



Himalaya

Gangkhar Puensum Base Camp Trek



trip highlights

- Trek to the base of the world's highest unclimbed mountain, Gangkhar Puensum (7,526 m / 24,692 feet)
- Enjoy a fully supported wilderness trek with experienced local guides, dedicated cook team and porter services
- Experience one of Bhutan's most remote and least-travelled Himalayan trekking routes
- Visit Bhutan's most important cultural sites including Paro Rinpung Dzong, Kurje Lhakhang, Tamshing Lhakhang, and Jakar Dzong
- Visit Taktsang Lhakhang (Tiger's Nest Monastery), Bhutan's most iconic and sacred cliffside monastery in Paro
- All meals included on trek, including 14 breakfasts, 13 lunches, 14 dinners, and safe drinking water throughout



Trip Duration	15 days	Trip Code: GPB
Grade	Moderate to Challenging	
Activities	Trekking	
Summary	15 day trip, 11 day trek, 5 nights hotel, 9 nights wilderness camping	

welcome to World Expeditions

Since 1975 we have run expedition-style adventures for active travellers, from our first trek in Nepal to remote routes on all seven continents.

Our philosophy is simple: take the paths less travelled. That means small groups, local crew, low impact, and routes most travellers never see.

Everything you need to know about the Gangkhar Puensum Base Camp Trek is in these notes.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. All our treks in Bhutan are accompanied by an experienced local leader, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use comfortable 3 star accommodation in hand picked hotels, and well maintained, good quality camping equipment on trek. The highest standards of hygiene are strictly maintained, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. World Expeditions are also the only company to provide food for our porters on trek. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



Gangkhar Puensum Base Camp Trek

Deep into the Bhutanese Himalaya to stand at the foot of Gangkhar Puensum.



We pair you with a traveller of the same gender, and if we can't, the room (and/or tent) is yours at no charge. Prefer your own space? Add the optional single supplement

Inclusions Valued at:

Internal Flights: \$500USD

the trip

Experience one of the world's most remote Himalayan treks on an unforgettable journey to base camp at 4,465 metres (14,649 feet) beneath Gangkhar Puensum, the highest unclimbed mountain on Earth at 7,526 metres (24,692 feet).

Beginning in the sacred valleys of Paro and Bumthang, you travel deep into Bhutan's far eastern high country on a 15-day expedition that steadily moves beyond the usual trekking corridors. This is not a journey defined by speed or summits, but by immersion, patience and the rare privilege of reaching a place few outsiders will ever experience.

As you progress into traditional yak-grazing country, the trail winds through ancient rhododendron forests, expansive alpine meadows, high mountain passes and remote glacial valleys shaped by centuries of spiritual and nomadic life. Each day takes you further from roads and settlements, building naturally towards the secluded base camp set directly below the immense north face of Gangkhar Puensum.

Fully supported wilderness camping, experienced local guides and a carefully paced itinerary ensure you are well looked after throughout the journey. Along the way, you gain meaningful insight into Bhutan's deep cultural traditions, encountering hidden monasteries, seasonal herder camps and landscapes where the natural and spiritual worlds remain closely intertwined. This is a rare Himalayan journey defined not just by where you go, but by how profoundly removed from the modern world you become.

at a glance

DAY 1	JOIN IN PARO AND EXPLORE (2,200 M / 7,218 FT)
DAY 2	TAKTSANG (TIGER'S NEST) MONASTERY (3,100 M / 10,171 FT) WALKING 4-5 HRS
DAY 3	FLY TO JAKAR, BUMTHANG REGION (2,600 M / 8,530 FT) FLIGHT 35 MINS SIGHTSEEING
DAY 4	DRIVE TO NASPE & TREK TO PETSO (3,600 M / 11,811 FT) DRIVE 1.5 HRS WALK 4 HRS
DAY 5	TREK TO TSAMPA GOMA (3,700 M / 12,139 FT) WALK 9 HRS
DAY 6	TREK TO SHINGO (4,175 M / 13,697 FT) WALK 6 HRS
DAY 7	TREK TO GANGKHAR PUENSUM BASE CAMP (4,465 M / 14,649 FT) WALK 4 HRS
DAY 8	EXPLORATION DAY AT GANGKHAR PUENSUM BASE CAMP (4,465 M / 14,649 FT)
DAY 9	TREK TO TSAMPA GOMA (3,706 M / 12,159 FT) 8 HRS WALKING
DAY 10	TREK TO TSOBJAB (4,448 M / 14,593 FT) 5 HRS WALKING
DAY 11	TREK TO TASHISA (4,192 M / 13,753 FT) VIA THOLE LA (4,718 M / 15,479 FT) 6 HRS WALKING
DAY 12	TREK TO CHOCHOKMEY (3,260 M / 10,696 FT) 7 HRS WALKING
DAY 13	TREK TO DHUR (5 HRS WALK) AND DRIVE TO JAKAR (40 MINS, 2,800 M / 9,186 FT)
DAY 14	FLY TO PARO (35 MINS FLIGHT, 2,200 M / 7,218 FT)
DAY 15	TRIP CONCLUDES IN PARO (2,200 M / 7,218 FT)

additional deposits required

An additional deposit to the value of USD\$300 is required at the time of booking to secure remote trip arrangements. This amount is payable over and above the normal deposit and is payable in your local currency at the time of booking.

what's included

- All meals during the trip: 14 breakfasts, 13 lunches and 14 dinners
- The use of a World Expeditions trek pack including a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)



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trip dates

2026 02 Oct - 16 Oct

2027 02 Oct - 16 Oct

fast facts

Countries Visited:
Bhutan

Visas:
Required*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Available for this trip*

Leader:
Expert local bi-lingual leader

Advice for people with limited mobility
Not suitable

- Bhutan Government visa and sustainability fees
- All national park entrance fees and trekking permits
- Good-quality hotel accommodation in Paro on a twin share basis
- All internal transportation including domestic flights to and from Jakar
- Airport transfers if arriving on Day 1 and departing on Day 15
- Expert English speaking local trekking guide
- Safety equipment including group medical kit and satellite phone
- Pack animals to carry up to 20kg of personal equipment per person
- All group camping equipment
- Sightseeing and entrance fees as listed in the itinerary
- Souvenir World Expeditions kit bag

Many adventure operators ask travellers to hand over cash on the ground. It avoids local taxes and shifts the cost and the risk of carrying cash onto you.

We do not ask for local cash payments on this trip.

what's not included

- International flights
- Travel insurance
- Meals not listed as included
- Personal expenses such as laundry, etc.
- Bottled water, aerated and alcoholic drinks
- Tips and gratuities
- Any items not listed as included

detailed itinerary

DAY 1 Join in Paro and Explore (2,200 m / 7,218 ft)

Arrive in Paro, Bhutan's historic valley town and gateway to the Himalaya. After airport formalities, you'll be met by your guide and transferred to your hotel. The remainder of the day is dedicated to gentle exploration and acclimatisation at moderate altitude. Visit Rinpung Dzong, one of Bhutan's finest fortress monasteries, dramatically set above the Paro Chhu river. Continue to the National Museum of Bhutan (Ta Dzong) for an introduction to the kingdom's rich cultural and spiritual heritage. Later, enjoy a relaxed walk through Paro town, where traditional Bhutanese architecture and daily life offer a fascinating first glimpse into the country. In the evening, meet your guide for a detailed trek briefing and gear check in preparation for the adventure ahead.

Accommodation: Hotel
meals: D

DAY 2 Taktsang (Tiger's Nest) Monastery (3,100 m / 10,171 ft) | Walking 4-5 hrs

After breakfast, enjoy a 30-minute drive to Ramthangkha, the trailhead for Bhutan's most iconic pilgrimage, Taktsang Lhakhang, famously known as the Tiger's Nest Monastery. Perched dramatically on a sheer granite cliff 800 metres / 2,624 ft above the Paro Valley, Taktsang is one of the most sacred sites in the Himalaya. According to legend, Guru Rinpoche flew here in 747 CE on the back of a tigress to meditate in a cave and establish Buddhism in Bhutan. The trail ascends steadily through fragrant pine forest draped in prayer flags, with glimpses of the monastery appearing between the trees. We pause at the Taktsang Cafeteria for sweeping views across the gorge before continuing to the main viewpoint. The final approach crosses a narrow

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thoughtful travel

Every trip runs with local guides and crew, in small groups, using low-impact camping and trekking practices.

Our porter welfare standards are set out in these notes. Our community partnerships and the work of the World Expeditions Foundation are on our website.

trip grading

Moderate to Challenging

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

adventure travel

Adventure travel involves the unexpected. In remote regions conditions change, and itineraries may be altered at short notice.

Flexibility gets you far more out of the trip than a fixed plan will.

If you are unsure whether this trip suits you, talk to us before you book.

gorge and climbs approximately 700 stone steps to reach the monastery complex. The hike takes approximately 2.5 hours uphill and around 2 hours to descend. After completing this unforgettable pilgrimage, return to Paro for a relaxed afternoon at leisure. Accommodation: Hotel

meals: B,L,D

DAY 3 Fly to Jakar, Bumthang Region (2,600 m / 8,530 ft) | Flight 35 mins | Sightseeing

This morning we take a spectacular 35-minute domestic flight from Paro to Jakar, the gateway to the Bumthang region. Flying east across Bhutan's rugged interior offers superb views of forested ridgelines and remote Himalayan landscapes. At 2,600 metres / 8,530 feet, Bumthang is considered Bhutan's cultural and spiritual heartland. Comprising four broad valleys, it is home to some of the kingdom's oldest monasteries, sacred pilgrimage sites, and living religious traditions. The region is also known for its traditional woodcarving, yathra weaving, and small-scale farming communities. In the afternoon we explore several of Bumthang's most important religious sites, including Kurje Lhakhang, a revered temple complex associated with Guru Rinpoche. The site features three temples set among ancient cypress trees and 108 surrounding chortens, marking the spot where the Guru is believed to have meditated in the 8th century.

Accommodation: Hotel

meals: B,L,D

DAY 4 Drive to Naspe & Trek to Petso (3,600 m / 11,811 ft) | Drive 1.5 hrs | Walk 4 hrs

This morning we drive north from Jakar along the Chamkhar Chu River for approximately 1.5 hours, passing through the villages of Kurje, Thangbi, and Goling before reaching the scenic hamlet of Ngang, often referred to as the Swan Valley. Continuing to Naspe, we meet our trekking crew and porters and prepare to begin our journey into Bhutan's remote highlands. The trail climbs gradually through cool forest, transitioning from blue pine to fir as we gain elevation. Emerging into the open meadow of Khakthang, we follow a clear mountain stream to a wooden bridge before continuing for about an hour to the tranquil meadow of Petso at 3,600 metres. Here, the Chamkhar Chu flows gently through the valley, surrounded by forested slopes and alpine pastures. Our first wilderness campsite is set in a peaceful forest clearing beside the river, offering a beautiful introduction to the remote landscapes ahead.

Accommodation: Wilderness camping

meals: B,L,D

DAY 5 Trek to Tsampa Goma (3,700 m / 12,139 ft) | Walk 9 hrs

After a hearty breakfast at camp, we continue our journey deeper into the high Himalaya, trekking upstream along the Chamkhar Chu. The trail ascends gradually through a rich mix of riverside terrain and cool mountain forest, offering a steady and rewarding day on the trail. We cross the river via the Rephuzam suspension bridge before continuing along a well-defined path that winds through bamboo thickets and vibrant rhododendron stands. As we gain elevation, the vegetation shifts to dense fir and birch forest, the air growing cooler and crisper with each step. The trail steadily climbs alongside the river's swift current for several hours, the sound of rushing water accompanying us through this remote valley. After approximately six hours of trekking, we pass a small army outpost marking our continued ascent

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important note

These notes are current at the date shown on each page and replace any earlier version.

The itinerary is a guide. It may change due to weather, conditions on the ground or other circumstances beyond our control.

into increasingly isolated terrain. From here, we follow a tributary upstream to reach Tsampa Goma at 3,700 metres, where our campsite is set in a peaceful forest clearing surrounded by towering trees and alpine wilderness.

Accommodation: Wilderness camping

meals: B,L,D

DAY 6 Trek to Shingo (4,175 m / 13,697 ft) | Walk 6 hrs

Today we move beyond the upper treeline and further into Bhutan's high alpine wilderness. The trail gradually transitions from tall forest to dwarf rhododendron and juniper glades, signalling our entry into true yak country. Within the first hour, we begin to see herds of grazing yaks scattered across the hillsides. Traditional yak gates, constructed from boulders and fallen timber, mark seasonal grazing boundaries and reinforce the remoteness of this landscape. After a short ascent and descent, the route settles into a steady, gradual climb as we follow the upper reaches of the Chamkhar Chu Valley. We pass clusters of simple yak herders' stone huts and cross sections of marshland before traversing a broad alpine meadow framed by rugged, rocky peaks. As we gain altitude, all trees disappear, replaced by sweeping glacial valleys carpeted in low alpine vegetation. By afternoon, we arrive at Shingo at 4,175 metres, where we establish camp in traditional yak pastureland surrounded by vast Himalayan scenery.

Accommodation: Wilderness camping

meals: B,L,D

DAY 7 Trek to Gangkhar Puensum Base Camp (4,465 m / 14,649 ft) | Walk 4 hrs

This morning we trek steadily through high alpine pasture, passing seasonal yak herders' camps as the valley gradually opens into sweeping grasslands. With each step, the dramatic ice-clad walls of Gangkhar Puensum and its neighbouring peaks rise ever closer on the horizon. Known as the White Peak of the Three Spiritual Brothers, Gangkhar Puensum is the sacred source of three important Bhutanese rivers: the Kuri Chu, Chamkhar Chu and Mangde Chu. The river we have been following narrows into a glacial stream as the valley widens and the terrain becomes rockier underfoot. We reach Barmarpa, our base camp area, around lunchtime. This broad meadow, scattered with large boulders, is occasionally used by yak-herding families during the grazing season. Towering above us stands Gangkhar Puensum (7,526 m / 24,692 ft), the highest unclimbed mountain on Earth. Climbing has been prohibited in Bhutan since 2003 in recognition of the deep spiritual significance of these sacred peaks. The afternoon is free to rest, explore the surrounding glacial valley, and absorb the magnitude of this extraordinary Himalayan setting.

Accommodation: Wilderness camping

meals: B,L,D

DAY 8 Exploration Day at Gangkhar Puensum Base Camp (4,465 m / 14,649 ft)

Today is dedicated to exploring the dramatic high-altitude landscapes surrounding Gangkhar Puensum Base Camp. With no need to move camp, we have the flexibility to tailor our walks according to weather conditions and energy levels, allowing time to fully appreciate this remote Himalayan setting. One of the most rewarding options follows the glacial stream upstream for approximately an hour to Buurtsam, the highest of the seasonal yak herders' camps. Buurtsam sits beneath the rocky moraine of the main Gangkhar glacier, which is fed by smaller hanging icefields cascading from the jagged ridgeline above. In recent years, the glacier has visibly retreated, revealing newly exposed grazing pastures that yak herders now utilise during summer months. For those wishing to explore further, it is possible to

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continue beyond Buurtsam toward the upper valley. The terrain becomes rockier but remains open and manageable, with increasingly expansive views of surrounding peaks and icefalls.

We return to Barmarpa Camp in the afternoon, where there is time to relax, take photographs, or simply absorb the immense scale and silence of Bhutan's highest mountains.

Accommodation: Wilderness camping

meals: B,L,D

DAY 9 Trek to Tsampa Goma (3,706 m / 12,159 ft) | 8 hrs walking

We begin our descent from the high valley, retracing our route through the vast alpine landscapes beneath Gangkhar Puensum. The trail passes hardy juniper and dwarf rhododendron clinging to exposed rock above the treeline, their twisted forms shaped by wind and snow. Gradually, the open alpine terrain gives way to taller spruce and fir forest, creating a rich green contrast against the rugged valley walls. Following the Chamkhar Chu southeast, we traverse a broad river valley used seasonally by Bumthang yak herders. This remote corridor feels expansive and wild, offering lingering views back toward the great peaks we have explored over recent days. As we continue descending, the air grows slightly warmer and vegetation more varied. Our campsite at Tsampa Goma is set near the treeline in a sheltered clearing, surrounded by dense forest and backed by dramatic rocky ramparts, a peaceful and atmospheric place to spend the night.

Accommodation: Wilderness camping

meals: B,L,D

DAY 10 Trek to Tsobjab (4,448 m / 14,593 ft) | 5 hrs walking

This morning we follow a well-defined trail through open yak pastures and cool, shaded forest. The route winds gently through stands of spruce, fir, birch and rhododendron, with scattered juniper lining the higher slopes. After passing a traditional wooden gate marking seasonal grazing boundaries, the forest thins and we emerge into a broad alpine meadow with sweeping views across densely forested ridgelines. The trail leads us into a quieter upper valley where the landscape feels increasingly remote and expansive. Surrounded by rolling highland pasture and rugged peaks, we reach Tsobjab, a beautiful alpine campsite set in open terrain with wide mountain views. The afternoon is free to rest, explore the surrounding meadows, or simply enjoy the stillness of this high Himalayan environment.

Accommodation: Wilderness camping

meals: B,L,D

DAY 11 Trek to Tashisa (4,192 m / 13,753 ft) via Thole La (4,718 m / 15,479 ft) | 6 hrs walking

Leaving camp, we follow a clear mountain stream towards a seasonal yak camp that serves as a summer home for nomadic herding families. The trail continues past another grazing settlement at Teyja, set beside a small alpine lake, before climbing steadily toward Thole La (4,718 m / 15,479 ft). From the pass, spectacular views unfold across a rugged Himalayan landscape of sharp ridgelines and hidden side valleys stretching into the distance. After taking time to enjoy the panorama, we begin a steep descent into a sheltered valley beneath towering rocky cliffs.

As we descend, we meet the first tributary of the Dhur Chu River, following its course downstream toward our campsite at Tashisa. This remote and pristine area is known

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habitat for the elusive musk deer, a species listed as endangered and protected by the Bhutanese government. We establish camp in a peaceful alpine setting surrounded by dramatic mountain scenery.

Accommodation: Wilderness camping

meals: B,L,D

DAY 12 Trek to Chochokmey (3,260 m / 10,696 ft) | 7 hrs walking

Today we descend steadily from the high alpine zone, leaving the upper forests behind as the landscape transforms into a lush, almost rainforest-like environment. The trail drops gradually from the treeline before climbing briefly to a riverbank, where we cross a wooden bridge spanning fast-flowing water and increasingly loud rapids. Beyond the bridge, a steeper descent brings us to Lungsum, a small meadow used seasonally by yak herders. Continuing along a rocky and shaded trail, we walk beneath towering trees with thick bamboo lining the valley floor, signalling our return to lower elevations. Our campsite at Chochokmey is set in a peaceful forest clearing beside a clear mountain stream. This tranquil spot is traditionally used during summer months by cattle herders from Bumthang.

Accommodation: Wilderness camping

meals: B,L,D

DAY 13 Trek to Dhur (5 hrs walk) and drive to Jakar (40 mins, 2,800 m / 9,186 ft)

Our final day on the trail sees us steadily descending alongside the Dhur Chu. As we lose altitude, dense fir and spruce forest gradually gives way to blue pine and thick stands of bamboo. The path meanders gently along the river for several hours, offering a peaceful conclusion to our journey through the high Himalaya. We arrive at the small village of Dhur, where yak-herding families descend during the colder months to shelter from the harsh alpine climate, while permanent residents farm the surrounding fields. Crossing a suspension bridge, paved roads and scattered settlements come back into view, a clear sign that our wilderness adventure is drawing to a close. Vehicles await to transfer us back to Jakar in the Bumthang Valley. Tashi Delek, congratulations on completing the Gangkhar Puensum Base Camp trek.

Accommodation: Hotel

meals: B,L,D

DAY 14 Fly to Paro (35 mins flight, 2,200 m / 7,218 ft)

This morning we board a short 35-minute domestic flight from Jakar to Paro, enjoying spectacular aerial views across Bhutan's central valleys and rugged Himalayan ridgelines. On arrival, we visit Paro Rinpung Dzong, one of Bhutan's finest fortress-monasteries and a masterpiece of traditional architecture. Perched above the Paro Chu, the dzong serves both administrative and monastic functions and offers a fascinating insight into Bhutan's living spiritual heritage. We then explore the National Museum of Bhutan, housed in the former Ta Dzong watchtower overlooking the valley. Its collections span sacred art, ancient weapons, textiles, and cultural artefacts that trace the kingdom's rich history. The afternoon is free to wander through Paro town, browse handicraft shops, or simply relax and reflect on your journey. Accommodation: Hotel

meals: B,L,D

DAY 15 Trip Concludes in Paro (2,200 m / 7,218 ft)

After breakfast, we transfer to Paro International Airport for your onward flight. Your guide and driver will bid you a warm farewell as your remarkable journey through Bhutan's remote valleys and sacred mountains comes to an end. Depart with lasting

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memories of high Himalayan landscapes, ancient monasteries, and the extraordinary experience of trekking to the base of the world's highest unclimbed peak. Trip concludes in Paro.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

Bhutan is a small, independent Buddhist kingdom situated on the eastern side of the Himalaya about 300km long by 150kms wide. It is bordered with India, (Sikkim, Assam, West Bengal, Arunachal Pradesh) and China (Tibet). Virtually the entire country is mountainous, ranging in elevation from 100m in the south to the 7544m Kulha Gangri peak on the northern border. It receives more rainfall than any other Himalayan region, and on average half to two metres of precipitation falls annually in the foothills and mountains. This ensures a lush and diverse flora from small orchids to enormous conifers and rhododendrons, and the country's small population (approx 800,000), their religious beliefs as practising Buddhists, and a protective government has allowed the wilderness to be well preserved. There are hundreds of unique species of plants and animals to be found here. Most of the people of Bhutan originate from the north (Tibet) and practise a Buddhism similar to that region yet it has it's own unique beliefs and practises. It is officially called Drukpa Kagyu, and includes practising their faith and traditions of art, dance, drama and various crafts including weaving, carpentry, metalwork and painting. It is obvious that the culture and history is rich in Bhutan, and the foresight of the late King Jigme Dorji Wangchuck who is succeeded by his son, King Jigme Singye Wangchuck to develop and maintain a program that is for the betterment of the people and the land rather than a quick financial return, is an encouraging sign to a sound future.

climate

Bhutan, like Eastern Nepal, comes under the influence of the Indian monsoon which precludes trekking throughout the summer months from the end of May till the middle of September. The ideal time to trek in Bhutan is therefore either pre-monsoon from mid March when the snow begins to melt off the high passes until the end of May. Post-monsoon October through to mid November are ideal. Temperatures on the treks can vary considerably. On any one trek the temperature may vary from 20C during the day to -10C when the occasional storm breaks over the high passes. You will be pleased that you have been provided with good down jackets, sleeping bags and two-person tents that we send to Bhutan from our operational base in Kathmandu.

a typical day

You'll be woken around 6:30am with a cup of tea brought to your tent, followed by a small bowl of warm water for washing. Before breakfast, you'll pack your gear into your kit bag, which is then carried by pack animals or porters and won't be available again until we reach camp later in the day. After a hearty breakfast, we usually set out between 7:30-8:00am, depending on the day's terrain and distance. The morning walk typically lasts 3-4 hours, followed by a lunch break of around an hour, with some of the crew walking ahead to select a suitable spot. The afternoon walk is generally shorter, and we usually arrive at camp between 3:30-4:30pm. Once the kitchen is set up, afternoon tea is served, and there's time to rest or explore the surrounding area before dinner, which is normally served between 6-7pm. Remember to bring your headlamp and water bottles to the dining tent so they can be filled with boiling water. Evenings in camp often provide some of the most memorable moments of the trek — sharing stories, playing cards, chatting with the crew, or sometimes joining in singing and dancing with local people. Much of the enjoyment of an expedition lies in the journey itself.

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dietary requirements

Tell us at least one month before departure and we can cater for vegetarian diets and most medically recommended diets, including allergies and intolerances. Options are limited in remote locations. Some alternatives cost more or are not available, and on some trips you may need to bring your own food. We cannot guarantee a peanut-free or allergen-free trip. Travellers with severe allergies must carry their own medication and be able to self-administer it.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. All group gear and your luggage is moved by our team.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

Above 2,500 m / 8,202 ft your body has to adjust to less oxygen. Our itineraries are built to ascend slowly so that adjustment can happen.

While you acclimatise you may get a headache, tiredness, disturbed sleep, loss of appetite or nausea, shortness of breath, a cough, palpitations, or swelling of the hands and face. These are common and do not always mean you should stop.

People acclimatise at different rates. Take your time and drink plenty of water.

Tell your leader about any symptom, every time. All our leaders hold extensive first aid training and monitor the group daily.

The only cure for acute mountain sickness is to descend. Your leader has the final say and may ask you to descend.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided.

visas

The cost of your Bhutanese visa is included in your trip cost and we will arrange this for you prior to your arrival. The visa process for Bhutan requires a scanned colour copy of your passport to be sent to us. In addition, a recent digital passport photo (ideally in JPEG format) is required, this cannot be older than six months, must be in colour, portrait style with eyes open and forehead & ears clearly visible, with a white background and without a border. Passport photographs taken from passports will not be accepted. Note a different image is required, it cannot be the same as the one in your passport. Please provide your passport copy and digital passport photograph on booking so your visa can be arranged, the sooner the better given the time required for visa approvals. All documents are uploaded to the Bhutanese governments online visa platform by our team in Bhutan and the visa will not be issued until all are provided. Following the processing of your visa we will provide you with a clearance letter/e visa to enable you to board the plane from your respective airport; you will then receive a stamped visa upon arrival at Paro airport. You must carry the visa approval letter with you as you will be required to show this when checking in for your flight into Paro.

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NOTE:- Please be aware that it is very usual that we do not receive visa clearance numbers from the Bhutanese government until the week of travel, sometimes 1 or 2 days before departure date. If you have already left on your travels prior to receiving the visa clearance number, then the visa will be emailed to you shortly before departure date. Please ensure that we have your correct and up-to-date email and contact details.

You may also need visas for countries you transit on the way. Check the requirements for every country on your route.

Visa costs and rules change often, so confirm with your Reservations Consultant or travel agent. Obtaining your visas is your responsibility.

carbon neutral

We focus on measuring and reducing emissions rather than relying on carbon offsets. Our Carbon Labels estimate a trip's emissions from accommodation, meals, ground transport, activities and guiding. The calculations are done independently by the carbon consultancy ecollective.

The labels don't include international flights, which are often the biggest part of your footprint. You can reduce yours by flying direct, flying economy, and travelling less often but for longer.

For more detail, go to Climate Action under Responsible Travel on our website.

webinars & events

Join a live webinar to hear about a trip from the people who run it, and ask your questions directly. Can't make it live? Watch it on demand.

Upcoming sessions are on our website and in our e-newsletter.

private groups

The adventures you see on our website are just the starting point. We can tailor an itinerary around your interests, preferred dates and group.

Whether you're travelling with friends, family, colleagues, a club or community, talk to our team about creating an adventure that's uniquely yours.

subscribe to our e-newsletter

New trips, new departure dates and offers, straight to your inbox. Subscribe free on our website.

social networking

Follow @worldexpeditions on Facebook, Instagram and YouTube.

Tag #WorldExpeditions on your trip photos and videos to be featured.

trip availability

We run small groups, so places go early. Check availability online, or call our team, who can often find options the website does not show.

Some trips depend on services we cannot confirm until you book, such as internal flights or permits. Booking early is the surest way to get the departure you want.

how to book

Book online, or call or visit one of our offices. You will complete a Booking Form and pay a non-refundable deposit.

Please do not book flights or make any other arrangements until your Reservations Consultant has confirmed every service on your trip.

