



BHUTAN & BEYOND

Dagala 1000 Lakes Trek Tour 16-26 OCT 22 (10 nights)

After the awesome flight into Paro be amazed by the beauty of Bhutan in late spring. In addition to the 6 day/5 night trekking component this small group tour, catering to a maximum of 6 persons (plus crew), also features essential sightseeing in the lively capital Thimphu; a pilgrimage hike to Taktsang Monastery (Tigers Nest) and the Rinpung Dzong in Paro.

PREMIUM TREK EQUIPMENT: Enjoy the added comforts of our [premium trek equipment inclusions](#).

The Bhutanese rate this trek 'moderate' in difficulty. This translates to being challenging in places and a high degree of fitness is required, especially due to the impact of altitude, although previous alpine experience is NOT essential.

This trek passes through various picturesque high altitude lakes and the trek route is particularly rich in bird species; alpine flowers and attractive meadows. It boasts fascinating views of prominent eastern Himalayan peaks such as Everest, Kanchenjunga, Chomolhari, Jichu Drake, Masang Gang, Tsenda Gang and Gangchhenta.

Tour Itinerary Overview.

- 2 nights Thimphu with sightseeing, hiking and shopping options.
- 5 nights Dagala 1000 Lakes Trek
- 3 nights Paro valley with Taktsang Monastery hike, shopping & sightseeing.

Reasons To Book This Small Group Tour

- Why Book with Bhutan & Beyond?
- 18 years experience, service & knowledge.
- Competitive pricing & well constructed itineraries.
- Professional trekking guide and crew.
- PREMIUM trek equipment guarantee.
- Access to our exclusive travel app COMPANION.
- Our comprehensive Bhutan Visitor & Trekking guide.
- Provision of our SHERPA app weblink for your COVID-19 requirements.
- ATAS Accredited via our parent company MTA Travel.

Dagala 1000 Lakes Trek Tour Costs & Inclusions:

- **DATE:** SUN 16 – WED 26 OCTOBER 2022
- **DURATION** -10 nts
- **PRICE:** US\$2950.00 per person. Twin share basis in pre/post trek hotels.
- **SINGLE ROOM SUPPLEMENT** for 5 nights in pre/post trek hotels @ US\$250.00 pp.
- **PREMIUM TREK** equipment included.
- **DEPART:** Paro **RETURN:** Paro (airfares to/from Bhutan additional)

Tour price is based on minimum 3 persons trekking. Should only 2 persons trek a surcharge of US\$450.00 per person will apply.



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Tour Inclusions:

- Professional Bhutanese guide, driver & minibus or coach
- All touring & transfers throughout your journey
- Bhutanese 3* hotels w/private bathrooms for 5 nts
- Dagala 1000 Lakes Trek – 6 days/5 nights
- PREMIUM trekking equipment included
- All meals & bottled water (exc on trek – boiled water)
- All entrance fees, hiking and sightseeing
- Bhutan visa fees & processing.
- Sustainable development fee (SDF) & local taxes
- When trekking accommodation is in tented campsites
- When trekking additional support crew are included
- Professionally op by Bhutan Tourism Corp Ltd (BTCL)

Tour Exclusions:

- Flights to/from Paro are additional.
- Personal items: phone calls, laundry, drinks, designer coffee's etc.
- Tipping – we will advise your tipping regime.
- Travel Insurance – which MUST cover high altitude trekking!
- Any COVID-19 PCR or RAT tests required.

CALL THE BHUTAN TRAVEL EXPERTS ON

AUS [toll free](tel:1300367875), James – [0412 416 111](tel:0412416111), Nicola – [0413 598 669](tel:0413598669)

COVID-19 Updates & Procedures:

Our Sherpa travel app will keep you updated with COVID-19 requirements pre, during & post travel. These include PCR, RAT & any other tests and where to get them, vaccination certificates & other documentation plus any tracing apps required at your destination and stopovers. Once your tour booking is confirmed and your air travel process commences, we will provide you with your personal Sherpa app web links to assist you manage the COVID-19 procedures that will be relevant at the time of travel.

Cancellation Conditions:

- Deposit date until 35 days prior arrival in Bhutan - Land tour deposit is refundable less B&B service fees.
- 35 days or less prior to arrival in Bhutan - No land tour refund permitted.

Please note: - These conditions cover land travel arrangements only, not airfares, which are subject to their own cancellation conditions.

DETAILED TOUR ITINERARY – 16-26 OCT 2022



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Sunday 16 October:

Paro Airport to Thimphu Valley (1 hr 30 mins)

After clearing immigration and customs you will be greeted by your BTCL guide and driver and transferred to Bhutan's capital Thimphu. Travelling through the spectacular countryside, en-route make a stop at the Tachogang Lhakhang (iron bridge). All the houses and buildings in the Kingdom are painted and constructed in traditional Bhutanese style. On arrival in Thimphu visit the colourful weekend markets, followed by lunch at a local restaurant.

Enjoy the remainder of the day to explore Thimphu, both by vehicle and on foot, including visits to the colourful weekend markets; the National Memorial Chorten and the Takin Preserve – home to Bhutan's most unusual national mammal.

Overnight Thimphu– [Bhutanese Style 3* Hotel](#)

Monday 17 October:

Activities in the Thimphu Valley today.

This morning visit the awesome Buddha Dordenma statue located at Kuenselphodrang. The statue is made of bronze and gilded in gold. It is considered the largest Buddha Shakyamuni statue in the world. There is also an excellent 3 km hike option through Kuenselphodrang Nature Park which offers sensational valley views.

Continue on to view the majestic Trashichhoe Dzong and visit the beautiful Tara Lhaden Zhingkhram lhakang (temple). Next visit the 'Simply Bhutan' traditional display village followed by a Bhutanese lunch. At 'Simply Bhutan' you can try ara tasting (local spirit); suja tasting (butter tea); try your hand at archery and enjoy a cultural performance of song & dance during the lunch.

This afternoon visit the celebrated Royal Textiles Academy, a must see & enjoy some free time to wander Thimphu's main street Norzin Lam and visit the Craft Bazaar.

Overnight Thimphu – Bhutanese Style 3* Hotel

Tuesday 18 October:

Day 1: Dagala Thousand Lakes Trek.

Thimphu – Geynekha – Gur, distance – 7 kms, time 3+ hours.

Transfer to the trek start point and meet up with your trek crew. The trek starts from the beautiful Geynekha village. The villages of this region produce famous masutake and chantarelle mushrooms.



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Tuesday 18 October - continued

Commence your trek through terraced fields and coniferous vegetation. After that the true communion with nature starts with alpine flora and plenty of birds. A short descent down to the river crossing is followed by two hours of gradual uphill climb. You reach the huge rock platform which offers a picturesque view of the valley. After another two hours of trekking you will reach Gur (3,290 m), amongst an abundance of flowers, where you camp for the night.

Overnight Tented Campsite

Wednesday 19 October:

Day 2: Dagala Thousand Lakes Trek.

Gur – Labatama: distance 12 km, time 5 hours.

Whilst trekking across the ridges enjoy the beauty of the rugged mountain vegetation. Your trail winds through flowers and wild asparagus (in spring) and the meadows are refreshing and inspiring. The first pass, symbolized by a huge cairn, gives a spectacular view of Kanchenjunga (Sikkim) and most of the Bhutanese Himalayan peaks. Descending from the pass view the whole Dagala range. Also view meadows and Yak herders camps. Once descended into the Labatama valley ascend gradually through the valley passing some Yak herder huts. Finally you reach Utsho Tsho (lake). The campsite is right next to the lake where plenty of golden trout flourish (4300 m).

Overnight Tented Campsite.

Thursday 20 October:

Day 3: Dagala Thousand Lakes Trek

Enjoy a day at leisure relaxing and exploring Labatama valley. For the energetic choose from a range of day excursions to either Relitsho, Hentsho or Jametsho lakes. Camp at Labatama (4300 m).

Overnight Tented Campsite.

Friday 21 October:

Day 4: Dagala Thousand Lakes Trek

Labatama – Panka: distance – 8 km, time – 4 hours.

The trail climbs along the western side of Dala Tsho up to a saddle at 4520 m from where you have a majestic view of the prominent Himalayan peaks. On a clear day view Everest, Kanchenjunga, Masang Gang, Gangchenta, Tsenda Gang and



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Friday 21 October - continued

Jichu Drake. If you want an even better view you can climb to a peak close to the saddle with an altitude of 4720 m. From the saddle the path descends, passing some Yak herder huts, to Doccha Chu (river). The trail follows the river for a while staying higher up on the slope until you reach Panka. Here Himalayan Monal Pheasants are a common sight. Camp at Panka (4,000 m).

Overnight Tented Campsite

Saturday 22 October:

Day 5: Dagala Thousand Lakes Trek.

Panka – Tsheregang: distance – 8 kms, time – 4 hours.

This day entails the crossing of several passes. None of them affording a major climb and often with an abundance of mountain birds. After crossing the Chare La and Japhu La (passes) start a long descent to your camp at Tsheregang (3080 m). Furthermore from here you will enjoy a great view of Bhutan's capital Thimphu.

Overnight Tented Campsite.

Sunday 23 October:

Day 6: Dagala Thousand Lakes Trek

Tsheregang – Chamgang: distance 6 km, time 3 hours.

From the campsite it is a short hike down to the feeder road. This will lead you to the village of Chamgang near Simtokha town. There is a new road to Chamgang where you will be met by your driver. Farewell your trekking crew!

Chamgang to Paro: (1 hour 40 mins)

On completion of the trek you are collected and transferred to your overnight accommodation in the Paro Valley. Enjoy a restful afternoon to do as much or as little as you like. Consider a traditional hot stone bath at your hotel or a local farm house (cost additional). Or consider a stroll through Paro town which offers good shopping for handicrafts and local jewellery.

Overnight Paro Valley – [Bhutanese Style 3* Hotel](#)



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Monday 24 October:

Activities in the Paro Valley.

Take a morning excursion to Chele La (pass 4000m), on Bhutan's highest motorable road. Hike to the Kila Nunnery, Bhutan's oldest, where the Nuns live remote and simple lives however do welcome visitors. Head back to Paro for lunch at a traditional Bhutanese restaurant and this afternoon visit the Rinpung Dzong, with its cantilever bridge. Finally visit the fascinating National Museum nearby.

Overnight Paro Valley – Bhutanese Style 3* Hotel

Tuesday 25 October:

Hiking & Sightseeing in Paro Valley.

This morning take a pilgrimage hike to the Taktsang Monastery, also known as Tigers Nest. This is Bhutan's most revered monastery and all Bhutanese Buddhists strive to make a pilgrimage here at least once in their lives. Each step along the trail accrues merit points for their future. Choose between a 2 hour round trip hike to the Monastery viewpoint or a longer 5 hour and more strenuous hike into the Monastery itself.

Tigers Nest clings impossibly to a cliff of rock 800 m above the valley floor and where Guru Rinpoche flew on the back of a tigress to subdue the local demons followed by 3 months meditation in a cave still visible in the monastery. In 1998 the monastery was seriously damaged by fire and has since been painstakingly reconstructed to its original condition and consecrated by the 4th King in 2005.

Take lunch at the Taktsang Viewpoint cafe and, returning from your hike, visit nearby Kyichu Lhakhang, one of the oldest and most revered temples in Bhutan. The Lhakhang boasts an orange tree that perpetually bears fruit.

Overnight Paro Valley – Bhutanese Style 3* Hotel

Wednesday 26 October:

Day of departure.

Early morning departure from your hotel to Paro Airport for your onward flight.



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