



Bhutan Trek & Cultural Discovery

Buddhist Traditions & Hike to the Tiger's Nest

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek is a legendary outfitter in the Himalayas, offering pioneering cultural and hiking adventures since 1969. We are one of the only companies offering treks in the Haa Valley!

REASON 2

This top-selling Bhutan itinerary expertly combines rewarding valley and mountain hikes with the wonders of cultural touring.

REASON 3

Our team of local guides are true experts, with over 20 years of experience leading incredible adventures in Bhutan.

At A Glance

ACTIVITIES

Three days of moderate-to-strenuous ridgeline trekking on scenic paths, plus easy cultural touring and scenic day hikes.



LODGING

Warm Bhutanese guesthouses and inns combined with two nights of camping in the beautiful Haa Valley.



CLIMATE

Daytime temperatures: 50°-70°F.
Nighttime temperatures:
30°-45°F. Rain or snow possible.



KNOW BEFORE YOU BOOK

“What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence.” - Alex M.



Bhutan Trek & Cultural Discovery

Buddhist Traditions & Hike to the Tiger's Nest

The enchanting Kingdom of Bhutan is an earthly nirvana filled with natural beauty and Buddhist tradition. This MT Sobek-exclusive itinerary showcases the best of Bhutan, from its iconic monasteries to its breathtaking Himalayan vistas. Experience a perfect balance of adventure, with three days of ridgeline trekking and camping, alongside leisurely day hikes and cultural exploration from comfortable lodges and hotels. Discover the stunning Paro Valley, hike to the legendary Tiger's Nest, delve into Bhutanese folk art, and lose yourself among some of the world's most majestic peaks. This unforgettable journey will leave you with a profound connection to the heart of Bhutan.

11 Days

Start: Bangkok, Thailand

End: Bangkok, Thailand

Departing: April, May, October, November

Activities: Cultural Discovery, Hiking & Trekking, Adventure Camping

Lodging: Luxury Hotels, Comfortable Hotels, Rustic Lodging, Comfortable Camping

Group Size: 3-15 Guests

ACTIVITY:



Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

“

"This Bhutan trip was the perfect mix of cultural activities and trekking. I will definitely be coming back."

- Anita N.

The Itinerary

DAY
01

Arrive in Bangkok

Welcome to Bangkok! Transfer to the hotel via a free 24-hour shuttle bus. Note that most airlines arrive late at night into Bangkok, and your flight from Bangkok to Paro departs very early the next morning.

ACCOMMODATION: Hyatt Regency Bangkok Suvarnabhumi Airport

DAY
02

Enter the Kingdom of Bhutan

Board an early-morning flight to Paro, Bhutan. Vie for a seat on the left side of the plane: Weather permitting, you'll have spectacular views of the eastern Himalaya, including Cho Oyu, Everest, Lhotse, Makalu, and Kanchenjunga — five of the highest peaks in the world! — Additionally, spot beautiful Bhutanese peaks such as Chomolhari, Jichu Drake, and Tsering Kang. After clearing customs, drive into Paro for lunch, then on to Thimphu (7,725'), the capital of Bhutan, set in the Wang Chu Valley. The remainder of the day is free to rest and relax.

ACCOMMODATION: Druk Hotel

MEALS: Lunch | Dinner

TRANSPORTATION: 4-hour flight transfer & 45-minute private van transfer

DAY
03

Hike to Cheri Monastery

After breakfast, drive to Thimphu and then to the trailhead where you set out on your first hike: a steep, hour-long climb to Cheri Goemba, constructed in the 17th century. The monastery houses the relic stupas (ashes of the father of Shabdrung, the founder of Bhutan) and is also considered one of the earliest monasteries of Bhutan. Have lunch, then drive back to Thimphu and up to Wangdi Tse for a peaceful one hour loop hike where you can enjoy wonderful views of Thimphu, but see few others on the trail. Return to Thimphu for dinner and overnight.

ACCOMMODATION: Druk Hotel

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 3-4 hours/4 miles hiking

A circular icon with a red border and a white background, containing the text "DAY 04" in a bold, sans-serif font. The "DAY" is in a smaller font size above the "04".

Explore Thimphu & Paro

Begin the day at the School of Arts and Crafts (or "painting school"), where Bhutanese children follow a six-year program in traditional arts, such as drawing, painting, woodcarving, and sculpture. Also visit the Textile Museum, National Institute of Traditional Medicine, and Folk Heritage Museum. In the afternoon, drive back to Paro and visit the National Museum, housed in an old watchtower above the Paro Dzong. The museum's collections include spectacular *thangkas* (religious scroll paintings), bronze statues, and Bhutan's beautiful stamps. Time permitting, also visit the Paro Dzong itself, built in 1644.

ACCOMMODATION: The Zhiwa Ling or Le Meridien Paro

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 45-minute private van transfer

A circular icon with a red border and a white background, containing the text "DAY 05" in a bold, sans-serif font. The "DAY" is in a smaller font size above the "05".

Hike to Taktsang Monastery

Today it's a steep hike to a traditional teahouse for a great view of Taktsang Monastery, perched on a cliff 2,700 feet above the Paro Valley floor. Taktsang, meaning "tiger's nest," is Bhutan's most spiritual place and a major pilgrimage spot. Partly destroyed by fire in 1998, Taktsang has been completely rebuilt. After a tea break, you can sit outside and admire the monastery and its beautiful surroundings or, if you feel energetic, continue another hour to a closer viewpoint. Enjoy free afternoon time to explore Paro on your own.

ACCOMMODATION: The Zhiwa Ling or Le Meridien Paro

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5 hours/2.6 miles hiking with 1,707' elevation gain/loss

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Go Deep in the Unspoiled Haa Valley

Take a morning drive to the wooded Haa Valley, lying along the western border of Bhutan. Haa was closed to visitors until 2001, so to behold it is still a rare gift. Tonight's lodge is in a beautiful setting at the edge of a blue pine forest overlooking Haa La, and you may even be able to visit a local family today. Enjoy an afternoon excursion to Lhakhang Karpo (Temple of the White Dove), a famous monastery believed to have been built in the 8th century by a Tibetan king.

ACCOMMODATION: Lechuna Heritage Lodge

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

DAY
07

Trek to Camp Below Saga La

Lace up your boots! Begin your trek on a gradual uphill through a blue pine forest and farmland. The terrain steepens as you climb, and you'll walk along streams past rhododendron, juniper, spruce, and birch trees. Lunch in a grassy meadow at about 11,200 feet, then continue to camp at 11,800 feet, about 45 minutes below Saga La (pass). Weather permitting, take an afternoon hike up to Saga La for views of sacred Chomolhari (24,035'), several other peaks, and panoramic views of the Haa Valley.

ACCOMMODATION: MT Sobek Camp Haa Valley

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4.5–5 hours/4–5 miles hiking with 1,500' elevation gain



DAY
08

Over Saga La to Ningula

In the morning, hike up to Saga La and follow the ridge up and down to 13,200 feet, from where you may be able to catch a glimpse of Taktasang Monastery. Continue steeply up through dwarf rhododendron to 13,700 feet and down through narrow grazing paths. Camp is set up for you at Ningula, in a rhododendron forest from where you have a beautiful view of the peaks of Chomolhari and Jichu Drake (21,857').

ACCOMMODATION: MT Sobek Camp Haa Valley

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 7–8 hours/7–8 miles hiking with 1,500' elevation gain



Surround Yourself with Himalayan Peaks

This morning climb steeply back up to the ridge and cross Kale La (12,900'), with views of Paro and the Haa Valley. Weather permitting, you'll also have a terrific view of the Paro Dzong and surrounding peaks including Kanchenjunga (28,208'), the third-highest peak in the world! Ascend up to Kung Karpo (13,500') for more stellar views, then descend and traverse toward Chele La (13,080'). All day, enjoy clear views of the mountains, and the Paro and Haa Valleys (again, weather permitting). Once at Chele La, meet your bus and drive to Paro where you'll be treated to a festive farewell dinner.

ACCOMMODATION: The Zhiwa Ling or Le Meridien Paro

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 7–8 hours/7 miles hiking with 1,200' elevation gain



Return to Bangkok

Bid a fond farewell to the "happiest country in the world" as you transfer to the Paro airport for departure to Bangkok. Flight time will depend on the size of your group and availability and is TBD. Upon arrival, take the shuttle to the hotel. The remainder of the day is free to shop, sight-see, and enjoy lunch and dinner on your own.

ACCOMMODATION: Hyatt Regency Bangkok Suvarnabhumi Airport

MEALS: Breakfast

TRANSPORTATION: 4-hour flight transfer



Depart from Bangkok

Take the hotel shuttle to the international terminal and depart on your homeward-bound flight.

MEALS: Breakfast



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hyatt Regency Bangkok Suvarnabhumi Airport

A five-minute stroll via the underground walkway, Hyatt Regency Suvarnabhumi Airport Hotel is about as convenient to the airport as one can get. Comfortable rooms include eco-friendly amenities, Wi-Fi, bottled water, blackout curtains, and double-glazed windows for a restful night's sleep during your stopover. Unwind in the bar or plunge into the pool - there is also a spa and eight restaurants to choose from, including a 24-hour cafe.

Druk Hotel

Experience the legendary hospitality of the Bhutanese people at this fine Himalayan hotel. Located in the heart of the capital city, the Druk Hotel is close to shopping, culture, and the bubbling Thimphu River. Pleasant rooms are outfitted with comfortable beds, tiled bathrooms, soaking tubs and modern amenities, while the spa rounds out the offering.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Zhiwaling Heritage Hotel

The Zhiwa Ling is a luxurious retreat that combines the sensibilities of a fine Bhutanese guesthouse with the best of modern comforts. The exquisite architecture and manicured gardens create an authentic, inviting atmosphere. Guest rooms, spread out on 10 acres of pristine land, feature modern amenities and comfortable furnishings. Enjoy a traditional outdoor hot-stone bath, a teahouse, a meditation house, and two restaurants.

Le Meridien Paro

With a nod to Bhutanese architecture, Le Meridien is nestled onto the banks of the Paro River with breathtaking views of the Eastern Himalayas. After a day of adventure, return to a spacious wood-paneled room with luxurious bedding, heated floors, and a soaking tub, or explore the hotel's heated pool, spa, and river-view gym. Enjoy a coffee or glass of wine at the bar to cap off the day.

Le Meridian Paro Riverfront

Lechuna Heritage Lodge

A beautiful farmhouse converted into a lovely accommodation in the heart of one of Bhutan's least visited regions, the Lechuna Heritage Lodge is truly a unique getaway. Its seven rooms are simply but comfortably appointed, and the on-site restaurant features Himalayan cuisine from Tibet, Nepal, and, naturally, Bhutan.

MT Sobek Camp—Haa Valley

Enjoy the wonders of the Haa Valley from your beautiful camp at 12,700-foot elevation. High in this idyllic setting you may come across cattle and herders and be rewarded with great views of Chomolhari, Jichu Drakey, and the Haa and Paro Valleys. Enjoy the comfort of roomy 2+ person Mountain Hardwear tents and thick sleeping pads — custom-made in Nepal! At the end of the day, dine on hearty camp food cooked up by your trekking team.

Hyatt Regency Bangkok Suvarnabhumi Airport

A five-minute stroll via the underground walkway, Hyatt Regency Suvarnabhumi Airport Hotel is about as convenient to the airport as one can get. Comfortable rooms include eco-friendly amenities, Wi-Fi, bottled water, blackout curtains, and double-glazed windows for a restful night's sleep during your stopover. Unwind in the bar or plunge into the pool - there is also a spa and eight restaurants to choose from, including a 24-hour cafe.

Departure Dates

This trip is available to run in: April, May, October, November

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

October 4-14, 2025

October 16-26, 2025

November 2-12, 2025

April 5-15, 2026

April 19-29, 2026

May 3-13, 2026

October 4-14, 2026

October 18-28, 2026

November 3-13, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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