

INHOUDSOPGAVE

INTRODUCTION

The thrill of Bhutan
Trekking
Climate and trekking seasons
Organising a trek
Getting there and getting around
Environmental and cultural awareness
Protected areas
Flora and wildlife
Geology: the formation of the mountains
Rivers and glaciers
Accommodation and food
Medical considerations and fitness
Equipment
Other activities

List of approved treks

About this guide

West Bhutan

- 1 Haa Valley–Saga La–Drugyel Dzong
- 2 Haa Valley–Nub Tshona Patta Tsho–Rigona
- 3 Paro–Jhomolhari–Lingshi–Laya–Lunana–Nikka Chhu
- 4 Jhomolhari Camp–Bonte La–Tagulun La or Lalung La–Drugyel Dzong Circuit
- 5 Jhomolhari–Lingshi–Thimphu
- 6 Jhomolhari–Lingshi–Laya–Gasa–Punakha
- 7 Masa Gang Base Camp from Laya and back
- 8 Drukpath
- 9 Dagala Trek – and extension to Dagana
- 10 Samtengang Trek
- 11 Gasa Tsachu (hot springs) Trek
- 12 Gangte Trek and southern variation

Central Bhutan

- 13 Nabji–Korphu Trek (The Black Mountains or Jigme Wangchuk National Park)
- 14 Nubi/Chutey Trek near Trongsa
- 15 Trongsa–Kasiphey–Dur Tsachu (hot springs) Trek
- 16 Bumthang–Lunana (including the trek to Dur Tsachu)
- 17 Gankar Punsum Base Camp below the South Ridge of Gankar Punsum – via Dur hot springs
- 18 Gankar Punsum Southeast Face–Thole La–Bumthang Trek
- 19 Gankar Punsum Southeast Face – crossing over to Gankar Punsum Base Camp
- 20 Bumthang: Ngang–Tang Valleys Trek and Extension to Ura
- 21 Bumthang: Tang Valley–Rodang La–Lhuntshi–T(r)ashi Yangtse Trek

- 22 Royal Heritage Trek: Bumthang–Kiki La–Tungi La–Kuenga Rabten– Trongsa
23 Ura–Buli/Zhemgang Trek

East Bhutan

- 24 Bumdeling Wildlife Sanctuary Trek (Bumdeling Iron Bridge Trek)
25 Migoi (Yeti) National Park (Merak–Sakteng) Trek
26 Kharunгла Apeman Trek

South Bhutan

- 27 Manas National Park Trek
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