



## Itinerary for Tergo La Trek and culture tour of Paro and Thimphu

<p><b>DAY 1</b></p>	<p>Arrive at Paro International Airport from Delhi, Calcutta, Kathmandu or Bangkok. Paro is situated in a beautiful valley at 2280 metres and is a fitting introduction to this charming kingdom. Your guide will meet you and take you to your hotel. Go for a stroll around Paro town and then drive about 10 minutes to view the National Museum located in the Ta Dzong (watch tower) which was built on top of the hill above Rinpung Dzong to defend Rinpung Dzong and the Paro valley during times of war, in an unusual circular construction resembling a conch shell. The Ta Dzong houses a magnificent collection of Bhutanese artefacts – costumes, religious paintings, arms, textiles and a fascinating collection of Bhutan stamps. From here it is a short drive to see the impressive Paro Rinpung Dzong, one of the finest examples of Bhutanese architecture. Afterwards you can walk for about 10 minutes down to the Paro Bridge where your car and driver will be waiting to pick you up.</p> <p>Overnight in Paro</p>
<p><b>DAY 2</b></p>	<p>To help you acclimatise, take a day walk to the 'Tiger's Nest', the sacred Taktshang monastery which clings to the rock face 900 metres above the valley floor. Guru Rinpoche is said to have flown to the site riding on a tigress. He subsequently meditated here for three months. It is one of Bhutan's most holy sites and draws pilgrims not only from Bhutan but also from neighbouring Buddhist countries. You can have lunch at the Taktshang cafeteria from where you get a spectacular view of the monastery. If there is any time left for sightseeing after your hike your guide will suggest something for you to see.</p> <p>Overnight in Paro</p>
<p><b>DAY 3</b></p>	<p>Today we will drive to Haa at 2670 metres – the drive is around 3 hours and crosses the Chele La pass at 3800m from where you will have a view of Mount Jomolhari to the north as well as down to the Haa valley. First we will stop to visit Kila Gompa a nunnery inhabited by about 30 nuns who live a life of contemplation and seclusion with daily prayer and spiritual practice. The community is one of the oldest of seven nunneries in Bhutan and was initially established in the early 9th century as a meditation site. The main temple houses ancient statues of Chenrezig and Guru Rinpoche among others. After visiting the nunnery you can follow an old trail for about an hour and a half uphill through rhododendron and hemlock forest towards Chele La pass where your vehicle will be waiting for you. Then continue your drive down into Haa town. Haa has only recently opened to tourists and the town is still very small – as yet there are only one or two basic restaurants and local lodges so the area remains quite remote. A great opportunity to view this beautiful rural scene. From Haa you can walk to Katso village and from there you can visit Lhakhang Karpo and Lhakhang Nagpo. This evening you can sort out your luggage for the trek. Anything you don't need to carry with you will be kept safely in Haa to await your return.</p> <p>Overnight in Haa</p>

<p><b>DAY 4</b></p>	<p><b>TERGO LA TREK</b></p> <p><b>TREK DAY 1. Mekochang to Yajeythang</b></p> <p>From Haa we will drive 2 hours to the road point where we start the trek either from Tergo La pass or from Mekochang. From here we climb gradually through rhododendron and rocky paths to Leokarmo. After around 3 hours you will reach Leokarmo at 3900m offering panoramic views of Mount Kanchenjunga - the 3<sup>rd</sup> highest peak in the world (as well as Mount Jomolhari and Gangkhar Puensum on a clear day). From here we walk downhill for another couple of hours to reach our camp at Yajeythang, surrounded by Rheum Nobile – giant flowering rhubarb plants peculiar to the Himalayas. (10 km, 5-6 hours walk)</p> <p>Overnight in camp (3861 metres)</p>
<p><b>DAY 5</b></p>	<p><b>TREK DAY 2. Yajeythang to Tshojiam</b></p> <p>After an early breakfast we start climbing uphill on a small trail with many ascents and descents for about 2.5 hours to Dutshathepa Pass at 3965m. Continue past small streams and high passes to a yak herders' camp near a small lake where we will stop for our lunch. From here we gradually make our way towards Tshojiam where we divert from the main trail to reach our campsite for the night. (11 km, 6 hours walk)</p> <p>Overnight in camp (4052 metres)</p>
<p><b>DAY 6</b></p>	<p><b>TREK DAY 3. Tshojiam to Tshelu Tshoka</b></p> <p>After breakfast we make our way on a rocky path to Lake Gotsho at 3883m. From here we continue uphill for a couple of hours to Gonphutan pass at 4154m where if the weather is clear you will have great views of the snow-capped mountains. This is a challenging climb on a rough and rocky trail that has hardly been used until now. After reaching the pass we have a descent of around 40 mins to the lake at Tshelu Tshoka where we camp for tonight. Your team may decide to continue a little further to camp at a second campsite a little way upstream. (12 km, 5-6 hours walk)</p> <p>Overnight in camp (4000 metres)</p>
<p><b>DAY 7</b></p>	<p><b>TREK DAY 4. Tshelu Tshoka to Nubtshonapata</b></p> <p>Today is a challenging walk on a rocky trail with a steep climb. We will walk for around 1.5 hours to a small stream from where we climb for 3 hours to Shepayzhey Pass, at 4120m. Your reward from this tough climb will be a panoramic view of the surrounding mountains and the border of China. Below you can also see a lake where we will camp for the night. (11 km, 5-6 hours walk)</p> <p>Overnight in camp (4038 metres)</p>
<p><b>DAY 8</b></p>	<p><b>TREK DAY 5. Rest day at Nubtshonapata</b></p> <p>Today you can relax at the campsite or explore the surrounding area. If you wish you can also visit the nearby yak herders' camp and learn how to churn yak milk. If you would like to go for a walk you can go around the lake, or walk up to the ridge of the mountain from where you can also see Mount Kanchenjunga and other nearby mountains.</p> <p>Overnight in camp (4038 metres)</p>

<p><b>DAY 9</b></p>	<p><b>TREK DAY 6. Nubtshonapata to Womgithang</b></p> <p>Today we will cross some high passes starting with Tshajayla pass at 4112m and then Gangchula pass at 4018m. From here we make our way down to a stream, which we will cross, and after a 30 minute walk we reach our campsite at Womji, (11 km, 5-6 hours walk)</p> <p>Overnight in camp (3868 metres).</p>
<p><b>DAY 10</b></p>	<p><b>TREK DAY 7. Womji to Janadhinka and on to Haa</b></p> <p>Our last day starts with a walk through rhododendron forest and then past Gongchula pass (3955m) and Talela pass (3750m). The next few hours we descend to Janadhinka through juniper and rhododendron forest. If you are lucky you should also be able to see different kinds of birds. Your trek ends near the monastery in Janadhinka where your driver will be waiting to take you back to Haa. (12 km, 5-6 hours walk)</p> <p>Overnight in Haa</p>
<p><b>DAY 11</b></p>	<p>This morning we drive around 4 hours to Thimphu, Bhutan's capital, at 2320 metres. When you are ready to start your sightseeing you can visit the weekly market, the revered Memorial Chorten and then you may like to drive up to the Radio Tower (offering splendid views of the city from a hilltop festooned with prayer flags), visit the Takin Reserve showcasing the unique national animal, the Takin, and visit the nearby nunnery. Take a late afternoon walk around town and soak in the atmosphere of this magical capital with its busy shops and bazaars and photogenic citizens in national dress.</p> <p>Overnight in Thimphu</p>
<p><b>DAY 12</b></p>	<p>Thimphu sightseeing. We will visit the weekly market, the revered Memorial Chorten and the huge statue of Buddha Dordenma, which commands a tremendous view of Thimphu valley. The impressive 3-storey throne holds several chapels and the body itself is filled with 125,000 smaller statues of Buddha. On the way back you could visit Changangkha temple, perched on the hilltop overlooking the town. Devotees flock throughout the day to circumambulate and turn the prayer wheels. The temple also contains beautiful wall paintings and hundreds of religious scriptures written in gold. After that you may like to visit the Takin Reserve showcasing the unique national animal, the Takin. In the afternoon we can visit the School of Traditional Arts, the Folk Heritage Museum and the National Library and you may like to browse the striking collection of intricate textiles at the National Textile Museum. If you would like to view or buy Bhutanese handicrafts you can walk through the Craft Bazaar which has an array of stalls run by local handicraft shops selling purely home-made articles with no imports. Tell your guide what takes your interest.</p> <p>Overnight in Thimphu</p>
<p><b>DAY 13</b></p>	<p>Early in the morning your guide will accompany you to the airport to see you off onto your flight and wish you Tashi Delek (goodbye and good luck).</p>