

## **Dagala Thousand Lakes Trek - 7days/6nights**

This relatively moderate trek passes through various picturesque high altitude lakes so named as the Thousand Lakes Trek. Also the route is particularly rich in bird species, alpine flowers and attractive meadows. The route also presents fascinating views of prominent eastern Himalayan peaks such as Mount. Everest, Mount. Kanchenjunga, Chomolhari, Jichu Drake, Masang Gang, Tsenda Gang and Gangchhenta. The best months for this trek are April and Oct.

### **Day 01: Dagala Thousand Lakes Trek:**

Thimphu – Geynekha, distance – 14 km, time – 4 hours.

The start point of trek (Khoma) is about an hour drive from Thimphu, on an unpaved road. The villages of this region produce famous matsutake and chantarelle mushrooms. The first day walk is all through terraced fields and coniferous vegetation. Campsite at Geynekha, alongside a stream at an altitude of 2,800m

Overnight tented campsite.

### **Day 02: Dagala Thousand Lakes Trek:**

Geynekha – Gur, distance – 15 km, time – 4 hours.

On today's trek, the true communion with the nature starts with alpine flora and plenty of birds. Two hours of gradual uphill walk and rest on top of a huge rock platform, offers a picturesque view of the valley. Another two hours of walk leads to camp at Gur (3,350m) amongst abundance of flowers.

Overnight tented campsite.

### **Day 03: Dagala Thousand Lakes Trek:**

Gur – Labatama, distance – 12 km, time – 5 hours. Today's trek is amidst flowers and meadows that freshens the trekkers with poetic sentiments. The pass at 4,240m offers spectacular view of the entire Dagala range, meadows and yak herders camp. Camp at altitude 4,300m near Utsho Lake where plenty of golden trout flourish.

Overnight tented campsite.

### **Day 04: Dagala Thousand Lakes Trek:**

Labatama. Day excursion to Relitsho, Hentsho or Jametsho Lake.

Overnight tented campsite.

### **Day 05: Dagala Thousand Lakes Trek:**

Labatama – Panka, distance – 8 km, time – 4 hours. After a walk of about 30 min, there is majestic view of the prominent Himalayan peaks such as Mount. Everest, Mount, Kanchenjunga, Masang Gang, Gangchhenta, Tsenda Gang and Jichu Drake. In this route Himalayan Monal Pheasants are a common sight apart from yak herders. Camp at Panka at an altitude of 4,000m.

Overnight tented campsite.

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**Day 06: Dagala Thousand Lakes Trek:**

Panka – Talikha, distance – 8 km, time – 4 hours. The route leads north enroute crossing a pass at altitude 4,000m then climbing along the side of a ridge to a crest at 4,270m. Later it is a long descent to the village of Talikha at 3,050m.

Overnight tented campsite.

**Day 07: Dagala Thousand Lakes Trek:**

Talikha – Simtokha, distance – 3 km, time – 2 hours. The trek trail descends steeply through mixed forests of rhododendron and bamboo and apple orchards ending at Simtokha (5 miles before Thimphu).

On completion of trek you will be met and transferred by road to your overnight accommodation.

James Irving,

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