

# BHUTAN MIND VACATION TOURS AND TREKS

*Happiness in the Himalayas*

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## TREKKING IN BHUTAN



Trekking in Bhutan is unlike anywhere else in the Himalayas, **complemented by crystal clear air and views that sometimes defy description.** Some treks are short and suitable for beginners while others can be long and challenging.

Trekking facilities were constantly been improved and today we serve you world class trekking facilities in Bhutan. All treks in Bhutan use tented campsite accommodation.





## Professional Trekking Guide, Cook, Assistant & Horsemen

All trekking parties are accompanied by a professional guide, a cook, a few assistants and horseman. **Horses and yaks carry all provisions** and most belongings; trekkers only have to carry their daypack for basic necessities such as a camera, sunscreen, water bottle etc.

The support crew walks ahead of the trekking party each day and pitches camp before the trekkers arrive. A hot cup of tea waiting in the dining tent is a most welcome treat after hours of trekking in this beautiful kingdom.

All meals are carefully planned. Your wake-up call each morning will be a hot tea or coffee bought to your tent along with a bowl of hot water for personal hygiene. For meals, a dinner table is set up with a table cloth, chairs and condiments. A bowl of hot soapy water is provided before all meals as **hygiene remains a priority**. In many of the remote parts of the country, villages are scarce and few people cross paths and as a result BMV Tours and Treks takes every precaution to ensure the safety and comfort of all trekkers.



# Trekking Seasons

MONTHS (January to December indicated as 1 to 12)

Name of Trek	1	2	3	4	5	6	7	8	9	10	11	12
Druk Path	X	X	S	S	S	S	M	M	S	S	S	X
Jhomolhari Trek I	X	X	S	S	S	S	M	M	S	S	S	X
Laya / Gasa	X	X	X	S	S	S	M	M	S	S	X	X
Gasa Hot Spring	S	S	S	S	S	M	M	M	M	S	S	S
Dagala Thousand lakes	X	X	S	S	S	S	M	M	S	S	X	X
Snowman	X	X	S	M	S	S	S	S	M	X	X	X
Samteygang Winter	S	S	S	S	S	S	M	M	M	S	S	S
Gangtey	S	S	S	S	S	S	M	M	S	S	S	S
Bumtahng Cultural	X	X	S	S	S	S	M	M	S	S	S	X
Dur Hot Spring	X	X	S	S	M	M	M	M	S	S	S	X

'S' refers to good Season for trekking

'M' refers to Moderate season as there are chances of rain during the trek in these months

'X' refers to the months when trekking is closed due to snow.



Name of Trek	Start Point	End Point	Trek Days	Min Extra Days	Rating	Max Elevation / Place
Druk Path	Paro - Dopshare	Thimphu - Motithang	6 days	4 days	Moderate	4210 m / Phume La
Jhomolhari Trek I	Paro - Drukgyel	Thimphu-Dodina	10 days	4 days	Moderate	4890 m / Nyile La
Laya / Gasa	Paro-Drukgyel	Punakha-Tashithang	15 days	4 days	Strenuous	5005 m / Sinche La
Gasa Hot Spring	Punakha-Tashithang	Punakha-Tashithang	5 days	6 days	Mild	2430 m
Dagala Thousand lakes	Thimphu-Chhuzom	Thimphu-Simtokka	6 days	4 days	Moderate	4500 m / Labatamba-Panka
Himalayan snowman	Paro-Drukgyel	Bumthang - Dur	28 days	7 days	Strenuous	5243 m / Rinchen Zoe La
Samteygang Winter	Punakha-Punakha Dzong	Wangdue-Chhuzomsa	4 days	6 days	Moderate	1500 m
Gangtey	Gangtey-Phobjikha	Wangdue-Tikke Zampa	3 days	6 days	Mild	3440 m / Tsele La
Bumtahng Cultural	Bumthang-Toktu Zampa	Bumthang-Mesithang	3 days	7 days	Mild	3360 m / Phephe La
Dur Hot Spring	Bumthang-Toktu Zampa	Bumthang-Toktu Zampa	8 days	7 days	Moderate	4700 m / Juli La

1. The treks have been **rated** as Strenuous, Moderate & Mild. The factor used here for determining this class is the duration of the trek i.e Number of actual days that you trek. Other factors like the vegetation, altitude, the several uphill and down each day have not been considered as they are similar on most of the treks. On an average you will be walking for 6-7 hours everyday.

2. **Trek Days:** Is from the day you start walking till the End of trek.

3. **Minimum Extra Days:** The number of extra days you need apart from your actual trek days for sightseeing, acclimatizing, driving to Start of Trek and pick up at end of trek.

4. **Group size:** Minimum of 01 and maximum of 13 trekkers





*Bhutanese Thank you: Namey Samey Kadrin chey (Thank you beyond the earth and the sky)*



  
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