

Bumthang Valley Cultural Trek

A gentler trek through Bumthang's sacred valleys and remote farming villages, bookended by the western circuit.

TRIP LENGTH

12 days / 11 nights

GROUP SIZE

Up to 8

STYLE

Trekking

ACTIVITY LEVEL

Moderate

FROM

Nu. 126,000 per person

Bumthang is considered Bhutan's spiritual heartland, and this route earns that reputation on foot - three days of trekking between village temples and a night in the remote settlement of Ugyenchholing, framed by a full western-circuit tour on either end.

Day by day

Day 1 - Arrival in Paro

Paro

Arrive at Paro International Airport and settle in for the night.

Includes: Airport pickup

Meals: Lunch, Dinner | Stay: No overnight stay

Day 2 - Tiger's Nest hike

Paro

Acclimatize with Bhutan's signature hike before the trek ahead.

Includes: Paro Taktsang (Tiger's Nest)

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

Day 3 - Drive to Thimphu

Thimphu

A short transfer to the capital for sightseeing.

Includes: Thimphu Dzong

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

Day 4 - Thimphu to Punakha via Dochula

Punakha

Cross the pass and settle into Bhutan's former winter capital.

Includes: Dochula Pass, Punakha Dzong

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

Day 5 - Punakha to Bumthang via Trongsa

Bumthang

The long central-Bhutan drive, with a stop at the royal family's ancestral dzong.

Includes: Trongsa Dzong

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

Day 6 - Bumthang temple circuit

Bumthang

The valley's founding-era temples and a Swiss-run dairy farm.

Includes: Jakar Dzong, Tamshing Monastery, Kurjey Lhakhang, Jambay Lhakhang, Swiss Farm

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

Day 7 - Trek to Ngang Lhakhang

Bumthang

A five-to-six-hour walk to a quiet valley temple, well off the road network.

Includes: Ngang Lhakhang

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

Day 8 - Trek to Ugyenchholing

Bumthang

A longer day over a ridge to a village built around a 16th-century noble estate.

Includes: Ugyenchholing village

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

Day 9 - Trek back to Jakar

Bumthang

The final trekking day, returning to the valley floor.

Includes: Bumthang farmland

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

Day 10 - Drive to Punakha

Punakha

Retrace the mountain road west.

Includes: Trongsa Dzong

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

Day 11 - Punakha to Paro via Dochula

Paro

The final drive back over Dochula Pass.

Includes: Dochula Pass

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

Day 12 - 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
4 Oct 2026 to 15 Oct 2026	Nu. 126,000	Limited space
23 Oct 2026 to 3 Nov 2026	Nu. 126,000	Available
17 Nov 2026 to 28 Nov 2026	Nu. 126,000	Available
6 Dec 2026 to 17 Dec 2026	Nu. 126,000	Sold out
20 Jan 2027 to 31 Jan 2027	Nu. 126,000	Available
15 Feb 2027 to 26 Feb 2027	Nu. 126,000	Available
19 Mar 2027 to 30 Mar 2027	Nu. 126,000	Available
11 Apr 2027 to 22 Apr 2027	Nu. 126,000	Available
18 May 2027 to 29 May 2027	Nu. 126,000	Available
14 Sep 2027 to 25 Sep 2027	Nu. 126,000	Available
9 Oct 2027 to 20 Oct 2027	Nu. 126,000	Sold out
22 Oct 2027 to 2 Nov 2027	Nu. 126,000	Available
18 Nov 2027 to 29 Nov 2027	Nu. 126,000	Limited space

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/bumthang-valley-cultural-trek>