



BHUTAN & BEYOND

Dagala 1000 Lakes Trek - 6 days/5 nights

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This is an excellent trek for those of good fitness who without necessarily having had previous Alpine experience. This moderate standard rated trek passes through various picturesque high altitude lakes so named as the Thousand Lakes Trek. Also the route is particularly rich in bird species, alpine flowers and attractive meadows.

The route also presents fascinating views of prominent eastern Himalayan peaks such as Mt's. Everest, Kanchenjunga, Chomolhari, Jichu Drake, Masang Gang, Tsenda Gang and Gangchenta. The best months for this trek are April/May and October/November.

Please remember you must add at least 3 additional nights in Bhutan to complete this trek. Two nights prior to commencement of trek (minimum duration required for acclimatisation purposes) & one night post trek before your departure from Bhutan.

Private Trek Tour Itinerary Overview.

- 2 nights Paro or Thimphu with sightseeing & hiking
- 5 nights Dagala 1000 Lakes Trek
- 1 nights Paro valley

CALL THE BHUTAN TRAVEL EXPERTS ON

AUS [toll free](#), James – [0412 416 111](#), Nicola – [0413 598 669](#)

Day 01: Dagala Thousand Lakes Trek

Geynekha – Gur: distance 7 km, time 3+ hours.

The trek starts from the beautiful Geynekha village. The villages of this region produce famous matsutake and chantarelle mushrooms. Wander through terraced fields and coniferous vegetation then the true communion with the nature starts with alpine flora and plenty of birds. Begin the short descent down to the river crossing followed by two hours of gradual uphill climb until you reach the huge rock platform, which offers a picturesque view of the valley. After another two hours of trekking you will reach Gur (3,290m) amongst abundance of flowers where you camp for the night.

Overnight Tented Campsite.



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All travel referred to on this site is arranged through James & Nicola Irving t/a Bhutan & Beyond, affiliated with MTA Travel. MTA – Mobile Travel Agents is a member of Virtuoso, AFTA, ATAS and IATA accredited.

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Day 02: Dagala Thousand Lakes Trek

Gur – Labatama: distance 12 km, time 5 hours.

Whilst trekking across the ridges one enjoys the beauty of the rugged mountain vegetation. The path winds through flowers and wild asparagus (in spring) and the meadows are refreshing and inspiring. The first pass symbolised by a huge cairn gives a spectacular view of Kanchenjunga (Sikkim) and most of the Bhutanese Himalayan peaks. Descending from the pass one will view the whole Dagala range, meadows and Yak herders camp. Once descended into the Labatama valley you ascend gradually through the valley passing some Yak herder huts till you reach Utsho Tsho. The campsite is right next to the lake, where plenty of golden trout flourish. (4300m).

Overnight Tented Campsite.

Day 03: Dagala Thousand Lakes Trek

Labatama:

Enjoy a day at leisure relaxing and exploring Labatama valley. For the energetic choose from a range of day excursions to either Relitsho, Hentsho or Jametsho Lake. Camp at Labatama (4300m)

Overnight Tented Campsite.

Day 04: Dagala Thousand Lakes Trek

Labatama – Panka: distance 8 km, time 4-5 hours.

The trail climbs along the western side of Dala Tsho up to a saddle at (4520m) from where you have again a majestic view of the prominent Himalayan peaks such as Everest, Kanchenjunga, Masang Gang, Gangchhenta, Tsenda Gang and Jichu Drake. If you want an even better view you can climb to a peak close to the saddle with an altitude of 4720m. From the saddle the path descends, passing some Yak herder huts to Doccha Chuu. You follow the river for a while, staying higher up on the slope until you reach Panka. On this route Himalayan Monal Pheasants are a common sight. Camp at Panka (4,000m).

Overnight Tented Campsite.



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Day 05: Dagala Thousand Lakes Trek

Panka – Tsheregang: distance 8 km, time 4-5 hours.

This day entails the crossing of several passes, none of them affording a major climb, and often with an abundance of mountain birds. After crossing the last pass, Tale La (4180m) you start a long descent to Talikha Goempa. You will camp at Tsheregang (3080m) One also has a great view of Bhutan's capital, Thimphu from here.

Overnight Tented Campsite.

Day 06: Dagala Thousand Lakes Trek

Tsheregang – Chamgang: distance 6 km, time 3 hours.

From the monastery it is a short hike down to the feeder road which will lead you to the village of Chamgang.

On completion of trek you will be met and transferred by road to your overnight accommodation.



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