Bhutan -Samtengang Trek

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

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3120M**
GROUP SIZE	**10 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 6,999 per person**

Day-by-day itinerary

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

Upon arrival in Paro, you will be welcomed with the stunning views of the Paro Valley. Spend the day exploring the historic Paro Dzong, the National Museum, and the vibrant local markets. The evening offers a relaxing opportunity to acclimatize to Bhutan’s unique atmosphere.

Day 2 : Drive from Paro to Thimphu (2,320m) – 55 km/1.5 Hours

After breakfast, take a scenic drive to Bhutan’s capital, Thimphu. Visit landmarks like the Memorial Chorten, the grand Tashichho Dzong, and the towering Buddha Dordenma statue. Enjoy the blend of traditional and modern Bhutanese culture as you explore the city.

Day 3 : Drive from Thimphu to Punakha (1,250m) via Dochula Pass (3,100m) – 77 km/3 Hours

Depart for Punakha, passing through Dochula Pass, where you can enjoy breathtaking views of the Himalayan range. Descend into the lush Punakha Valley and visit the magnificent Punakha Dzong, a masterpiece of Bhutanese architecture situated at the confluence of two rivers.

Day 4 : Trek from Punakha to Limbukha (1,980m) – 7 km/4–5 Hours

The trek begins with a gradual ascent through beautiful rhododendron forests and charming villages. Along the way, you will witness terraced fields and get a glimpse of the rural Bhutanese lifestyle. The day ends at Limbukha, a quiet village known for its serene environment.

Day 5 : Trek from Limbukha to Chungsakha (2,550m) – 10 km/5–6 Hours

Hiking through thick oak and pine forests, you will pass through small settlements and traditional farmhouses. The trail offers scenic mountain views and opportunities to interact with locals. Reaching Chungsakha, you can visit an ancient temple and monastery that holds spiritual significance.

Day 6 : Trek from Chungsakha to Samtengang (1,900m) – 9 km/4–5 Hours

This day’s trek takes you through picturesque landscapes, descending towards Samtengang, a tranquil village surrounded by lush greenery. The peaceful environment and breathtaking valley view’s make it a

perfect place to relax after a day's walk.

Day 7 : Trek from Samtengang to Wangdue (1,310m) – 7 km/3-4 Hours

The trek gradually descends towards Wangdue Phodrang, marking the end of the trekking journey. Upon arrival, visit Wangdue Dzong, an important fortress that overlooks the river and holds historical significance in Bhutanese culture.

Day 8 : Drive from Wangdue Phodrang to Paro (2,200m) – 125 km/4 Hour

Drive back to Paro through scenic mountain roads, making stops at viewpoints and monasteries along the way. Spend the evening exploring Paro town and preparing for the next day's adventure.

Day 9 : Hike to Tiger's Nest Monastery (3,120m) – 8 km round trip, 5–6 hours

Embark on a thrilling hike to the iconic Tiger's Nest Monastery, perched dramatically on a cliffside. The challenging yet rewarding trek offers stunning views and a profound spiritual experience. Spend time exploring the monastery before descending back to Paro.

Day 10 : Departure from Paro

After an unforgettable journey through Bhutan, you will be transferred to the airport for your departure, carrying cherished memories of the trek, the people, and the culture of this enchanting kingdom.

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 2 · Drive from Paro to Thimphu – 55 km/1.5 Hours · 2,320 m · day 17°C / night 4°C
- Day 3 · Drive from Thimphu to Punakha via Dochula Pass – 77 km/3 Hours · 1,250 m · day 22°C / night 11°C
- Day 4 · Trek from Punakha to Limbukha – 7 km/4–5 Hours · 1,980 m · day 19°C / night 6°C
- Day 5 · Trek from Limbukha to Chungsakha – 10 km/5–6 Hours · 2,550 m · day 16°C / night 2°C
- Day 6 · Trek from Chungsakha to Samtengang – 9 km/4–5 Hours · 1,900 m · day 19°C / night 7°C
- Day 7 · Trek from Samtengang to Wangdue – 7 km/3-4 Hours · 1,310 m · day 22°C / night 11°C
- Day 8 · Drive from Wangdue Phodrang to Paro – 125 km/4 Hour · 2,200 m · day 17°C / night 5°C
- Day 9 · Hike to Tiger's Nest Monastery – 8 km round trip, 5–6 hours · 3,120 m · day 13°C / night -1°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: 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: Experienced guide to provide insights, ensure safety, and offer support throughout the trek.

4. Transportation

- Transport: Comfortable private vehicle for all transfers and transportation needs 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-samtengang-trek/

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