

TREKking FOR KIDS

IMPROVING TODAY, SECURING TOMORROW...ONE STEP AT A TIME

Lhe-dhi La Trek, along yak herders' path 12 Nights & 13 Days

This trek as an absolute gem as it unfolds spectacular landscapes and takes you off the beaten path. This trek features a wide variety of terrain including spectacular alpine meadows, turquoise blue glacial lakes and mountain forest with breath taking views of the great Himalayan Mountains. To leave a lasting impact in the country, complete a project to improve the lives of impoverished, young monks living in a monastery near the end of the trek.

April 22: Arrival – Paro - Thimphu

One arrival at Paro airport, meet your TFK representative and begin your journey with about an hour drive to Thimphu (2350m), Capital of Bhutan. Today, we will take it easy to acclimatize to the altitude.

Visit **Kuensel Phodrang** popularly known as Buddha Point where the world's largest and tallest statue of Buddha is built. From here you will enjoy a beautiful view of the Thimphu valley. *(Optional)* If you like you can do a short hike along Kuensel Phodrang Nature Park.

Overnight, hotel in Thimphu

April 23: Exploring Unique Thimphu City

Day start with visiting **Simply Bhutan Museum** is an interactive living museum that gives a quick introduction to various aspects of traditional life in Bhutan. **Zorig Chusom** (The National Institute for 13 Arts and Crafts) and **Textile Museum**, it gives a glimpse of Bhutanese history in terms of cloths and textiles.

In the evening, visit **Tashichho Dzong**, which houses the secretariat, the throne room and offices of the King. Part of this Dzong also serves as the summer residence of the Zhung Dratshang (Central Monastic Body), including the Je Khenpo (Chief Abbot of Bhutan). Later, leisurely explore bustling small city of Thimphu.

Overnight, hotel in Thimphu

April 24: Thimphu – Lungchotse Hike

Approximate Walking Time: 4-5 hours

After Royal Palace, drive to Dochula (3150) Pass for the beautiful hike to Lungchotse Lhakhang. The location of the 18th century **Lungchotse Lhakhang**, (4-5 hours for the round trip), is perfect for a day hike from here. For those who do not fancy walking for hours seeking solitude and peace of mind yet would like to have that, this is the place to go. It is a perfect place to enjoy the bounties of nature. On a clear sunny day one can see the entire Bhutan Himalaya with its snow-covered peaks. They say heaven is a place on earth; perhaps Lungchotse is one such place. End the day by Joining Thimphu residents for circumambulations the National Memorial Chorten, built in 1974 to honour the memory of the 3rd King Jigme Dorji Wangchuck.

Overnight, hotel in Thimphu

April 25: Paro – Bjela Dzong – Jangchu Lakha (12,400 ft)
Distance - approximately 15 Km - about 6-7 hours trek,
3300 ft ascent
65 ft descent

Today, we will have to make our way up gradually through the coniferous forest along the ancient trade route till Bjela pass (3490m). After a short climb the trail gets level in the meadow along the ridge for sometimes before you walk downhill for a while to climb through thick alpine forest to a saddle at 3590m. The trail then follows the ridge, making many ups and downs, along the one side of the ridge to the other, heading down northeast to our campsite at Jangchu Lakha (3780m) yet another yak pasture.

Overnight at Camp/Tent, Camp Elevation 3780m

April 26 Jangchu Lakha – Tshobcha Wogma (13,200 ft)
Distance - approximately 21 Km - about 6-7 hours trek,
2100 ft ascent
350 ft descent

A short steep climb through the forest of junipers that starts right from the lunch stop. Once the steep climb is over, the trail gets level for a while and then it goes gradually up and down through the thickets of dwarf rhododendrons leading up to Jangchu La (13,200 ft). We continue to walk uphill along the ridge for about another half an hour till we get to a small flat area on the slope, used by yak herder's camp. Our campsite, a meadow besides small lake beneath some towering rocky mountains is just about 20 minutes from the fork.

Overnight at Camp/Tent, Camp Elevation (13,200 ft)

April 27: Tshobcha Wogma – Teykey Thang (13,299 ft)
Distance - approximately 10.5 miles - about 7-8 hours trek,
1300 ft ascent
1570 ft descent

We start the day with a short climb through rhododendrons leading up to a couple of small lakes before we tackle the long ascent along the precarious path to Chume La (14,700 ft) which is marked by a cairn of stones. The view here is awesome! We can spend some time around the pass to enjoy the view. As we descend from the pass, is just about an hour from here for lunch. There are several glacial lakes in this area and some are known for having giant sized trout. We traverse following the yak and herder's path that is rocky and narrow, quite difficult for our horses to tackle at times. Once completing this difficult stretch of descent, it's then gradually walk along meadow. We cross the stream and climb through firs and rhododendrons to our camp that is in open pasture valley.

Overnight at Camp/Tent, Camp Elevation (13,200 ft)

April 28: Rest day at Teykey Thang(13,200 ft)

The day in Teykey Thang provides opportunity for day hike (2-3hours) to Gangla Yutsho Lake with great views on surrounding Rocky Mountains. There are good chances to spot some blue sheep on the upper slopes of the valley. This camp is perfect environment for your acclimatization. Those who choose not to hike can hang out at camp, relax and enjoy the beautiful valley.

Overnight at Camp/Tent, Camp Elevation (13,200)

April 29: Teykey Thang – Zhodu (13,400 ft)
Distance - approximately 10 miles - about 6-7 hours trek,
2500 ft ascent
2300 ft descent

Start the day with a steep but short climb to another open pasture valley; we walk along the valley for a while before our steep ascent to Lhedhi La pass (4800m). After the pass an easy downhill walk once again following the trail that is well used by the yaks and it's harder into Thongmey camp.

Overnight at Camp/Tent, Camp Elevation (13,400 ft)

April 30: **Zhodu – Barshong (11,400 ft)**

Distance - approximately 9.3 miles - about 4-5 hours trek,

500 ft ascent

1800 ft descent

The day continues along the valley into the coniferous forest down to the bridge. We gradually climb to the small nomadic settlement and ruins of Barshong Dzong, where your transport team will be waiting to drive you to Thimphu.

Overnight at Camp/Tent, Camp Elevation (11,400 ft)

May 1: **Barshong - Project Day at Barshong Monastery**

Spend the day at the Monastery completing the project, sharing games and toys with the young monks, and participating in a gratitude ceremony with the monks.

Overnight at Camp/Tent, Camp Elevation (11,400 ft)

May 2: **Barshong – Thimphu - Paro**

Today we bid farewell to our trekking crew and horses and drive back to Thimphu along Thimphu River on the newly constructed farm road. The road follows Thimphu River, descending through rhododendron, juniper and other alpine forests.

Overnight, hotel in Paro

May 3: **Paro Taktshang Goenpa (Tiger's Nest)**

After breakfast, we commence a climb through a beautiful pine forest to the famous **Taktshang Monastery** or Tiger's Nest.

This incredible monastery clings to the edge of a sheer rock cliff that plunges 3,000 ft into the valley below. Your guide will tell story how Guru Rinpoche flew here on the back of a flying tigress to subdue the local demon, Singye Samdrup and built the Temple.

Overnight, hotel in Paro

May 4: **Departure**

Breakfast in the hotel, and then drive to the airport for flight to your onward destination.

TASHI DELEK!