



Dates March-May and September-November

Trip Duration Trek: 4 nights / 5 days
Total stay: 11 nights / 12 days

Difficulty Rating Moderate

Highlights This is a short five day trek, which leads from Paro to Thimphu or vice versa, crossing the chain of mountains that separates the two valleys. Although the route is sparsely inhabited, there are wonderful lakes teeming with fish and the area is famous for its spectacular rhododendron forests, which bloom in May. In the clear weather of late autumn and winter there are great views of the Himalayas.

Cost Cost depends on the group size. Contact us for details. Costs will include ground transportation to and from Paro airport, transportation and entrance fees to all listed activities, entry fees, all meals, accommodations.

- Itinerary**
- Day 1 Arrive at Paro Airport. You will be received by our guide at the Paro International Airport and escorted to your hotel for refreshment. After the lunch drive for sightseeing in Paro. Overnight at hotel.
 - Day 2 Paro - Jele Dzong. Today is a short trek. The trek begins above the National Museum; we climb until we reach camp. If the weather is clear the Paro valley and the snow-capped mountains can be seen. The campsite is near the old Jele Dzong. If the caretaker is there you can visit the Dzong. Altitude 10,900 ft; Distance 6.2 miles; Time 3-4 hours.
 - Day 3 Jele Dzong - Jangchulakha. The trek starts with a short climb and then passes through a thick alpine forest of rhododendron and gradually climbs until we reach camp. You may see yak herders around your campsite. Altitude 12,100 ft; Distance 7.5 miles; Time 4-5 hours.
 - Day 4 Jangchulakha - Janetso. The trail follows the ridge and on a clear day the views of the mountains and valley are beautiful. Our camp is close to Lake Janetso. These lakes are known for their giant sized trout, and if lucky, you may enjoy a well-prepared trout for dinner. Altitude 12,500 ft; Distance 10 miles; Time 6-7 hours.
 - Day 5 Janetso - Phajoding. We slowly descend down to Phajoding Monastery from where Thimphu town is visible at the valley floor. Time 5-6 hours.
 - Day 6 Phajoding - Thimphu. Walking down slowly you reach Thimphu in about three hours. Overnight at hotel.
 - Day 7 Thimphu - Paro. After breakfast we drive to the north end of the road and hike 1 hour to visit Cheri Monastery. Return to Thimphu. Visit farmhouse. Overnight at hotel.
 - Day 8 Thimphu - Punakha. Drive to Punakha (3hrs). Stop at Dochu-la Pass (10,000 ft) for a hot cup of tea or coffee and on a clear day, see the most spectacular view of the Eastern Himalayan mountain ranges. Overnight in Punakha.
 - Day 9 Punakha. Visit the Punakha Dzong, the former winter capital and present administrative seat of the district. It is also the winter residence of the central monastic body. The Dzong lies between two rivers, the Pochu and Mochu, meaning male and female rivers. It was built in 1637 AD. Evening hike to Chimi Lhakhang, 20mins. Overnight in Punakha.
 - Day 10 Punakha - Paro. After breakfast, drive back to Paro. You will visit the National Museum, housed in an old watchtower above the Paro Dzong. Overnight in Paro.
 - Day 11 Paro. After breakfast drive 6 miles to Taksang (Tiger's Nest) from Paro town. The monastery is perched on a rocky ledge with a sheer drop of nearly 3000 ft. It is said that in the second half of the 8th century, Guru Padmasambhava, the second Buddha, alighted here upon the back of a tigress. Picnic lunch at Taksang cafeteria. In the evening, enjoy a casual stroll through Paro town for shopping and visit some village homes.
 - Day 12 Paro. Early morning drive to Paro international airport after breakfast.

