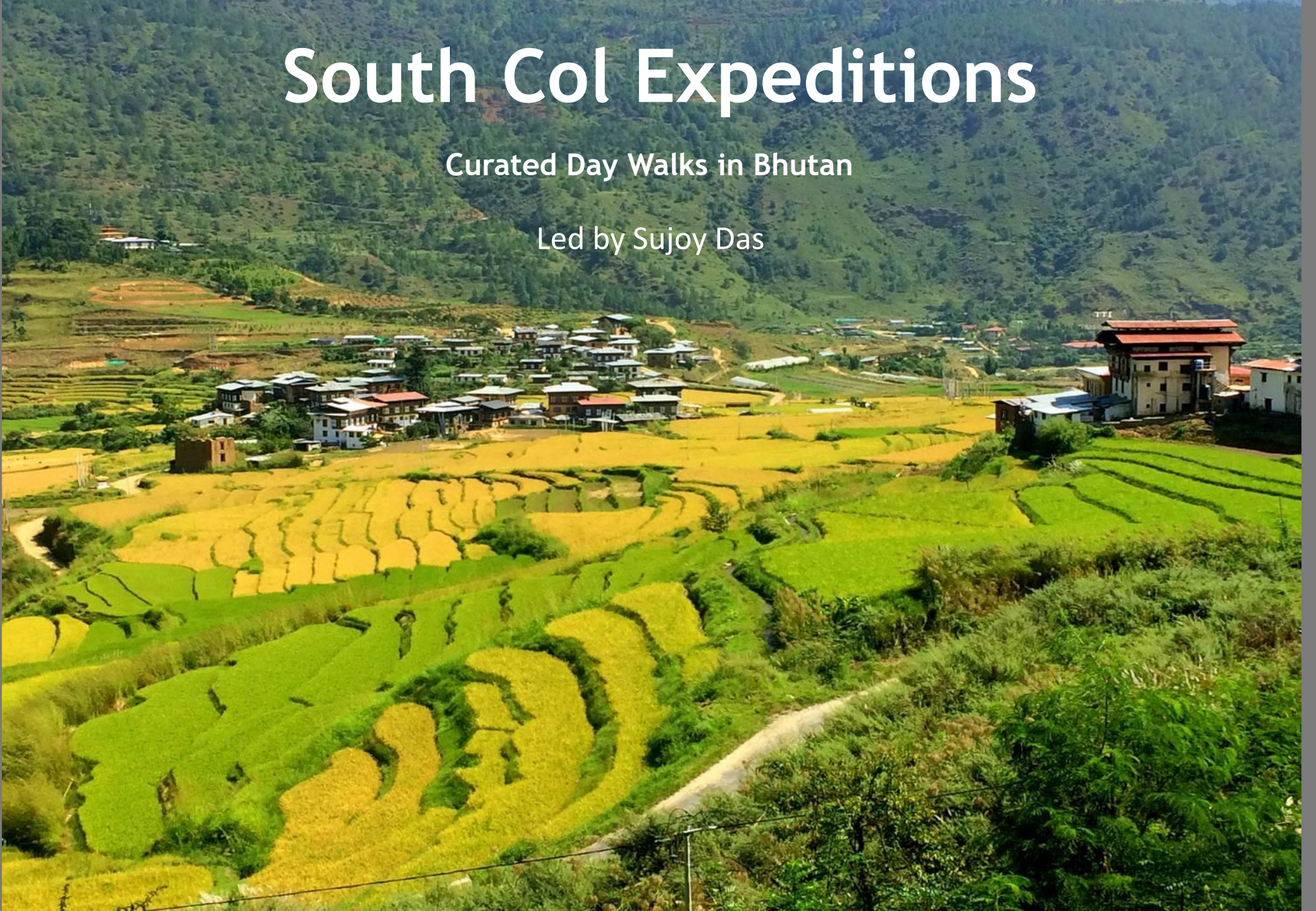


# South Col Expeditions

Curated Day Walks in Bhutan

Led by Sujoy Das





# Curated Day Walks in Bhutan (5 days Paro to Paro)

- Most people visit Bhutan by road and cover the bright lights of the capital Thimpu, the Paro valley and Punakha visiting the major sites. This tour has been designed to take one away from the beaten track and visit some of the lesser visited trails in Bhutan like the Chele pass. We stay two nights in the Paro valley and then move to Thimpu for two nights and Pema cover three day walks - two in the Paro valley and one in the Thimpu valley.
- It is a spectacular outing both in spring and post monsoon offering verdant forests, spectacular monasteries, flowers, ferns and snow peaks.
- The costs of this trip is **Rs 70,000 plus 5% TCS per person for Indian nationals only** on twin sharing basis. Some exclusions apply. For details please see page 6. For foreign nationals please request for a cost estimate.



# Trip Highlights

- A five day four nights holiday in unspoilt Bhutan in a covid free environment.

- Walk 4-5 hours a day ( 8-10 km) and return in the evening to our beautiful resorts in Paro and Thimpu. with comfortable rooms, hot showers, good meals and great views.

- Verdant forests of the Eastern Himalaya rich in bird life flowers, ferns and orchids.

- Monastic and village walks give a flavour of Bhutan away from the crowds of the cities.

- Ideal for those of you thinking of a longer trek but need to build confidence with short day walks.

- If you wish to extend your stay for more than four nights you are most welcome to do so. Our partners in Bhutan can assist you with accommodation, transport and an itinerary.



# Curated Day Walks in Bhutan Itinerary Days 1 and 2

[ we may change/tweak the itinerary of the walks depending on weather and other conditions at the time ]

**Day 01 - Fly into Paro in the morning** - rest of the first day is spent visiting the Paro Dzong and the National Museum with a break for lunch. This day helps also in acclimatisation. Paro is at 2200 metres ( 7200 feet).

**Day 02: Chele la pass to Kila Nunnery walk - 3 to 4 hours** This hike is dependent on no snow on the trail and good weather - if not possible we will do Zuri Gumpa hike above Paro town around 2-3 hours

It takes about one and half hour (65 Km) drive from Paro town to reach Chelela (Pass) 3810 metres. The drive from Paro to Chelela would be through a winding road over the dense pine forest, the view is spectacular and takes you up to the high altitudes. From the pass you begin the trek to the Gumpa 3500 metres through forests of rhododendron and magnolia. After visiting the nunnery and the spectacular view the car will pick us up and drive us back to Paro town for a late lunch in the market place.





# Curated Day Walks in Bhutan Itinerary Days 3 to 5

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- **Day 03: Tigers Nest trek 5 to 6 hours**
- This is one of the most spectacular walks in Bhutan and takes you up to the monastery perched on a crag side on a high hilltop - the walk uphill will take around 3 to 4 hours of steady climbing and then we come down after visiting the monastery. We stop for lunch at the monastery café and then head back to the roadhead from where we drive to our hotel in Thimpu. Evening dinner at the hotel.
- **Day 04: Hike from Thimpu 2-3 hours** . After breakfast a simple hike of around 2-3 Hours round from yourHotel to Bhutan broadcasting station locally known as BBS - excellent views of Thimpu town and the valley. The vehicle will pick up and a peek at the mini zoo - Bhutans national animal Takin can be seen here. Lunch and rest of the day free to shop around Thimphu Town
- **Day 5 : Drive Thimpu to Paro and fly out of Paro airport**
- We leave Thimpu in the morning and drive directly to Paro airport for our flight to India. The driving time from Thimpu to Paro airport would be around 1 hour 15 minutes or so.



# Curated Day Walks in Bhutan Costs 2025

- **For Indian Nationals Indian Rs 70,000 plus 5% TCS. - on twin sharing basis - for single rooms at the hotels please add Rs 10,000 plus 5% TCS to the cost for four nights.**
- The cost is per person for Paro to Paro (5 days ) as per the itinerary given.
- Costs given above are at current rates and may change without notice. Changes if any will be notified 3 months before the tour.

## Costs include

- All necessary permits to enter Bhutan as per the current rules including SDF fee of INR 1200 per person per day for Indian nationals.
- **Four nights hotel stay at airport Thimpu and Paro including breakfast , lunch and dinner.**
- Cost of guides and support staff as needed
- All transport Paro to Paro is covered.

## Costs not included

- Flight Cost to reach Paro and return to home destinations.
- Medical insurance of any kind.
- Personal clothing and equipment; medicines for personal use etc.
- Soft drinks like Coke. Pepsi and alcohol not covered.
- Cost of covid negative test if needed and any other test like rapid antigen test in Bhutan if required - **presently no covid test is needed for Bhutan.**
- Tips at hotel and to local staff at the end of tour - we will give a guideline on this before the tour.



## Why do the Curated Day Walks in Bhutan Tour with South Col?



- South Col is a small, personalized firm specializing in treks and tours in the Himalayan region. **Sujoy is one of the few tourists to have visited the region way back in 1986! Our local team have a huge experience with Bhutan and this tour.**
- We are keenly aware of the fragility of environment and cultures in which we tour and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Our clients get personalized attention both in the planning stage as well as during the tour itself and put a lot of emphasis on the safety of our team.
- Support team of guides and porters as needed are personally supervised by the tour leader to ensure that the clients are comfortable and well looked after.





# Curated Day Walks in Bhutan FAQ

**How fit do I have to be to do a tour?** Whilst you do not need to be super-fit, you need to be fit enough to comfortably walk for 4-5 hours per day in the mountains on reasonable trails. You will definitely need to walk for around an hour at least every day to get fit. Walking uphill/stairs etc also helps a great deal.

**What is a typical group? Will I fit in?** Groups range in size from 6 up to 12, and typically comprise a range of nationalities and experience. So far, all of our groups have got along very well. One of the attractions of such a trip is the chance to meet people with different backgrounds and personalities.

**Do I need to buy special equipment?** For this tour no special equipment is needed other than warm jackets and hiking boots. Usually our clients simply bring their existing clothing and equipment. Please check the equipment list which we will send out.

**What type of shoes or boots should I wear?** The proper foot wear depends on the tour. These day walks can be done in sneakers but it would help to have a shoe with a slightly heavier upper and sole. Having said that you will find locals doing these walks in flip flops.

## **What will the weather be like?**

Spring usually arrives in Bhutan in March and the days will be pleasant 20 to 22 degrees while the nights can be between 8 to 10 degrees. Once the sun is up it can get quite warm while walking.



# Terms and Conditions

## **CANCELLATION POLICY**

- The cancellation policy and refunds available are given below:
- 0-7 days before the start of the tour = 100%
- 8 -15 days before the start of the tour = 75%
- 16-30 days before the start of the tour = 50%
- 31-45 days before the start of the tour = 30%
- 46 days and above = 20%

## **IN CASE OF LEAVING THE GROUP**

- If due to illness or any other reason a client has to leave the group and go down or wait at a lodge for the group to pick him/her up on the way back, all expenses including lodging, fooding and any porter/guide related expenses if any are to be borne by the individual client over and above the tour fees paid for the tour. There are also no refunds for leaving a tour before completion.

## **LODGES/CAMPING SITES ON THE TOUR**

- The choice of lodges/camping sites to be used on the tour will be decided by South Col and clients will have to stay at these designated lodges/camps. Clients are not permitted to choose their own lodges on the route.

## **TOUR ROUTE AND ITINERARY**

- The tour route and day wise schedule will be fixed by South Col and will have to be followed by the client.

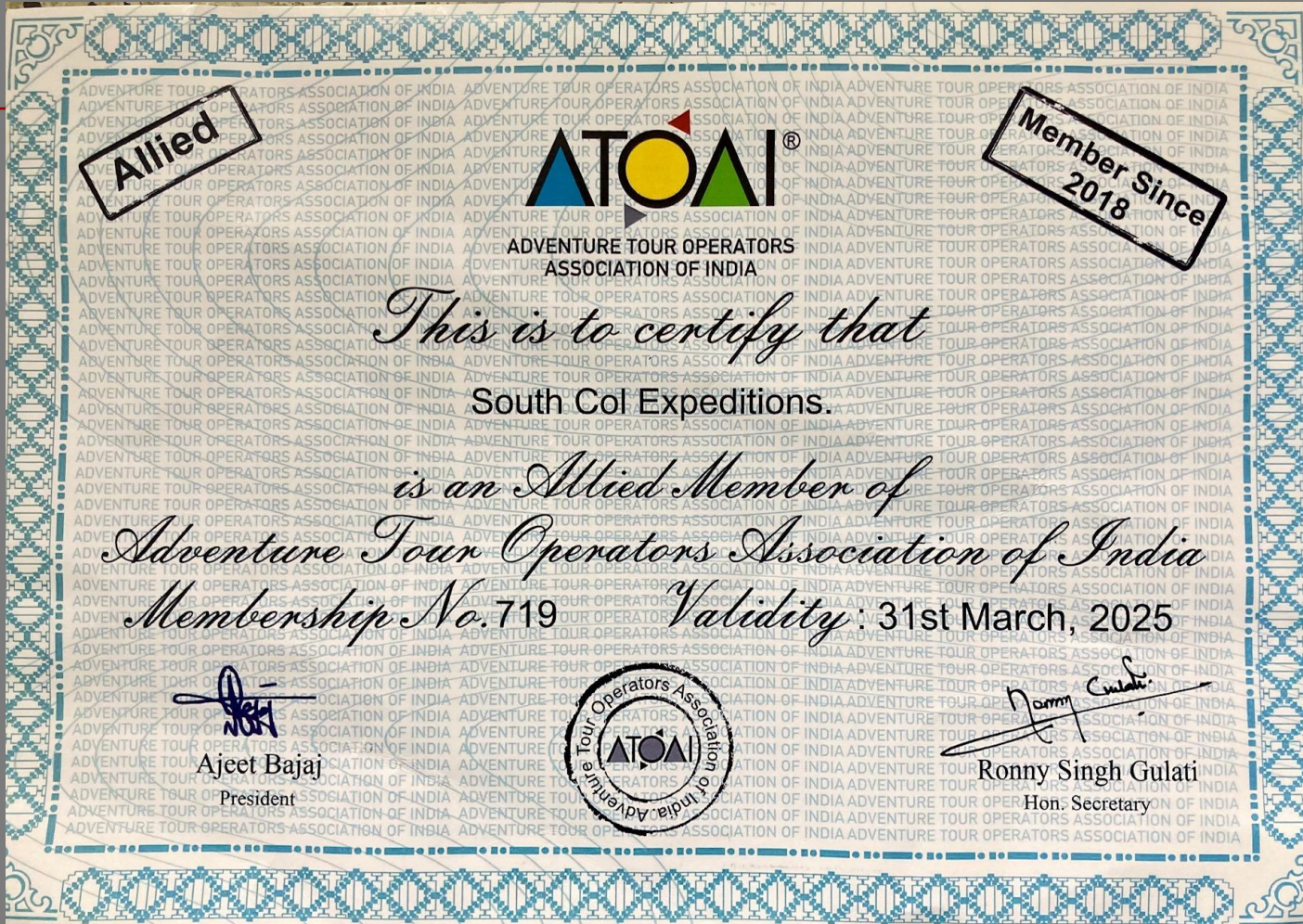
## **RISKS AND LIABILITY**

- The tour is in a mountain area and has certain additional dangers and risks, some of which include: physical exertion for which the client should be prepared; weather extremes subject to sudden and unexpected changes; remoteness from normal medical services - In the event of injury or illness South Col Expeditions (Sujoy Das) or its Staff can, at the clients cost arrange any medical treatment and emergency evacuation service as it or they deem necessary for the health and safety of the client.





# Membership



# South Col Founder Profile

**Sujoy Das** has been touring and photographing in the Himalayas for more than forty years.

His notable tours include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Bhutan 18,644 feet (1986); crossing of Lhonak-la pass North Bhutan (1987).

He has visited the Annapurna region a dozen times including three visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region more than twenty times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made five visits to the alp of Dzongri in Bhutan. In September 2009 he walked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar. He climbed Mt Kilimanjaro, one of the seven summits of the world in January 2024.

He has been an invited speaker at the Mussoorie Mountain Festival 2017 and Mountain Echoes - the Bhutan Literary Festival 2019.

He is the joint author and photographer of a number of books like Bhutan- A Travellers Guide, Nepal Himalaya - A Journey Through Time, Everest Reflections on the Solukhumbu, Lonely Planet - Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. To view his photographs of the Himalaya please visit [www.sujoydas.com](http://www.sujoydas.com). He can be contacted at [sujoyrdas@gmail.com](mailto:sujoyrdas@gmail.com)





# Om Mani Peme Hung!

