



JUNIPER

2ND TO 7TH OCTOBER, 2025

TRANS BHUTAN TRAIL

HIKING THE ANCIENT TRANS BHUTAN TRAIL FROM WEST TO EAST

Key Details



Duration

5 nights and 6 days,
2nd to 7th October 2025



Locations

Punakha, Thimphu, and
Paro



Stay

Multiple Hotels and
Camps



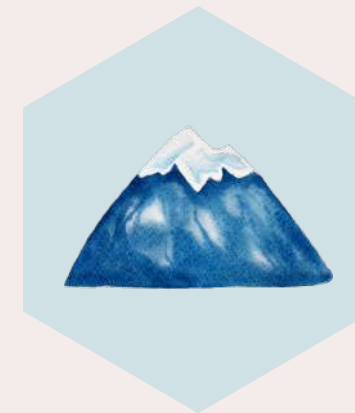
Difficulty

Moderate



Nearest Airport

Paro



Trip Type

Expedition Series



A Journey Through Bhutan's Valleys and Spirit

The Trans Bhutan Trail is a newly restored route that stretches across the country from west to east, connecting remote villages, historic sites, and ever-changing landscapes. Once used by messengers, monks, and merchants, the trail now offers travelers a chance to explore Bhutan on foot, at a thoughtful pace.

This trip follows a curated section of the trail, combining trekking through forests and mountain passes with meaningful cultural experiences and comfortable accommodations. Campsites are set up in accessible villages, allowing for greater ease without taking away from the sense of being in nature.

Along the way, you'll see how geography, tradition, and daily life are deeply connected in Bhutan. The journey also includes time in the capital city and peaceful valleys—offering contrast and context to the days spent walking. This is an experience for travelers looking to go beyond the surface, and to understand Bhutan not just through its highlights, but through its rhythm.





ARRIVAL IN THE VALLEY OF HAPPINESS

Theme: First Glimpses and the Heart of the Kingdom

- Begin your adventure with a breathtaking landing at **Paro International Airport**, nestled deep within a valley surrounded by towering Himalayan peaks. From Paro, embark on a scenic **3-hour drive** to **Punakha**, the former royal capital of Bhutan. The journey winds through forested hills, prayer flag-lined passes, and charming villages—offering a first glimpse into the country's natural beauty and spiritual depth.
- Check into your hotel and take in the peaceful surroundings. As the day winds down, enjoy a relaxed evening soaking in the stillness of the valley and letting Bhutan's timeless rhythm begin to settle in.





SUUNTO

DAY 1 TBT

Trekking

28/11/2023, 08:20

Altitude 2,550 m

1,706 m

10.97 km
Distance

6:59'04
Duration

2,550 m
Highest point

MEADOWS, PASSES, AND HIDDEN VILLAGES

Theme: Into the Forest and Over the Pass

- After an hour's drive from Punakha, arrive at a peaceful mountain village at 2,000m—the starting point of the journey. Your trek begins across a wide meadow, often used by locals for archery, before entering a dense forest where the air grows cooler and the surroundings quieter.
- As you gain elevation, the trail winds gradually upward, revealing panoramic views from a scenic mountain pass at 2,550m. Pause to take in the vastness of the landscape before descending toward a remote village tucked away in the hills.
- At the end of the trail, a vehicle will transfer you to your campsite—set in a quiet, natural clearing—where you can unwind and reflect on the path walked.

On the trail





THROUGH FORESTS TO A STREAMSIDE HAVEN

Theme: Endurance and Stillness in the Wild

- Today marks the longest stretch of the trail and begins with an early start from your campsite at 2,000m. The path climbs steadily, winding through quiet forests and alpine meadows, each turn offering glimpses of Bhutan's natural beauty.
- The trail winds across ridges and under tall trees, with each step bringing you deeper into nature.
- By late afternoon, arrive at a tiny, secluded village nestled in the wilderness. Settle in for the night at a peaceful campsite beside a stream, at 1,969m.



DAY 2 TBT

Trekking

29/11/2023, 08:14

Altitude 2,797 m

1,969 m

16.83 km
Distance

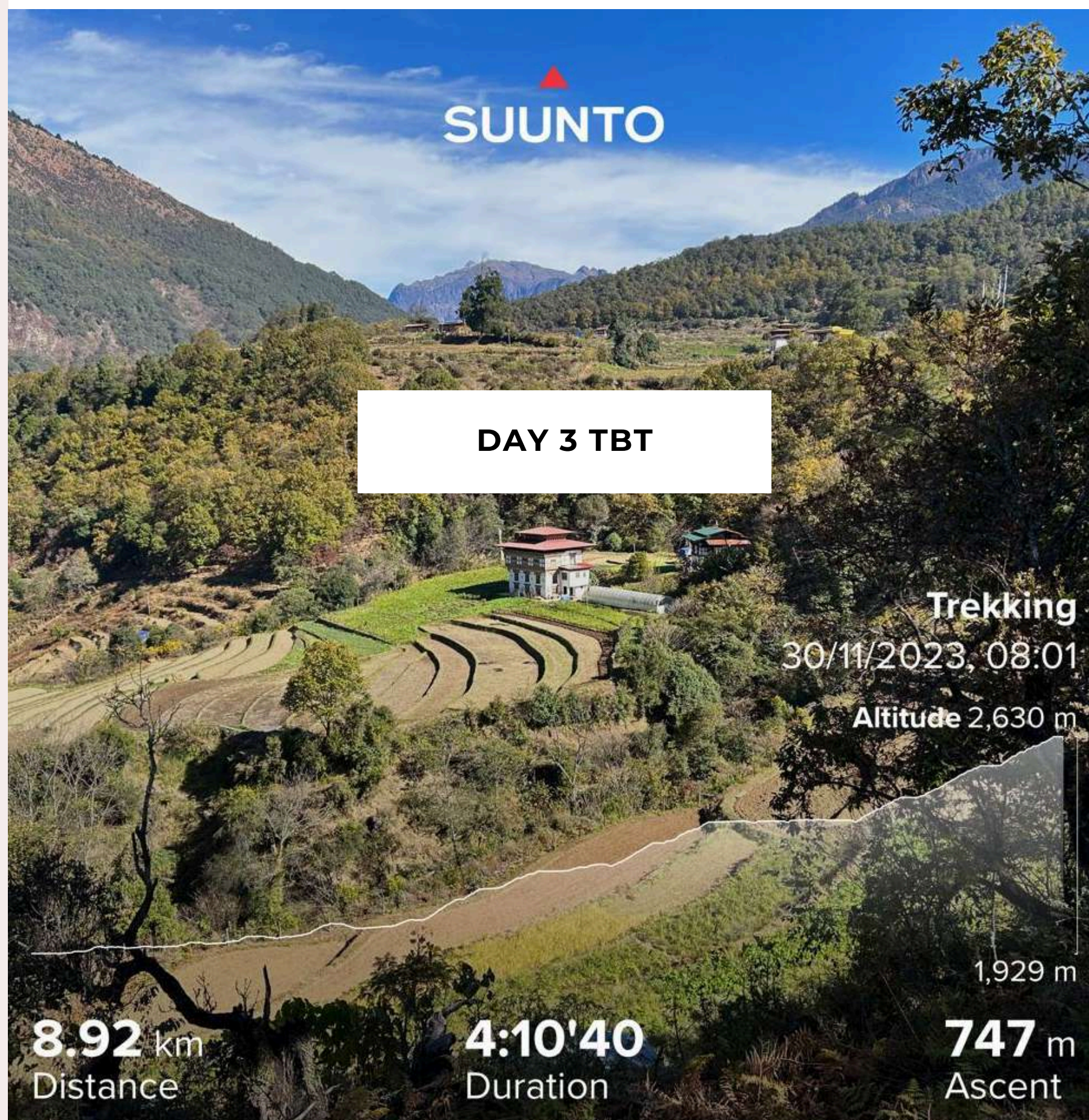
7:41'22
Duration

2,797 m
Highest point



A house in a Bhutanese village





FROM STREAMSIDE PATHS TO THE VALLEY OF CRANES

Theme: Closing the Trail, Opening New Paths

- On your final day on the Trans Bhutan Trail, begin with a gentle walk alongside a stream. The trail gradually moves through forested terrain and leads to a quiet village.
- From there, a steady uphill path takes you to a small town where your vehicle awaits. After completing this last leg of the trail, drive to the serene valley of Phobjikha—a place of wide-open landscapes and quiet celebration—to mark the end of your journey on the TBT.





The Black-Necked Cranes of Phobjikha Valley

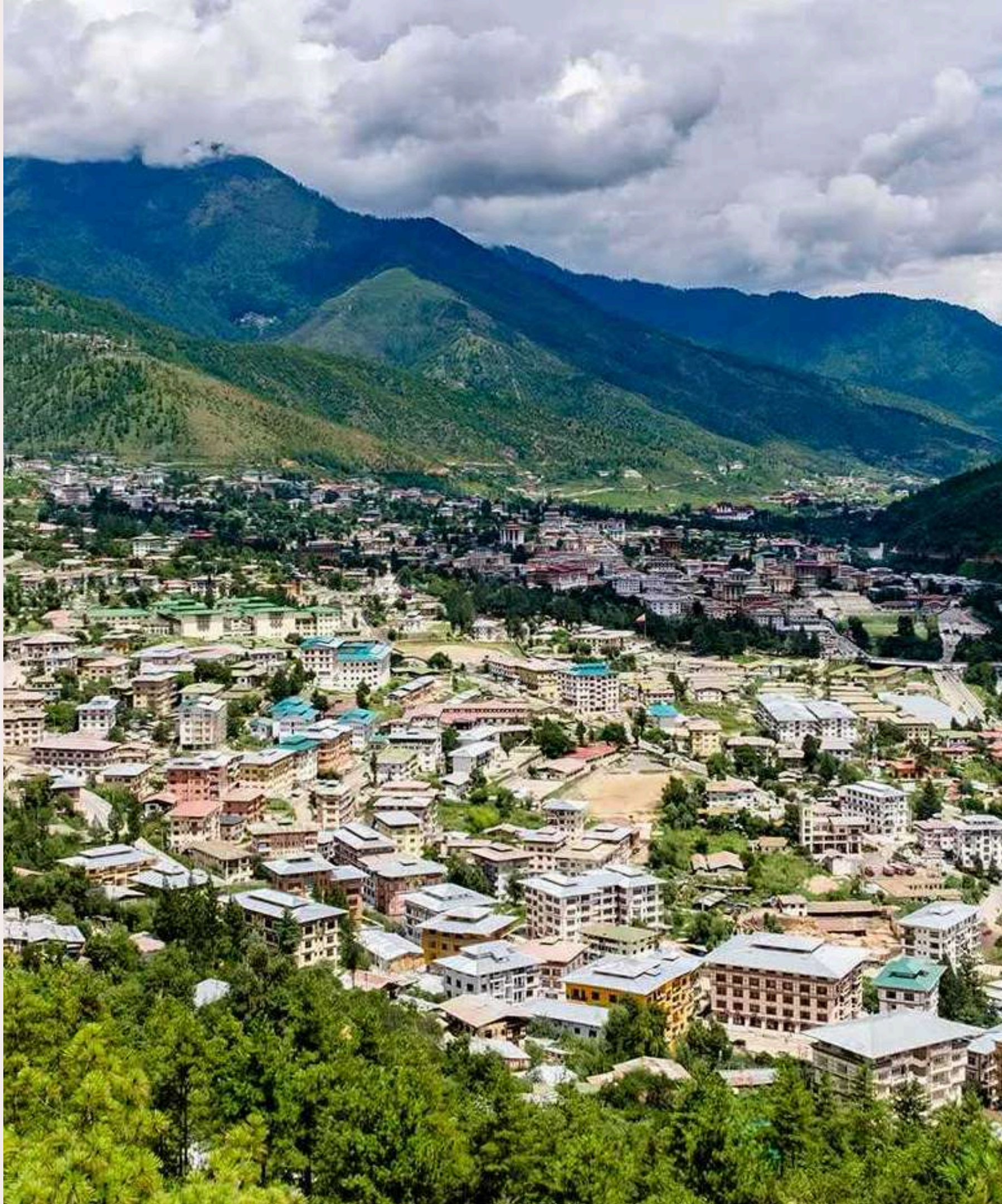
Every October, as the weather cools and the fields of Phobjikha Valley turn golden, a special moment takes place—Black-Necked Cranes begin arriving from the Tibetan Plateau. These elegant, endangered birds come to spend the winter in Bhutan, and their arrival is something both locals and visitors quietly look forward to.

For the people of Phobjikha, the cranes are more than just birds. They're seen as sacred beings—symbols of peace and good fortune. Many believe they circle the Gangtey Monastery before landing, a gesture considered deeply auspicious.

October is an ideal time to see them. The skies are clear, the valley is still lush, and the cranes bring with them a sense of calm. As they settle into the marshlands and open fields, the rhythm of life in the valley seems to slow down too.

The Black-Necked Crane Centre offers a chance to learn more about their migration and the efforts to protect them. But some of the most touching moments happen naturally—a pair gliding through the early morning mist or their haunting calls echoing across the valley at dusk.

Their arrival each October is a quiet reminder of Bhutan's deep respect for nature—and of the magic that comes with simply watching and listening.



FROM VALLEYS TO THE CAPITAL

Theme: Movement, Contrast, and Exploration

- Today, you'll leave the quiet landscapes of Phobjikha and drive to **Thimphu**, Bhutan's vibrant capital (**approx. 130 km / 3.5 hours**). The journey takes you through ever-changing mountain scenery—past traditional villages, terraced fields, and dense forests—offering beautiful views and a sense of the country's diverse geography. Make a stop on your journey to explore the magnificent **Punakha Dzong**. Built in 1637 by Ngawang Namgyal, it is Bhutan's second oldest and second largest dzong, renowned for its stunning architecture, rich history, and sacred relics, serving as the former seat of Bhutan's government and a symbol of unity at the confluence of two rivers
- Arrive in Thimphu by afternoon and check in to your hotel. After settling in, the **rest of the day is yours to explore at your own pace**. You may wish to visit the colourful **weekend farmers market**, wander through the city's artisan shops, or make your way to the towering **Buddha Dordenma** statue that overlooks the valley.
- After days in the countryside, Thimphu offers a different rhythm—a blend of tradition and modern life, where monks and office workers cross paths on the same street. Enjoy the shift in energy, and take the evening to discover the city in a way that feels right to you.

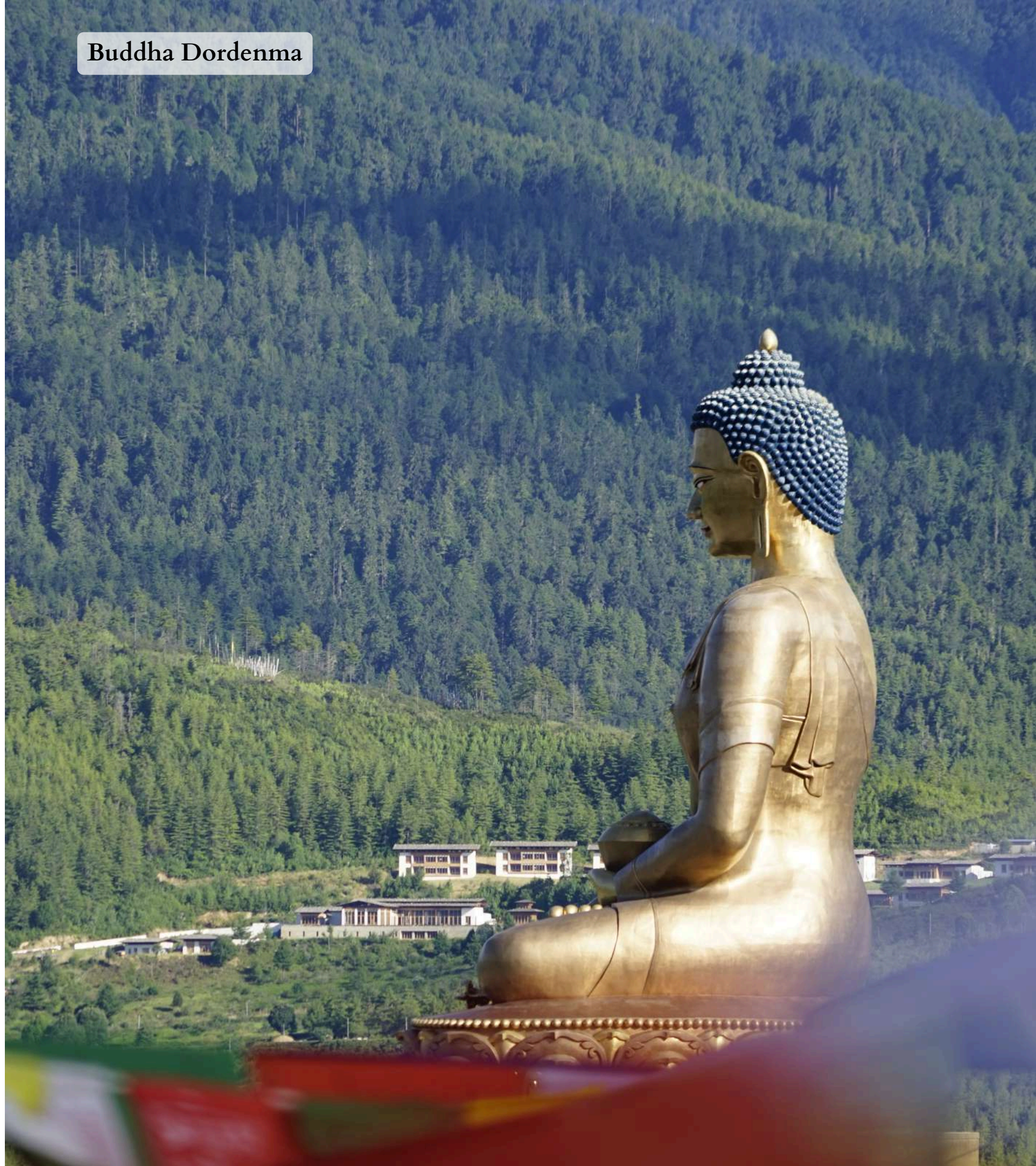
Punakha Dzong



Centenary Farmers' Market



Buddha Dordenma



DAY 6
7TH OCTOBER 2025



Mt. Everest view from the flight

FLY HOME

After a memorable journey through Bhutan's mountains, valleys, and sacred sites, transfer to **Paro International Airport** for your flight home. Depart with lasting memories of the kingdom's serene landscapes and timeless spirit.



A seat on the right side of the plane offers better views.

ACCOMMODATION

Handpicked stays that blend Bhutanese heritage with warm hospitality and serene luxury

ZHINGKHAM RESORT

Zhingkhram Resort in Punakha offers stunning views of the Punakha Valley and Dzong from its hillside setting. With comfortable rooms, modern amenities, a spa, restaurant, and handicraft shop, it's perfect for relaxation. While the location is serene, note that room access involves stairs, which may be challenging for some guests



ABC ECO LODGE

Tucked away in the remote and pristine Phobjikha Valley, **ABC Eco Lodge** offers a peaceful retreat surrounded by open meadows and forested hills. Located just below Gangtey Monastery, the lodge features warm wooden interiors, private balconies, and sweeping valley views. Its remote setting allows guests to experience Bhutan's raw natural beauty while enjoying home-cooked meals and genuine local hospitality.



CAMPSITES

Though the Trans Bhutan Trail winds deep into forests and across high ridgelines, campsites are located in villages with road access, making them convenient for resupply and support. Each site provides sturdy tents and basic sleeping arrangements, offering a simple yet comfortable resting place after a day's trek. Surrounded by nature, these camps give you a true trekking experience while ensuring essential needs are met.



NORKHIL BOUTIQUE HOTEL & SPA

Located in the heart of Thimphu, **Norkhil Boutique Hotel & Spa** offers a serene retreat that blends traditional Bhutanese craftsmanship with contemporary comforts. Guests can relax with holistic treatments at the spa, enjoy organic, locally inspired cuisine, and take in sweeping views of the valley from the outdoor terrace.





SCHEDULE

Day	Schedule	Driving Time	Walking Time	Stay
Day 1	Arrive in Paro → Scenic drive to Punakha via mountain passes and villages	3 hrs	–	Zhingkhram Resort, Punakha
Day 2	Drive to village (2,000m) → Trek through meadow, forest, and over mountain pass (2,550m) → Transfer to campsite	1 hr	~6 hrs	Campsite
Day 3	Trek across ridgelines and forest to a remote village → Camp near stream (1,969m)	–	~8 hrs	Campsite
Day 4	Trek along stream and through forest to a village → Uphill walk to town → Drive to Phobjikha	1 hr	~4 hrs	ABC Eco Lodge, Phobjikha
Day 5	Drive from Phobjikha (visit Punakha Dzong on the way) to Thimphu → Free time to explore the capital	4 hrs	– (optional city walking)	Norkhil Boutique Hotel & Spa, Thimphu
Day 6	Transfer to Paro International Airport	1 hr	–	–



PRICE

Rs. 80,000 per person (Double sharing)
Rs. 15,000 additional for single sharing

Inclusions	Exclusions
All accommodation in hotels and tents	International flights to/from Bhutan
All meals from Day 1 dinner to Day 6 breakfast	Personal expenses (e.g. laundry, tips, phone calls)
Private vehicle for all transfers and internal travel	Travel insurance
Experienced English-speaking guide throughout	Medical expenses or emergency evacuation
All permits and entry fees for treks and cultural sites	Alcoholic beverages and additional snacks not included
Filtered drinking water during travel and hikes	Any costs arising from unforeseen circumstances (e.g. natural disasters)
GST 5%	Anything not mentioned under “Inclusions”
	SDF (Sustainable Development Fee) – Rs. 1,200 per night, for Indian passport holders



CONTACT US

Thank you for considering this journey with us.

We're here to help create experiences that stay with you long after you've returned.

Feel free to reach out with any questions or to start planning your next adventure.



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