Bhutan Druk Path Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**9 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4110m**
GROUP SIZE	**10 People**
BEST SEASON	**August–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,990 per person**

Trip overview

Bhutan Druk Path Trek – A Himalayan Adventure Through Nature and Culture

The Druk Path Trek is one of Bhutan's most popular and accessible trekking routes, offering a perfect balance of natural beauty, cultural encounters, and spiritual discovery. Stretching between the towns of Paro and Thimphu, the trek typically takes 5 to 6 days and is ideal for moderately fit travelers who want to experience Bhutan's landscapes away from roads and crowds. With stunning mountain views, ancient monasteries, and high-altitude lakes, the Druk Path is an unforgettable journey through Bhutan's soul.

Geography

The Druk Path winds through the mountains between Paro and Thimphu, following a scenic ridgeline that stays between 2,400 and 4,200 meters in elevation. The trail passes through alpine forests, open meadows, and crystal-clear lakes such as Jimilang Tsho and Simkotra Tsho, surrounded by rhododendron and juniper trees. On clear days, trekkers are rewarded with magnificent views of Mount Jomolhari and other Himalayan peaks.

Along the way, trekkers encounter remote yak herder camps and centuries-old temples, including the cliffside Phajoding Monastery, which overlooks the Thimphu Valley.

People and Climate

While the trail itself is sparsely inhabited, you'll meet local guides, yak herders, and monks during the trek, offering insight into the lives of Bhutanese mountain communities. Bhutanese people are known for their kindness, humility, and spiritual devotion, especially in the highlands where Buddhism deeply influences daily life.

The climate along the Druk Path varies with altitude and season. Spring (March to May) and autumn (September to November) are the best times to trek. During spring, the forests are alive with blooming rhododendrons, while autumn offers crisp air and clear views. Daytime temperatures are comfortable, but nights can drop below freezing at higher altitudes, especially near the alpine lakes.

Transportation

The trek typically starts in Paro, home to Bhutan's only international airport. Most travelers arrive here via flights from cities like Bangkok, Delhi, or Kathmandu. After a day or two of acclimatization and sightseeing in Paro (including a visit to the Tiger's Nest Monastery), the trek begins.

The trek ends near Thimphu, Bhutan's capital, where your tour vehicle will meet you. All gear, food, and tents are transported by pack animals (usually yaks or horses), and you'll be accompanied by a licensed Bhutanese trekking guide, cook, and support crew. Travel logistics are managed by the tour operator, so you can focus on the experience.

Highlights

- Scenic trek connecting Paro and Thimphu with stunning Himalayan views
- Visit Tiger's Nest Monastery, one of Bhutan's most famous landmarks
- Camp beside picturesque lakes and witness Bhutan's unspoiled wilderness
- Pass through rhododendron forests, yak pastures, and high mountain passes
- Explore ancient dzongs, monasteries, and local villages.

Day-by-day itinerary

Day 1 : Arrival in Paro (2,200m)

Arrive at Paro International Airport, where you'll be welcomed by your guide. Explore Paro Dzong, the National Museum, and the charming town before preparing for the trek.

Day 2 : Hike to Tiger's Nest Monastery

Acclimatization hike to the iconic Taktsang Monastery (Tiger's Nest), perched dramatically on a cliff. Return to Paro and rest for the trek.

Day 3 : Trek Begins – Paro to Jele Dzong (3,480m)- 4-5 Hours

The trek starts with a gradual climb through pine forests to Jele Dzong, an ancient monastery offering stunning views of Paro Valley.

Day 4 : Jele Dzong to Jangchulakha (3,770m)- 4-5 Hours

Trek through thick alpine forests, encountering yaks and nomadic herders. Camp in an open meadow with panoramic mountain views.

Day 5 : Jangchulakha to Jimilang Tsho (3,870m) - 5-6 Hours

A scenic day crossing high ridges with breathtaking views of Mount Jomolhari. Camp beside the beautiful Jimilang Tsho Lake, home to giant trout

Day 6 : Jimilang Tsho to Simkotra Tsho (4,110m) - 4-5 Hours

Pass more alpine lakes and yak pastures, with the trail offering sweeping views of the Himalayas. Overnight at Simkotra Tsho Lake.

Day 7 : Simkotra Tsho to Thimphu via Phajoding (2,350m) - 6-7 Hours

The final day of trekking descends through forests to the Phajoding Monastery before reaching Bhutan's

capital, Thimphu.

Day 8 : Explore Thimphu and Drive to Paro

Visit key sites in Thimphu, including Tashichho Dzong, Buddha Dordenma, and local markets. Drive back to Paro for the final night.

Day 9 : Departure from Paro

Transfer to the airport for your onward journey, marking the end of your Bhutan adventure.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Paro · 2,200 m · day 17°C / night 5°C
- Day 3 · Trek Begins – Paro to Jele Dzong- 4-5 Hours · 3,480 m · day 11°C / night -4°C
- Day 4 · Jele Dzong to Jangchulakha- 4-5 Hours · 3,770 m · day 10°C / night -5°C
- Day 5 · Jangchulakha to Jimilang Tsho - 5-6 Hours · 3,870 m · day 9°C / night -6°C
- Day 6 · Jimilang Tsho to Simkotra Tsho - 4-5 Hours · 4,110 m · day 8°C / night -8°C
- Day 7 · Simkotra Tsho to Thimphu via Phajoding - 6-7 Hours · 2,350 m · day 17°C / night 4°C

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 Equipment: All necessary camping gear provided for a comfortable trekking experience.
- Full Board Meals: All meals included during the trek (Breakfast, Lunch, and Dinner – BLD).

3. Staff

- Guide & Crew: Experienced trekking guide and full support crew (including porters and cooks) to ensure safety and provide assistance during the trek.

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.

Dates & prices

- 02 Mar 2027 – 10 Mar 2027 · USD 2,990 · Available
- 16 Mar 2027 – 24 Mar 2027 · USD 2,990 · Available
- 06 Apr 2027 – 14 Apr 2027 · USD 2,990 · Available
- 20 Apr 2027 – 28 Apr 2027 · USD 2,990 · Available
- 04 May 2027 – 12 May 2027 · USD 2,990 · Available

Best time to visit

Best months: March–May and October–November. Spring (March–May) brings rhododendrons and the Paro Tsechu festival; autumn (September–November) has clear Himalayan views and the Thimphu Tsechu. Winter is cold but bright, and the summer monsoon is green with fewer visitors.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter

- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Duration

The Druk Path Trek is a classic Himalayan journey that typically requires 5–6 days of trekking, while the complete travel program generally lasts 7–10 days, including arrival, cultural sightseeing, and departure. The itinerary is carefully planned to allow sufficient time for acclimatization, exploration of Bhutan's cultural landmarks, and an enjoyable trekking experience through the country's spectacular mountain landscapes.

Trek Grade

The trek is graded as Moderate and is suitable for anyone with a good level of physical fitness and a passion for walking in the mountains. Daily trekking involves approximately 5–7 hours of walking over forest trails, alpine meadows, rocky paths, and mountain passes. No technical climbing skills are required, making it an excellent choice for both first-time Himalayan trekkers and experienced hikers.

Altitude

The highest point of the trek is Labana La Pass (4,210 metres / 13,812 feet). Although the route reaches above 4,000 metres, the gradual ascent provides good acclimatization. Proper hydration, a steady walking pace, and following the guide's instructions significantly reduce the risk of altitude sickness. Most trekkers complete the route comfortably without any major altitude-related problems.

Trekking Distance

The total trekking distance is approximately 50–55 kilometres, with daily walking distances ranging between 8 and 14 kilometres. The trail passes through dense forests, open ridges, yak pastures, and beautiful alpine lakes, offering a diverse and rewarding trekking experience.

Accommodation

Accommodation during the trek is provided in fully serviced camping sites. Comfortable two-person tents, dining tents, kitchen tents, and toilet tents are set up daily by the camp crew. Sleeping mattresses are provided, and the experienced support team ensures a clean, comfortable, and well-organized campsite each evening. Before and after the trek, accommodation is provided in comfortable hotels in Paro and Thimphu.

Meals

Three nutritious meals are freshly prepared each day by experienced camp cooks. The menu includes a combination of Bhutanese, Nepalese, Indian, Chinese, and Continental dishes using fresh seasonal

ingredients. Tea, coffee, biscuits, and light snacks are also available during breaks. Vegetarian, vegan, and other dietary requirements can be accommodated with advance notice.

Transportation

Private transportation is provided throughout the journey, including airport transfers, sightseeing tours, and transfers to and from the trekking trail. Comfortable tourist vehicles ensure safe and convenient travel between Paro, the trek starting point, and Thimphu.

Best Time to Visit

The ideal trekking seasons are March to May and September to November. During spring, forests are decorated with colourful rhododendron blossoms, wildflowers, and lush greenery. Autumn offers stable weather, cool temperatures, excellent visibility, and breathtaking views of Bhutan's snow-capped Himalayan peaks. Winter departures are possible but involve colder temperatures, while the summer monsoon season experiences more rainfall and cloud cover.

Permits and Visa

All international visitors require a valid passport with at least six months' validity, a Bhutan tourist visa, and trekking permits. Under Bhutan's tourism regulations, all visitors must travel with a licensed Bhutanese guide through an authorized Bhutanese tour operator. All permits and visa arrangements are completed before arrival, allowing visitors to enjoy a hassle-free travel experience.

Travel Insurance

Comprehensive travel insurance is mandatory and should cover trekking above 4,000 metres, emergency medical treatment, helicopter evacuation, trip cancellation, personal accident, and loss or damage of baggage and personal equipment.

Additional information

Scenic Highlights

The Druk Path Trek is widely regarded as one of Bhutan's most scenic short trekking routes. The trail traverses untouched forests, high mountain ridges, pristine alpine lakes, and peaceful yak pastures while offering magnificent views of some of Bhutan's most famous Himalayan peaks. On clear days, trekkers can admire Mount Jomolhari (7,326 m), Jichu Drake (6,989 m), and, from selected viewpoints, Gangkar Puensum (7,570 m), the highest unclimbed mountain in the world.

Culture and Heritage

Beyond its natural beauty, the trek provides an authentic introduction to Bhutan's unique cultural heritage. The route follows an ancient trade and pilgrimage path linking Paro and Thimphu, passing centuries-old monasteries, prayer wheels, mani walls, chortens, and sacred meditation sites. Visitors gain valuable insight into Bhutan's deeply rooted Buddhist traditions, traditional architecture, and the country's philosophy of Gross National Happiness.

Flora and Fauna

The trekking trail passes through diverse ecological zones, including blue pine forests, fir woodlands, juniper groves, birch forests, rhododendron forests, and alpine grasslands. Wildlife commonly found in the region includes Himalayan Monal, Blood Pheasant, Himalayan Griffon, Blue Sheep, Musk Deer, Himalayan Marmot, and domesticated yaks. Spring and autumn are particularly rewarding seasons for

birdwatchers, wildlife enthusiasts, and nature photographers.

Weather and Climate

Weather conditions vary according to altitude and season. During the main trekking seasons, daytime temperatures generally range between 10°C and 20°C, while nighttime temperatures at higher camps may fall to –5°C. Layered clothing, warm sleeping bags, waterproof outerwear, and insulated jackets are recommended to ensure comfort throughout the trek.

Communication and Electricity

Mobile network coverage is available in Paro and Thimphu but becomes limited once the trek enters remote mountain areas. Electricity is not available at most campsites; therefore, trekkers are advised to carry a high-capacity power bank, spare camera batteries, and sufficient charging equipment before beginning the trek.

Health and Safety

Your safety is the highest priority throughout the journey. Every trek is led by an experienced, government-licensed guide trained in first aid and high-altitude safety. The support team carries a comprehensive first-aid kit and continuously monitors the health and well-being of all participants. In the unlikely event of an emergency, evacuation procedures are coordinated promptly in accordance with local regulations.

Responsible Tourism

Bhutan is internationally recognized for its commitment to sustainable tourism and environmental conservation. Visitors are encouraged to respect local customs and religious traditions, avoid single-use plastics, dispose of waste responsibly, conserve natural resources, and support local communities by following responsible travel practices throughout the journey.

Packing Recommendations

Essential equipment includes sturdy waterproof trekking boots, warm layered clothing, a down jacket, waterproof jacket and trousers, thermal base layers, gloves, a warm hat, sunglasses, sunscreen, trekking poles, a reusable water bottle, a sleeping bag rated to at least –10°C, a headlamp, personal medications, toiletries, and a power bank for charging electronic devices.

Why Choose the Druk Path Trek?

The Druk Path Trek is the perfect introduction to Bhutan's remarkable mountain landscapes and living Buddhist culture. Combining spectacular Himalayan scenery, tranquil alpine lakes, ancient monasteries, traditional villages, and fully supported camping, it offers an unforgettable adventure for trekkers seeking both natural beauty and cultural discovery. Its moderate difficulty, professional support services, and exceptional wilderness make it one of Bhutan's most rewarding and iconic trekking experiences.

Frequently asked questions

How difficult is the Bhutan Druk Path Trek?

The Bhutan Druk Path Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Bhutan Druk Path Trek?

For the Bhutan region the best months are March–May and October–November. Spring (March–May) brings rhododendrons and the Paro Tsechu festival; autumn (September–November) has clear Himalayan views and the Thimphu Tsechu. Winter is cold but bright, and the summer monsoon is green with fewer visitors.

What permits do I need for the Bhutan Druk Path Trek?

You need your Bhutan visa and the Sustainable Development Fee (SDF), which must be arranged through a licensed operator. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Bhutan Druk Path Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Bhutan Druk Path Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Bhutan Druk Path Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Bhutan Druk Path Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

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

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