

Kitiphu Ridge



TRIP TYPE: Trekking
TRIP GRADE: Moderate
TRIP STYLE: Camping

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 28 Mar 2021

Kitiphu Ridge trek will appeal if you looking to experience the unique culture of Bhutan as well as going on a short Himalayan trek

Our itinerary combines seeing the main cultural highlights of the Kingdom of Bhutan with three days of scenic trekking. You will walk follow a quiet forest trail up to Tharpaling monastery and then once onto Kitiphu Ridge you should see the spectacular view of the Himalaya along the Bhutan - Tibet border including Mount Gangkar Punsum. This mountain is at an altitude of 7,570m and is known as the highest unclimbed peak in the world.

You have several days visiting Bhutan's main cultural sites; you will explore Paro Valley with a walk to Taktsang or 'Tigers Nest' monastery. We also time to explore Thimphu, Punakha's 17th century Dzong and Bumthang.

You have the chance to see Black-necked cranes in Phobjika and in Gyetsa village at start of Kitiphu Ridge trek. The cranes spend the winter in these places from mid-October to end of February and can be seen in their roosting areas located in wetlands in Phobjika and Gyetsa.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists and we have been operating trips in Bhutan for many years. [Roland Hunter](#), owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of this region.
- Read our [AITO Traveller Reviews for Kitiphu Ridge](#). Our approach to organising trips in the Himalayas

has helped The Mountain Company win awards such as 2018 Gold Award as AITO Tour Operator of the Year and 2015 Bronze Award as AITO Tour Operator of the Year.

- The Mountain Company will receive bespoke weather forecasts for this region from EverestWeather.com and from our in house forecasting throughout the duration of this trek.
- We send a Thuraya satellite phone on all of our treks in Bhutan. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- We bring a comprehensive first aid kit plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by our Operations team with first hand knowledge of Kitiphu Ridge trek.

WHAT'S INCLUDED

- All transfers including airport collections at Paro.
- Twin share hotels while in Bhutan.
- All meals included while in Bhutan.
- Twin share tents while on trek.
- All trekking arrangements including permits and fees, tents, Bhutanese guide, pack animals and cook.
- Bespoke weather forecasts from EverestWeather.com throughout the duration of this trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Bhutan Pre Trip Information" notes.

WHAT'S NOT INCLUDED

- International flight to/from Paro (flying from Bangkok, Singapore, Kathmandu and Delhi).
- Travel & trekking insurance.
- Personal clothing & equipment please see Appendix for suggested kit list.
- Tips.
- Other items not listed in "What is included".

ITINERARY

DAY 1: FLY TO PARO (2,280M)

Arrive in Paro

Lunch and Dinner

Hotel Olathang in Paro

You will be met on arrival at Paro airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. A full trek briefing will be given in the afternoon. Please get in touch with us if you like a quote for your flight to Paro (flying from Bangkok, Singapore, Kathmandu and Delhi).

DAY 2: MORNING WALK TO TAKTSANG MONASTERY KNOWN AS THE TIGER'S NEST (3,120M)

Walking 9km (4 hours)

Breakfast, Lunch and Dinner

Hotel Olathang in Paro

Paro is Bhutan's second largest town and the valley also contains some of the most significant religious and historic sites in the country as well as Bhutan's only airport.

After breakfast we will organise a walk up to the Taktsang monastery known as the "Tiger's Nest". It takes about 2 to 3 hours to walk through pine forest and up to the monastery perched on a cliff overlooking the valley.

DAY 3: DRIVE OVER DOCHU LA TO PUNAKHA (1,300M)

Drive to Punakha (4 hours driving)

Sightseeing in Punakha

Breakfast, Lunch and Dinner

Meri Puensum Resort in Punakha

Today we drive to Punakha the old winter capital of Bhutan. En route we'll cross the Dochu La pass at an altitude of 3,150m marked with 108 chortens. On a clear day the whole range of Eastern Himalayas can be seen from here. We then descend down to the Punakha Valley at an altitude of 1,350m. The road has lots of sharp bends with breath-taking views of the mountains and valleys. In Punakha we take a short walk through farm houses and fields to Chimme Lhakang, this monastery was built in 15th Century and dedicated to Lam Drukpa Kunley (divine mad man). He is one of the most well-known saints in Bhutan and his temple is dedicated to fertility.

DAY 4: SIGHTSEEING IN PUNAKHA

Sightseeing in Punakha

Breakfast, Lunch and Dinner

Hotel Meri Puensum in Punakha

We visit the impressive Punakha dzong known as one of the most important and impressive in Bhutan. This dzong is strategically placed at junction of Pho Chu and Mo Chu rivers was built in 1637 to serve as the religious and administrative centre of the region. In the afternoon, we can walk up to Khamsum Yuelley Namgyal Chorten overlooking Mo Chu river (about 45 minutes' walk).

DAY 5: DRIVE TO GANGTEY IN PHOBJIKA VALLEY AND AFTERNOON EXPLORE GANGTEY

Drive to Gangtey (5 hours driving)

Breakfast, Lunch and Dinner

Dewachen Hotel Dewachen Hotel in Phobjika valley

We drive to the beautiful Phobjikha valley, this place is home to the endangered black neck cranes that migrate every year to this valley in winter. The cranes over winter in these places from mid-October to the end of February.

Phobjikha is located on the north western edge of Jigme Singye Wangchuk National Park and is protected due to its ecological significance and rich natural heritage. Phobjikha valley has largest wetland in Bhutan and is habitat to about 300 Black-necked cranes that migrate in winter from their breeding grounds in Tibet.

On reaching Phobjikha we visit the Gangtey monastery, known as the only gumpa of Nyingmapa religious school in western Bhutan. From here we will walk along the Gangtey Nature Trail, past Semchubara village, through forests of blue pine trees covered with lichen (known as old man's beard) and with views onto the wetlands where you will hopefully see Black-necked cranes. At end of the nature trail in Kingathang village you can visit a temple built by the Queen Mother. After meeting your car we will drive up to the Black-necked cranes visitor centre overlooking the roosting area of the cranes.

DAY 6: DRIVE TO GYETSA VILLAGE NEAR CHUMEY

Drive to Gyetsa village (7 hours driving)

Gangtey monastery & Gangtey Nature Trail

Breakfast, Lunch and Dinner

Camping

We have a beautiful drive to Trongsa on a road with lots of bends, beautiful waterfalls and thick forest cover on the way. This part of the ride offers good view of the south Trongsa Valley and stunning views of the Trongsa Dzong. We will visit the Trongsa Dzong and the museum. After lunch we continue the drive and meet our trek crew at Gyetsa village where we camp for the night. There are wetlands outside the village used as a roosting area by Black-necked cranes.

DAY 7: TREK TO THARPALING MONASTERY

Walking for 5km (3 hours)

Breakfast, Lunch and Dinner

Camping

After walking across the fields and crossing a bridge over a small stream we walk along a small path up through blue pine forest. There are good views back down to the field and wetlands around Gyetsa village. After 45 minutes we reach several traditional Bhutanese farmhouses and a private monastery. From here we follow the ridge up through more forest and along the way we passed prayer flags, mani wall and an old gateway (probably marking the old trail from Trongsa to Bumthang) with a beautiful mandala painted in the roof.

We can see Tharpaling monastery above us near the top of the ridge and after about three hours walking we arrive to our camp in the grounds of the monastery. Your tent will be pitched next to eight stupas and on arrival you will enjoy a cup of tea.

Tharpaling is a cluster of isolated monasteries at an altitude of 3,700m and one of the gompas is located with a cliff behind. Tharpaling is an important monastery complex founded in 1352 by Longchen Rabjampa during his enforced period of exile from Tibet. There are usually more than 100 monks however during the winter they head south to a warmer place so in December we only saw a few caretaker monks.

Outside the main assembly hall are eight stupas built in 2011 commemorating the major deeds in the life Shakyamuni Buddha. In the afternoon you can visit one of the temples and attend a puja (religious ceremony).

DAY 8: TREK TO SHONATH CAMP

Walking for 19km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

In the morning while having breakfast you are likely to see monks and nuns walking their koras around the chortens while spinning their hand-held prayer wheels. After breakfast we walk up through the monastery complex and follow the trail up to a pass on Kitiphu Ridge. From here you should see your first views of the Himalayan peaks to the east. As one walks up the grassy ridge to the first view point bedecked by prayer flags Mount Chomolhari becomes visible to the west. We pass through a section of forest with blue pine and rhododendron before continuing on more grassy slopes to the second viewpoint. From here one looks down to the Bumthang valley far below and you can see Jakar Dzong located on a hill top.

At the end of the ridge is Mount Kitiphu (4,050m) and it is from this point you can see Mount Gangkar Punsum. At an altitude of 7,570m it is the highest unclimbed peak in the world. At this high point there are many prayer flags, a large Buddhist prayer umbrella and a shrine for pujas. After taking your photos start the walk down Kitiphu Ridge and after passing a yak herder's hut you reach Drange La (3,600m). At this pass we descend through a beautiful forest of spruce, fir, rhododendron and bamboo for about 45 minutes to our camp in a grassy clearing called Shonath. In the forest around this camp are owls, hence giving the trek its alternative name "The Owl trek".

DAY 9: TREK TO DUR VILLAGE, DRIVE TO BUMTHANG

Walking for 9km (3 hours)

Drive to Bumthang (45 minutes)

Breakfast, Lunch and Dinner

Swiss Guest House in Bumthang

It is a short walk out through blue pine forest to the road head at Dur Village. After exploring the village and saying farewells to our horseman, you will be driven to Bumthang to check into your hotel. In the afternoon you can do some sightseeing in Bumthang starting off with a visit to Tamshing Gomba and then walking over the suspension bridge to Kurjey Lhakang. Kurjey Lhakang is an important place as has the body print of Guru Rinpoche preserved in a cave inside the oldest temple.

DAY 10: SIGHTSEEING IN BUMTHANG

Sightseeing in Bumthang

Breakfast, Lunch and Dinner

Swiss Guesthouse in Bumthang

Today we take an excursion to Tang valley where we will visit Membar Tsho known as the burning lake, which is one of Bhutan's most important pilgrimage sites. Then we drive to Drangchel, Pema Lingpa's birthplace and then walk up to visit Ugyenchholing Palace. The Palace is now a museum and gives an interesting insight into life in an aristocratic family in the last century. Return to Bumthang for the night.

DAY 11: DRIVE TO PUNAKHA

Drive to Punakha (8 hours driving)

Breakfast, Lunch and Dinner

Hotel Meri Puensum in Punakha

Today we drive back to Punakha over Yotong La and to Tongsa, from here the road climbs to Pele La and descends to Punakha where we spend the night. If you prefer to avoid the long drive back to Paro then it is possible to fly from Bumthang, please contact us to find out the flight schedule and availability.

DAY 12: DRIVE TO THIMPHU, AFTERNOON SIGHTSEEING

Drive to Thimphu (3 hours driving)

Sightseeing in Thimphu

Breakfast, Lunch and Dinner

Gyelsa Boutique Inn in Thimphu

Today we continue the drive over Dochu La where we have another chance to see the view of the Himalayan mountains. On arrival to Thimphu we will check into the hotel and then in the afternoon we can explore the town.

DAY 13: SIGHTSEEING IN THIMPHU

Sightseeing in Thimphu

Breakfast, Lunch and Dinner

Gyelsa Boutique Inn in Thimphu

Today we spend the day sightseeing in Thimphu. We can visit the Takin sanctuary, Takin is the national animal of Bhutan with the head of a goat and body of a bull. Legend has it that Lama Drukpa Kunley the Divine Mad Monk Saint, created this animal. Later we visit the Zilukha nunnery, folk heritage museum, the textile weaving center, Institute of Arts and Crafts called the Zorig Choesuem. Visit the handicraft emporium then the post office with its vast collection of stamps and other items.

DAY 14: FLY HOME

Flight back

Breakfast

Transfer to Paro airport for flight home.

DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
28 Mar 2021 to 10 Apr 2021	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee
31 Oct 2021 to 13 Nov 2021	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee
07 Nov 2021 to 20 Nov 2021	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee
28 Nov 2021 to 11 Dec 2021	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
27 Mar 2022 to 09 Apr 2022	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee
30 Oct 2022 to 12 Nov 2022	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee
06 Nov 2022 to 19 Nov 2022	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee
27 Nov 2022 to 10 Dec 2022	Local Leader	US\$3,495pp	NA / US\$125pp	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Camping Trek

A TYPICAL DAY ON CAMPING TREK

The day starts with an early morning mug of tea brought to your tent by one of the assistant guides. Before heading over to the mess tent for breakfast you will pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning. After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around

6-7pm. After supper the international leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

Food provided on Camping Trek

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapatis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Clothing and Equipment List

CLOTHING AND EQUIPMENT LIST FOR KITIPHU RIDGE

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Kitiphu trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations and you will experience the coldest temperatures in December would have overnight lows around -5°C.

Each trekker should bring one backpack for gear required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The maximum weight allowance for back pack is 5kg.** The rest of your personal equipment packed in a duffel or kit bag will be carried by a pony. **The maximum weight allowance for your duffel bag is 15kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

We suggest you print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in camp during the evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar). For use if it rains or snows during the trek.
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless/ gilet or body warmer type fleece. This will help keep your core warm while not bulking when layering up. Gilet fleece can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Medium weight down jacket (eg Nuptse jacket by The North Face)

Handwear:

- Fleece gloves.

Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. Buff Headwear check out <http://www.buffwear.com>)
- Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag. Maximum overnight lows will be around -5 Celsius.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest).
- Recommended size is 30 to 40 litres as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail and for walking through deep snow higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold- drybags such as from Exped.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at SheWee at <http://www.shewee.com/>
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional)

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Paro, Punakha, Bumthang and Thimphu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best).
- Rehydration powder eg Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.

Threat and risk assessment**THREAT AND RISK ASSESSMENT FOR KITIPHU RIDGE**

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Kitiphu Ridge trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Kitiphu Ridge we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Kitiphu Ridge is available to clients on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE and HAPE.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rock fall and landslides.
- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic or flight accident.
- Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

Cultural information

DRESS CODE AND CULTURAL CONSIDERATIONS FOR ENTERING DZONGS

Depending on whom you talk to the exact dress code for dzongs, monasteries and lhakhangs can differ. Use the details below to assist with your planning and we recommend you discuss each days visits with your guide to reconfirm appropriate attire.

- Go for smart casual look such as long sleeved shirt with collar i.e no T shirts or short sleeved shirts.
- Full length trousers or long skirts (ankles must be covered) i.e no shorts, $\frac{3}{4}$ length trousers or short skirts.
- Shoes with socks covering ankles i.e no sandals or slippers.
- No hats and umbrellas allowed.
- Photographs are only allowed to be taken in the courtyard of most monasteries.
- Walking around Buddhist temples or stupas is traditionally done clockwise.
- Turn off your mobile/ cell phone and talk in a quiet tone.
- It is customary to give a small donation when visiting a monastery.

ETHICS AND ETIQUETTE IN BHUTAN

The Royal Government of Bhutan has a strict policy to preserve its cultural and traditional values.

- All lakes in Bhutan are believed to be inhabited by spirits therefore no fishing, swimming or throwing stones is permitted.
- Do not disturb or feed wildlife or do anything to destroy their natural habitat.
- Do not use detergent in or near rivers, for personal washing use biodegradable soap at least 50m

from any watercourse.

- Do not give sweets, pens or gifts to children or distribute medicine to villagers (there is a network of Basic Health Units operated by Bhutan Government throughout the country).
- Do not purchase local household items or religious artefacts from villagers, please note that antiques may not be taken out of the country.
- Please respect the culture and traditions of local people (trek crew, villagers or pack animal owners).

ACCOMMODATION

HOTEL OLATHANG IN PARO



Hotel Olathang is located amidst 28 acres of blue pine forest on a hill overlooking Paro valley. This hotel is designed in traditional Bhutanese style and was established in 1974 for the guests invited to the coronation of the Fourth King of Bhutan.

There are 28 rooms with attached bathroom and the cottages have an outdoor deck with chairs. There is a restaurant and bar in the main building and other facilities include a spa and a traditional hot stone bath.

SWISS GUESTHOUSE IN BUMTHANG



Swiss Guesthouse is located above Jakar with good views over the valley. This property was originally a farmhouse once the residence of the famous "Karsumphe Angye", the older sister of the first King of Bhutan.

There are now two traditional Bhutanese buildings set amidst an apple orchard. The Swiss Guesthouse was set up by a Swiss- Bhutanese cheese maker and is well known for its Swiss dishes such as Fondue and Raclette. The restaurant and has a bar serving Red Panda beer (a traditional wheat beer brewed in Bumthang). The rooms are cosy and simple with attached bathrooms and a wood-burning stove (bukhari) for heating.

DEWACHEN HOTEL IN PHOBJIKHA VALLEY



Dewachen Hotel is located above Gangtey valley and a short walk from the area with black necked cranes. This property is designed in traditional Bhutanese style and is set in three acres of garden and apple orchard with views over the valley.

There are 16 rooms with attached bathroom and individual balconies. Each of the rooms has a wood-burning stove (bukhari) for heating. There is a restaurant and a bar.

HOTEL MERI PUENSUM IN PUNAKHA



Hotel Meri Puensum is located above Punakha with good views down to the river and valley below. This property is family owned and was one of the first hotels in Punakha.

The rooms have attached bathroom and are simple yet functional. Some of the rooms have balconies overlooking the valley. There is a restaurant serving Bhutanese, Indian and Chinese with most meals are served as a buffet.

GYELSA BOUTIQUE INN IN THIMPHU



Gyelsa Boutique Inn is a family-run hotel located in the centre of Thimphu city and within walking distance of the restaurants, cafes and shops of the largest city in Bhutan.

The hotel has 6 suites and 12 twin rooms where the furniture is carved out of Himalayan wood and made in Bhutan. Every room has access to high speed wireless internet connectivity. Other facilities include a restaurant, bar and café.

CAMPING IN BHUTAN



We use A frame tents in Bhutan, these sturdy tents work well with the conditions often experienced in Bhutan and are waterproof plus have ample head room inside.

Notes downloaded on: 09-07-2020

