – SDF

Apart from Indian Nationals, all other travelers must pay USD 100 (per person per night) as the Sustainable Development Fee (SDF) as Government Royalty which goes directly into the coffers of the government to support socio-economic development in the country and to remain and maintain a sustainable and responsible tourist destination. Bhutan Mind Vacation Tours is a licensed and validated Tour Operator, so you can either pay the SDF to us along with your tour costs OR you can make the payment directly to the Immigration Office.

### Booking/Deposit

When you are sure you are going to Bhutan; it will be wise to put your reservation in line as early as possible as Bhutan Air reservation is quite a tricky matter. We have only two airlines flying into and out of Bhutan and operates with 2 A 319 craft with capacity less than 100 passengers and gets filled up quickly. Paro International Airport of Bhutan is connected with Bangkok, Delhi, Kolkata, Kathmandu and Singapore. To confirm your booking, kindly transfer a deposit of 50% of the land tour cost at your earliest convenience to our bank account. Bank details will be provided on confirmation

### Balance Payment

The balance and final payment is due 30 days prior departure. The payment schedule may vary with customized and private trips on case-to-case basis. All payments has to be made through wire transfer.

### Travel Protection Plan

While we do our best to ensure that your trip goes as smoothly as planned, there is always a chance of unforeseen events and conditions such as illness, accident, inclement weather, flight cancellation, missed connection, or loss of baggage etc. which may cause interruption, delay or total cancellation of your trip putting your hard-earned travel investment in jeopardy. It's also possible that you may need medical assistance, emergency evacuation or medical transportation when you get ill or involve in an accident when you are traveling in remote areas. Our trip cost does not cover any of these expenses or losses and so we strongly recommend you that you should protect yourself and your travel investment against those unfavorable conditions.

### Cancellation and Refund

Notice of cancellation and refund request must be received in written form. Cancellation fee structure has been listed below:

- 60-89 days prior departure-US\$ 150 (Administrative Fee)
- 45 days to 59 days prior departure-20% of the land cost
- 30 days to 44 days prior departure-50% of the land cost
- 20 days to 29 days prior departure-80% of the land cost
- Less than 20 days - 100%

## Tour guides

In order to ensure that visitors receive high quality professional service, all our tour guides are trained by the Department of Tourism, Bhutan. Most of our tour guides have been working in tourism industry for years, they are trained to specialize in either cultural or adventure tours. Our Tour Guides are college educated locals. All of them are proficient in English and some of them are fluent in other languages like German, French, Japanese, Mandarin and Hindi, they are very friendly and committed to deliver the best.



## Road & Transportations

This trip combines motor vehicle travel with trekking. Traveling between cities typically involves 2–3 hours of driving on well-paved roads, many of which wind through hills and follow scenic river routes. We travel in comfortable SUVs or mini coaches, driven by experienced drivers who are highly familiar with Bhutan's roadways. During the trekking portion, all equipment is carried by horses or local porters, allowing you to enjoy the journey with ease.

### On Road



### On Trek



## Stays

Majority of the hotels are 3 stars (by international standard), which are small properties with 20-30 rooms. They are built in traditional architectures. You will have en suite bathroom with running hot and cold water. The hotels exhibit Bhutanese décor and are generally comfortable. All the hotels provide free Wi-Fi. The lobbies and receptions are cozy. They are staffed with friendly locals. On this trip, we provide varieties of accommodation from camping top home/farm stays to hotels and resorts

### Hotels & Resorts



### On Trek – Comfortable Camping Tents



### Homestays & Farmhouses



## Food & Dining

Our tour features three meals (B,L,D) Bhutanese delicacy are rich with spicy chili and cheese. It is varied and each region has its own specialties. You'll find lots of dairies, a wide variety of fresh organic vegetables, and spices such as cardamom, ginger, caraway and turmeric. Meat and poultry dishes are usually served in the form of stews or curries and all meals are accompanied by either white or red rice. Buckwheat and maize are sometimes substituted for rice. All the hotels, resorts and local restaurants serve delicious local food and some of them also serve Chinese and Indian cuisines



**Other Services with Extra Cost**

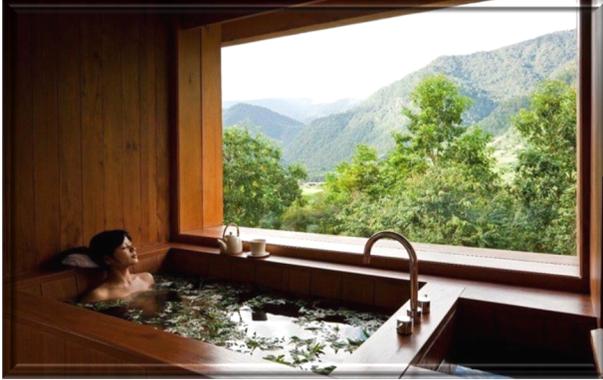
Bhutan, popularly known as the happiest destination in Asia has a lot in offer. Your Bhutan trips can be action-packed or serenity-filled, as you desire. We offer a wide range of vacationing possibilities from culture, festival, honeymoon, photography, nature tours: bird watching, botanical and wildlife sanctuary to adventure tours: rafting, mountain biking, trekking, hiking, day walks to spiritual tours: wellness, retreat and meditation. The options are various to suit your needs, interest and requirements. We arrange customized tours in accordance with your special needs and interests which are designed with a high degree of flexibility. **Horse Riding & Motor Biking**



**River Rafting & Mountain Biking**



## Traditional Herbal Hot Stone Bath & Cocktail Night with Cultural Show & Bonfire



## Camping & Trekking



## Glamping & Heli Tours



## Package Inclusions:

- Sustainable Development Fee (SDF) USD 100 per person per night
- Bhutan Tourism Development Fee
- Visa/Route permits
- Flights (KTM-PBH-KTM)
- 12D11N Private tour by an expert local tour guide and a skilled driver from Bhutan Mind Vacation Tours: your travelling companions and consummate facilitator, and friends in a foreign land to ensure your holiday is as enjoyable and meaningful as possible.
- All sightseeing and excursions
- Monumental Fees – Entry to Dzongs/Monasteries/Temples/Museums
- Accommodation in tents on trek (All camping equipment). Services of cook and helper staff on trek. Dining tent with chairs, tables, plates, and cutlery. Luggage hauling on mules/yaks.
- On non-trek days, stay in 3-star hotels/ resorts–Additional costs apply for 4 and 5 star luxury hotels

- All trekking equipment
- A welcome reception with drinks at every hotel of your stay
- Baggage handling everywhere on your tour.
- Free Wi-fi in hotels/resorts
- Complimentary local sim card
- Full board meals (B,LD)
- Unlimited supply of bottled mineral water
- Luxury air-conditioned SUV/Coach with extended leg room, at your disposal
- Airport Transfers as per the scheduled flights

**Package Does not Include:**

- Tips/gratuities – It is at your discretion to tip your guide, trekking crew and driver as per their service quality
- Expenses of personal nature and any other expenses not mentioned in the package cost
- Insurance
- Bank transfer charges

**WITH COMPLIMENTS FROM BHUTAN MIND VACATION TOURS:**

*A Traditional herbal hot stone bath in a farmhouse in Paro: White round stones picked up from riversides are roasted in fire until red hot and then immersed in a wooden tub of fresh spring water sprinkled with herbs. These hot stones baths are supposed to be very curative with numerous medicinal and healing properties and has been the practice since the ancient times in Bhutan.*



***Cocktail Dinner with Cultural Show :** Enjoy the unforgettable fusion of delectable cuisine, exquisite drinks, and a mesmerizing showcase of Bhutanese culture. Unfold a banquet of Bhutanese delicacies and diverse flavors of Bhutan. As dinner progresses, the venue comes alive with the mesmerizing sounds of Bhutanese music and the rhythmic movements of traditional dance. Local artists clad in vibrant, handwoven attire take center stage, presenting a cultural spectacle that transcends time. Guests are treated to performances such as the Zhungdra and Boedra dances, which narrate tales of Bhutanese history and mythology. Amidst the captivating performances, guests are invited to partake in traditional Bhutanese dances, fostering a sense of camaraderie and cultural exchange. The night unfolds as a harmonious blend of flavors, melodies, and vibrant expressions, providing a genuine glimpse into the soul and depth of Bhutanese heritage.*





**Namey Samey Kadrin chey (Thank You Beyond The Earth &The Sky)**



**BHUTAN MIND VACATION TOURS**

A VACATION FOR YOUR MIND & BODY

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