

Important Trek Routes in Bhutan

Trek – V: Bumthang Cultural Trek

This trek passes via several villages on its meandering route through the Bumthang countryside. The route provides plenty of opportunity to visit villages, lhakhangs (temples) and other places of cultural interest, justifying its name. The best season for this trek is March to May and September to November.

Day 01 : *Toktu Zampa – Ngang Lhakhang, distance – 12 km, time – 4.1/2 hours.* The trek route follows the Chamkhar Chhu River, coming across villages, temples, meadows and forests of blue pine. Camp at *Ngang Lhakhang (Swan Temple)* at an altitude of 2,900m.

Day 02: *Ngang Lhakhang – Ugyenchholing, distance – 17 km, time – 7/8 hours.* The trek starts across meadows, dwarf bamboo also crosses enroute several small streams. It further gradually ascent to Phephe la pass (3,360m) marked by tall birch and fir trees. The trail then leads down a stream at 3,200m and valleys filled with dwarf bamboo, prayer walls and stupa. The walk is delightful, breaking out of the forest into broad meadows, pastures of grazing cows and ploughed fields. Camp by the side of the river at an altitude of 2,850m.

Day 03: *Ugyenchholing – Bumthang, distance – 15 km, time – 5 / 6 hours.* The trekking route leads downstream through meadows and further into the main valley of Tang Chhu river at an altitude of 2,640m. The motorable road is another two km walk from this valley.