Detail Itinerary

Overview of Bumthang Cultural Trekking

The Bumthang Cultural Trek takes you through the remarkable Bumthang Valley, widely recognized as the cultural heart of Bhutan. This scenic trek winds past numerous traditional villages along its roundabout course through the stunning Bumthang landscape. Typically completed in about three days, this gentle trek reaches a maximum elevation of 3,360 meters at Phephe La Pass. The best seasons for this trek are from March to May and September to November. The trek officially begins from Toktu Zampa and concludes at Mesithang.

Route Details and Cultural Significance

Often referred to as a cultural trek due to the abundance of traditional villages and sacred Lhakhangs (temples) along the way, the journey is easily accessible via the nearby town of Jakar. The trail starts from Toktu Zampa and passes through scenic stops including Thangbi Gompa, Damphay, Ngang Lhakhang, Phephe La (3,360m), Tachung, Gamling, Ugyen Chholing, Kizum, Tang, and Mesithang.

Furthermore, near the starting point of the trek, you can explore renowned cultural landmarks such as Tamshing Gompa, Kurje Lhakhang, and Jamba Lhakhang, which add profound spiritual and historical value to this exceptional trekking route.

Trip Facts

- Trip Duration: 11 days

Detail Itinerary

Cost Includes

Cost Excludes