



Samtengang Nobding Trek 3 days/2 nights

BHUTAN & BEYOND

This is a lower altitude trek, suitable for the cooler months, and is located in the Punakha/Wangdue region of western Bhutan.

- The altitude ranges from 1900m – 2750m above sea level.
- 3 days / 2 nights – western Bhutan. Suitable for winter trekking.
- Winter temperatures are approx 15-18C in the day & as low as -6C at night.
- Rated EASY – which translates to hard in few places!

Please remember you must add at least 4 additional nights in Bhutan to complete this trek. Two nights prior to commencement of trek (minimum duration required for acclimatisation purposes) & two nights post trek before your departure from Bhutan.

Private Trek Tour Itinerary Overview.

- 1 night Thimphu with sightseeing
- 1 night Punakha with sightseeing & hiking
- 2 night Samtengang Nobding Trek
- 1 night Punakha or Thimphu
- 1 night Paro valley

CALL THE BHUTAN TRAVEL EXPERTS ON

AUS [toll free](tel:0412416111), James – [0412 416 111](tel:0412416111), Nicola – [0413 598 669](tel:0413598669)

Day 1: Samtengang – Raja Wo (aka Ratsa Wu)

1.5 hrs drive & 6-7 hours trekking – 23 kms.

Drive from Punakha to Samtengang (approx. 1hr 30mins) and meet your trekking crew. The last 9 km of the drive is on an unsealed farm road. Commence the trek from Samtengang to Zaza Kha.

Today's trek begins with a gradual uphill climb through the Pine and Rhododendron forest with breathtaking views of the remote Sha valley plus views of the Wangdue Phodrang Dzong ruins and local villages.

This afternoon enjoy the gradual downhill walk through Oak and Rhododendron forest and close to the river. Take time en-route to stop at remote villages and farm houses for a unique cultural experience interacting with the villagers and occasional yak herdsman. End up at Raja Wo village and cross a suspension bridge to your campsite nearby and adjacent to the river. There is also the option to hike further to a beautiful waterfall.

Overnight: Tented Campsite at Raja Wo (1900m).



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Day 2: Raja Wo – Reda Goenpa (aka as Rida)

4-5 hours trekking – 10kms.

It's a gradual uphill walk today starting with a farm road before ascending gradually on a trekking trail along the Dangchu river. The last 40 minutes is quite steep before reaching your campsite near the village of Reda and the Reda Goenpa (temple). Visit the Goenpa this afternoon.

Overnight Tented Campsite at Reda Goenpa (2200m).

Day 3: Reda Goenpa – Nobding

1-1.5 hours trekking and approx. 2 hours driving.

Visit the Goenpa again if you wish this morning before an 1 hour uphill climb to the main road near Nobding village or continue on to the village itself.

On completion of trek you are collected and transported by road to your overnight accommodation.



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