

# Outline Itinerary For Alpine Flower Trek

**Day1.** Arrive to Paro: On arrival you will meet with our Guide and driver. Drive to hotel. Visit national museum and the Dzong (fortress). Overnight at Paro.

**Day2.** Paro to Haa and Thimphu: 5hr /150km. Drive up to Chelala pass, 3822m, 69km 1.5hr and onwards to Thimphu. Altitude of 7,609 ft. Overnight at hotel.

**Day3.** Thimphu to Punakha: 4,500 feet, 76km/ 2 1/2 hours. Visit memorial chorten (stupa), 13 Arts & Craft school, Drive to Punakha via Dochula (10,000 ft). After this pass you will descend down to the rich and fertile valley of Punakha. Visit Punakha Dzong. Overnight at hotel.

**Day4.** Punakha to Thimphu: Resume your drive back to Thimphu, on your way back you will once again stop at the Dochula Pass. Overnight in hotel.

**Day5.** Thimphu to Phajoding: Trek 3-4 hours/3 miles, Altitude gain: 1900ft. Altitude loss: None. Today it's mostly uphill to the campsite. Alt: 11,100 ft.

**Day6.** Phajoding to Janye Tsho: Trek 6hrs/ 8miles, Altitude gain: 2330 ft. Alt loss: 626 ft. We begin this easy day up and over Phume-La Pass at 13,430 ft. Camp near lake at 12,804 ft.

**Day7.** Janyetsho to Jangchulakha: Trek 5 -6hrs/ 7miles, Altitude gain: None. Alt loss:1530 ft. We pass by the large Jimilangtsho Lake (Sand Ox Lake). After crossing the pass, the trail stays below the ridge to the Campsite. Altitude: 11,270 ft.

**Day8.** Jangchu lakha to Jila and Paro: Trek 6 to 7 hrs / 11miles, Altitude gain: 270 ft. Altitude loss: 3, 503 ft. The trail from camp follows the ridge, making many ups and downs, to Jili Dzong. As we leave Jili Dzong, we again hike along a ridge top with stunning view of Paro valley. Overnight at Paro.

**Day9.** Hike to Taksang (Tigers Nest): Hike to Taksang Monastery, 2,700 feet above Paro valley's floor. Break along the way for tea and snacks in small tea house. Then take an hour drive winding along a river valley to Thimphu, Bhutan's capital. Alt: 7,493ft. Overnight at Thimphu.

**Day10.** Paro to Bangkok: Say goodbye to Bhutan and board a flight for Bangkok for onward destination. We hope you'll carry this gentle Kingdom in your heart. May it bring peace to you and other. Have a safe journey Home.

Thank You