



Himalayan Adventure Treks & Tours

Thamel, Marg Kathmandu, info@himalayanadventuretreks.com

WhatsApp +977- 98511 38 875 (Bhagwat Simkhada)

Bhutan Thousand Lake Trek :- 6 Days - USD 4000 Per Person

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Highlights

- **Scenic Beauty:** Immerse yourself in the breathtaking landscapes of Bhutan, with majestic mountain peaks, lush forests, cascading waterfalls, and, of course, countless shimmering alpine lakes.
- **Cultural Encounters:** Interact with local villagers along the trek, experiencing the warm hospitality and rich cultural traditions of the Bhutanese people. Visit remote monasteries and learn about Bhutan's unique Buddhist heritage.
- **Wildlife Spotting:** Keep an eye out for Bhutan's diverse wildlife, including elusive species such as the takin, blue sheep, red panda, and various bird species. The trek offers excellent opportunities for wildlife enthusiasts and birdwatchers.
- **Blue Poppy Bloom:** If trekking during the summer months, witness the spectacular bloom of Bhutan's national flower, the Blue Poppy, which carpets the hillsides in vibrant hues of blue and purple from June to July.
- **Challenges and Rewards:** The trek presents various challenges, including steep ascents, high altitudes, and rugged terrain. However, the rewards are immense, with awe-inspiring views, serene lakeside campsites, and a profound sense of accomplishment.
- **Panoramic Views:** Reach high mountain passes that offer panoramic vistas of the surrounding valleys, snow-capped peaks, and distant Himalayan ranges, providing unforgettable photo opportunities and moments of awe.
- **Tranquility and Solitude:** Experience true tranquility as you trek through remote and untouched landscapes, far from the hustle and bustle of modern life. The peaceful ambiance of the mountains and lakes creates a serene environment for reflection and relaxation.
- **Camping Experience:** Spend nights under the starlit sky at scenic lakeside campsites, surrounded by the sights and sounds of nature. The camping experience adds an element of adventure and connection to the wilderness.

Overview

Bhutan Thousand Lake Trek explores the exciting trails to the south of Thimphu filled with beautiful lakes. Commonly known as Dagala Thousand Lakes Trek, you ascend the famous Dagala Pass on this journey. The pristine lakes on the trek are surely the major attraction on the trek. In addition, the scenery of the Himalayas and Bhutanese landscape also paints quite a picture in the viewers' eyes. To sum, enjoy trekking in Bhutan as you soak in its cultural and natural beauty on Bhutan Thousand Lake Trek. Firstly, the trip begins as you head to the Paro airport in Bhutan via a scenic flight. From here, a short drive to Thimphu ensues. Then, you head to the trailhead of the trek at Genekha. Here onwards, the trail enters the arms of nature, where you can relish rich biodiversity and beautiful

Himalayan views. After passing Gur, you ascend to Labatama (4,300 m), which is the highest point on the trek. This location serves as a great vantage point to enjoy the views of the Daga in addition to the Everest and Kanchenjunga ranges to the west. The serene trails take you past Panka and continue to Talikha to end the trek. Likewise,...

Itinerary

Outline Itinerary:

Day 01: Arrive at Paro Airport and trek to Genekha (2800m) 3-4 hours. (L/D)

Day 02: Trek from Genekha to Gur (3350m) 4-5 hours. (B/L/D)

Day 03: Trek from Gur to Labatama (4300m) 6-7 hours. (B/L/D)

Day 04: Trek from Labatama to Panka (4000m) 4-5 hours. (B/L/D)

Day 05: Trek from Panka to Talikha and drive to Paro 6-7 hours. (B/L/D)

Day 06: Departure from Paro. (B)

What's included?

- *Airport pickup drop by private vehicle.*
- *One Night in a 3-star category hotel on twin-sharing on a full board basis.*
- *Four Nights in camping tents on a twin sharing basis with all meals included (breakfast, lunch, evening tea, dinner).*
- *All necessary travel permits.*
- *Transportation.*
- *All Trekking Equipment (2 men sleeping tents, Kitchen Tents, Dining tents, Toilet Tents, Petromax, Cooking Utensils).*
- *Pack ponies as and when required for trekking.*
- *Ground mattress (one hard mattress and one foam mattress) for each person.*
- *Dining tent with chair and table.*
- *Toilet tent (Gents & Ladies separate for big group only).*
- *Local guide with local experienced kitchen staff on the trek.*
- *Bhutan Visa Fees.*

What's excluded?

- *Airfare.*
- *Insurance (in case of accident, theft, medical, evacuation, etc).*
- *Tips to the drivers, camping staff, horsemen, and guides.*
- *Any extra costs incurred due to natural calamities due to aborting trek.*

- *Tips and expenses of personal nature.*
- *Beverages.*
- *Sleeping bag, torches, and other personal equipment for trekking.*

Equipment

Clothing:

1. Base Layers:

- *Lightweight, moisture-wicking shirts and pants: Essential for managing sweat and maintaining comfort during trekking. opt for quick-drying materials like polyester or merino wool.*

2. Insulating Layers:

- *Fleece jacket or vest: Provides warmth in cooler temperatures and can be layered for added insulation.*
- *Down jacket or synthetic insulated jacket: Offers additional warmth during colder weather or at higher altitudes.*

3. Outer Shell:

- *Waterproof and windproof jacket and pants: Protects against rain, wind, and snow. Look for breathable materials with sealed seams for optimal comfort.*

4. Trekking Pants:

- *Lightweight, quick-drying pants with zip-off legs: Versatile for varying temperatures and terrain. Ensure they are comfortable and allow for freedom of movement.*

5. Undergarments:

- *Moisture-wicking underwear and sports bras: Helps keep you dry and comfortable during physical activity.*

6. Socks:

- *Trekking socks (wool or synthetic blend): Provide cushioning, moisture-wicking properties, and help prevent blisters. Bring multiple pairs for daily changes.*

7. Gloves and Hat:

- *Insulated gloves or mittens: Keep your hands warm in cold conditions.*
- *Warm hat or beanie: Essential for retaining heat and protecting your head from cold temperatures.*

Footwear:

1. Hiking Boots:

- *Sturdy, ankle-supporting hiking boots: Provide stability and protection on rugged terrain. Choose boots that are broken-in and comfortable for long treks.*

2. Camp Shoes/Sandals:

- *Lightweight sandals or camp shoes: Comfortable footwear for wearing around camp after a day of trekking.*

Backpack:

1. **Trekking Backpack:**

- **50-65 liter backpack:** Offers ample storage space for clothing, gear, and personal items. Look for a backpack with padded shoulder straps, a hip belt, and adjustable suspension for comfort.

2. **Rain Cover or Dry Bags:**

- **Waterproof cover or dry bags:** Protects your gear from rain and moisture. Ensure your backpack is equipped with a rain cover or use dry bags to waterproof essential items.

Sleeping:

1. **Sleeping Bag:**

- **Lightweight, compact sleeping bag:** Choose a sleeping bag rated for the expected temperatures during your trek. Down or synthetic insulation options are available.

2. **Sleeping Pad or Inflatable Mattress:**

- **Insulated sleeping pad or inflatable mattress:** Provides cushioning and insulation from the ground, enhancing comfort and warmth while sleeping.

Trekking Gear:

1. **Trekking Poles:**

- **Collapsible trekking poles:** Aid in balance and stability on uneven terrain, reducing strain on your knees and joints.

2. **Headlamp or Flashlight:**

- **Lightweight headlamp or flashlight with extra batteries:** Essential for navigating in low-light conditions, such as early mornings or evenings.

3. **Sunglasses:**

- **UV-protective sunglasses:** Shield your eyes from harmful UV rays and glare, especially at higher altitudes where sunlight is intense.

4. **Sunscreen and Lip Balm:**

- **Broad-spectrum sunscreen and lip balm with SPF:** Protects your skin and lips from sunburn and chapping in high-altitude environments.

5. **Water Purification:**

- **Water purification tablets or filter:** Allows you to safely drink water from natural sources by removing harmful bacteria and pathogens.

6. **Personal First Aid Kit:**

- **Lightweight first aid kit:** Includes essentials such as bandages, antiseptic wipes, blister treatment, pain relievers, and any personal medications.

7. **Toilet Paper and Hand Sanitizer:**

- **Biodegradable toilet paper and hand sanitizer:** Hygiene essentials for maintaining cleanliness while trekking in remote areas.

Miscellaneous:

1. **Towel:**

- **Quick-drying travel towel:** Lightweight and compact for drying off after washing or swimming.

2. Trekking Map and Guidebook:

- *Detailed trekking map and guidebook: Provides essential information about the route, terrain, landmarks, and points of interest along the trek.*

3. Snacks and Energy Bars:

- *High-energy snacks and nutrition bars: Convenient snacks for sustaining energy levels during long days of trekking.*

4. Camera or Smartphone:

- *Digital camera or smartphone: Capture memorable moments and stunning landscapes along the trek.*

5. Passport and Permits:

- *Passport and necessary permits (e.g., Bhutan tourist visa, trekking permits): Ensure all travel documents are valid and easily accessible.*

Optional:

1. Gaiters:

- *Waterproof gaiters: Protect your lower legs and boots from mud, snow, and debris, especially in wet or snowy conditions.*

2. Portable Charger or Solar Charger:

- *Portable charger or solar charger: Keep your electronic devices charged, such as smartphones, cameras, or GPS devices.*

3. Binoculars:

- *Compact binoculars: Enhance wildlife viewing and scenic observation along the trek.*

4. Book or Journal:

- *Paperback book or travel journal: Provide entertainment and relaxation during downtime at camp, allowing you to reflect on your trekking experiences.*

Trip Notes

Cancellation policy on Tour :

Once visa is processed & tour program booked and subsequently canceled shall be subject to the following charges :

a) before 30 days of start of the program – no charge

b) before 21 days – 10% of the rate

c) before 14 days – 15% of the rate

d) before 7 days – 30% of the rate

e) less than 7 days – 50% of the rate



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f) 24 hours prior to the trip – 100% of the rate

Hotel policy:

During the festival period, there will be a 100% cancellation charge if cancel for less than 30 days and 50% if less than 60 days for accommodation only.

Visas policy:

Visa: for processing visas, we need a scan color copy of the original passport (valid for at least 6 months during the time of visit in Bhutan).

Visa is approved upon the confirmation of the full tour payment and is issued by the Department of Immigration. Without this visa clearance number, tourists cannot board the flight or enter the country. The copy of this visa clearance will be forward to you to produce during the check-in at the respective airline counter as well as to the immigration authorities upon arrival in Paro international airport or other port of entry.

Note: Min 4 Pax required on display rate.

About the country

Bhutan, the land of the Thunder Dragon, was off-limits for tourists up until the seventies. Enveloped in mystery and magic, this soulful country is deeply rooted in its past. Resting in the Himalayas, this country is also known as the last Shangri-La. With the pristine Himalayan landscape, Bhutan also has a lush green forest, mesmerizing traditional villages, temples, and fortresses. To avoid any impacts of tourism on the country's culture and environment, Bhutan limits its visitors to pre-planned tours. Foreign visitors here pay a minimum tariff of USD 200-250 daily which includes meals, accommodation, food, transport, and official guides. With its extraordinary culture, traditions, and history, Bhutan is a place you must visit at least once in your life.

Key Facts

Location: Bhutan is located in South Asia, and is bordered by the Autonomous Region of Tibet and the Republic of India.

Geography: It is a sovereign nation located toward the eastern extreme of the Himalayas.



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Capital: *The capital city of Bhutan is Thimphu.*

Area: *It covers an area of 38,394km².*

Population: *The current population of Bhutan is 827,403.*

Political system: *The political system of Nepal is a constitutional monarchy and the current King is Jigme Khesar Namgyal Wangchuk.*

Major religion: *Bhutan is a Buddhist country and more than half of the population follows Vajrayana Buddhism.*

Time zone: *UTC+06:00*

Official language: *Dzongkha or Bhutanese language is the official language.*

Working hours: *The working hours in Bhutan are differentiated into summer timing and winter timing, 8 hours, and 7 hours respectively. During summer, the timing is from 9 am to 5 pm and, during winter, it is from 9 am to 4 pm.*

Electricity: *Most parts of the country are well connected with electricity. The standard voltage of electricity is 230V.*

Visa Information

All tourists except India, Bangladesh, and the Maldives require a valid visa to enter Bhutan. You can process your visa to Bhutan through a licensed Bhutanese tour operator or foreign travel agency. With a photo sample of your passport and USD 40, you will be able to apply for a visa. As soon as you provide the required documents and full payment for the tour, the tourism council of Bhutan will process your visa. Within 72 hours, you will get your visa cleared and, now, you can head to Bhutan.

How to reach the country

Bhutan was recently opened for tourism and, recently, it has been made easier to access through planned economic development. You can reach Bhutan through land or air as there are well-connected networks of roads and an international airport. Visitors can enter Bhutan by land through Phuentsholing, Gelephu, and Samdrup Jongkar. These are the only open borders for those entering Bhutan by land. For those who are traveling by air, there are currently two operators Druk Air and Bhutan airlines. Paro International Airport is the only international airport to reach Bhutan.

Popular destinations to visit

Bhutan is known for its unique and amazing landscapes, cultural heritage, and historic fortresses. The well-preserved authentic culture, history, and traditions spring out admiration towards the country. While visiting Bhutan, there are few places you should certainly see. You should start with the unbeatable Tiger's Nest monastery also known as "Paro Taktsang". This monastery resting on a

3000m vertical cliff is something you should not miss out on. If you are on time, you can also observe the Punakha festival in Punakha Dzong. The capital city of Thimphu should also be on your list as it boasts an array of traditional arts, cultural sites, markets, and fortresses. From Dochu La pass, you can visit the 108 Chortens (stupas) which were built in memory of a Bhutanese soldier who died fighting against the insurgency in 2003. Finally, you can tour the Phobjikha valley where you will witness the wildlife of Bhutan.

Internet and communication in the country

Within recent years, communication services have improved in Bhutan. The country has a good network of telecommunication facilities. The major cities are filled with hotels, restaurants, internet cafes, domestic, and international phone booths where you can make phone calls and use the internet. Wi-Fi is widely and easily available in major cities. However, in a remote area, the availability and reliability are both quite poor. You can also acquire a sim card to access the internet or for communication purposes. Having said that, some rural areas do not have proper connectivity.

Local currency and foreign exchange

The official local currency of Bhutan is Ngultrum. The Bhutanese currency is equivalent to the value of the Indian rupees. The Indian currency is also widely accepted in Bhutan. You can exchange dollars and other foreign currencies at the bank in Thimpu and a few other major cities. In such situations, you need to be updated to exchange your currency. This information is available on the official website of the Bank of Bhutan at <https://www.bob.bt/forex-all/>.

However, you will not be needing a lot of cash as everything is prepaid and included within the mandatory price of USD 200-250.

Weather and Climate

The climate in Bhutan depends upon the season, altitude, and influence of northern Indian monsoons. Bhutan also possesses four seasons, namely, autumn, spring, winter, and monsoon. Autumn offers pleasant weather for exploration and sightseeing whereas the spring season brings in colorful flora and vibrant fauna. Winter experiences cold and harsh weather conditions whereas monsoon welcomes rainfall across the country.

Likewise, the country is divided into three parts mainly southern, central, and northern. Southern Bhutan is hot, humid, and unchanging throughout the year. Temperatures can vary from 15-30 degrees Celsius. The central part of the country is engulfed in the deciduous forest which results in a fair temperature, with warm summers and cool dry winters. However, in the far northern part of the kingdom, the weather is much colder during the winter and cooler during the summer. Mountains peaks are perpetually covered in snow while the lower green lands blossoms during the summer.

People, culture, and festival

Bhutan is the only Vajrayana Buddhist nation in the world and Buddhism is the official religion of the nation. Hence, Bhutanese culture and traditions are heavily influenced by Buddhism. Bhutanese



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people are very warm and welcoming resulting in the boost of your gross domestic happiness. You will see many elderly and middle-aged people draped in Bhutanese dress as it is the national dress of the kingdom. Bhutan is rich in cultural diversity which leads to a wide variety of colorful and elaborate festivals. The widely celebrated festival is Tshechu which marks the important events in the life of Guru Rinpoche. Likewise, Paro Tshechu, and Wangduephodrang Tshechu. Punakha Drubchen and Haa Summer Festival are some other popular festivals in Bhutan.