

## **Dur Hot Spring Trek - 8 days/ 7 nights**

This trek is particularly famous for its hot springs. Walking across forests of cyprus, juniper, spruce, hemlock and maple, the route also offers opportunity to view interesting fauna such as Musk deer, Blue sheep and Himalayan black bear. The best season for this trek is March to April and September to early October.

### **Day 01: Dur Hot Spring Trek.**

Bumthang – Gorsum, distance – 18 km, time – 7 hours.

The trek starts from Dur village (3,100m) following the river Yoleng Chhu famous for its trout.

Overnight tented campsite

### **Day 02: Dur Hot Spring Trek.**

Gorsum – Lungsum, distance - 12 km, time – 5 hours.

Today's trek trail passes through dense forests of spruce, hemlock, cypress, juniper and maples, leading to the campsite at an altitude of 3,160m.

Overnight tented campsite.

### **Day 03: Dur Hot Spring Trek.**

Lungsum – Tsochenchen, distance – 15 km, time – 6 hours.

In today's route there is dense vegetation till camp at 3,400m which is just above the tree line.

Overnight tented campsite.

### **Day 04: Dur Hot Spring Trek.**

Tsochenchen – Dur Tsachu, distance – 17 km, time – 7 hours. Today's walk is all the way uphill until Juli la pass (4,700m), offering fascinating views of the surrounding mountains. The route further crosses Gokthongla pass then descends steeply through forests to the campsite near Dur hot springs at 3,590m.

Overnight tented campsite.

### **Day 05: Dur Hot Spring Trek.**

Today at leisure to explore Dur Tsachu hot springs.

Overnight tented campsite

### **Day 06: Dur Hot Spring Trek.**

Dur Tsachu - Tsochenchen, distance - 18kms, time - 6 hours. 1530m ascent, 1340m descent.

Overnight tented campsite

### **Day 07: Dur Hot Spring Trek.**

Tsochenchen - Gorsum, distance - 27kms, time - 9 hours. 660m descent

Overnight tented campsite

### **Day 08: Dur Hot Spring Trek.**

Gorsum – Dur (Bumthang), distance - 18kms, time - 6 hours. 380m descent.

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

James Irving,

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