

## TREK OUTLINE

DAY	ROUTE AND ALTITUDE AT CAMP	KM	HOURS
DAY 1	Paro to Shana (2800 m)	17 km	6 hours
DAY 2	Shana to Soi Thangthangkha (3680 m)	19 km	8 to 9 hours
DAY 3	Soi Thangthangkha to Jangothang (4040 m)	19 km	6 hours
DAY 4	<b>REST DAY @ JANGOTHANG (4040 m)</b>	-	-
DAY 5	Jangothang to Lingshi (3915 m)	19 km	7 – 8 hours
DAY 6	Lingshi to Chebisa (3910 m)	10 km	5 hours
DAY 7	Chebisa to Shomuthang (3985 m)	17 km	7 hours
DAY 8	Shomuthang to Robluthang (4160 m)	18 km	7 – 8 hours
DAY 9	Robluthang to Limithang (4090 m)	19 km	8 hours
DAY 10	Limithang to Laya (3820 m)	10 km	5 - 6 hours
DAY 11	<b>REST DAY @ LAYA (3820 m)</b>	-	-
DAY 12	Laya to Rodophu (4350 m)	19 km	9 hours
DAY 13	Rodophu to Narethang (4940 m)	16 km	7 - 8 hours
DAY 14	Narethang to Tarina (3940 m)	16 km	8 hours
DAY 15	Tarina to Woche (3800 m)	17 km	7 hours
DAY 16	Woche to Lhedi (3650 m)	17 km	6 – 7 hours
DAY 17	Lhedi to Thanza (4100 m)	17 km	5 – 6 hours
DAY 18	<b>REST DAY @ THANZA (4100 m)</b>	-	-
DAY 19	Thanza to Dangey Koma (4700 m)	15 km	8 hours
DAY 20	Dangey Koma to Zanam (4900 m)	13 km	7 hours
DAY 21	Zanam to Minchugang (4210 m)	16 km	8 hours
DAY 22	Minchugang to Warathang (4455 m)	11 km	9 hours
DAY 23	Warathang to Dur Tsachu (3300 m)	14 km	7 hours
DAY 24	Dur Tsachu to Tsochenchen (3850 m)	16 km	7 – 8 hours
DAY 25	<b>REST DAY @ TSOCHENCHEN (3850 m)</b>	-	-
DAY 26	Tsochenchen to Gorsum (2679 m)	15 km	7 hours
DAY 27	Gorsum to Dur Zam and Bumthang	12 km	5 – 6 hours