



## Dur Hot Spring Trekking

<b>Trip code</b>	
<b>Package name</b>	Dur Hot Spring Trekking
<b>Duration</b>	6
<b>Max. elevation</b>	4110 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Private vehicals for round trip depending on group size.
<b>Accomodation</b>	3***hotel and Lodge twin sharing bed basis during the tour and trekking.
<b>Starts at</b>	Paro
<b>Ends at</b>	Thimphu
<b>Trip route</b>	Paro - Jili Jhong - Jangchulakha - Jimilang Tso - Simkota Tso - Phajoding - Thimphu/Paro.
<b>Cost</b>	USD 1,850 per person

## Highlights

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## Overview

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**Dur Hot Spring Trekking is particularly prominent for the hot spring which are said to be the most beautiful natural springs in the Himalayas.**

Usually, Dur Hot Spring Trek is known as a moderate to strenuous level of trek and the trekkers should have the good physical capabilities along with the enthusiasm to walk for at least 6 to 7 hours a day. Dur Hot Spring Trek is an exhilarating trek through Bumthang following the old expedition route of Gangkhar Puensum (mountain) and crossing through several hot springs. This trek is particularly famous for its hot springs which are said to be the most beautiful natural springs in the

Himalayas. You will come across several hot springs where one can relax and shower in the mineral rich water.

Dur Hot Springs trek certainly is for any nature enthusiast and enjoying the cultural, religious and historical aspects of the Dragon Kingdom. The starting point of the trek is Dur village which is one hour (5kms) rough drive from Toktu Zampa. The trail has numerous steep ascents and descents and ranges from altitudes between 3000 – 4700m. However despite the difficulty this trek is well worth the effort as it will take you through some of the most beautiful landscapes in Bhutan. The trail leads you through forests of Cyprus, juniper, spruce, hemlock and maple, the route also offers opportunity to view interesting fauna such as Snow leopard, Bhutan Takin, Musk deer, Blue sheep, Tibetan wolf and Himalayan black bear. Spectacular mountain scenery, remote and dramatic monasteries and pristine Himalayan culture can explore throughout the trip. The main highlight of the trek is visit to these hot springs which is believed the best for healing skin and skin related disease and at the same time enjoying the natural wonders of Bhutan. Dur hot spring trek includes a visit to a Tsachhu. With special permission, it may be possible to extend the trek to the base of the mountain base camp, though this is a difficult route. March to April and September to early November is the best season for the Dur hot spring trekking.

## Trip Itinerary

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### **Day 1 : Paro to Jili Dzong (3480 m, 10 km) via Damchena village – approx. 4/5 hours walk**

Embarking our trek from Paro, we drive to the road heading at the National Museum (2487m) above Paro from where we will start your trek. Keeping it slow and steady, we will significantly gain some altitude. We will walk through a gravel road heading up hill through apple orchards, smallholdings of Damchena village and pine forests. Here we will have a visit at Jili Dzong which is perched on a whaleback ridge. Jele Dzong is mostly in ruins and there is a Lhakhang with the statute of Buddha Sakyamuni. On a clear day, the views of Paro town far below and of Mount Jomolhari (7,314m) are breathtaking from this place. Our today's campsite is located at an altitude of 3480 meters above sea level.

### **Day 2 : Jili Dzong to Jangchulakha (3780 m, 10 km) – 4 hours walk**

Initiation of the trek begins with an appetizing breakfast. Then our walk take an ascent for about half an hour until the walk descends below the ridgeline to walk through the trail of thick alpine forests and rhododendrons. There are fascinating views of Jomolhari and other snowcapped mountains and you can also hear some monal peasants during the day. We continue our uphill walk to reach a yak herders' pasture at Jangchulakha (3,780m) with outstanding views of the Himalayan range. We camp in a yak pasture near the hillside. You can also see yak herders around our campsite at the height of 3,780 meter and get an idea of how these people live.

### **Day 3 : Jangchulakha to Jimilang Tsho (3880 m, 15 km) – approx. 4/5 hours walk**

Leaving Jangchulakha, we leave our footsteps following the ridge back to Jangchu la pass (4,180m) and at times through juniper trees and dwarf rhododendrons. Our walk is 330 meters ascend and 310 meter descends on this day. The views of the mountain valleys of Thimphu and Paro are sensational. Camp is near Jimilang Tsho (Sand Ox Lake) known for its giant size trout. Also there are good views of Mount. Jitchu Drake (6,989m), the peak representing the protective deity of Paro valley.

#### **Day 4 : Jimilang Tsho to Simkota Tsho (4110 m, 11 km) – approx. 4 hours walk**

Following the track, the trail traverses through dwarf rhododendron trees and Janetsho Lake. You may come across some yak herder's camp where you will have the opportunity to get a glimpse of a nomad's life. Trail winds and undulates with magnificent view of the Himalaya across deep valleys. Simkotatsho Lake (4,110m) can be seen below after crossing one final spur. A short steep descent will take you to our camp which is located at an altitude of 4110 meter at Simkota Lake. If you are lucky you can catch a lake trout for your dinner.

#### **Day 5 : Simkota Tsho to Phajoding (3870 m, 10 km) – approx. 3/4 hours walk**

On the following day, our trail begins with a steady ascent to a small saddle at 4150 meter from where you enjoy majestic view of Mount Gangkar Puensum, the highest mountain in Bhutan and other Himalayan peaks on clear sunny day. Continuing our walk, we will then descend to another small lake and then climb to the Phume La pass (4,210m) which is adorned with beautiful prayer flags. From this pass, the trek takes you downhill passing through Thujidrag Goemba, a meditation center hanging on the side of a precipitous rock face. Continuing further through juniper trees to a community hall near Phajoding where you will halt for the night. Phajoding Goemba (3,870m) is an important pilgrimage site.

#### **Day 6 : Phajoding to Thimphu (2320 m, 5 km) – 3 hours walk**

Concluding our trek on this trek, we trek downhill passing through a forested area of mostly blue pine until we reach Thimphu. After arriving at Thimphu, you can decide whether to stay overnight at Thimphu or further drive towards Paro.

## **Inclusions**

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### **What is included?**

Airport pick up & drop by private vehicle as your require.

Private vehicals for round trip.

Standard accommodation twin sharing bed basis for the duration of tour.

All meals fixed breakfast, lunch & dinner with Tea and Coffee for whole duration of your stay in Bhutan.

Mineral water supply for the trip.

Local licensed English speaking Bhutan Tour & Trekking Guides.

All sightseeing tours, Monument /Museum entrance Fees as per itinerary.

Country Presentation & Tour Briefing on arrival evening.

Bhutan Visa Fees and Visa Processing assistance.

The required number of trekking & touring staff.

All trekking access, route permits logistics & fees.

Luggage will be hauled by horses, mules or yaks at higher elevations.

Government tax which goes to the country's health & education projects.

### **What isn't included?**

Your travel insurance.

Bottled/alcoholic/cold drinks room service.

International airfares and airport departure tax.

Personal Equipment.

Tips to staffs-Tipping is expected.

Any others expenses which are not mentioned on Price Includes section.

### **Complimentary**