



## Bhutan I Bumdra Trek

The trek starts from the north of the valley and ends in North West of the valley ending with Tiger's nest, one of the holiest places in Bhutan



### Day - 7 Bumdra

Early morning after breakfast, drive to Sang Choekhor to meet your ponies and while they are being loaded, you may pay your respects at the monastery. The initial 1–2 hour ascent of a ridge, which is steep at times though also in cool shade, brings you to a clearing with prayer flags and view down into both the Paro and Do Chhu valleys. Above and ahead the Chhoe Tse Lhakhang (temple) nestles in the mountainside. The trail undulates for a while before the last steep pull up to the pretty temple which boasts commanding views south over Paro airport and from its own hot stone bath northwards to the snow capped Himalayas. After a final climb through ruins and fluttering prayer flags, with a last glance southwards, plunge back into ancient forest traversing and then come out onto a high wide meadow dotted with sacred chortens and prayer flags. Your home for the night is tucked in under the Bumdra Monastery (cave of a thousand prayers) making the most of the awesome views of the Himalayas range. After lunch we can visit the monastery (if it is occupied) and also climb the peak to the north (about 4000m) for even better views, returning in time for a slap up dinner.

**Distance:** 7 km, **Duration:** 4 hours, **Camp Altitude:** 3,500m

**Overnight:** Bumdra

### Inclusions

- 8 nights in your chosen accommodation
- Meal as specified in itinerary  
(B = Breakfast, BR = Brunch, L = Lunch, D = Dinner)
- Activities and excursions according to itinerary  
FOR EXAMPLE:  
Visit Tachhogang Bridge  
- CityTour of Thimphu incl. visits of Takin Zoo, Zilukha Nunnery, Tashichhodzong Fortress, Memorial Temple, Buddha Statue, Changangkha Temple, Simply Buddha, Zorig Chosum, Roal Textile Academy, Craft Bazaar  
- Visit Chimmi Temple & Punakha Dzong  
- Visit the National Museum, Paro Fortress & Kyichu Temple  
- 2-day hiking Trip  
- Camping Services like horses/ potters & ponnies, toilet & shower tents, Cooks, staff, etc.
- Tours and excursions in mini buses/buses  
or with public transportation according to itinerary
- English speaking tour guide
- Admission fees according to itinerary

### Exclusions

- International flights
- Meals other than mentioned in itinerary
- Tours and Excursions other than mentioned in itinerary
- Early check-in and late check-out at hotels
- Personal travel insurance
- Personal expenses and tips for driver/guides
- Visa fees