

Druk Path Trek

URL: <https://himalayan360.com/trip/druk-path-trek/>

Destination

Bhutan Tours

Activity

Adventure Treks In Nepal

Start / End Point

Paro/Paro

Trip Type

Tour and Trek

Duration

10

Destination

Bhutan

Language

Bhutan

Per Person From

USD 1,686

Max. Altitude

4,180m/13,714ft

Group Size

2 - 20

Best Season

Mar - May | Mid Sep - Dec

Activities

4-6hrs walking

Transportation

Private Transfer

Accommodation

Hotel

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Druk Path Trek Major Highlights

- Enjoy stunning views of the mountains, including Gangkar Puensum, Bhutan's highest mountain.
- Trek through the remote mule trails between Paro and Thimphu Valley.

- Experience the picturesque views of beautiful lakes like Lake Jimilangtsho, Janetsho Lake, and Simkotra Tsho.
- Stunning views of the Himalayas from the iconic Tiger Nest Monastery.
- Chance to leave bustling city life in exchange for the spiritual peace of the beautiful natural wonder.
- See elusive wildlife, including red pandas, snow leopards, Himalayan Black bears, yaks, and sheep.
- Discover the deep-rooted traditions and cultural wonders of this ancient Himalayan land.

10 Days Druk Path Trek Trek Itinerary

Day 01: Arrival in Paro and transfer to hotel in Paro

- Tour spot: Taktsang (tigers nest) monastery, Paro city tour

Our team member will meet you at Paro Airport upon arrival and transfer you to your pre-trek hotel. In the afternoon, you can join an optional city tour. You can visit Ta Dzong, Bhutan's National Museum, established in 1968. It showcases a diverse collection of art, relics, the history of Bhutan, and stamps in a circular building.

Afterwards, we'll take a short walk to Rinpung Dzong, an iconic 17th-century fortress built by Shabdrung Ngawang Namgyal, the first spiritual ruler of Bhutan. Today, it serves as both a religious and administrative center. You'll enter via the beautiful Nemi Zam bridge, which offers great photo opportunities of the Dzong and surrounding scenery. In the evening, you'll meet your Lead Guide for a pre-trek briefing to go over the trek trail, gear, and expectations for the days ahead. Overnight stay at a comfortable three-star hotel in Paro.

Highest Altitude:

2,250m/7,382ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

3 Star Hotel

Day 02: Hike to Tigers Nest monastery

- **Tour spot:** Taktsang (tigers nest) monastery, Paro city tour

The second day of the Druk Path trek begins with a delicious morning breakfast. After breakfast, you will hike to the Taktsang Monastery (Tiger Nest) perched on the hilltop. This iconic site is one of Bhutan's most sacred and visually stunning landmarks. According to legend, Guru Rinpoche, the revered spiritual master, flew to this very spot on the back of a tigress and meditated for 3 months. The monastery was later built in this holy place in 1684.

The trail winds through pine forests and offers breathtaking views of the Paro Valley below. About halfway down the return trail, you'll stop for lunch at a traditional restaurant decorated with prayer flags

with views of the monastery in the distance. Afterwards, you will continue back to Paro, where you'll rest. Overnight stay in Paro.

Distance:

4 hours

Highest Altitude:

3,180m/10,434ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

3-Star hotel

Day 03: Trek to Jele Dzong

- **Tour Spot:** Jele Dzong

The actual trek starts today. On day 3, we will start our trek early in the morning to avoid the region's heat waves. The trek starts above the trail of Ta Dzong. As you climb uphill, you will pass through mixed forests and scattered traditional farmhouses, and the path ascends to gain elevation gradually. By lunchtime, you will be in thicker coniferous woods. Take a moment to rest and enjoy the beautiful scenery. You may come across Himalayan wild animals and birds too, so keep a lookout.

You will arrive at Jele Dzong, located at 3,400 m above sea level, in the evening. Your campsite is a few hundred meters downhill in a vast meadow, where yak herder's camp while they migrate their herds. You'll spend the night here in tents under the stars, surrounded by natural beauty and mountain silence.

Distance:

4-5 hours

Highest Altitude:

3,480m/11,418ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tent Camping

Trek Distance:

7 km

Day 04: Trek to Tshokam

- **Tour Spot:** Tshokam

The fourth day of the Druk Path Trek begins with breakfast at Jele Dzong. After breakfast, you will visit Jili Dzong (sometimes called Jele Dzong), built in the 15th century. The main hall has a tall Buddha statue nearly 4 meters high. We can see a clear view of Paro Valley outside the Dzong, with the Jhomolhari (7,314 m) and Jichu Drakey (6,989 m) mountains in the distance.

The trail continues with a long walk along a ridge through rhododendron forests, reaching 3,550 meters, and then descends through the woods. Soon, we arrive at Jangchu Lakha pasture, which is at 3,760 meters. After walking gently for 3-4 hours, we reach Tshokam, a yak pasture at 3,770 meters, where we

will have a stone bath and camp for the night.

Distance:

4 hours

Highest Altitude:

3,770m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tent | Camping

Trek Distance:

7.5 Km

Day 05: Trek to Jana Tsho

- **Tour Spot:** Jana Tsho

Today's trek leads us to the serene alpine lake of Jana Tsho. After an early breakfast, you will pack up and begin your gradual ascent from Tshokam. You will take the trail that passes upwards towards Jangchu La Pass, where you'll be rewarded with breathtaking views of Mount Chomolhari and the surrounding Himalayan peaks.

From the pass, you will follow a scenic ridge trail for about an hour and then descend to the turquoise waters of Jimi Lang Tsho Lake. You will spend some time here. After enjoying the lakeside beauty, you will continue climbing gently through dwarf rhododendron trees for another hour and a half until you reach the campsite near Jana Tsho. Tonight, you'll camp by the lake and relax by the warmth of a bonfire under a starlit sky.

Distance:

6-7 hours

Highest Altitude:

3,950m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tent | Camping

Trek Distance:

10 Km

Day 06: Trek to Phajoding Gompa

Day 6 of the Druk path trek takes you to Phajoding Gompa, one of the finest attractions of Bhutan. As usual, you will start the day with a delicious breakfast. Then, you will take a short trek from Jan Tsho to Simkotra La. The trek will be tricky as you cross seven minor passes. On the fifth pass of our trek, known as Thujedraj, we can see the majestic Mount Gangkar Puensum. If we climb a small rocky hill to the left of this pass, we will enjoy a great view of the Bhutan Himalayas. You will also cross Phume La Pass. The final pass, Dochu La, looks down into the Thimphu Valley. After crossing the final pass, Dochu La (not to be confused with the motorable pass of the same name), we begin a steep descent through pine

forests toward Phajoding Monastery. A community hall near Phajoding Monastery serves as a rest stop for trekkers on the trek to the Druk Path trek and other trails. Tonight, you will camp near the monastery.

Distance:

5 hours

Ascent:

175m

Descend:

425m

Highest Altitude:

3,700m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tent

Trek Distance:

8.5 km

Day 07: Trek to Thimphu

- **Tour spot:** Thimphu Tashichho Dzong

Following the 10-day Druk Path trek itinerary, today we start the trek with a downward trek towards the capital of Bhutan, Thimphu. You will walk through the blue pine forest until you reach the road, where our vehicles are waiting. It's a short drive into town. In the afternoon, you have time to explore Thimphu with your travel guide.

You can visit the Tashichho Dzong and the large Shakyamuni Buddha statue that overlooks the town. You can also check out the town centre, including Watchtower Square and Changlimithang Stadium. You can also take a stroll around shopping centres to buy souvenirs, visit restaurants, bars, hotels, etc., where you can spend time and enjoy yourself. Overnight at Thimphu hotel.

Distance:

2 hours

Highest Altitude:

3,700m/12,139ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tent

Trek Distance:

4 km

Day 08: Drive to Punakha over Dochu La

- **Tour spot:** Dochu La, Punakha Dzong, Chhimi lhakhang monastery

After breakfast, you will head towards Punakha. Punakha is the former winter capital of Bhutan and a

region known for its rich history and warm climate. Along the way, you will cross the stunning Dochu La Pass at 3,050 meters. This is one of the most beautiful points of your Bhutan trek. On a clear day, the pass offers breathtaking panoramic views of the eastern Himalayas, including towering peaks such as Masagang, Tsendagang, Terigang, and the legendary Gangkar Puensum. The pass is also home to the 108 memorial chortens.

After enjoying the views and taking photos at Dochu La, we continue our drive toward Punakha. En route, we stop to visit the famous Chhimi Lhakhang Monastery, also known as the Temple of Fertility. It is a unique monastery dedicated to Lama Drukpa Kunley. Once in Punakha, we check into a comfortable three-star hotel for a relaxing overnight stay.

Highest Altitude:

3,050m/10,007ft Dachu-la

Meals:

Breakfast, Lunch and Dinner

Accommodations:

3-Star hotel

Day 09: Drive back to Thimphu

- **Tour spots:** Royal Textile Academy, Weekend Market, Institute of Zorig Chusum.

After a peaceful night, you will begin the day with a warm breakfast and prepare to leave Punakha. Before returning to Thimphu, you will visit Punakha Dzong. Punakha Dzong is a 17th-century fortress and the second-largest Dzong in the country. Following our visit, we will drive back to Thimphu.

Upon arrival, we explore some key cultural highlights including the Royal Textile Academy, which preserves the rich tradition of Bhutanese weaving, the Institute of Zorig Chusum, where students train in Bhutan's 13 traditional arts and crafts, and the bustling Weekend Market, a great place to browse local produce, spices, and handicrafts. In the evening, we check into our comfortable hotel in Thimphu for an overnight stay.

Highest Altitude:

3,050m/10,007ft Dachu-la

Meals:

Breakfast, Lunch and Dinner

Accommodations:

3-Star hotel

Day 10: Depart

Our 10-Day Druk Path Trek concludes here. After breakfast, you will drive to Paro airport to catch Bhutan Airlines for a flight to your destination. We hope you enjoyed your expedition to the beautiful Himalaya along the Bhutan. We hope to see you again.

Meals:

Breakfast

Trip Includes/Excludes

Included in the package

- A sustainable Tourism Royalty of USD100 per person per night
Bhutan Visa Fee
- Accommodations in 3-star hotel with breakfast and dinner
- Lunch in selected local restaurants (when not trekking)
- Cottage tent with a comfortable sleeping bed (portable) & carpet during trekking
- A separate dining tent that offers a comfortable camp dining experience with a table, chair & light during trekking
- Toilet and shower tent during trekking
- Hot water to refresh in the evening and morning during trekking
- Experienced trekking crew & cook during trekking
- All sightseeing and monument entry fees
- English-Speaking Bhutanese Guide
- All ground transportation with an AC vehicle (SUV/Toyota coaster bus, depending on the group size)
- All internal taxes

Excluded from the package

- Airfare (Can be arranged with us)
- Any expenses of a personal nature
- Entry fees to places that are not mentioned above
- All beverages, including water, consumed at hotels/restaurants
- Hotel facilities (phone calls, laundry, etc)

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 2,113
3 - 3	USD 1,918
4 - 4	USD 1,817
5 - 7	USD 1,700
8 - 20	USD 1,686

Druk Path Trek Common Questions

What is the average temperature of the Druk Path Trek in winter?

The average day temperature of the Druk Path Trek in winter is around 10 to 20 degrees. At night, the temperature falls below freezing and reaches up to -5 degrees Celsius.

Do the trekkers need to obtain a visa for Druk Path Trek?

The trekkers need to obtain a visa for the Druk Path trek. The trekking agency in Nepal or Bhutan can help you get the visa, enabling you to trek in Bhutan without any effort or obstacles.

How long is the Druk Path Trek?

The Druk Path Trek ranges from six to ten days based on the season, itinerary, and the trekking agency. The duration of the trek also affects the total cost of the trek.

Where does the Druk Path Trek start and end?

The Druk Path Trek starts in the small village of Paro and ends in the capital of Bhutan, Thimphu. In this 10-day trek, you will pass through remote trails from the Paro and end in Thimphu's bustling city, making the trekkers experience all kinds of environments.

What are the most common means of accommodation for this trek?

The most common means of accommodation for the Druk Path trek are three-star hotels, budget lodges, and campsites where the trekkers will stay in spacious tents. Despite the toughness of the tent, it is still comfortable, especially in the ideal season.

Is the Druk Path Trek the most challenging in Bhutan?

The Hardest Trek in Bhutan is not the Druk Path Trek, but instead, it is the Snowman Trek. The Snowman Trek is about twice as long, trekking in the challenging terrain at a much higher altitude than the Druk Path Trek.

What is the highest elevation of Druk Path Trek?

The highest elevation of the Druk Path Trek is about 4110m, which is the location of the beautiful pass and the Simkotra Tsho Lake. Since the trek takes you to a high elevation, the chance of altitude sickness is high.

What kind of permits do trekkers need for Druk Path Trek?

The trekkers who want to explore the Druk Path Trek need the Bhutan Tourist Visa and the Druk Path entry permit. It would help if you issued a reliable license for any trek you wish to explore and must have a tourist visa.

What kind of food is available on the Druk Path Trek?

The food served on the Druk Path Trek mixes Bhutanese and Western cuisine. Meals typically include rice, noodles, curries, and fresh vegetables. The foods are typical in the Kathmandu trek, but the food is still delicious at higher altitudes.

What is the cost of Druk Path Trek dependent on?

The Cost of the Druk Path Trek depends on the group size, type of accommodation, duration of the trek, cost of transportation, meals and accommodations, cost of travel insurance, cost of permits, guides and porters.

Packing Essentials For Druk Path Trek

Druk Path Trek is a challenging trek through the remote trails of Bhutan. Here are some packing essentials you might want to take during this tough trek.

Clothing Items

- Waterproof hiking boots
- Change of clothes for Paro
- Medium/Heavyweight down jacket
- Synthetic hiking pants
- Rain jacket
- Gloves
- Nylon-wool blend socks (2-3)
- Wool or synthetic hat
- Sandals/Crocs/Old sneakers
- Synthetic T-shirt
- Fleece jacket or vest
- Rain pants
- Synthetic long underwear (top and bottom)

Trekking Gears

- Duffle bag or backpack
- Headlamp
- Sunscreen
- Personal toiletries and medicine
- Sunglasses
- Water bottle or camelback (2+ litres)
- Sleeping bag w/ 0°F rating
- Hand sanitiser
- Toilet paper in a ziplock bag
- Quick-dry towel
- Ditty Bag and extra ziplock baggies

Food and Refreshments Note during trekking

- All meals during the trek are included and will be prepared by an experienced trekking cook, which is a variety of Continental and Bhutanese cuisine using Bhutanese fresh vegetables. If you have any food restrictions and/or allergies, kindly advise us during the reservation process.
- 2 bottles of mineral water for each person will be made available; one of these will be handed over each morning.
- Tea/ Coffee and packed juices will be served whilst on the trek. We strongly recommend that you do not drink any alcohol whilst on the trek, due to high-altitude camping locations. However, please do

let us know if you have any preferred beverages that you wish to take on the trek, so that we can arrange accordingly. (These drinks will be an additional charge.)

What is the Druk Path Trek difficulty?

The Druk Path Trek is a moderate to challenging trek in the lap of the Himalaya. This trek is moderate for trekkers with prior experience but much more challenging for beginners. Most of the trek itinerary spread across the remote trail between Paro and Thimphu and then to the high altitude of the several passes. Here are some factors of difficulty.

High Altitude

One significant trek difficulty that the trekkers face during the Druk Path trek is the high altitude. The trekkers will reach Jangchu La pass 4,180m/13,714ft. The trekkers start feeling the symptoms of altitude sickness after the altitude of 3000m, so after 4000m, the chance of altitude sickness increases even more.

Remote Trail

The remote trail is another significant difficulty on the Druk Path Trek. The path through Thimphu and Paro is as remote and demanding as it can be, as there are no village settlements, so the trekkers have to stay in tents. At the high altitude, trekking outside in the colder climate is detrimental to health.

Rough Terrain

The terrain on the Druk Path Trek is rough and steep. Some of the terrain is steep, with challenging ascents and descents. The physical demand of the trek is difficult for even the modest trekkers, let alone the newcomers. Druk Path trek also passes through lush jungles, rocky ridges, peaks, and snowy mountains, making the 10-day trek even more challenging.

Bhutan's Approach to Sustainable Development & Tourism

Bhutan, also known as the Land of Thunder Dragon, is one of the most underrated destinations for trekkers and tourists worldwide. Over the years, the number of tourists has been increasing due to its popularity. This is because Bhutan has been using a new approach to Sustainable development and Tourism.

In a world where even the most remote areas are affected by globalization, Bhutan has focused on happiness and well-being instead of just material wealth and rapid economic growth. The country's approach is based on "Gross National Happiness," introduced by His Majesty the Fourth King of Bhutan, Jigme Singye Wangchuk, in the 1970s.

The new approach uses 33 different indicators to measure happiness and the country's overall development. The four main pillars used for this approach are sustainable economic growth, cultural preservation, environmental governance, and good governance. These four pillars are further divided into nine more comprehensive ranges that record the Bhutanese people's well-being.

Accommodation and Meals Along the Trek

Accommodation and Meals are significant factors for the high altitude Himalaya trek. When trekkers get healthy foods and get the appropriate place to rest, they feel relaxed and rejuvenated for the next day of trek. Let's take a look at Accommodation and Meals throughout the trek.

Foods

Druk Path is the opportunity to experience and taste beautiful local and western meals throughout the trek. The trekkers can taste meals with delicious regional products and also have a chance to taste dishes made by expert Western chefs. Enjoy traditional Bhutanese delicacies like Ema Datshi (chilli and cheese), Momos (dumplings), and Thukpa (noodle soup), along with Western options like pasta, sandwiches, and omelettes. The dishes might be more local in remote trail areas but are equally tasty.

Accommodation

Accommodation must be essential for a comfortable stay and sleep during the trekking days. In this trek, the trekkers will stay in comfortable lodges or three-star hotels in cities, and in remote areas, they will stay in camping tents. The campsites are crowded with spacious tenth spaces and places to burn bonfires to cook food and enjoy the stunning views of the valley and mountains.

Address

Address:

Galkopakha Marg – Kathmandu – Nepal