

Rodung-La Trek



Days:	10
Price:	2605 USD International flight not included
Comfort:	★★★★★
Difficult:	★★★☆☆
🔦 Adventure 🔦 Trekking	
🔦 Travel with children 🔦 Hiking	
🔦 Mountains 🔦 photographic	

While the Rodung La Trek does not ascend to very high altitudes, it is still fairly challenging as the trail covers some fairly steep climbs and descents. The trail takes you from Bumthang in Central Bhutan to Trashiyangtse in the far eastern reaches of the kingdom.

The route was once an important trade road in the past but has fallen into disuse now and is chiefly used as a hiking trail. The trail passes through alpine and bamboo forests, meadows and mountain passes, through villages and temples offering hikers an incredible array of biodiversity to appreciate. The Hike typically takes 10 days to complete and is best carried out in winter between October to early November or in spring between April to early May.

Day 1. Visit to Temple built by the first Karma Shamar in 13th century



Jakar 📍
20km - ⌚ 6h 30m
Ngang Lhakhang 📍

Jakar - Ngang Lhakhang

- The route takes you around **Chamkhar Chhu**, a river rich in trout. Lunch at the **Thangbi Lhakhang**, a temple built by the first Karma Shamar in 13th century. Further ahead you enter **Ngang Yul**, 'Swan Land' and at its center is Ngang Lhakhang, the "Swan Temple". Overnight at the camp.

🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 2. Manor houses one of the most interesting museums of Bhutan



Ngang Lhakhang 📍
9km - ⌚ 5m
Ugyenchholing 📍

Ngang Lhakhang - Ugyenchholing

- Climb gradually to **Phephe La pass** (3,353m), altitude of 2,850m Follow the trail until the pass takes you through one of the most beautiful forested areas of this region. Allow for stops to enjoy the natural beauty of the surroundings. Over night: Camping

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 3. The camp is in a meadow at the head of the valley.



Ugyenchholing 📍
17km - ⌚ 5h 30m
Phokphey 📍

Ugyenchholing - Phokphey

- Ascent: 920 m Camp altitude: 3,680 m.

Today's walk is through bamboos, hemlock and finally up to an alpine forest. The camp is in a meadow at the head of the valley.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 4. The region is rich in folk lore concerning spirits and yetis.



Phokphey 📍
20km - ⌚ 7h
Pemi 📍

Phokphey - Pemi

- Ascent: 480 m Descent: 1,160 m Camp altitude: 2,950 m.

Continue ascending for half an hour until you reach **Rodungla** (3,800m), and then continue downhill through the gorge, overlooking some of the mountain valleys. Towards the camp you see pine trees.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 5. Oldest temples in the country, Khaine Lhakhang



Pemi 📍
21km - ⌚ 8h
Khaine Lhakhang 📍

Pemi - Khaine Lhakhang




- Ascent: 350 m Descent: 1,340 m Camp altitude: 2,010 m.

This trail winds up and down till you reach **Drula village** and **Khaine Lhakhang** en route. It is one of the oldest temples in existence today, built in mid 7th century by the King **Songtshen Gampo** of Tibet to subdue demons. Overnight camp.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 6. Pass a Tibetan-style Umling Mani







Khaine Lakhang 
18km -  7h
Tangmachu 

Khaine Lakhang - Tangmachu




- Ascent: 520 m Descent: 810 m Camp altitude: 1,720 m.

From your camp, the trail goes down to a stream and back up to a basic health unit and a community school in **Gorsam**. Further on, you pass a Tibetan-style **Umling Mani**, built by a lama from Tibet, and a chorten on **Zerim La** (1,940m). Before reaching the next pass, Täge La (1,760m) you will see **Menjabi**, a beautiful Bhutanese village with large white houses. The campsite for the night is located South-east of __Täge La__near **Tangmachu High School**.

 Breakfast	Made by your team
 Lunch	Made by your team
 Dinner	Made by your team
 Accommodation	tent camping

Day 7. Gradually climb up through paddy fields and villages







Tangmachu 
16km -  4h 20m
Menji 

Tangmachu - Menji




- Ascent: 690 m Descent: 620 m Camp altitude: 1,830 m.

After arriving at **Kuri Zampa** the trek begins to gradually climb up through paddy fields and villages before bringing you to **Chusa**.

 Breakfast	Made by your team
 Lunch	Made by your team
 Dinner	Made by your team
 Accommodation	tent camping

Day 8. Continue uphill through thick forests overlooking spectacular mountains.







Menji 
20km -  5h 20m
Pemi 

Menji - Pemi

- Ascent: 620 m Camp altitude: 2,450 m.

Todaywe will continue uphill through thick forests overlooking spectacular mountains. The camp is located in a forested area at an altitude of 2,400m

 Breakfast	Made by your team
 Lunch	Made by your team
 Dinner	Made by your team
 Accommodation	tent camping

Day 9. Descend through thick evergreen forests



Pemi 📍
21km - ⌚ 7h 30m
Taupang 📍

Pemi - Taupang

- Ascent: 1,450 m Descent: 1,450 m Camp altitude: 2,450 m.

After climbing up to **Dongla** you will descend through thick evergreen forests until you reach the campsite for the night.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 10. Trek ends at Trashi Yangtse



Taupang 📍
24km - ⌚ 9h
Trashi Yangtse 📍

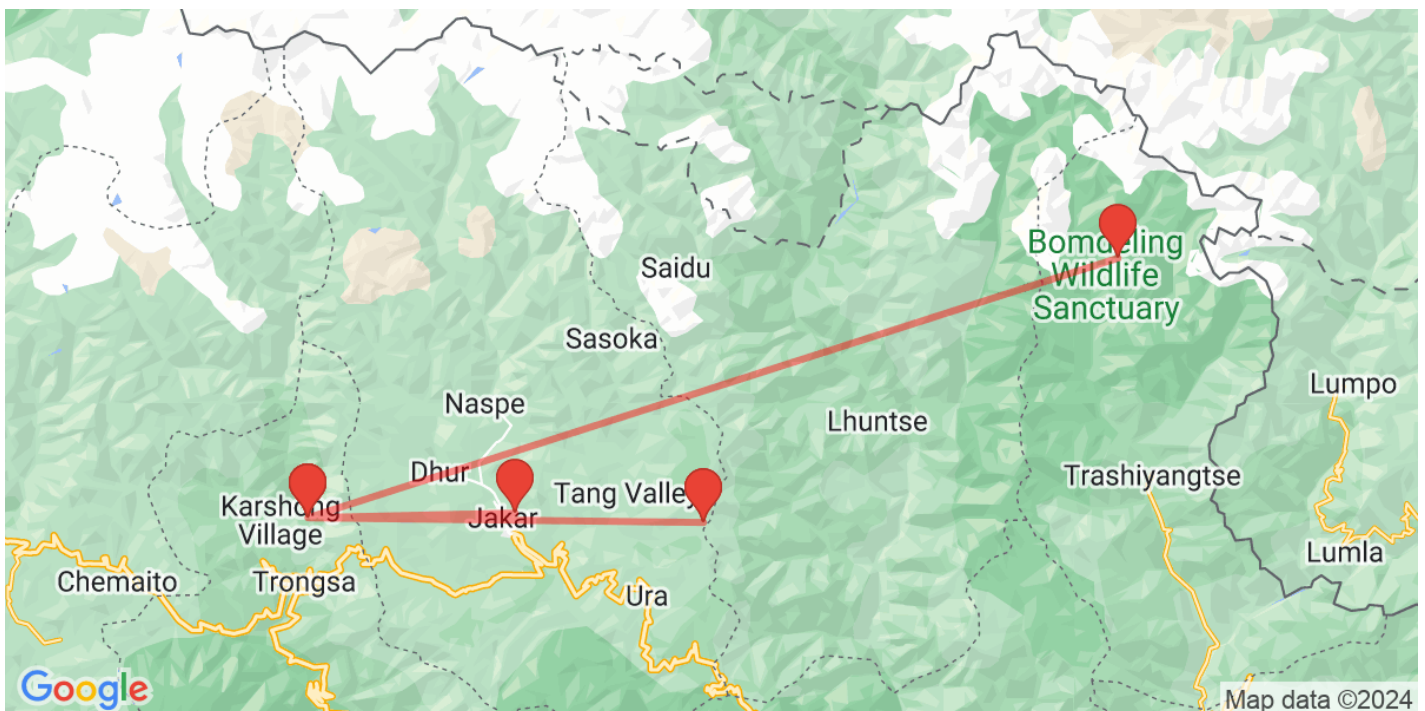
Taupang - Trashi Yangtse

- Descent: 720 m

Today is the longest day of the trek. It is a gradual descent to **TrashiYangtse**. As you descend the chirpine and hardwood forests are slowly replaced by oak trees. The final camp of the trek is located in a subtropical forested region.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team

Itinerary map



Individual price per person

1-1	2-2	3-10
2965 USD	2875 USD	2605 USD

Included

- Bhutan Tourist Tariff Royalty.
- Visa Fee
- All private excursions and transfers in superior air-conditioned vehicle.
- Local English speaking guide/tour leader.
- Experienced driver.
- Accommodation in carefully selected, highest standard government approved hotels & guesthouses.
- All meals in Bhutan.
- All entrance fees and permits.
- Tents

Not included

- All personal expenses such as bars, beverages, laundry, telephone and tips.
- Medical / Travel Insurance.
- Air-fare