

# TREKking FOR KIDS

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

## Lhedhi La Trek, along yak herders' path October 17-29, 2025

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.

### **October 17: Acclimatization – Zuri Hike**

One arrival at Paro airport, meet your TFK representative and begin your acclimatize journey with leisure hikes along Zuri hiking trail in Paro.

**Overnight, hotel in Paro**

### **October 18: Paro Taktshang Goenpa (Tiger's Nest)**

After breakfast, we will drive you to the trailhead to 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 nearly 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**

### **October 19: Chele La Ridge Hike**

**Approximate Walking Time: 5 hours**

This morning, we will take a drive to Chele La (12,300 ft) the highest motor pass in the country and hike up along the meadow to Gung Karpo (13,400 ft). Weather permitting; we will enjoy the breathtaking views of the snowcapped mountains while walking above the tree line along the ridge that divides Paro and Haa valley. The short steep descent from the top will take us to the nunnery of Kila Goenpa.

**Overnight, hotel in Paro**

### **October 20: Paro – Bjela Dzong – Jangchu Lakha (12,400 ft)**

**Distance - approximately 9.3 miles - 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 until Bjela pass (11,400 ft). 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. 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 (12,400 ft) yet another yak pasture.

**Overnight at Camp/Tent, Camp Elevation (12,400 ft)**

**October 21: Jangchu Lakha – Tshobcha Wogma (13,200 ft)**

**Distance - approximately 13 miles - about 6-7 hours trek,**

**2100 ft ascent**

**328 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 herders' camp. A small path that is barely visible at first as we begin to go off the beaten path and following an old Yak Herders' trail from here! 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)**

**October 22: 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, 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 bit through firs and rhododendrons to our camp that is in open pasture valley.

**Overnight at Camp/Tent, Camp Elevation (13,299 ft)**

**October 23: 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 a 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 ft)**

**October 24: 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 (15,700 ft). After the pass an easy downhill walk once again following the trail that is well used by the yaks into Thongmey camp.

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

**October 25: 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)**

**October 26: 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 (11,500 ft)**

**October 27: Barshong – Thimphu**

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 Thimphu**

**October 28: Thimphu**

Visit Royal Palace, Thimphu, leisure day, evening drive to Paro.

**Overnight, hotel in Paro**

**October 29: Paro**

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

TASHI DELEK!