

Nabji Korphu Trek (Manas Trek) - 6 Days/5nights:

The trail is set out in the Jigme Singye Wangchuck National Park. Ideal times to trek October to March. The park is located in central Bhutan, is also home to several cultural rich agricultural villages. The trail is a six day low altitude trek 693m to 1,636m travelling through six different villages located inside the park. You have the possibility of sighting many bird species and even the endangered Rufous-necked Hornbill. Besides the natural beauty of the area it is also rich in cultural history with the commemorative pillar in the temple of Nabji. The pillar symbolises the occasion that peace was negotiated between two kings. (King Nauche from India and King Sindu from Bhutan) intermediated by Guru Rimpoche in the eight century. You will also pass through the homeland of the Monpas people. The Monpas people are thought to be the first settlers in Bhutan. They were originally hunters and food gatherers and their culture, tradition & practices are intrinsically linked to the forest around them.

Day 1. Nabji Korphu Trek

Riotala to Nimshong, distance 6.5kms, time 3-4 hours.
Trongsa 2,200m - Nimshong Village 1,319m

Travel by car/mini bus to Riotala the start of the Nabji trail. Keep an eye open for deer and macaques along the way while enjoying the beautiful view over the Mangde Valley. The trek starts with a steep descent of 693m, to the bed of the Mangde river following the river bed until you see the chorten that indicates the entry to Nimshong village. A steep climb up the the village which has 58 households with a population of approximately 465 people.
Overnight tented campsite 1319m

Day 2. Nabji Korphu Trek.

Nimshong to Nabji, distance 13kms, time 5 hours.

Early this morning you will visit a local temple. Today you will hike through a lush broadleaf forest alive with abundant bird and mammal life, with possible sightings of Golden Langurs and Rufous-necked Hornbill. The trail moves up and down through a dense forest. Nabji consists of 44 households with approximately 400 people. The village is situated on a foothill above terraced fields of rice. The temple of Nabji which means 'promising' or 'oath harbors the stone pillar to mark the peace between Bumthang & Assam Kings. In the village a rock remains of the blacksmith. (one of the reincarnations of Pema Lingpa)
Overnight tented campsite 1300m

Day 3. Nabji Korphu Trek.

Nabji - Korphu - Nabji, distance 12kms, time 4-5 hours
Nabji Village 1300m - Korphu 1636m

From Nabji base camp this morning enjoy a day hike to Korphu village. Korphu is situated on a mountain top at an altitude of 1500m. The village has 76 households and approximately 600 people. It is a spectacular hike uphill, and the

Nabji Korphu Trek - (or Manas Trek)

view from the clustered village of Korphu is breathtaking. It is possible to visit Korphu's temple, which houses the sacred relics of Pema Lingpa. Stop in Korphu for lunch and return to Nabji mid afternoon.
Overnight tented campsite 1300m

Day 4. Nabji Korphu Trek.

Nabji - Kubdra, distance 13kms, time 6-7 hours.
Nabji Village 1300m - Kubdra Campsite 1636m

Our trek today starts on a trail to Kubdra village. The trail leads you through a dense forest, with big trees with clippers, orchids and small bamboo. You will lunch overlooking the waterfall at Zhelyung. Continuing along the trail you will come the Monpas inhabited in Kubdra in the middle of the forest. Kubdra only has three households but the few Monpas living there are very happy to welcome you. Watch out for tigers and leopards the local inhabitants in this area although they are rarely seen droppings and spores can be found.
Overnight tented campsite 1636m

Day 5. Nabji Korphu Trek.

Kubdra - Jangbi, distance 14kms, time 6 hours.
Kubra 1636m - Jangbi Village 1368m

The hike continues to Jangbi Village you will see traces of the Guru Rimpoche along the way (foot print, dagger and hat) Visit the small visit of Phrumzur with its temple from here you can see right over the valley. further along the trail you will see great vista and pristine forest. Tonight your campsite near Jangbi has a beautiful view over the valley and Mangde Chuu.
Overnight tented campsite 1368m

Day 6. Nabji Korphu Trek.

Jangbi - Tongtongfey, distance 9kms, time 3-4 hours
Jangbi 1368m - Tongtongfey 1061m

This morning you have a steep descent of 950m which will bring you to a bridge crossing Mangde Chuu, after that is the last climb to Tongtongfey where your driver will be waiting to transport you by road to your overnight accommodation. If time permits visit Kuenga Rabten Palace and the Nunnery.

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