



Refresh Your Spirits
Reach New Heights

Adventure Trek in Bhutan

Mountains, Monasteries, Nomads and Yaks

Sat 24th Sept – Fri 14th Oct (21 days/20 nights)

**Trek to 5000 metres.
Camp in the wild.
luxury Resort hotel
option.**

Highlights

- 14-day trek along one of the most scenic, awe-inspiring trekking routes in Bhutan.
- One day exploring Laya, the highest village in Bhutan.
- Soak in the natural hot spring baths of Gasa.
- A cultural sightseeing tour of Thimphu, Paro, Punakha and Wangdi.
- Visit Dzongs (monasteries) and Lakhangs (temples), museums and villages as well as places of natural beauty.
- Short hike to Taktsang Monastery (the famous “Tiger’s Nest”)
- Visits to traditional arts and crafts schools and individual workshops. Watch artisans while they work.
- Evening of entertainment - performance by a traditional dance troupe and Bhutanese dining.

About this tour

This adventure trek will leave you with a sense of awe and wonder. Revel in an amazing mix of the majestic colours of nature and culture. Refresh your senses with the various greens of the forests as you ascend higher and higher through Oak and Chir Pine forests, the route lined with mosses and lichen, orchids and exotic flowers. In Spring, magnificent Magnolia and Rhododendron – 45 different species – are in full bloom, Enjoy the views of the white Himalayan ridges set against the hazy blues of the sky. For reds, yellows and oranges visit the impressive monasteries and temples where Tibetan Buddhism flourishes and red-robed boy-monks chant their prayers.

On this trekking holiday you will get to see it all. We will take you on an exhilarating trek to Laya, the highest village in Bhutan at 3,820 metres where the yak herders have their settled village – a base from which they set out to follow the yaks and pitch their yak-hair tents. Here, black is the dominant colour - the black of yak-hair costumes blended with the natural beige of bamboo hats. These traditional outfits are decorated with chunky stones of coral and turquoise and silver spoons, worn as necklaces.

To reach Laya you will cross several high passes, skirt lakes and follow the age-old paths taken by the locals, through several villages, past isolated Dzongs and wide yak pasturelands. Camp at sites with fantastic views and spend your evenings relaxing over nourishing multi-course suppers cooked by our experienced trekking chefs. We supply everything to make your trek a comfortable, memorable experience – 2-person sleeping tents, dining tent, toilet tents and tables and chairs, as well as an experienced team of helpers from guide to cooks to assistants. You carry nothing but your day-pack. We load your rucksack onto ponies and our team goes ahead to ensure that your camp and refreshments are awaiting you on arrival after an enjoyable day’s trekking.

Back down in the towns, we will take you on a tour of the sights of Thimphu city, Paro, Punakha and Wangdi. Enjoy watching traditional crafts men and women at work, visit Dzongs, temples, museums and more. Relax, unwind, chat with the locals, take photos, browse in the shops. Celebrate the end of your visit with an evening of traditional entertainment performed by traditional dancers and musicians accompanied by classic Bhutanese dining.

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