Tshaluna Trek

The first two days of the trek follow the same route as the Druk Path Trek. The trek leads to the ancient trading routes which connect the valleys of Paro and Thimphu.

The trail passes through spectacular rhododendron forests, alpine yak pastures, and beautiful lakes stocked with trout. Tshaluna Trek is also a very easy trek as the distance between every campsite is fairly short.

This trek also offers trekkers stunning views of Mt. Jomolhari (7,314m), the highest unclimbed peak in the world. The best times to embark on this trek are between March-April and September-November.

LOCATION	DURATION
Paro to Thimphu	**7 Days**

DIFFICULTY	MAX ALTITUDE	BEST SEASON
easy	**3,770m**	**Mar-May, Sep-Nov**

Highlights

- Follow ancient trading routes between Paro and Thimphu
- Trek through spectacular rhododendron and alpine forests
- Stunning views of Mt. Jomolhari (7,314m)
- Visit the iconic Tiger's Nest Monastery
- Explore Jele Dzong on the ridge
- Easy trek with short distances between campsites

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 **Ta Dzong**, an ancient watchtower built in 1656 and renovated in 1968, now converted into the National Museum of Bhutan. Then visit **Rinpung Dzong** (Paro Dzong), built in 1646 by Zhabdrung Ngawang Namgyal. The dzong presently houses the administrative offices of Paro District and the monastery.

Meals: L/D | Hotel in Paro

Day 2: Paro Sightseeing

Paro | 2,280m | 5h hike

After breakfast, take an excursion to **Tiger's Nest Monastery**. A short drive of around 25 minutes from the main town of Paro takes you to Satsam Chorten, where the trail climbs through beautiful pine forest, many of the trees festooned with Spanish moss, and an occasional grove of fluttering prayer flags.

We stop for rest and tea with cookies at the Taktsang cafeteria, then walk a short distance until we see, clearly and seemingly within reach, Tiger's Nest Monastery. The history 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 rock cliff that plunges 600 meters into the valley below.

After lunch, visit **Drukgyel Dzong**, built in 1644 by Zhabdrung Ngawang Namgyal to commemorate the victory over 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 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, built in 659 AD by the Tibetan king Songtsen Gampo. In the evening, stroll around the tiny town of Paro. Dinner and overnight in the hotel.

Meals: B/L/D | Hotel in Paro

Day 3: Paro to Jele Dzong - Trek Starts

Paro to Jele Dzong | 3,480m | 4-5 hours | 7 km

Today is the first day of your trek, which starts from **Ta Dzong** (National Museum) where you need to climb to the campsite through blue pine forest in Paro.

The trek follows a gravel road past a few farms for about 30 minutes before you start your real trek. Once you reach the ridge below **Jele Dzong**, you descend about 100m to the campsite below the dzong.

Meals: B/L/D | Camping

Day 4: Jele Dzong to Tshokam

Jele Dzong to Tshokam | 3,770m | 4-5 hours | 10 km

You begin with a steep climb for about 20 minutes, then the slope evens out a bit and the ascent becomes more gradual.

Today you will enjoy your walk a lot because you have every kind of terrain: ascent, descent, and flat sections with good views of snow-capped mountains if the weather is clear.

The trail takes you through thick alpine forests and dwarf rhododendron trees. You may see yak herders and their yaks around your campsite.

Meals: B/L/D | Camping

Day 5: Tshokam to Tshaluna to Thimphu - Trek Ends

Tshokam to Thimphu | 2,350m | 2 hours | 6 km

Today it is all downhill and it will be a bit tough on your knees. You will be going downhill through rhododendron, larch, and juniper forest, including maple trees.

Your driver will be waiting for you at the end of your trek and will drive you to Thimphu. After lunch, you can either stroll around the city or relax in the hotel.

Meals: B/L/D | Hotel in Thimphu

Day 6: Thimphu Sightseeing

Thimphu | 2,350m

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.

Meals: B/L/D | Hotel in Thimphu

Day 7: 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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