

TREKKING SEASONS:

TREK	J	F	M	A	M	J	J	A	S	O	N	D
BUMTHANG	X	X	S	S	S	S	M	M	S	S	S	X
GANGTEY	S	S	S	S	S	S	M	M	S	S	S	S
SAMTENGANG	S	S	S	S	S	S	M	M	M	S	S	S
LAYA/LINGSHI	S	S	S	S	S	S	M	M	M	S	S	S
LUNANA SNOW MAN	X	X	S	M	S	S	S	S	M	X	X	X
GASA HOT SPRINGS	S	S	S	S	S	M	M	M	M	S	S	S
JHOMOLHARI	X	X	S	S	S	S	M	M	S	S	X	X
DRUK PATH	X	X	S	S	S	S	M	M	S	S	S	X
DAGALA	X	X	S	S	S	S	M	M	S	S	X	X

S : Refers to good season for trekking.

M: Refers to moderate season as there are chances of rain during the trek in these months

X : Refers to the months when the trekking routes are closed due to snow.

QUICK REFERENCE CHART FOR TREK ROUTES IN BHUTAN:

DIFFICULTY GRADE OF TREKS:- S-STRENOUS. M-MODERATE. E-EASY.

No	Trek Name	Days Grade	Alt.m	Season	Start-End	Scenes Enroute
1	Bumthang Cultural	03- E	H: 3353 L: 2800	May-Jun Sept-Nov	Bumthang-Jakar (Bumthang)	Farm houses, fields, temples
2	Gangtey Winter	03- E	H: 3203 L: 1370	Mar-Jun Sept-Nov	Gangtey - Chu zomsa/Wangdue	Fields, villages, temples, forests
3	Chelela Nature	03- E	H: 3845 L: 2200	May-Jun Sept-Nov	Paro-Paro	Farm houses, wild flowers
4	Punakha Winter	04- E	H: 1800 L: 1350	Jan-Mar Nov-Dec	Thimphu- Wangdue	Villages, temples, rhododendrons, chirpine forests
5	Sinchula	04- M	H: 3600 L: 1350	Mar-May Sept-Nov	Thimphu- Punakha	Mixed forests, villages, small lakes
6	Dongla	04- S	H: 3170 L: 1780	Apr-May Sept-Nov	Lhuentse- TrashiYangtse	Villages, temples, mixed forests
7	Druk Path	05-M	H: 3400 L: 2200	Apr-Jun Sept-Nov	Paro-Thimphu	Blue pine forests, rhododendron, yak-herders, lakes
8	Rodungla	06- S	H: 3170 L: 1780	May-Jun Sept-Nov	Bumthang- Lhuentse	Villages, temples, mixed forests

9	Dagala Thousand Lakes	07- M	H: 4420 L: 2210	Mar-May Sept-Nov	Chuzom-Simtokha	Villages, forests, lakes, fishing
10	Dur Hot Springs	08- S	H: 3400 L: 2800	May-Jun Sept-Nov	Bumthang-Bumthang	Mixed forests. Villages, temples, blue sheep
11	Jhomolhari	10- S	H: 4820 L: 2200	Apr-Jun Sept-Nov	Paro- Dodena/ Thimphu	Yak herders, fishing, blue sheep, musk deer, Mts.
12	Beautiful Laya Gasa	15- S	H:4600 L: 1350	Apr-Jun Sept-Nov	Paro- Punakha	Villages, yak herders, hot springs at Gasa
13	Lunana Snowman	25- S	H:5100 L:1370	May-Jun Sept-Oct	Paro-Bumthang	Forests, hot springs, yak herders, blue sheep.

In addition to the above mentioned treks, BTCL has surveyed and successfully developed two new trekking routes.

1	The Ancient Royal Route.	03: E	H:3330 L:	Apr-June Sept-Nov	Tongsa -Bumthang	forest, farm houses, village, monastery
2	Bhey-Laga	09: S	H: L:	Apr-May Sept-Oct	Chuzom/Wangdi Nikachu/Wangdi	forest, village, yak herders, lakes, blue sheep.

OUTLINE OF TREKKING ROUTES

You would require a few days before and after the actual trekking days to arrive to the trek starting point and to return to the point of your departure.

1. BUMTHANG CULTURAL TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Bumthang	Nganglhakhang
02	Nganglhakhang	Ugyenchholing
03	Ugyenchholing	Jakar

02. GANGTEY WINTER TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Gantey Gompa	Gogona
02	Gogona	Khotokha
03	Kothokha	Chuzomsa, Wangdi via Nizergang

03. THE ANCIENT ROYAL ROUTE. * TONGSA TO BUMTHANG TREK.

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Trongsa	Shopjapang
02	Shopjapang	Domkhar
03	Domkhar	Jakar

04. CHILELA NATURE TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Paro	Chonana
02	Chonana	Domselha
03	Domselha	Kichu/Paro

05. PUNAKHA WINTER TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Khuruthang	Limukha
02	Limukha	Chungsakha
03	Chungsakha	Samtengang
04	Samtengang	Wangdi-Punakha

06. SINCHULA TREK.

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Thimphu/Kabjesa	Sinchula
02	Sinchula	Dupsingpang
03	Dupsingpang	Chorten Nebu
04	Chorten Nebu	Kabje Sirigang

07. DONGLA TREK FROM LHUENTSI TO TASHIYANGTSE

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Lhuntsi	Wangsi Lhakhang
02	Wangsi Lhakhang	Pemi
03	Pemi	Toupang
04	Toupang	Tashiyangtse (Chorten Kora Camp)

08. DRUK PATH TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Paro	Jele Dzong
02	Jele Dzong	Jangchulakha
03	Jangchulakha	Jimilangtso
04	Jimilangtso	Simkota
05	Simkota	Phajoding
06	Phajoding	Thimphu

09. RODUNGLA TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Bumthang	Nganglhakhang
02	Nganglhakhang	Ugyenchholing
03	Ugyenchholing	Phokpey
04	Phokpey	Ungar
05	Ungar	Taskila
06	Taskila	Lhuntshi
07	Lhuntshi	Menji
08	Menji	Pemi
09	Pemi	Taupang
10	Taupang	Yangtshi

13. CHOMOHARI TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Paro	Shana
02	Shana	Soi Thangthangkha
03	Soi Thangthangkha	Jangothang
04	Jangothang	** Halt
05	Jangothang	Lingshi
06	Lingshi	** Halt
07	Lingshi	Shodu
08	Shodu	Barshong
09	Barshong	Dolam Kencho
10	Dolam Kencho	Thimphu

10. DAGALA THOUSAND LAKES TREK

<i>ay</i>	<i>Start</i>	<i>Camp/End</i>
01	Thimphu	Geynekha
02	Geynekha	Gur
03	Gur	Labatama
04	Labatama	Halt
05	Labatama	Panka
06	Panka	Talika
07	Talika	Simtokha

11. DUR HOT SPRING TREK

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Bumthang	Gorsum
02	Gorsum	Lungsum
03	Lungsum	Tsochenchen
04	Tsochenchen	Dur Tsachu
05	Dur Tsachu	** Halt
06	Dur Tsachu	Tsochenchen
07	Tsochenchen	Gorsum
08	Gorsum	Bumthang

12. BHEY LAGA TREK.

<i>Day</i>	<i>Start</i>	<i>Camp/End</i>
01	Wangdi	Rifakha
02	Rifakha	Bhey Niuley
03	Bhey Niuley	Bhey Riju
04	Bhey Riju	Bhey Namtokha
05	Bhey Namtokha	Peyra Camp
06	Peyra Camp	Sintha Camp
07	Sintha Camp	Tempey Tsho
08	Tampey Tsho	Morathang
09	Morathang	Nikkachhu/Wangdi

14. BEAUTIFUL LAYA/GASA TREK

Day	Start	Camp/End
01	Paro	Shana
02	Shana	Soi Thangthangkha
03	Soi Thangthangkha	Jangothang
04	Jangothang	Lingshi
05	Lingshi	Chebisa
06	Chebisa	Shomuthang
07	Shomuthang	Robluthang
08	Robluthang	Lemithang
09	Lemithang	Laya
10	Laya	** Halt
11	Laya	Koena
12	Koena	Gasa Tsachu
13	Gasa (Hot Springs)	** Halt
14	Gasa	Goem Damji
15	Goem Damji	Tashithang/Thimphu

15. LUNANA SNOWMAN TREK

Day	Start	Camp/End
01	Paro	Shana
02	Shana	Soi Thangthangkha
03	Soi Thangthangkha	Jangothang
04	Jangothang	**Halt
05	Jangothang	Lingshi
06	Lingshi	Chebisa
07	Chebisa	Shomuthang
08	Shomuthang	Robluthang
09	Robluthang	Limithang
10	Limithang	Laya
11	Laya	**Halt
12	Laya	Roduphu
13	Roduphu	Narethang
14	Narethang	Tarina
15	Tarina	Woche
16	Woche	Lhedi
17	Lhedi	Thanza
18	Thanza	** Halt
19	Thanza	Tsorim
20	Tsorim	Geshe Woma
21	Geshe Woma	Warathang
22	Warathang	Dur Tsachu
23	Dur Tsachu	Tsochenchen
24	Tsochenchen	Gorsum
25	Gorsum	Bumthang