

Dagala Thousand Lakes Trek

A high-altitude trek above Thimphu through a landscape of alpine lakes, with a rest day at 4,300m.

TRIP LENGTH

8 days / 7 nights

GROUP SIZE

Up to 8

STYLE

Trekking

ACTIVITY LEVEL

Challenging

FROM

Nu. 96,000 per person

Despite starting less than an hour from the capital, the Dagala range feels remote - yak-herder camps, dozens of glacial lakes, and views across to Bhutan's higher Himalayan peaks. This is a genuine high-altitude trek; the rest day at Labatama is there for a reason.

Day by day

Day 1 - Arrival in Paro

Paro

Arrive at Paro International Airport.

Includes: Airport pickup

Meals: Lunch, Dinner | Stay: No overnight stay

Day 2 - Tiger's Nest hike

Paro

An acclimatization hike before heading into the mountains.

Includes: Paro Taktsang (Tiger's Nest)

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

Day 3 - Trek to Gur

Thimphu

From Genekha, a five-to-six-hour climb to the first camp at 3,290m.

Includes: Genekha trailhead

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

Day 4 - Trek to Labatama

Thimphu

A long climb to the trek's high camp at 4,300m, among the first of the alpine lakes.

Includes: Labatama lakes

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

Day 5 - Rest day at Labatama

Thimphu

A day to acclimatize and explore the surrounding lakes on foot.

Includes: Labatama lake exploration

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

Day 6 - Trek to Panka

Thimphu

Descend gradually through yak pasture toward Panka camp at 4,000m.

Includes: Yak herder camps

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

Day 7 - Trek out & drive to Thimphu

Thimphu

The final descent to Chamgang trailhead, then a drive into the capital.

Includes: Chamgang trailhead

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

Day 8 - Departure via Paro

Paro

Drive back to Paro for your onward flight.

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
5 Oct 2026 to 12 Oct 2026	Nu. 96,000	Available
11 Oct 2026 to 18 Oct 2026	Nu. 96,000	Limited space
19 Oct 2026 to 26 Oct 2026	Nu. 96,000	Limited space
23 Oct 2026 to 30 Oct 2026	Nu. 96,000	Limited space
11 Nov 2026 to 18 Nov 2026	Nu. 96,000	Available
22 Nov 2026 to 29 Nov 2026	Nu. 96,000	Sold out
11 Dec 2026 to 18 Dec 2026	Nu. 96,000	Available
16 Jan 2027 to 23 Jan 2027	Nu. 96,000	Available

18 Feb 2027 to 25 Feb 2027	Nu. 96,000	Limited space
7 Mar 2027 to 14 Mar 2027	Nu. 96,000	Available
12 Mar 2027 to 19 Mar 2027	Nu. 96,000	Sold out
25 Mar 2027 to 1 Apr 2027	Nu. 96,000	Limited space
4 Apr 2027 to 11 Apr 2027	Nu. 96,000	Available
15 Apr 2027 to 22 Apr 2027	Nu. 96,000	Available
20 Apr 2027 to 27 Apr 2027	Nu. 96,000	Available
12 May 2027 to 19 May 2027	Nu. 96,000	Limited space
20 May 2027 to 27 May 2027	Nu. 96,000	Limited space
5 Sep 2027 to 12 Sep 2027	Nu. 96,000	Available
14 Sep 2027 to 21 Sep 2027	Nu. 96,000	Limited space
24 Sep 2027 to 1 Oct 2027	Nu. 96,000	Available
3 Oct 2027 to 10 Oct 2027	Nu. 96,000	Available
12 Oct 2027 to 19 Oct 2027	Nu. 96,000	Available
16 Oct 2027 to 23 Oct 2027	Nu. 96,000	Available
22 Oct 2027 to 29 Oct 2027	Nu. 96,000	Available
7 Nov 2027 to 14 Nov 2027	Nu. 96,000	Available
19 Nov 2027 to 26 Nov 2027	Nu. 96,000	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/dagala-thousand-lakes-trek>