

Merak & Sakteng Cultural Trek

An 18-day journey to Bhutan's far east, ending with a trek to the semi-nomadic Brokpa villages of Merak and Sakteng.

TRIP LENGTH

18 days / 17 nights

GROUP SIZE

Up to 8

STYLE

Trekking

ACTIVITY LEVEL

Moderate

FROM

Nu. 180,000 per person

Merak and Sakteng are home to the Brokpa, a semi-nomadic yak-herding people with their own distinct dress and dialect, in a valley long associated with local yeti folklore. Getting there means crossing the country first - a full central-and-eastern-Bhutan tour precedes the trek itself.

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 heritage sites

Thimphu

A day through the capital's dzong, museums, and monuments.

Includes: Thimphu Dzong, Memorial Chorten

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

Day 3 - Thimphu to Wangdue via Dochula

Wangdue Phodrang

Cross the pass into central Bhutan.

Includes: Dochula Pass

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

Day 4 - Phobjikha Valley

Wangdue Phodrang

Bhutan's glacial crane valley and its hillside monastery.

Includes: Phobjikha Valley, Gangtey Monastery

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

Day 5 - Drive to Trongsa

Trongsa

The ancestral seat of Bhutan's royal family.

Includes: Trongsa Dzong

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

Day 6 - Bumthang sightseeing

Bumthang

A day among the valley's founding-era temples.

Includes: Jakar Dzong, Kurjey Lhakhang

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

Day 7 - Drive to Trashigang via Thrumshingla

Trashigang

A dramatic mountain-pass crossing into eastern Bhutan.

Includes: Thrumshingla National Park

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

Day 8 - Trek begins toward Charbaling

Trashigang

Leave the road behind for high grazing grounds.

Includes: Charbaling grazing grounds

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

Day 9 - Trek to Merak via Thumburtsa La

Trashigang

Cross a 3,273m pass into the first of the Brokpa villages.

Includes: Thumburtsa La Pass, Merak village

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

Day 10 - Trek to Sakteng via Nyuksang La

Trashigang

The trek's high point at 4,140m, into the second Brokpa village.

Includes: Nyuksang La Pass, Sakteng village

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

Day 11 - Explore Sakteng

Trashigang

A day among Brokpa herding communities inside the Sakteng Wildlife Sanctuary.

Includes: Sakteng Wildlife Sanctuary, Brokpa village life

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

Day 12 - Trek to Jyonkhar via Munde La

Trashigang

Descend over a lower pass toward the roadhead.

Includes: Munde La Pass

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

Day 13 - Trek out to Phongme

Trashigang

A short final walking day back to the road.

Includes: Phongme village

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

Day 14 - Drive to Bumthang

Bumthang

Retrace the mountain road west.

Includes: Thrumshingla National Park

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

Day 15 - Drive to Punakha

Punakha

A long transfer day toward western Bhutan.

Includes: Trongsa Dzong

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

Day 16 - Punakha sightseeing

Punakha

Punakha Dzong and the fertility temple.

Includes: Punakha Dzong, Chimi Lhakhang

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

Day 17 - Paro sightseeing & Tiger's Nest hike

Paro

Bhutan's signature hike to close out the trip.

Includes: Paro Taktsang (Tiger's Nest)

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

Day 18 - 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 20 Oct 2026	Nu. 180,000	Available
23 Oct 2026 to 9 Nov 2026	Nu. 180,000	Available
5 Nov 2026 to 22 Nov 2026	Nu. 180,000	Available

3 Dec 2026 to 20 Dec 2026	Nu. 180,000	Available
4 Jan 2027 to 21 Jan 2027	Nu. 180,000	Available
14 Feb 2027 to 3 Mar 2027	Nu. 180,000	Available
17 Mar 2027 to 3 Apr 2027	Nu. 180,000	Available
4 Apr 2027 to 21 Apr 2027	Nu. 180,000	Available
17 May 2027 to 3 Jun 2027	Nu. 180,000	Available
16 Sep 2027 to 3 Oct 2027	Nu. 180,000	Available
9 Oct 2027 to 26 Oct 2027	Nu. 180,000	Limited space
16 Oct 2027 to 2 Nov 2027	Nu. 180,000	Available
10 Nov 2027 to 27 Nov 2027	Nu. 180,000	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/merak-sakteng-cultural-trek>