

## **Matsutake Trekking (July End – Aug 2009)**

08 Days/ 07 Nights

### **Day 01: Arrival in Paro – Thimphu (1 Hr)**

Transfer to Thimphu by car/bus. After lunch Thimphu sightseeing. Later one can either wander on your own to stroll Thimphu streets or relax in your hotel.

**Overnight: Thimphu | Altitude: 2300m**

### **Day 02: Thimphu – Genekha**

Morning drive till the village school of Genekha. Start your hike through the dirt road and the quiet little village of Genekha. Camp near Genekha zam. After lunch join the horsemen and the locals for the Matsutake haunting in the forest. Fresh Matsutake for dinner.

**Overnight: Genekha zam | Altitude: 2850m**

### **Day 03: Genekha Halt**

After breakfast start your mushroom hunt in the forest with the locals. Lunch in the camp, after lunch relax. After the fresh Matsutake dinner join the horseman for the singing competition with a bonfire.

**Overnight: Genekha zam**

### **Day 04: Genekha – Labathamba**

Early morning start your hike to the valley of Yak Herders, Labathamba, the summer home for Yak Herders who migrate here from the high valley of more than 4600m. Most of the hike is uphill crossing a pass of Pagalaptsa la 4100m. Then descend down as the valley opens up. Camp around Yutsho Lake, near one of the Yak Herder's camp.

**Overnight: Labathamba | Altitude: 4200m**

### **Day 05: Labathamba Halt**

Hike around the valley visiting so many lakes around the valley. Meet with the yak herders. Enjoy the breathtaking view of the mountain peaks. If luck permits one can see Mt. Jumolhari, the highest peak of Bhutan. One can also see Mt. Kanchendzonga, the world's third highest peak. Back to camp for lunch. After lunch at leisure.

**Overnight: Labathamba**

### **Day 06: Labathamba – Paro**

Early morning start descending down to the village of Genekha. As you cross the Genekha pass, if the weather permits you once again get to enjoy the life time view of the some of the highest peaks of the world. Trace your way back to the school where your driver will be waiting for you. Start your drive for Paro (1 ½ Hr).

**Overnight: Paro | Altitude: 2200m**

### **Day 07: Paro sightseeing**

Morning visit the National Museum, the first of its kind which has a collection from natural history to religious paintings. Visit 17 century Paro Dzong (Fortress) on foot and continue walking through the oldest wooden bridge still in use. Hike to Tiger's Nest, the most revered temple in the country that literally hangs on a granite cliff over looking the Paro Valley. Evening stroll around the old Paro town and peep into some local handicrafts stores. One can also venture to try local restaurant for dinner.

**Overnight: Paro**

## **Day 08: Departure**

Transfer to the airport for your departure flight. Our tour staff will bid you farewell at the airport.

### **Some useful Bhutanese phrases**

Hello: Ku-zu-zam-po-la (meaning good health)

Thank You: Ka din chey la

See you: Lok jey gay

Good bye: Lus la “or” Laso la