



Contact Information

+977 01-4813144, +9779851135348

info@adventureascent.com

Kapan Marg, Kathmandu, Nepal



Samtengang Trek

Bhutan is a trekker's paradise! The scenic landscapes and pristine environment are best experienced through trekking. The trek paths are always lauded with splendid scenic beauty, lofty mountains and deep valleys untouched by modernization. Trekking in this Himalayan kingdom is a wonderful experience for anyone who enjoys hiking and camping in exotic natural habitats, meeting interesting indigenous people and learning their cultures. Only a handful of tourists trek each year and the trails are not crowded as they are in other countries. They are definitely not dotted with teashops and souvenir shops filled with tourists. You are on your own most of the time except for the few local travelers. Come enjoy our mountains and enrich your holidays! Good Season March – June & September – November for high altitude areas. December – February for lower areas. Group Nos: The minimum is normally six and though we are happy to take groups of only one or two, a surcharge will have to be paid as per government regulations. Climate Days are normally warm. Nights can at times be very cold, with winter temperatures often falling to well below freezing (especially on our mountain treks). There can be monsoon showers in summer (heaviest in July, August) and rarely in spring and autumn. What to bring Strong normal clothing (according to season). Preferably, light cotton for summer and woolen clothing for evenings and the winter. A fleece and light jacket is advised. For trekking you need strong, comfortable trekking boots, sun-glasses, lots of spare vests and socks/stockings, headgear and a waterproof jacket. Warm clothing will be required for the evenings and a down jacket is a must for treks in mountain areas. For those going on treks, a warm sleeping bag is a must. (Note: for trekking a load of 25 kg per person is allowed and will be transported on pack ponies, yaks or by porters.) We offer various trekking throughout the year. The treks can range from a simple cultural day trek to the longest 29/36 days Snow Man Trek. We can customize your trek according to your interest.

Price:

Trip Start:

Trip Ends:

Duration: 10 Days

Grade: Medium

Altitude:

Destination:

Trip Style:

Transport:

Group Size: 1 - 30+

Best Time: Whole Year

Itinerary

Day	Title	Description
1	<u>Paro.</u>	Arrive Paro by Druk Air flight. During this flight, one will experience breathtaking views of Mt. Everest, Kanchen junga and other Himalayan peaks, including the sacred Chomolhari and Mt. Jichu Drakey in Bhutan. On arrival at Paro, our representative will receive you. The drive to the hotel through the Paro valley is enchanting. After lunch you will be taken to Ta-Dzong (museum). Visit to Paro Dzong and walk over the bridge crossing the (Pa-Chu) River of Paro. Overnight hotel.
2	<u>Paro sightseeing.</u>	Drive up to Ramthangkha (10 Km from Paro Town) and walk to Taktsang Goemba. The name Taktsang means “Tiger’s Nest”; The Monastery is perched on a rocky ledge with a sheer drop of nearly 4000 ft. And overlooks the Paro valley. Taktsang is one of the most venerated pilgrimage sites in the Himalayan world. However, most people can only visit the main site called Taktsang Pel-phu. According to legend Padmasambhava founded Taktsang Monastery in the eighth century. It is believed that the Guru came to this place on the back of a tigress from Khengpajong in the Kurtoe region and meditated here for three months in a cave at Taktsang and converted the Paro valley to Buddhism.