

# The Druk Path Trek - Private Brock

Trip Code: DRKB

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Follow an ancient route from Paro to Thimphu on a fully supported 5-day trek
- Camp beside mountain lakes and experience trekking in the Bhutan Himalaya
- See the world's largest seated golden Buddha and watch traditional Bhutanese archery
- Hike to the 'Tiger's Nest' monastery & visit the dzongs of Thimphu, Paro & Punakha
- Attend the Thimpu Drubchen Festival on 28 September 2025

## AT A GLANCE

- 5 days trekking
- Max altitude - 4210 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Combining a short 5-day trek along an ancient high-level route between Paro and Thimphu with visits to several of Bhutan's premier cultural sites, the Druk Path Trek is the perfect holiday for anyone looking for a complete and colourful experience in Bhutan: The Land of the Thunder Dragon. Offering a challenging but accessible short trek, through a pristine landscape, and a real taster of Bhutanese culture, this popular holiday provides an unforgettable introduction to the unique, welcoming and utterly fascinating Kingdom of Bhutan.

After flying to Paro from the Kathmandu, we will receive a warm welcome from our Bhutanese guides before setting off to hike to the gravity defying Taktsang 'Tiger's Nest' Monastery, one of the most iconic Buddhist sites in the entire Himalaya. Next, we begin our journey along the Druk Path where our first day of walking will take us from Paro up to a camp just below the Jeli La and its tiny hilltop dzong. During the succeeding 4 days, we trek above the tree-line and cross several passes, including the Phume La (4210m), before descending to Thimphu. En route, we camp beside clear mountain lakes and enjoy splendid panoramas of the snowy peaks on the border with Tibet, all whilst being taken great care of by our expert guides and our wonderful trek crew. Post trek we've a day in the capital, Thimphu and will spend most of that day attending the amazing Thimphu Drubchen Festival.

BOOK EARLY for BHUTAN! With only two airlines operating flights into Paro from Kathmandu, seats are limited and in high demand. Book early to guarantee your place on your chosen departure. We strongly advise booking a year in advance where possible.

## Is this holiday for you?

This holiday is perfect for anyone looking for a mix of trekking and culture. On our 5 day/4 night trek you will be walking through a variety of landscapes; ranging from farmland, to scenic mountain passes, open meadow and some of the finest mixed forest in the world. This is a well-established route, which was once an important link between Paro and Thimphu and so has been used for generations by pack-animals leaving a well-defined path. You should be comfortable with walking for 5 or 6 hours each day with the occasional longer day and you will encounter some long ascents and/or descents on some days. Remember that you will be trekking at a moderately high altitude, which is more demanding than at lower elevations. Our hike up the Tiger's Nest at 3100 metres will also be great acclimatisation before starting the trek. This is a fully supported trek, and you will only be required to carry your day pack each day. Our friendly camp crew will take care of all the camp chores, so you can relax, rest and enjoy the views.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional and qualified tour leader plus support crew
- Bhutan visa fee
- Flights between Kathmandu and Paro
- All transfers and land transport involved in the itinerary
- All accommodation as described
- All meals
- Full service camping on trek including all camping equipment
- 'Thermarest' inflatable camping mats whilst camping
- FREE Sleeping bag and down jacket hire is available for this holiday on request

## What's not Included

- Travel Insurance
- Nepalese visa costs
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc

## Joining Arrangements & Transfers

The holiday starts at the group hotel in Kathmandu.

Airport transfers are provided for all clients arriving Kathmandu on Day 1 and departing on the last day of the Land Only itinerary and all clients with additional nights booked through KE.

Hotel contact details and an emergency telephone number will be provided with your booking confirmation.

## Meal Plan

All meals are included in the holiday price.

## Food & Water

### Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The Bhutanese love chillies; red, green, raw, cooked and flavouring their condiments – fans of spicy food will be in their element in Bhutan! Don't panic if spicy food is not for you, all the hotels and restaurants in Thimpu and Paro offer a range of delicious dishes suitable for all tastes. Breakfasts whilst in hotels will consist of choice of cereal or muesli, eggs, toast, beans, sausage or bacon with tea, coffee and juices.

You can expect to be fed very well during the trekking section of your holiday. Our trekking chefs are old hands at managing camps and meals whilst in the mountains. A senior trek cook and camp manager must have a minimum of five years of training and experience to qualify for the post! Our cooks have undergone training both on Bhutanese and continental dishes and can expect to be served a wide variety of delicious food on trek. Breakfast and dinner will be taken at the camp sites, whilst lunches will generally be carried on ponies and served mid-way on the trekking route for the day. Tea and hot drinks will be provided throughout the day and you will also usually also get a wakeup call from the camp crew with a nice cup of hot Chai! Whilst on trek drinking water will be purified by boiling and will be provided regularly.



## Accommodation

This holiday includes 2 nights in Kathmandu, one en route to Bhutan and one on the return journey. In Kathmandu we use a comfortable, centrally located hotel. In Bhutan, we will also use comfortable and well-located hotels throughout.

Whilst on trek there are 4 nights full service camping where you will enjoy a full-service from our friendly camp team. You will sleep in hardy 2 man dome tents and inflatable Thermarest mattresses are provided.

All the camp equipment and luggage will be transported between camps by ponies or yaks, you need only carry your day packs. Our team will erect and dismantle the tents for you, cook, and take care of all the camp chores.

During walking days, having stayed behind to collapse camp, it is usual for the team and the pack animals to overtake us during the day and we will usually arrive into camp to find it already established, with our personal bags already placed into our pre-assigned tents and the kettle on!

In camp, as well as the tents used for sleeping, there will also be a mess tent, with chairs and tables, where the group will dine (and socialise into the evening), a toilet tent and even a shower tent where a bucket of hot water can be provided for you to wash with. Hot water on bowls for washing will also be provided to you in the mornings and when you arrive at the camp each day. On cold nights we'll even provide hot water bags/bottles when it is time for you to retreat to your tents for the evening.

All accommodation is on a twin share basis. If you are travelling by yourself you will be paired with another single traveller of the same sex. Single rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday, additional nights in Kathmandu are available on request.

## Internal flights

### Flights to Bhutan

It is possible to fly to Bhutan from Kathmandu, Delhi, Bangkok and Singapore, as well as from Dhaka and several regional airports in India. Our preferred port of transit for this holiday is Kathmandu, which has daily flights to Paro and a good tourism infrastructure. In addition, Nepal visas are easily obtained on arrival and are relatively inexpensive. Druk Air and Bhutan Airlines are the only airlines operating flights to Bhutan and seats can be limited, particularly around the time of the major festivals. Early booking is essential. It is not always possible to confirm seats immediately and it is not uncommon for passengers to be 'waitlisted' for several weeks until their booking clears. In rare circumstances, it may be necessary to route our groups or individual clients through an alternative airport if waiting lists are not cleared in good time.

## Group Leader & Support Staff

The group will be met and escorted in Kathmandu by a local KE representative. Once in Bhutan the group will be accompanied throughout by a professional and qualified tour leader. During the trek the tour leader will be assisted by local guides and a full trek crew including cooks, baggage animals and their handlers.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

Approximately £250 should be allowed for miscellaneous expenses including porter and trek crew tips and soft drinks etc. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on arrival (into Nepalese rupees in Kathmandu, and Bhutanese Ngultrum at Paro Airport). Sterling and US Dollars are equally acceptable in Nepal and in Bhutan. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). You can withdraw cash from ATM's in Kathmandu. In Bhutan money can be easily exchanged but you cannot rely on withdrawing money from ATM's.

## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service.

As a rough guide we suggest that each group member contributes US\$150 (in local currency equivalent) to a group tipping pool, around \$20 per person of this should go into a kitty for drivers, hotel porters and waiters (you can give this to your tour leader who will make sure it is distributed fairly).

Normally the trek staff (assistant guides, cook, ponymen etc...) are given their tips at the end of the trek. Your Bhutanese tour leader will advise the group on an appropriate level of tipping for each crew member. Most groups will mark the end of their trek by handing out the tips with a bit of a ceremony on the last evening.

A tip for your main Bhutanese tour leader is not included in the above. As a group you may want to make a separate collection to tip your tour leader separately during dinner on your final evening in Bhutan.

## Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffel bag, and a daypack. Your bag on trek will be carried by pack animals and should not weigh more than 15kg. It is possible to leave extra baggage at the hotel in Kathmandu and also in Paro. Baggage left in Paro will meet you at your first hotel post trek. Checked baggage allowance for the flight from Kathmandu to Paro is 30kg. For other international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## Passport & Visas

### The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

### Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

### Visa Bhutan

All nationalities require a visa. KE will apply for the visa for you and the visa fee is included in your holiday cost.

Your individual visas will be issued to you in Kathmandu prior to your check-in for the flight to Paro in Bhutan and your passport will be stamped on arrival in Paro.

To make the arrangements for your Bhutan Visa we need:

- 1). A clear and complete colour scan of the information page of your passport.
- 2). A colour scan of a recent passport style photo. Portrait orientation on a white background - with eyes open and forehead and ears clearly visible.

Please email these scans to us at the earliest opportunity.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

### Malaria

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

### Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

### Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

### Currency

The unit of currency in Nepal is the Nepalese Rupee.

The unit of currency in Bhutan is the Bhutanese Ngultrum.

### Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 6 to 7 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

## Climate

In general the climate of Bhutan is colder and damper than one would expect to find in the Himalaya of India or Nepal. The monsoon usually arrives in June, and lasts until early September, bringing with it the heavy rainfall which is responsible for the lush vegetation which carpets much of Bhutan. March and April, as well as later September through to December are the best months to visit Bhutan. Pre-monsoon the weather is generally very good, with bright, sunny mornings and sometimes a moderate build up of cloud in the afternoons. Day-time highs of around 20°C can be expected at altitudes around 2000 metres with average daytime temperatures at 3000 metres around 10 to 15°C. Night-time temperatures at any time can reach or dip below freezing.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's [‘Travel Aware’](https://www.gov.uk/travelaware) campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Bhutan. A Trekker's guide. Bart Jordans. Cicerone Press.
- Bhutan. (Lonely Planet Guide). Stan Armington.
- Bhutan, Land of the Thunder Dragon. Owen Edmunds.

## Maps

### **Bhutan Himalaya. 1:380 000. ITMB Publishing**

Indexed general road map with street plans of Thimpu and Paro.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## FCW Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You **SHOULD** bring the following items:

- Lightweight hiking boots / Approach shoes / Trainers
- Sandals (to be used in rafting as well)
- Shirts / T-shirts / Tops
- Lightweight trousers
- Shorts / Skirt
- Socks & Underwear
- Fleece jacket or warm jumper
- Lightweight waterproof overtrousers
- Lightweight waterproof jacket
- Sunhat

- Warm hat

- Sunglasses

Daypack 20 - 30 litres (Depending on how much of the kids stuff you will be carrying). Note you will

- need to carry your overnight belongings for a 1 hour walk to the accommodation for the 2 nights at Cerro Escondido.

- Headtorch and spare batteries

- Small towel

- Swimwear

- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets

- Washbag and toiletries

- Sun protection (including lips)

- Antibacterial handwash

Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium),

- painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

### **The following items are optional:**

- Pen-knife (note: always pack sharp objects in hold baggage)

- Camera

- Umbrella

- Games / books etc

- Reusable cloth bag for shopping (to avoid plastic bags)



**Notes:**

It pays to remember when outfitting your family that KE clients are entitled to a 15% discount at Cotswold Outdoor.

All specialist equipment required for the activities provided on the holiday is included.

## Why Choose KE

### Why KE

Led by our experienced and passionate local guides, this itinerary is the perfect combination of culture and adventure, allowing you to experience trekking in the Bhutan Himalaya whilst being immersed in the history, culture and traditions which make this tiny kingdom so magical. Bhutan visa fees, all meals, and return flights from Kathmandu to Paro are included, and there's even FREE sleeping bag and down jacket hire available too.

**Please Note** This document was downloaded on 18/08/2025 and the trip is subject to change