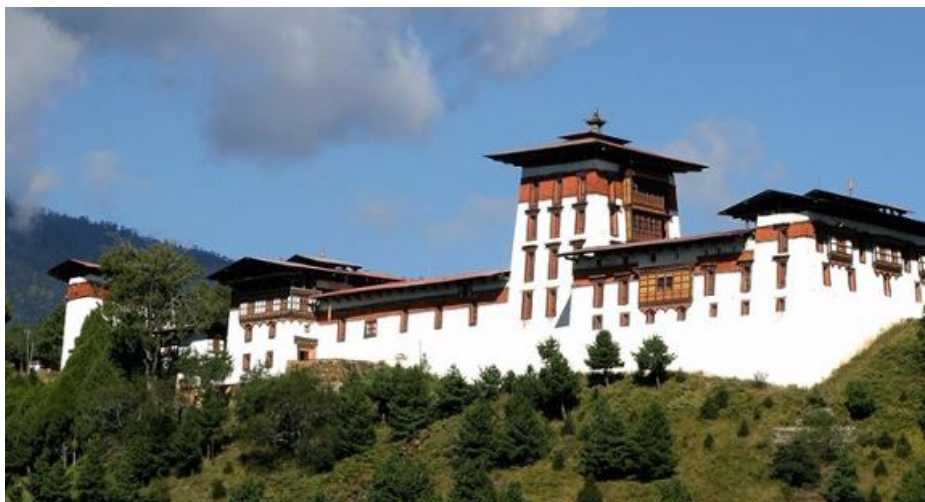


# Bumthang Cultural Trek



Days:	3	
Price from:	610 USD International flight not included	
Comfort:	★★★★★	
Difficult:	★★★★☆☆	
Adventure	Trekking	Hiking
Mountains		

This is a fairly easy three-day trek that takes you through beautiful valleys and along clear, trout-filled rivers. Bumthang is often known as the 'cultural heartland' of Bhutan and there are plenty of ancient temples to visit during the hike.

In addition to the numerous lhakhangs there are also a number of small villages where you can stop and rest. The only segment of the trek that may prove challenging is a 500m ascent to Pephe La pass. The best time to embark on this trek is in spring or autumn.

## Day 1. Trek through Chamkhar Chu, a river known for trout



Toktu Zampa 9  
12km - 4h 40m  
Ngang Lhakhang 9

### Toktu Zampa - Ngang Lhakhang

- Ascent: 170 m, Camp altitude 2,800 m

The route follows the **Chamkhar Chu**, a river known for trout and stops for lunch at **Thangbi Lhakhang**. From here the trek enters the **Ngang Yul** (Land of the Swan) at the centre of which lies the **Ngang Lhakhang** (Swan Temple). The valley was once populated by swans, and hence the name Ngang Yul.

🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 2. Trek highest point of the route Phephe La (3,360m)



Ngang Lhakhang 9  
16km - 6h  
Tahung 9

### Ngang Lhakhang - Tahung

- Ascent: 750 m, Descent: 670 m, Camp altitude: 2,720 m

We will begin the day by crossing verdant meadows and with a beautiful view of the valley below. Then you climb gradually to **Phephe La** (3,360m), the highest point of the trek route. The trail passes through beautiful forested areas where many stops can be made to enjoy the natural beauty of your surroundings. The path leads you downhill into a broad valley. Among several possible camping sites the most likely one is uphill behind the village of **Tahung**.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 3. Trek ends at Ugyencholing Palace



### Tahung - Mesithang

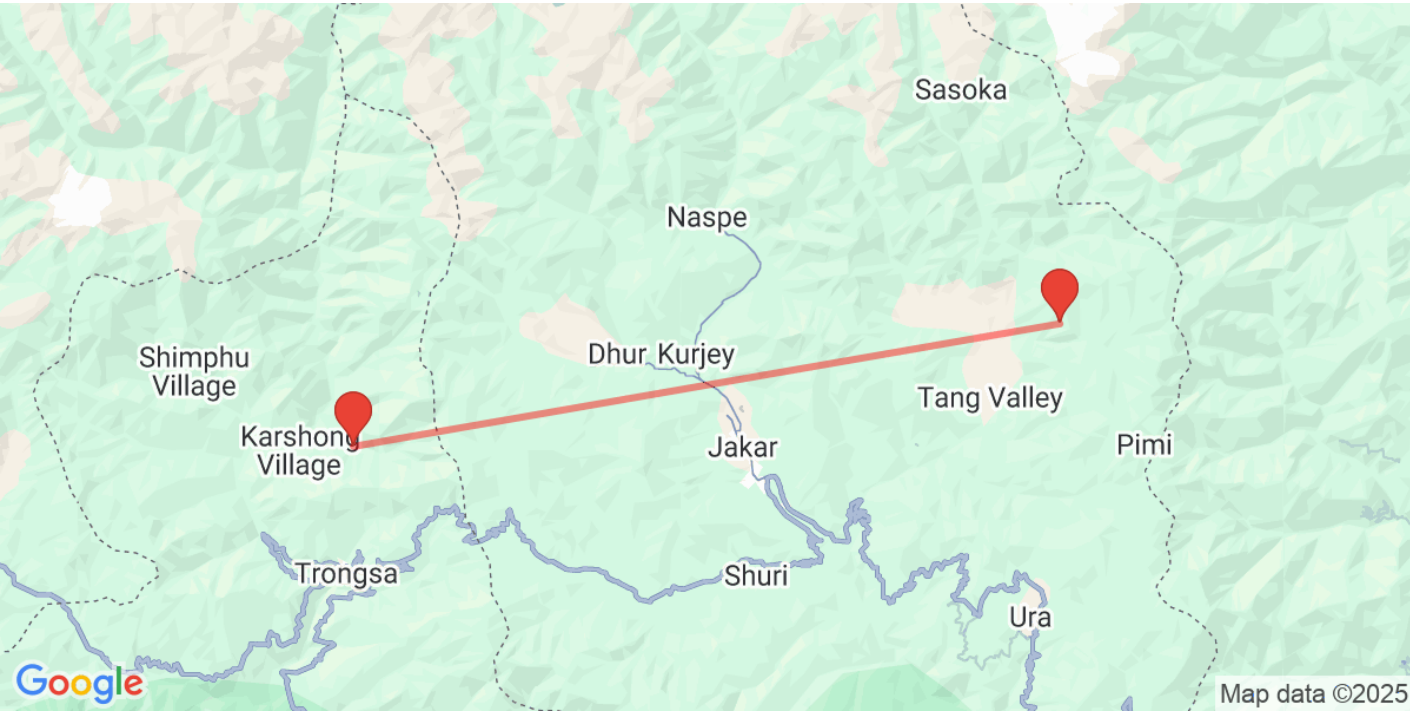
- Descent: 230 m

After breakfast we will trek through the **Tang Chu**, another trout-filled river. On the bank of the river is the **Tang Rimpoche's Lhakhang**. We will pass the **Mebar Tsho** (Burning Lake) and lead you to Tang Ugyencholing Palace. From here you will soon reach the road head where our Driver will be waiting and drive back to your hotel at Bumthang.

Tahung 📍  
16km - ⌚ 5h  
Mesithang 📍  
🚗 10km - ⌚ 20m  
Bumthang 📍

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team

## Itinerary map



## Individual price per person

1-1	2-2	3-10
690 USD	640 USD	610 USD

## Included

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- Bhutan Tourist Tariff Royalty.
- Visa fees
- All private excursions and transfers in superior air-conditioned vehicle.
- Local English speaking guide/tour leader.
- Experienced driver.
- Accommodation in carefully selected, highest standard government approved hotels & guesthouses.
- All meals in Bhutan.
- All entrance fees and permits.
- Tents

## Not included

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- All personal expenses such as bars, beverages, laundry, telephone and tips.
- Medical / Travel Insurance.
- Air-fare