

This moderate hike is one of the most popular among enthusiastic trekkers. It provides the opportunity to see a great variety of flora and fauna including rhododendron and blue sheep. We pass many mountain lakes and get some really magnificent mountain views.

Day 1: Arrive at Paro, clear immigration and customs, I will meet as you exit the airport, and take you to the hotel. Orientation. Visit the National Museum of Bhutan and Paro Dzong. Overnight at hotel.

Day 2: Sightseeing in Paro Valley. Overnight at hotel.

Day 3: Walk/hike to Tiger's Nest, Taktshang Monastery. Lunch at Taktshang teahouse with its spectacular view of the famous monastery. Overnight at hotel.

Day 4: Paro to Shana, the main trek begins with a 17 km walk at 2800m.

Day 5: Shana to Soi Thangtahankha is an all day, 9-10hrs walk, at about 3750m.

Day 6: Soi Thangtahankha to Jangothang, This 19 km trail averages 4040m.

Day 7: Jangothang to Lingshi, Today is about the same distance and altitude as the previous day.

Day 8: Lingshi to Shodu, A little shorter and a little lower altitude, 18 km at 3963m.

Day 9: Shodu to Barsong, this is 13 kms at less than 4000 m.

Day 10: Barsong to Dolam Kencho, a repeat of length and altitude of previous day.

Day 11: Dolam Kencho to Thimphu, We finish with a fairly long 17 km trail but at a lower altitude of only 2400m.

Day 12: Thimphu valley sightseeing. Overnight at hotel.

Day 13: Tours of handicraft center and shopping in the morning; in the afternoon, visit Bhutan's oldest Dzong, Simtokha, and then drive to Paro. Overnight at hotel.

Day 14: Drive to airport to check in for your early morning departure.