

Day 1: Phobjikha – Zasa (Distance 15km, six to seven hours, 610m ascent, 410m descent, camp altitude 3,130m)

The Trek starts near the village of Tabiting. The trail winds through meadows and fields and the climb takes you through a mixed forest of juniper, bamboo, magnolia and rhododendron to Tsele La (3430m). From here you descend into the Juge Kangkha Chhu valley. Further on, the path leads to Gogona, well know for its “Gogona Cheese” production. The campsite is a bit further on besides a small stream in a yak pasture called Zasa.

Day 2: Zasa – Chorten Karpo

(Distance 16km, five to seven hours, 450m ascent, 860m descent, camp altitude 3,330m)

A gentle climb leads to Shobe La pass (3,480m). The descent from the pass leads to a wide valley, surrounded by beautiful mountain ranges. Below the route one can see Khothokha, a village with about 60 houses. You finally reach the campsite by climbing gently up till you see four *chortens* in a forest of blue pine.

Day 3: Chorten Karpo – Tikke Zampa (Distance 12km, four to five hours, 120m ascent, 1,340m descent)

From the camp you climb till you reach a forest road. From here it's an easy walk up to a little ridge at 2,800m. The walk down back into the valley leads you through Bhutan's best bird watching areas.