

# Bumdra Trek to Tiger's Nest

A short, high-reward trek that ends by descending straight into Tiger's Nest monastery.

TRIP LENGTH

**7 days / 6 nights**

GROUP SIZE

**Up to 8**

STYLE

**Trekking**

ACTIVITY LEVEL

**Moderate**

FROM

**Nu. 73,500 per person**

Rather than approaching Tiger's Nest from the valley floor like everyone else, this trek climbs above it first - camping a night near a monastery known as the 'Cave of a Thousand Prayers' before descending through Taksang itself. A good pick for travelers who want one real trekking day without committing to a multi-week expedition.

## Day by day

### Day 1 - Arrival, transfer to Thimphu

Thimphu

Arrive in Paro and drive to the capital.

Includes: Airport pickup

Meals: Lunch, Dinner | Stay: No overnight stay

### Day 2 - Thimphu sightseeing

Thimphu

Museums and craft workshops across the capital before heading to trek country.

Includes: Textile Museum, Thimphu Dzong, Jungshi Paper Factory

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

### Day 3 - Punakha via Dochula Pass

Punakha

Punakha Dzong and a riverside hike before returning toward Paro.

Includes: Dochula Pass, Punakha Dzong, Khamsum Yulley Chorten

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

### Day 4 - Paro Valley sightseeing

Paro

The valley's fortress and museum ahead of tomorrow's trek start.

Includes: Paro Dzong, National Museum

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

### Day 5 - Trek to Bumdra campsite

Paro

Climb through forest to a ridgeline monastery known as the Cave of a Thousand Prayers, camping at 3,800m.

Includes: Bumdra Monastery, Optional summit push

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

### Day 6 - Descend through Tiger's Nest

Paro

The trek's payoff - a downhill route that arrives directly at Paro Taktsang.

Includes: Paro Taktsang (Tiger's Nest)

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

### Day 7 - Departure

Paro

Transfer to the airport for your flight home.

Includes: Departure transfer

Meals: Breakfast | Stay: No overnight stay

## What's included

#### Included in the price

- + Licensed guide & trek crew
- + Camping equipment
- + Pack animals for gear
- + All meals during the trek
- + Hotel accommodation on non-trek nights

#### Not included

- International flights
- Sustainable Development Fee (SDF)
- Visa fee
- Personal expenses

## Scheduled departures

Prices are per person in Bhutanese ngultrum (BTN), sharing a twin room.

| DEPARTS / RETURNS          | PRICE      | AVAILABILITY  |
|----------------------------|------------|---------------|
| 3 Oct 2026 to 9 Oct 2026   | Nu. 73,500 | Available     |
| 11 Oct 2026 to 17 Oct 2026 | Nu. 73,500 | Available     |
| 19 Oct 2026 to 25 Oct 2026 | Nu. 73,500 | Available     |
| 22 Oct 2026 to 28 Oct 2026 | Nu. 73,500 | Limited space |
| 6 Nov 2026 to 12 Nov 2026  | Nu. 73,500 | Limited space |
| 22 Nov 2026 to 28 Nov 2026 | Nu. 73,500 | Available     |
| 12 Dec 2026 to 18 Dec 2026 | Nu. 73,500 | Available     |
| 6 Jan 2027 to 12 Jan 2027  | Nu. 73,500 | Available     |
| 20 Feb 2027 to 26 Feb 2027 | Nu. 73,500 | Available     |
| 4 Mar 2027 to 10 Mar 2027  | Nu. 73,500 | Available     |
| 13 Mar 2027 to 19 Mar 2027 | Nu. 73,500 | Limited space |
| 20 Mar 2027 to 26 Mar 2027 | Nu. 73,500 | Available     |
| 8 Apr 2027 to 14 Apr 2027  | Nu. 73,500 | Limited space |

|                            |            |               |
|----------------------------|------------|---------------|
| 16 Apr 2027 to 22 Apr 2027 | Nu. 73,500 | Available     |
| 21 Apr 2027 to 27 Apr 2027 | Nu. 73,500 | Available     |
| 5 May 2027 to 11 May 2027  | Nu. 73,500 | Available     |
| 17 May 2027 to 23 May 2027 | Nu. 73,500 | Limited space |
| 3 Sep 2027 to 9 Sep 2027   | Nu. 73,500 | Limited space |
| 17 Sep 2027 to 23 Sep 2027 | Nu. 73,500 | Available     |
| 22 Sep 2027 to 28 Sep 2027 | Nu. 73,500 | Available     |
| 3 Oct 2027 to 9 Oct 2027   | Nu. 73,500 | Available     |
| 9 Oct 2027 to 15 Oct 2027  | Nu. 73,500 | Available     |
| 17 Oct 2027 to 23 Oct 2027 | Nu. 73,500 | Available     |
| 23 Oct 2027 to 29 Oct 2027 | Nu. 73,500 | Sold out      |
| 12 Nov 2027 to 18 Nov 2027 | Nu. 73,500 | Available     |
| 17 Nov 2027 to 23 Nov 2027 | Nu. 73,500 | Available     |

## Talk to us

Send us a message through our website:

<https://www.dttbhutan.com/contact>

Monday - Friday, 9:00 - 17:00 (BST, UTC+6)

Prepared 2 October 2026. Prices and departures can change - the current version is always at:

<https://www.dttbhutan.com/packages/bumdra-trek-to-tigers-nest>