



## **NEPAL BHUTAN TREK- DRUK PATH AND ANNAPURNA - 14 DAYS**

Trekking in Bhutan and Nepal, a short once in a lifetime Himalayan adventure. Enjoy two different styles of trekking - teahouse and camping - and a unique cultural experience...



### **#1 OUTLINE ITINERARY**

#### **DAY: 1:**

Arrival In Kathmandu(1,400m/4,593ft)

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#### **DAY: 2:**

Fly To Pokhara(800m/2,625ft). Drive To Tikhedhunga(1,570m/5,170ft) And Trek To Ulleri (1,970m/6,463ft)

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**DAY: 3:**

Ulleri To Ghorepani (2,874m/9,429 Ft)

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**DAY: 4:**

Visit Poon Hill (3,210m/10529ft)Trek Ghorepani To Tadapani (2,600m/8,530ft)

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**DAY: 5:**

Tadapani To Kimchi(1640m/5380ft) Via Ghandruk(2,010m/6,595ft). Drive To Pokhara

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**DAY: 6:**

Fly To Kathmandu And Sightseeing In Kathmandu (Bouddhanath, Pashupatinath And Patan)

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**DAY: 7:**

Fly To Paro(2,280m/7480ft) And Paro Sightseeing

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**DAY: 8:**

Paro - Acclimatization Hike To Taktsang Monastery/ Tiger's Nest (3,180m/10,434ft)

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**DAY: 9:**

Drive To Ta Dzong(2487m/8159ft) And Trek To Jele Dzong(3480m/11,417ft)

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**DAY: 10:**

Jele Dzong To Jangchulakha (3770m/12,368ft)

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**DAY: 11:**

Jangchulakha To Jimilangtsho (3870m/12,696ft)

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**DAY: 12:**

Jimilangtsho To Simkotra Tsho (4,110m/13,484ft)

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**DAY: 13:**

Simkotra Tsho To Phajoding(3,650m/11,975ft). Drive To Thimphu(2,334m/ 7,657ft)

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**DAY: 14:**

Drive Thimphu To Paro. Final Departure

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## #2 OVERVIEW

### WHY NEPAL BHUTAN TREK- DRUK PATH AND ANNAPURNA ?

- In a short duration you get to experience the best of these two destinations
- Discover two distinct Himalayan socio-religious cultures – a blend of Hinduism and Buddhism in Nepal and Buddhism in Bhutan. Explore culturally rich UNESCO World Heritage Sites.
- Experience two styles of trekking- **Teahouse Trek in Nepal** and **Camping Trek in Bhutan**. Stay at teahouses run by local families while trekking in Nepal and enjoy a camping adventure while on the Druk Path Trail.
- Enjoy glorious views of Himalayan mountains, some of the highest in the world
- Trek across the picturesque [Annapurna trail](#). Hike to Poon Hill and enjoy an incredible Himalayan sunrise.
- Take the Druk Path Trail, once the only path linking Paro with Thimphu. Walk through alpine meadows and share the campsite with nomadic yak herders. Hike to Tiger's Nest- the iconic Buddhist monastery in Paro

### Is this trip suitable for you?

- While the **Annapurna Trek** is fairly easy, the **Druk Path Trek** is graded moderate. Anyone who is physically fit and has done some hiking can complete this trip.
- If you can climb stairs and walk for an extended period without getting out of breath you can do this trip.
- Experienced local guides will be with you throughout your trip. Please heed their advice and do not speed up when you feel like it. While in the mountains it is important to walk at a steady pace to acclimatize your body.
- Every day you trek for 4 to 5 hours.
- On the Annapurna trail you will be staying at teahouses (local homes which provide food and lodging to trekkers). These are rustic as compared to city hotels.
- Experience Camping Trek in Bhutan. You will be sleeping, dining and taking care of your business (answering nature's call) in tents. These will be set up by the trekking crew.
- No technical climbing involved. You walk on an up and down alpine trail.

### BEST TIMES

Spring, Autumn and early Winter are the best seasons to take this trip. The daytime temperatures are just right - not too hot nor too cold. There may be brief spells of rain and thundershowers during Spring and early Autumn, but the weather will remain generally pleasant. While trekking, expect the temperatures to drop below 10 degrees at night and early morning.

## ACCOMMODATIONS - STANDARD PACKAGES

**Nepal:** Stay for 2 nights in Kathmandu at a pretty and cosy boutique hotel, **Oasis Kathmandu Hotel**. The hotel lies close to the serene and beautiful ‘Garden of Dreams’ in Thamel. Spend 1 night in Pokhara at the posh Pokhara Batika Hotel. Both these establishments feature comfortable rooms with attached bathrooms, free wi-fi, restaurants, bars and café.

On the trail, you will be spending 3 nights at teahouses run by local families. You will be staying at Hotel Nice View at Ulleri, *Hotel Sunny at Ghorepani* and *Hotel Grand View in Tadapani*. Do bear in mind, compared to city hotels, teahouses on the mountains are extensions of family homes and have very basic facilities.

**Bhutan:** You spend 2 nights at Tashi Namgyal Resort in Paro, and 1 night at Namgay Heritage Hotel in Thimphu. Located in picturesque settings, amenities at these hotels include multi-cuisine restaurant, bar, free wif-fi, wellness centre etc.

While trekking, camps will be set up and you will be sleeping and dining in tents.

Accommodation at hotels is on twin-sharing basis. If you are a solo traveller, you will share the room with a group member of the same sex. If you need a single room, it will be made available at an extra cost. Simply click on the ‘single supplement’ tab at the time of booking.

## MEALS

**Nepal:** Meals on the trail is included in the package cost. Additionally, breakfast is also complimentary at your hotel in Kathmandu and Pokhara. At the start and end of your trip enjoy welcome and farewell dinners hosted by the company. You will be responsible for the rest of your meals (lunch and dinner in Kathmandu and Pokhara). A fine selection of specialty and multi-cuisine restaurants and eateries are available at both the cities.

All meals (breakfast, lunch and dinner) will be provided on the trail. Have breakfast and dinner at the teahouse where you stay overnight. Lunch will be at a teahouse en route. Food on the trail will include *dal-bhat* (rice, lentils and curry), momos (vegetable or meat dumplings), chapatis (flat bread), noodles, pancakes, pizza, mac & cheese etc.

**Bhutan:** All meals are included in the package price. Local Bhutanese restaurants and eateries serve continental, Indian and Bhutanese dishes. Bhutanese dishes are usually made with chilies, cheese, meat, mushrooms, red rice and buck wheat.

On the trail the cook will prepare your meals. Enjoy some healthy meals made with cheese and organic produce (vegetables, rice, eggs, meat etc).

## ACCOMMODATIONS- DELUXE PACKAGES

**Nepal:** In Kathmandu you will be accommodated at Hotel Shanker (2 nights), a popular 4 star hotel. The hotel used to be the palace of Rana aristocrats who ruled over Nepal for more than a century. The building's façade has been kept intact and the interiors have been renovated to include modern conveniences. The hotel lies close to Thamel and other business centers.

Stay for 1 night at the luxurious Temple Tree Resort & Spa, a beautiful property located very close to Phewa Lake. Accommodation is offered in charming two-storied cottages designed like a traditional house fitted with modern amenities. Both these hotels feature well-appointed rooms, fine dining restaurants, bars, café, spa, swimming pool etc.

While trekking, spend 3 nights at comfortable, locally run teahouses or mountain lodges. You will be staying at Hotel Nice View at Ulleri, *Hotel Sunny at Ghorepani* and *Hotel Grand View in Tadapani*. Please remember, compared to city hotels, teahouses along the trail have basic facilities.

**Bhutan:** Stay for 2 nights at Naksel Boutique Paro, and 1 night in Terma Linca Resort and Spa in Thimphu. These classy establishments are 4-star hotels. Built using Bhutanese traditional design and architecture, the rooms come with en suite bathrooms and are luxuriously decorated. Other amenities include wellness center, restaurant, bar, spa etc. Located in scenic locations, guest room windows offer a scenic outlook. Enjoy majestic views of mountains, verdant hills, local farms and gurgling rivers.

On the trail, camps will be set up and you will be sleeping and dining in tents.

Accommodation at hotels is arranged on twin-sharing basis. If you are a solo traveller, you will share the room with a group member of the same sex. If you need a single room, it will be made available at an extra cost. Simply click on the 'single supplement' tab at the time of booking.

## MEALS

**Nepal:** Meals on the trail is included in the package cost. Hotels in Kathmandu and Pokhara will serve complimentary breakfast. Welcome and farewell dinners are also complimentary. You will be responsible for other meals (lunch and dinner in Kathmandu and Pokhara). You will find a selection of specialty and multi-cuisine restaurants and eateries in both these cities.

While trekking, all meals (breakfast, lunch and dinner) will be provided. Breakfast and dinner will be at the teahouse where you will stay overnight. Lunch will be served at a teahouse en route. Food on the trail usually consists of *dal-bhat* (rice, lentils and curry), momos (vegetable or meat dumplings), chapatis (flat bread), noodles, apple pie, pancakes, pizza, mac & cheese, toast etc.

**Bhutan:** All meals are included in the trip price. In Bhutan, restaurants and eateries serve continental, Indian and Bhutanese dishes. Bhutanese dishes are usually made with chilies, cheese, meat, mushrooms, red rice and buck wheat.

On the trail the cook will prepare your meals. Enjoy some healthy meals made with cheese and organic produce

(vegetables, rice, eggs, meat etc).

## STANDARD OR DELUXE

### #4 DAY TO DAY ITINERARY

#### **1: Arrival In Kathmandu(1,400m/4,593ft)**

If you arrive during the daytime, you will be welcomed by a wonderful sight of snow-capped peaks and rolling green hills. Kathmandu valley lies nestled in a deep bowl formed by the Shivapuri, Pulchowki, Champadevi and Chandragiri hills. Once you land, complete the immigration process and make your way to the airport terminal. Our representative will receive you and escort you to your hotel. After checking in, take some rest. Your guide will meet you in the evening and brief you about your upcoming adventure. Evening enjoy complimentary dinner with one of our representatives from our office. Overnight in Kathmandu.

#### **2: Fly To Pokhara(800m/2,625ft). Drive To Tikhedhunga(1,570m/5,170ft) And Trek To Ulleri (1,970m/6,463ft)**

Drive to the airport with your guide to catch a flight to Pokhara. Once again, enjoy mesmerizing views of snowcapped Himalayan peaks from aboard. Once you reach Pokhara, board a private vehicle and drive to Tikhedhunga via Nayapul. Spend 3 to 4 hours on the road navigating the rough and bumpy jeep track. Once you reach Tikhedhunga, take the trail to Ulleri. It's a tough ascent as you have climb more than 3,000 steps to Ulleri. This is the toughest day of the trek, so brace yourself! The trail winds up to a lush and green mountainside. Once you reach Ulleri, head to a local teahouse where your room has been booked. Overnight in Ulleri.

#### **3: Ulleri To Ghorepani (2,874m/9,429 Ft)**

It is uphill all the way. The trail is covered with lush vegetation. During March-April this trail is covered with red and pink blooms of rhododendron. Trekkers call this a 'walk through paradise'.

After walking for around 4 or 5 hours you reach Ghorepani. Do you know you are traversing an ancient Tibetan trade route that was once used by Tibetan, Indian and Nepalese merchants to ferry goods? Ghorepani, which means 'horse water', was a watering hole where traders took rest and fed their horses and mules. Though trade with Tibet through this route has long stopped, locals still use this ancient trail. The village of Ghorepani lies at the base of Poon Hill. Once you reach this picturesque village, your guide will lead you to the teahouse where your rooms are booked. Overnight in Ghorepani.

#### **4: Visit Poon Hill (3,210m/10529ft)Trek Ghorepani To Tadapani (2,600m/8,530ft)**

Wake up early and hike up to Poon Hill to catch the sunrise. It may be still dark, so use a headlamp or a torch to see your way up the hill. Poon Hill is one of the most popular viewpoints in the Himalayan region. Enjoy a glorious panorama of some of the highest peaks in the world - Annapurna Massif (including Annapurna I, 10<sup>th</sup> highest peak in the world), Dhaulagiri (7<sup>th</sup> highest peak in the world), Manaslu (8<sup>th</sup> highest peak in the world), Gangapurna, Machapuchhre (Fishtail Peak) etc. As the sun rears up from behind the mountains, it lights up the snow covered mountains in pink, red, golden and yellow hues. It is one of the most beautiful sights. Capture this moment in your camera. After taking selfies and group photos head down to Ghorepani and take the trail to Tadapani.

You walk past Banthanti, a magar village. Stop for a while at Deurali Danda and take in the heavenly views of mountains, terraced fields and hill-top villages. Walk for another few hours and reach Tadapani, a beautiful Gurung village which offers close up views of Mardi Himal, Hiunchuli and Annapurna South. Overnight in Tadapani.

### **5: Tadapani To Kimchi(1640m/5380ft) Via Ghandruk(2,010m/6,595ft). Drive To Pokhara**

This is the final leg of your trek. From Tadapani you head to another Gurung village Ghandruk. Compared to other days, this day's trek is a bit easy. You follow a gentle forested trail. Cross Bhise Kharka and walk downhill and through an even trail to the Gurung heritage village of Ghandruk. From here, you hike for around 30 minutes to reach the small settlement of Kimchi. A vehicle will be waiting for you. Board the vehicle and drive towards Pokhara. Overnight in Pokhara.

### **6: Fly To Kathmandu And Sightseeing In Kathmandu (Bouddhanath, Pashupatinath And Patan)**

Take an early flight to Kathmandu. Once you reach Kathmandu, your tour guide will be waiting for you for your sightseeing tour. Visit some of the famous UNESCO World Heritage Sites. From the airport you will be driven to Boudhanath Stupa, Nepal's largest Buddhist stupa. Boudhanath is one of the most important centres of Tibetan Buddhism outside Tibet. This massive white stupa, topped by a golden spire, is said to contain the bones of Kasyapa Buddha (previous incarnation of Lord Buddha). When you set eyes on this sacred stupa for the very first time, make a wish. It is believed that your wish will come true. The stupa is surrounded by Buddhist monasteries and colourful shops selling Buddhist art and souvenirs. Join the many pilgrims and walk clockwise around the stupa, spinning the prayer wheels. Light a butter lamp and pray for a good trip or whatever you wish.

Later head to Pashupatinath Temple, the holiest Hindu temple dedicated to Lord Shiva in Nepal. This ancient temple was built during 400 AD and has been a pilgrimage site for Hindus for centuries. Dreadlocked and ash-smearing Hindu god men or Sadhus are seen meditating or roaming around the temple's precincts. Non-Hindus are not allowed inside the temple. If you cannot enter the temple, you can get a close up view of the temple from the eastern bank of Bagmati River. You can also witness the cremation rituals as Arya Ghat, the Hindu cremation site, lies just opposite of the eastern bank.

Lastly drive to Patan and stroll around the celebrated Patan Durbar Square. Built by Malla Kings, the durbar square is home to some of the finest collection of buildings and sculptures created by Nepalese artisans. Golden

Temple (Hiranya Varna Mahavihar), Patan Palace (now converted into a museum), Krishna Temple etc. are some of the few jewels adorning this palace square. Overnight in Kathmandu.

## **7: Fly To Paro(2,280m/7480ft) And Paro Sightseeing**

The flight to Paro is nothing short of incredible. You get to see some of the highest peaks in the world, including Mount Everest and Kanchenjunga. Get your cameras ready as you will be flying above the mighty Himalayan range. If the weather is clear you can view Mount Everest and Kanchenjunga. As the plane enters Bhutan, you fly above the majestic Jomolhari, Bhutan's second highest peak. Your guide will be waiting for you at the airport terminal. Once you cross the immigration section, you will be greeted by your guide. After refreshments or lunch, your sightseeing tour begins.

Head to Ta Dzong, a traditional watchtower dating back to the 17<sup>th</sup> century. This ancient building is now known as the National Museum. You can find an impressive collection of traditional Buddhist paintings, ceremonial masks, bronze statues, religious relics etc.

Later head down to Rinpung Dzong (Heap of Jewels Fort). Also known as Paro Dzong, this impressive fortress was built by Zabdrung Ngawang Namgyal (founder of Bhutan). Built in the old Bhutanese style of architecture, this fortress houses government offices and a monastery. The biggest festival in Paro, Paro Tsechu, is held in the courtyard of this dzong. After your sightseeing tour, you will be driven to your hotel. Check in and have a good night's sleep. Overnight in Paro.

## **8: Paro - Acclimatization Hike To Taktsang Monastery/ Tiger's Nest (3,180m/10,434ft)**

After an early breakfast, drive to the outskirts of the city and reach the trailhead to Taktsang Monastery or Tiger's Nest. Clinging onto a cliff, the Taktsang Monastery is an architectural marvel built by the Penlop of Paro in 1684. One of the most sacred places in Bhutan, the monastery is said to have been the meditation cave of Padsambhava or Guru Rinpoche. According to local legend he flew to Bhutan from Tibet riding a tigress and meditated at a cave where this monastery is built. Begin your hike. It is an uphill ascent all the way to the monastery. Ponies are available on hire (not included in the package), but they only go up to a halfway point and you will have to make the rest of the journey on foot.

The trail is lined with pine trees and colourful prayer flags. From the top you can enjoy incredible views of the mountains and Paro Valley. Visit the monastery, take pictures and return by the same route. Please note cameras are not allowed inside the monastery. Depending on your speed it will take around 4 to 5 hours to complete the hike. Later visit one of the oldest Buddhist temples in Bhutan, Kichu Lakhang. Built by Tibetan emperor Songsten Gampo in 659 AD, the temple was constructed to subdue an evil demoness who was obstructing the spread of Buddhism. Locals believe the temple was built in a day. Overnight in Paro.

## **9: Drive To Ta Dzong(2487m/8159ft) And Trek To Jele Dzong(3480m/11,417ft)**

Wake up early and drive to Ta Dzong. The trekking crew and ponies (to carry the supplies) will be waiting for you at the trailhead. Take an uphill trail and walk past traditional farms, apple orchards and forests of blue pine.

Enjoy mesmerizing views of the valley below as you make your way up. After an uphill climb you reach Jele Dzong, a 16<sup>th</sup> century fortress. You camp on the grassy meadow located right below the ancient fortress.

Unlike your trek in Nepal, you will not find any teahouses on the trail. This is purely a camping trek and you will be sleeping and dining in tents. A toilet tent will also be pitched up. Do not worry you can take care of your business in privacy. At each stop, the crew will pitch tents and prepare the food. Camp at Jele Dzong.

### **10: Jele Dzong To Jangchulakha (3770m/12,368ft)**

There will be a wake-up call and you will be served bed-tea by one of the crew. Warm water is provided for washing up. After a hearty breakfast, continue your trek. After going a steep ascent, you along a ridge. If it's a clear day you will get to view Jomolhari (3<sup>rd</sup> highest peak in Bhutan). The mountain is known as the 'Bride of Kanchenjunga' and the abode of the five goddesses who protect Bhutan and Tibet. Find yourself captivated by the delightful sights of snowcapped mountains and rolling green hills. After walking for around 4 or 5 hours you reach your campsite. There may be a few yak herders with their yaks sharing the campsite. Camp at Jangchulakha.

### **11: Jangchulakha To Jimilangtsho (3870m/12,696ft)**

Take a short ascent through a trail filled with junipers. You reach a grassy meadow and walk on level ground for some time. Walk past green meadows and forests of pine and rhododendron. Follow an up and down trail till you reach Jangchu La (4180m) a high mountain pass. En route enjoy inspiring views of Mount Jitchu Drake, the protective deity of Paro, and other giants. Savor views of the green valley spread below. After a series of ups and downs you finally reach your campsite. You set up camp close to Jimilangtsho, a sacred mountain lake and a meditation site. Jimilangtsho in Bhutanese means 'Sand Ox Lake'. According to local legend the lake was named after a bull that emerged from its waters. The bull joined the cattle of the family who used that spot as a summer grazing ground. The lake is home to giant trouts. Fishing is allowed if you have a permit. Camp at Jimilangtsho.

### **12: Jimilangtsho To Simkotra Tsho (4,110m/13,484ft)**

Walk towards the southern end of the lake and take an upward trail. The route goes through another mountain lake Jahnye Tsho. Continue onwards enjoying the alpine scenery. You walk past sacred monasteries which are pilgrimage sites for Bhutanese. You will find a meditation centre hanging precariously on a rock face. It is a wonder what faith and devotion can do. The path becomes wider as you climb higher. Your campsite is located near Simkotra Tsho, another high-altitude lake. From here you can see the trail that you have covered.

Surrounded by rhododendron shrubs, the campsite looks lovely in spring when the rhododendrons bloom. This is an old yak herders' camp and you will find a couple of nomadic yak herders camping with their yaks. Camp at Simkotra Tsho.

### **13: Simkotra Tsho To Phajoding(3,650m/11,975ft). Drive To Thimphu(2,334m/ 7,657ft)**

Walk on a rocky trail till you reach an even path. Continue on level ground and take a short descent before ascending Phume La (4210m), the highest point of your trek. If the weather is not cloudy you can enjoy breathtaking views of Mount Gangkhar Puensem (7570m), Bhutan's highest peak and the highest unscaled peak in the world. Thimphu valley spreads below. Walk on the edge of the ridge past the chorten and fluttering prayer flags. You make your way down to Phajoding Monastery, an ancient Buddhist monastery founded in the 13<sup>th</sup> century by Phajo Drugom Zhigpo. Walk down a trail shaded by blue pine. Your trek ends once you reach the highway, above the Takin Sanctuary.

Our vehicle will be waiting for you to take you to your hotel. Bid goodbye to the crew and ponies and board the vehicle. Drive to your hotel in Thimphu and enjoy a warm shower or a relaxing soak in a bathtub. If you don't feel too tired, you can explore Thimphu on your own. Visit a local market and shop for souvenirs. Bhutanese handicraft pieces made of bamboo, wood and paper and traditional textiles are awesome gift items. Ask your guide where you can get good bargains. Overnight in Thimphu.

## 14: Drive Thimphu To Paro. Final Departure

You will be driven from Thimphu to Paro Airport well on time to catch your flight. If you want to travel onward to Nepal, Tibet or India do let us know. We have some exciting tours and trips in all these destinations.

### #5 WHAT'S INCLUDED- STANDARD PACKAGE

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**Note :**

### #6 WHAT'S INCLUDED- STANDARD PACKAGE

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**Note :**

### #7 USEFUL LINK

**Additional Inforamtion** <https://www.thirdrockadventures.com/trip/nepal-bhutan-trek-druk-path-and-annapurna/additional-information>

**Terms & Conditions:** <https://www.thirdrockadventures.com/page/terms-&-conditions-agreement>

**Why Travel with Us** <https://www.thirdrockadventures.com/page/why-people-choose-us>

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Recommendation

