

– 10 Nights | 11 Days –

BD Nationalities		Non-BD Nationalities
\$6,117 Per Person	Season-1	\$7,388 Per Person
\$7,800 Per Person	Season-2	\$9,071 Per Person
\$7,977 Per Person	Season-3	\$9,248 Per Person

FLIGHT DETAILS				
Airlines	Flight No.	Origin   Time	Destination   Time	Baggage
Druk Air	KB-301	Dhaka (DAC)   09:10	Paro (PBH)   10:40	40 Kg & 5 kg in hand
	KB-300	Paro (PBH)   07:00	Dhaka (DAC)   08:30	

ACCOMODATION DETAILS				
City	Nights	5 Star Hotel Name	Room Type	Meal Plan
PARO	5	COMO Uma Paro	Double/Twin Bed	Breakfast, Lunch & Dinner
	5	Camping		Breakfast, Lunch & Dinner

**Tour Plan**

**PARO**

Day: 01

You will be GREETED by Drukair representative at the airport CHECK-IN to COMO UMA Paro which is 10 minutes' drive from the airport. You will meet your yoga teacher for the week and have an introductory private yoga practice. Your first private yoga practice will be in the late afternoon. Then, you will be taken on the first foray into the Himalayan kingdom, with sightseeing in Paro town and a temple visit. This afternoon trip allows you to acclimatise to the rarefied air at this altitude, as well as the chance to get to know your guide.  
Overnight: COMO Uma Paro

Day: 02

**WALK TO ZURIG DZONG, RINPUNG DZONG, TA DZONG, PARO TOWN, KYICHU LHAKHANG AND DRUKGYEL DZONG**  
**Morning**  
Wind through pine forests to the picturesque grounds of the Zurig Dzong monastery, which resembles a fortress. Go to Ta Dzong, Bhutan's National Museum and enjoy the stunning views of Paro, and then descend to Rinpung Dzong, also known as the Fortress on a Heap of Jewels. The path then passes the main archery range, Ugyen Pelri Palace, and crosses the Paro Chhu River via the historic covered bridge Nyamai Zam before entering Paro town.  
**Afternoon**  
We travel a few kilometres north of Paro to Kyichu Lhakhang, one of the oldest temples in Bhutan, where we pay our respects under the enchanted year-round fruit-bearing orange tree. If we have time, we drive up the valley to the Drukgyel Dzong, which Zhabdrung Ngawang Namgyal constructed in 1648 to guard the northern route to Tibet.  
Duration: 5 to 7 hours (subject to time spent in National Museum and Paro)  
Difficulty: Easy to moderate  
Overnight: COMO Uma Paro

Day: 03

**PARO VALLEY -TAKTSANG**  
**Morning**  
Today's activities centre on the historic Paro Valley and end with a visit to the Taktsang "Tiger's Nest" Monastery, one of Bhutan's most significant architectural masterpieces. Legend has it that Guru Rinpoche (Padmasambhava) brought Buddhism to Bhutan from Tibet by landing on the back of a flying tigress on this cliffside. The journey begins early to beat the heat on the two-hours ascent, which is a steep walk that passes a waterfall and ends at the monastery's main entrance among stunning murals. Going even higher to see isolated temples is an option if time permits.  
**Afternoon**

You return to COMO Uma Paro after lunch, which can be either a packed picnic or food from the quaint Taktsang café. Here, you can unwind on your last night by using the steam room, gym, and swimming pool, or by indulging in one of the COMO Shambhala therapies.

Duration: 6 to 8 hours

Difficulty: Moderate to hard

Overnight: COMO Uma Paro

## Camping

### TREK DAY 1: DRIVE TO SHANA ZAMPA VIA GUNITSAWA, THEN WALK SHANA ZAMPA (2,850M) TO THANGTHANGKHA (3,610M)

#### Morning

We begin our drive early, stopping along the way at Drukgyel Dzong, a fortress ruin that was originally built in 1648 to control the northern route to Tibet. Then we go off road, following the Pa Chhu River past traditional farmhouses, through rich farmlands and the small settlements of Mitshi Zampa and Sangatang. Before long, we reach the army check post 15 minutes before Shana Zampa – the village we previously passed through on our way to Tiger’s Nest and Kyichu Lakhang, and where the trek begins.

#### Afternoon

Day: 04

The journey enters Jigme Dorji National Park through a rhododendron and pine-clad side of the river valley. This park is awe-inspiring in its size, spanning all three climate zones of Bhutan from leafy forests, to permanent ice fields – it is also the only park that contains the Bhutanese national animal and flower, the Takin and the blue poppy. We then make our way through the valley with rising mountain faces on either side of us, including that of Mt. Jhomolhari, towards our Thangthangkha (3,610m) meadow campsite.

Duration of drive: 1 to 1.5 hours

Duration of trek: 7 to 8 hours (21km), guided with picnic

Difficulty: Moderate (altitude gain: 770m, altitude loss:

Overnight: camping

### TREK DAY 2: THANGTHANGKHA (3,610M) TO JANGOTHANG (4,080M)

#### Morning

We navigate a muddy section of trail beyond the last army post, passing a Mani wall of pebbles inscribed with prayer mantras to enter yak country. Witness the yak herder settlements of Soe and Takethang where crops such as barley, potatoes and turnips flourish, as well as a chorten that marks our final approach to the campsite at Jangothang (4,080m).

#### Afternoon

Day: 05

After settling and taking a rest, our trekking guide will explain the following day’s exploration of the hinterland around the base camp. Spend the remains of the day soaking in the Himalayan panorama that surrounds you.

Duration of trek: 5 to 6 hours (19km), guided with picnic

Difficulty: Moderate to hard (altitude gain: 480m, altitude loss: 0 m)

Overnight: Camping

### TREK DAY 3: EXPLORE JANGOTHANG (4,080M)

#### Morning

The set activity for the day is a trek in yak herder territory, climbing the ridge to the north for views of Mt. Jichu Drakye (6,989m).

#### Afternoon

Day: 06

In the afternoon, you may go on a leisurely search for a rare sighting of a blue sheep or the blue poppy, the national flower of Bhutan. Alternatively, simply relax in camp surrounded by views of the snowcapped Mt. Jhomolhari – the day is yours to enjoy however you’d like.

Overnight: Camping

### TREK DAY 4: JANGOTHANG (4,080M) VIA TSO PHU LAKE AND BHONTE LA (4,890M) TO SOI YAKTSA (3,800M)

#### Morning

We leave camp by crossing Paro Chhu River once again, and then climb to the lake at Tshophu towards Bhonte La (4,890m), the highest point of the trek. Here, we can stop to take in the unforgettable views of the Basingthang (5,500m) peak and Chatarake (Jo Drakey) at 5,570m.

#### Afternoon

Day: 07

We then arrive at the Dhumzo Chhu River and follow it downstream, past waterfalls, farmhouses and yak herder camps, on the way to our campsite at Soi Yaktsa (3,800m).

Duration of trek: 6 to 7 hours (16km), guided with picnic

Difficulty: Hard (altitude gain: 810m, altitude loss: 1,090m)  
Overnight: Camping

**REK DAY 5: SOI YAKTSA (3,800M) TO THOMBU SHONG (4,120M)**

**Morning**

Our morning trail climbs 100m over a ridge before dropping down towards a stream, eventually crossing the Takhung La pass (4,520m) where we are rewarded with views of four mountains: Mt. Jhomolhari, Mt. Jicchu Drake, Mt. Teri Kang and Mt. Kanchenjunga. The sheer scale and clarity of the landscape makes this an unforgettable vantage point and an invaluable photo opportunity - we must pause to take it all in.

**Afternoon**

We then descend switchback trails into the wide, grassy Thombu Valley (4,120m), which is usually bustling with yak herders and their families.

Duration of trek: 4 to 5 hours (11 km), guided with picnic  
Difficulty: Hard (altitude gain: 720m, altitude loss: (340m)  
Overnight: Camping

Day: 08

**PARO**

**TREK DAY 6: THOMBU SHONG (4,120M) TO GUNITSAWA (2,850M), COMO UMA PARO CHECK-IN**

**Morning**

The trail crossing Thombu La pass (4,380m) descends into a pine and juniper forest and comes out at Gunitsawa. Our vehicle will be waiting to take us back through the farmlands of upper Paro Valley, back to COMO Uma Paro, where soothing treatments await your tired muscles and you can unwind across the resort grounds.

Duration of trek: 4 to 5 hours (13km)

Difficulty: Easy to Moderate (altitude gain: 200m, altitude loss: 1,650m)

Overnight: COMO Uma Paro

Day: 09

**THIMPHU DAY OUT**

We've curated a list of places to see and things to do in Thimphu, the capital of Bhutan – spend your day with what interests you. Thimphu's markets take place on Fridays, Saturdays and Sundays. Spend a few hours wandering through the colourful stalls before heading into town for more exploration. The Kuensel Phodrang ruins were the palace of Sherab Wangchuck – the thirteenth Druk Desi – and overlooks the southern side of Thimphu. Today, they are home to the Buddha Dordenma, a gargantuan 51.5m statue of Buddha Shakyamuni. It is made out of bronze, gilded in gold and one of the largest statues of Buddha in the world. Witness rows of young Bhutanese students at Zorig Chusum (National Institute of 13 Arts and Crafts) learning the national crafts of carpentry, masonry, carving, painting, sculpture, casting, weaving, bamboo work, embroidery, woodturning, papermaking, blacksmithing, gold and silver crafting. Stop at the Royal Takin Preserve, home of Bhutan's national animal, and meet the Takin – a strange looking animal which has been described as looking like a beesting moose. With both sentimental and political value, the National Memorial Chorten is a monument to world peace and prosperity was erected by the Royal Family and Cabinet to honour the wishes of Bhutan's third king, H.M. Jigme Dorji Wangchuck, who passed away before it could be completed.

- The original building of Trashi Chhoe Dzong, called the 'Fortress of the Glorious Religion' was built in 1641 and rebuilt in the 1960s. It is now home to government ministries, His Majesty's secretariat and the central monastic body. Entrance is granted only after 5.00pm For those with an eye for design and a passion for ceremony, peruse the Royal Textile Academy Museum's royal collection, comprising of the Raven Crown (Bhutan's royal wedding crown) and its accompanying royal wedding dresses. You can also learn more about the national art of weaving and its changing styles of 'Gho' and 'Kira', emonstrated by weavers on traditional looms. Venture back in time as you explore the Folk Heritage Museum; this museum is a replica of a traditional Bhutanese house with care taken to detail it exactly as it would have looked a century ago. Thimphu sprawls up the wooded, western hillside of the Wang Chhu River, and is one hour away from COMO Uma Paro by car. It is important to note that museum, monastery, temple and Dzong opening times vary with national holidays, auspicious ceremonies and events such as Royal Family visits.

Duration: 7 to 10 hours

Difficulty: Easy (guided, with picnic or typical Bhutanese fare in local restaurant)

Overnight: COMO Uma Paro

Day: 10

Day: 11

Your 10-minute transfer to Paro International Airport will be arranged according to your flight schedule.

## PACKAGE INCLUSIONS

- Return Air ticket on Business Class
- Visa Fee for Foreign Nationals (BD Passport -VISA ON ARRIVAL)
- SDF
- Accommodation for five nights at COMO Uma Paro on a full board basis, including picnic lunches during excursion days (excluding beverages)
- Fully serviced five-night camping trek
- Nine-and-a-half days of privately guided excursions, taking in the highlights of the Paro and Thimphu valleys
- The private services of an experienced English-speaking Bhutanese guide
- One 60-minute COMO Shambhala body treatment
- Complimentary use of the library, swimming pool, steam room and gym
- Complimentary Wi-Fi throughout COMO Uma Paro
- Private airport transfers and transport around Bhutan
- All Bhutanese government visa and royalty fees, service charge and sales tax
- All museum and visitor centre entry fees and road permits
- Complimentary one-hour daily yoga class (except Sundays)

## PACKAGE EXCLUSIONS

- Personal Expenses, Shopping/Souvenirs
- Unexpected Circumstances
- Helicopter services (optional)
- Tips and Gratuities to Guides/drivers
- Use of bar and beverages in Hotels/Bars.
- Travel Insurance

## SEASONS

- **Season 1**  
DEC, JAN, FEB, JUN, JUL, AUG
- **Season 2**  
(Mar 1- Mar 17, Mar 27-May 31, Sep 1-Sep 10, Sep 17- Nov 30)
- **Season 3**  
(Mar 18 - Mar 26, Sep 11- Sep 16)

## MINIMUM REQUIREMENTS

To make the most of this expedition, we recommend booking from March to May or from mid-September to November. It requires a minimum of two people. COMO Uma Paro requires guests to check out during the overnight camping (we will store luggage during this time).

## TREKKING INFORMATION

- For a trek at this level, you may wish to optimise your fitness to get the most out of the experience. A detailed pre-departure information sheet designed to help prepare for your adventure will be sent out with your booking confirmation.
- Packing essentials: Warm jacket, leather or waterproof fabric boots or shoes with good soles, waterproof jacket, sunglasses, warm hat, sunhat, sunscreen, torch, backpack (small day sack, 20-30 litres), duffle bag (30-40 litres to be carried by ponies).
- Packing recommendations: Trekking pole, binoculars, gloves, tracksuit or thermal underwear, lip balm and moisturiser, sufficient supply of any medication required, and spare batteries or portable chargers.
- What COMO Uma Paro provides: Camping picnic lunch, dinner and breakfast, mineral water, the services of an experienced English-speaking Uma guide, cooks, ponies for carrying luggage and a first-aid kit.
- Tentage including one bathroom tent, one toilet tent with toilet paper, one kitchen tent, one dining tent and one sleeping tent for two people with sleeping bags, fleece blanket, hand towels, hot water bags and torches for each guest, camping beds and armchairs.
- To get the most from this experience you should be reasonably fit and ready to enjoy the great outdoors.

For more details please refer to our pre- departure information sheet for trekking

## Terms & Conditions

- Any kinds of Government Surcharge, Tax, and rate of exchange increase, rates will be auto revised accordingly.
- Package rate is subject to room availability.
- Minimum required 2 Adults to avail this package.
- Packages are **NON-REFUNDABLE** once issued.