Bumdra Trek

Bumdra means 'Rock of One Hundred Thousand Footprints'. This trek offers you a great view of Paro Valley and some Himalayan ranges. It is just a two-day trek where on the first day it's all ascent and on the second day it's all descent.

The legend has it that a hundred thousand Dakinis (angels) descended here and left their footprints on the rock 800 years ago. As a result, this campsite is marked as one of the blessed campsites around Bhutan.

LOCATION	DURATION
Paro Valley	**6 Days**

DIFFICULTY	MAX ALTITUDE	BEST SEASON
easy	**3,900m**	**Mar-May, Sep-Nov**

Highlights

- Camp at the sacred Bumdra site with stunning valley views
- Trek through beautiful blue pine, juniper, and larch forests
- Visit the iconic Tiger's Nest Monastery
- Explore Punakha Dzong, the Palace of Great Happiness
- See the 51-meter tall Buddha Dordenma statue
- Experience both camping and hotel accommodations

Day-by-Day Itinerary

Day 1: Arrive at Paro

Paro | 2,280m

You will be received by the representative from Byways Tours and Travels at the airport and driven to the hotel.

After lunch, visit **Drukgyel Dzong**, which was built in 1644 by Zhabdrung Ngawang Namgyal to commemorate the victory over the Tibetan invaders. The dzong is now in ruins because it was completely burned down by a fire caused by a butter lamp in 1951. The dzong name "Drukgyel" means "Victorious Druk." The dzong was used as an administrative center until 1951.

Then visit **Kyichu Lhakhang**, one of Bhutan's oldest Buddhist temples, which was built in 659 AD by a Tibetan king, Songtsen Gampo. In the evening, stroll around the tiny town of Paro.

Meals: L/D | Hotel in Paro

Day 2: Paro to Bumdra - Trek Starts

Paro to Bumdra | 3,800m | 4-5 hours | 7 km

After breakfast, drive to **Sang Choekor Monastery** (2,900m), a Buddhist college from where your trek starts. Your team members will be waiting for you there. Before you start your trek, it will be good luck for you to visit the monastery.

The first 2 hours you need to ascend through a charming forest of blue pine, juniper, and larch until you reach **Choe Tse Lhakhang** (3,640m).

An hour and a half from Choe Tse Lhakhang, there lies the **Bumdra Monastery** (3,900m). This trek offers you great views of Paro Valley and stunning views of the Eastern Himalayan ranges. It is all uphill on the first day and all descent on the second day. Your campsite will be just below Bumdra Lhakhang.

Meals: B/L/D | Camping

Day 3: Bumdra to Paro to Thimphu - Trek Ends

Bumdra to Paro to Thimphu | 2,320m | 3-4 hours | 8 km

Today it is all downhill and it will be a bit tough on your knees. You will be returning back through rhododendron forest with larch and pine trees around it via **Tiger's Nest Monastery**, which is one of the icons of our country.

The history of Tiger's Nest Monastery dates back to the 8th century when Guru Rinpoche, a tantric master, flew to this place on the back of a flying tigress, said to be his Tibetan consort known as Khandro Yeshe Tsogyal, and meditated in a cave nearby. The temple was built in the 17th century by the Penlop (governor) of Paro, Gyaltse Tenzin Rabgye. This incredible monastery clings to the edge of a sheer rocky cliff that plunges 600 meters into the valley below.

After lunch, drive to Thimphu. Dinner and overnight in hotel.

Meals: B/L/D | Hotel in Thimphu

Day 4: Thimphu Sightseeing

Thimphu | 2,320m

After breakfast, visit **National Memorial Chorten**, which was built in 1974 by the mother of our third king in memory of the third king, Jigme Dorji Wangchuck. The paintings and statues in the temple are dedicated to the third king.

Then visit the tallest statue of **Buddha Dordenma** (51 meters tall).

After that, visit the **Mini Zoo** where you will get a chance to see our national animal, the Takin.

Finally, visit **Tashichho Dzong** and stroll around Thimphu city for shopping. Dinner and overnight in hotel.

Meals: B/L/D | Hotel in Thimphu

Day 5: Thimphu to Punakha Day Trip

Thimphu - Punakha - Thimphu | 1,250m (Punakha)

After breakfast, drive to Punakha Valley via **Dochula Pass** (3,140m). We stop for a while at Dochula Pass where 108 stupas are built together to take photographs. If the weather is clear, in the far distance you will get a chance to see the higher Himalayas from Dochula Pass.

When you reach Punakha Valley, visit **Chimi Lhakhang**, which is also known as the "Temple of Fertility," built by Lama Drukpa Kunley, popularly known as "The Divine Madman," in the 15th century.

After that, visit **Punakha Dzong**, built in 1637 by Zhabdrung Ngawang Namgyal and situated between Pho Chu (Male River) and Mo Chu (Female River). For many years until the time of the second king, it served as the capital of Bhutan.

The construction of the dzong was foretold by Guru Rinpoche, who visited this place in the 8th century and predicted that a person named Namgyal would arrive at a hill that looks like a sleeping elephant. There was a smaller building here called Dzong Chu (Small Dzong) that housed a statue of Buddha.

It is said that when Zhabdrung visited this place, he met with a Bhutanese architect called Zowe Palep and ordered the architect to sleep in front of the statue. While Palep was sleeping, the Zhabdrung took him in his dreams to Zangto Pelri (Paradise) and showed him the palace of Guru Rinpoche. From his vision, the architect conceived the design for the new dzong, which, in keeping with tradition, was never committed to paper.

The dzong was named Druk Pungthang Dechen Phodrang, which means "Palace of Great Happiness." The war materials captured during the battle with Tibetans are preserved here. Punakha is still the winter residence of the Chief Abbot (Je Khenpo), and King Jigme Dorji Wangchuck convened the First National Assembly here in 1952.

After lunch at a nearby restaurant, drive back to Thimphu. Dinner and overnight in hotel.

Meals: B/L/D | Hotel in Thimphu

Day 6: Departure

Paro Airport | 2,280m

Early morning, drive to Paro Airport for your departure flight. Farewell!

Meals: B

What's Included

Included

+ Accommodation in 3* Hotels in twin sharing basis
+ All Three Meals (Breakfast, Lunch and Dinner)
+ Daily Tariff
+ Royalty and Government Taxes
+ Sustainable Development Fee of USD 100 per night per person which goes towards free education, free healthcare and infrastructure development
+ Transportation from receive till drop
+ Museum and Monument fee
+ Bottle Water in Car
+ Sightseeing
+ English Speaking Guide
+ Driver
+ Camping equipment and tents
+ Pack horses and horsemen
+ Trekking permits

Not Included

- Air Fare
- Visa fee of USD 40 per person
- Insurance Premiums
- Payment for service provided on a personal basis
- Cost for any services not mentioned in the "Inclusive Head"
- Cost incurred due to mishaps, strikes, political unrest, etc.
- Personal expenses in items such as laundry, soft or hard drinks, camera charges, bottle water in restaurants or in hotels, portage, bellboy charges
- Charges for chartered flights necessitated by a sudden death or unforeseen mishap
- Tips to guide and driver

Ready to Book?

Contact our Bhutan travel experts to customize this itinerary.

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