

Bumdra Trek – 8 Days

8 days / 7 nights · Trekking · Bhutan

Cultural sightseeing through western Bhutan followed by a short trek to camp at a sacred site above Tiger's Nest, overlooking the Paro valley.

DIFFICULTY	Moderate
BEST SEASON	Spring (March–May) and Autumn (September–November)
DESTINATIONS	Paro, Thimphu, Punakha

Ready to go? Ask us for a personal quote

https://www.worldtourplan.com/tours/bumdra-trek-8-days

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OVERVIEW

This eight-day adventure combines cultural exploration of western Bhutan's districts with a short trekking experience. Travelers first explore the culture, people, and history of the Dragon Kingdom before embarking on the Bumdra Trek, camping at a sacred site above Tiger's Nest Monastery with Himalayan views over the Paro valley.

HIGHLIGHTS

- Camping above Taktsang (Tiger's Nest) Monastery
- Himalayan views over the Paro valley
- Cultural sightseeing in Thimphu and Punakha

PLACES COVERED

Paro › Thimphu › Punakha

DAY BY DAY

DAY 1 Arrive Paro – Thimphu

Arrive in Paro and drive to Thimphu.

Meals: Dinner | Overnight: 3-star hotel, Thimphu

DAY 2 Thimphu sightseeing

A day of sightseeing in the capital.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 3 Thimphu to Punakha

Cross Dochula Pass to Punakha.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 4 Punakha sightseeing

Visit Punakha Dzong and Chimi Lhakhang.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 5 Punakha – Thimphu – Paro

Return to Paro, preparing for the trek.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

DAY 6 Trek start — Paro to Bumdra

Begin the Bumdra Trek, camping at the ridgeline site above the Paro valley.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 7 Trek end — Bumdra to Paro via Tiger's Nest

Descend past Taktsang (Tiger's Nest) Monastery back into Paro.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

DAY 8 Depart Paro

Transfer to Paro International Airport for departure.

Meals: Breakfast

WHAT'S INCLUDED

- Sustainable Development Fee
- 3-star hotel accommodation (twin/double sharing)
- Bhutan e-visa
- Private tour with dedicated guide and driver
- All meals (breakfast, lunch, dinner, evening tea)
- In-country transportation and airport transfers
- Local sightseeing with entrance fees
- Hotel taxes and service charges
- Trekking guide, cook, and helpers
- Ponies/yaks for supply transport
- Trekking permits, tents, and equipment

WHAT'S NOT INCLUDED

- International/domestic airfares
- Travel and medical insurance
- Domestic airfare for guide/driver

- Services not mentioned in inclusions
- Costs from strikes, political unrest, or mishaps
- Refreshments and personal beverages
- Gratuities for staff

PRICING

The price depends on nationality, group size, season and travel dates. Contact us for a personal quote for this itinerary.