Bhutan –Bumdra Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**5 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3800m**
GROUP SIZE	**10 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,990 per person**

Day-by-day itinerary

Day 1 : Arrive at Paro (2,250m/7,381ft) and Sightseeing

You will land in the beautiful city of Paro, Bhutan and take in the stunning views of the Himalayas from your flight. Paro is the largest valley in the entire Bhutan. Once you land at Paro International Airport, you will meet our tour operator with cozy welcome, and transfer you to the Hotel in Paro City. You will have the opportunity to enjoy a delicious lunch at the hotel to refresh yourself. After lunch in Paro, our guide will take you to sightseeing around Paro city. During the sightseeing in Paro, you will visit Ta Dzong, which was a watchtower, built to defend Rinpung Dzong during the inter-valley war of the 17th century. Later, during 1968, it was turned into a Bhutan's National Museum. Then, visit Paro Rinpong Dzong, which was built in 1646 by Bhutan’s first spiritual and temporal ruler, Sahbrung Ngawang Namgyal. The Dzong is the seat of district administration, district court and the monastic body. A traditional roofed cantilever bridge known as 'Nemi Zam' is located at its southern section.If you arrive at Paro during weekends, we will get an opportunity to visit Paro weekend Market, where people from surrounding localities come to Paro to sell and buy goods. Sightseeing in Paro city, indubitably is going to familiarize you with the vibrant culture, rich history, mesmerizing arts and reverential religious beliefs of Bhutan. Ending your Paro sightseeing, you will get back to your hotel where you will spend your overnight, and prepare yourself for the next day's trek.

Day 2 : Drive to Sangchen Choekhor (13.7km/30 minutes) and trek to Bumdra (3,800m/12,467ft)-5/6 Hours

The second day in Bhutan, we wake up in the morning, and will have breakfast and get ready to start Trek, we will be driven to the starting point of the Bumdra Trek, Sangchen Choekhor, is a monastery where monks receive Buddhist philosophy and teachings from the country’s preeminent teachers, and from here we can see a stunning view of the city of Paro and the surrounding terrain. We will pass through steep sections, dense forests of Himalayan blue pine, oak and rhododendron, and Chochong Tse, is a 17th century temple and meditation cave. Leaving Chochong Tse, we will walk along the ridge, from where you will get a panoramic view of mountain peak, surrounding valley and hills. As we ascend to altitudes above treeline, we’ll notice that the vegetation becomes increasingly sparse. By the end of the day, with elevation gain of almost 1,000 m to 3,280 m, we will reach Bumdra Camp site. At Bumdra Camp site, you will spend your night, getting rest and recovering from the tiredness and fatigue caused

by an arduous climb of the city.

Day 3 : Day excursion (Ridge Hike) in Bumdra (3,800m/12,467ft)

Today is the excursion day in Bumdra. We will wake up in the morning to see the sunrise from Bumdra Camp Site, the view will be mesmerizing as we see golden sun rise from the horizon and spill its dazzling light all over the terrain. Moreover, we will be trekking on the ridge of Bumdra. We have two options - the first option is the easier option, reaching the Bumdra Sky Burial Platform at 4,200m/13,779ft above sea level. This is a sacred place where departed children under the age of nine are buried. It takes about 3 to 4 hours to reach. The second option is a bit more challenging and has a longer walking time with a higher elevation at 4,600m/15,091 ft. It takes 5 to 6 hours. Either one will give you a spectacular view of the distant surrounding. After reaching the summit you will return and spend the night at Bumdra camp. If we will have enough time then, we go to visit Bumdra Monastery.

Day 4 : Trek back to Paro via Taktsang Monastery (3,120m/10,236ft)-9km/3-4 Hours

Today will be the last day of Bumdra Trek. After breakfast, we will hike down the mountain, will take us through another trail, past the nearby Tiger Cave Temple, as we descend through rocky path, traversing, verdant forest, we reach Paro Taktsang Monastery, one of the most important monasteries with major religious significance. After spending sometime at monastery, we will resume descend to the parking area of Paro Taktsang Monastery, from where our vehicle will pick us up and drive to Paro City, and checked into hotel. We will spend our night at a hotel in Paro.

Day 5 : Departure to Paro International Airport

After breakfast, drive to Paro airport for flight to onward destination.

What’s included

1. Visa & Fees

- Visa & SDF: Bhutan visa processing and the Sustainable Development Fee (SDF) for tourism in Bhutan.

2. Camping & Meals

- Camping: All necessary camping equipment and setup provided for a comfortable trekking experience.
- Meals: All meals included during the trek (Breakfast, Lunch, and Dinner – BLD).

3. Staff

- Guide & Staff: Experienced guide and support staff (including porters and cooks) to ensure a smooth and safe trekking experience.

4. Transportation

- Transport: Comfortable private vehicle for transfers and necessary transportation during the trek.

Not included

1. Flights

- International Airfare: Flights to and from Bhutan.

2. Travel Insurance

- Travel Insurance: Comprehensive travel insurance covering unforeseen circumstances, medical emergencies, and trip cancellation.

3. Personal Expenses

- Personal Nature Expenses: Costs for shopping, additional personal items, and other individual expenditures.

4. Tips & Gratuities

- Tips & Gratuities: Optional but customary for guides, porters, and other support staff.

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/bhutan-bumdra-trek/

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