



# AHKE Adventure Travel

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Website: [www.bhutanecoventure.com](http://www.bhutanecoventure.com)

*- Adventure - Culture - Eco Tours - Buddhism -*

## “MOUNTAIN & MYSTICS”

Often known as “Last Shangri-La” to the West; it is truly a country, where material contentment or wealth are not put above people’s happiness. This is the country, where Government tries to measure impact of development activities in terms of achievement of Gross National Happiness. This is the country where 97% people are found to be happy.

The Kingdom of Bhutan, nestling in the heart of the great Himalaya, only opened its gates to foreigners in 1974. It remains the society, where age old culture and traditional life continues as it had been for centuries. With about 69% of population still living in rural Bhutan, farming is still considered an occupation for the majority of Bhutanese. Old aged barter system and close bond within the family often with more then 50 members are common sight.

During this 12 days trip, you will be hosted to unlimited and unique experiences in all places that we take you to. The “Peaceful Dragon Kingdom” will unfold in front of your eyes as you visit places of cultural importance and trek high up in clean and beautiful surrounding.

Tours takes you through mountain environment with rich green environment and unadulterated mountain surroundings. Further during this short trek, you will have opportunity to travel to area, where only handfuls have been before you. Enchanting Himalayan life style, beautiful people, mountain sceneries, unique life style, vibrant culture and friendly Bhutanese people are every where through out this tour.





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## **-TRIP NOTES-**

**Trip Name:** “Spiritual Adventure in the Himalayan Kingdom”  
**Best Season:** March-May & Sept-Dec.  
**Duration:** 12 Days/11 nights in Bhutan  
**Grade:** Medium Adventure  
**District to visit:** Paro, & Thimphu  
**Trip Leader:** AHKE Adventure’s Trekking Guide

## **DETAIL ITINERARY**

### **DAY 01 Arrive Paro**

Arrive at Paro Airport (7,000ft). You will be received at the airport by our representative.

### **DAY 02 Paro Sightseeing**

A day of acclimatization. Local sightseeing includes visit to Drugyel Dzong, Ta Dzong, which houses the National Museum, and the traditional wooden bridge. Stroll through Paro town.

### **DAY 03 Excursion to Taktsang**

Spend a full day hike to Taktsang, the Tiger's Nest. This magical monastery clings to a vertical granite cliff 3,000 ft above the valley floor. The monastery unfortunately got burnt in 1998 and has recently been reconstructed.

### **DAY 04 Paro – Jele Dzong**

The trek trail is gradual and if the weather is clear the Paro valley can be seen. Altitude - 11,600 ft / 3,536 m. Distance 10 kms.

### **DAY 05 Jele Dzong - Jangchulakha**

The trail takes you through thick alpine forests and rhododendron trees. The yaks in winter graze in the pastures around the path and there may be some yaks and yak herders around the campsite. Altitude - 11,900 ft / 3,627 m. Distance - 10 kms.

### **DAY 06 Jangchulakha- Semtokha**

The trail goes through dwarf rhododendron trees and passes by the lake of Janetsho. One may come across some yak herders’ camps and one can see to how they live. Camp is close to Semkotha lake. Altitude - 12,580 ft / 3,834 m. Distance - 11 kms.

### **DAY 07 Semtokha - Phajoding**

The trek begins with a gradual climb and if weather permits one will get a beautiful view of Mount Gangkhar Punsum, the highest mountain in Bhutan and other Himalayan mountains from Doupchula Pass. The path gradually descends till Phajoding, where the monastery and the retreat centers for meditation are located. Overnight in camp. Altitude - 11,600 ft / 3,536 m. Distance - 10 kms.



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## **DAY 08 Phajoding - Thimphu**

The trail to Thimphu goes down hill through the blue pine forests. It takes about 2 -3 hours to reach Thimphu. Evening at leisure. Overnight in hotel. Alt. 8,050 ft / 2,454 m. Distance - 7 - 8 kms.

## **DAY 09 Thimphu Sightseeing**

Visit National Library, School of Thangka Painting, Institute of Traditional Medicine and the Memorial Chorten. Afternoon, visit the Handicraft Emporium.

## **DAY10 Thimphu - Paro**

Morning at leisure. After lunch, drive to Paro. On the way, visit Simtokha Dzong, the oldest fortress in the country built in 1627 by Shabdrung Ngawang Namgyal, the unifier of Bhutan. Evening walk around the Paro town.

## **DAY 11 Paro Sightseeing**

Under take some of the left over sightseeing.

## **DAY 12 Departure**

Early breakfast at the hotel and drive to the Paro Airport to board the flight. All departure formalities will be made available in advance by your guide.