Duer Hot Spring Trek



Days:	9
Price:	2320 USD International flight not included
Comfort:	★★★★★
Difficult:	★★★☆☆

Adventure Trekking Mountains photographic

This is one of the most challenging treks available in Bhutan and route partially overlaps with the trail of the legendary Snowman Trek, the most difficult trek in the world. This grueling nine day journey will take you up to the Duer Hot springs, arguably the most beautiful hot springs in the Himalayas.

The trail has numerous steep ascents and descents and ranges from altitudes between 3000-4700m. However despite the difficulty this trek is well worth the effort as it will take you through some of the most beautiful landscapes in Bhutan. You'll journey through forests of spruce, hemlock, juniper and maple, through regions populated by herds of Blue Sheep, Musk Deer and even Himalayan Black Bears.

An entire day will be dedicated to resting in the hot springs. The periods between March to April and September to November are the best times to take on this challenging route.

Day 1. The trek route follows the Yoleng Chhu, a river known for its abundance of trout



Duer
18km - 6h 30m
Gorsum

Duer - Gorsum

- Ascent: 380m Camp altitude: 3,120m

  The trek route follows the **Yoleng Chhu**, a river known for its abundance of trout. The trail from **Bumthang** to __Gorsum__is a gradual climb.

Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 2. Pass through forest of Spruce, Hemlock, Cypress, Juniper and Maple



Gorsum
12km - 5h
Lungsum

Gorsum - Lungsum

- Ascent: 40m Camp altitude: 3,160m

  The trail leads through a dense forest of Spruce, Hemlock, Cypress, Juniper and Maple. It ascends gradually to the campsite.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team

Accommodation	tent camping

Day 3. Pass through the dense forest



Lungsum
15km - 7h
Tsochenchen

Lungsum - Tsochenchen

- Ascent: 620 m Camp altitude: 3,780m

  The vegetation along the route is similar to places crossed the previous day. Near the campsite the vegetation thins out and the camp is made above tree line.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 4. The trek from Tsochenchen is uphill all the way until Juli La (4,700m)



Tsochenchen
18km - 9h
Duer Tsachu

Tsochenchen - Duer Tsachu

- Ascent: 1,340m Descent: 1,530m Camp altitude: 3,590m

  The trek from **Tsochenchen** is uphill all the way until **Juli La** (4,700m). After crossing the pass, the trail descends to a lake at 4,220m, and then climbs again to **Gokthong La**(4,640m). From here the path is steep descent until the campsite. Musk deer, herds of blue sheep and Himalayan bears are sometimes seen along the route.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 5. Relax in the rejuvenating hot springs



Duer Tsachu

- As the highlight of the trek, today we will be taking rest at the **Duer Tsachu**. After a late breakfast, relax in the rejuvenating hot springs or take a leisurely hike around surrounding areas.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 6. Return by the same route taken on day four



Duer Tsachu
18km - 9h
Tsochenchen

Duer Tsachu - Tsochenchen

- Ascent: 1,530m Descent: 1,340m Camp altitude 3,780m

  Return by the same route taken on day four. The journey will be even tougher than before as there is slightly more climbing than descending.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 7. Distance 15 km, five hours, 620 m descent, camp altitude 3,160m



Tsochenchen
15km - 5h
Lungsum

Tsochenchen - Lungsum

- Descent: 620 m Camp altitude 3,160m

  Return by the route taken on day three.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 8. Distance 12 km, four hours, 40m descent, camp altitude 3,120m



Lungsum
12km - 4h
Gorsum

Lungsum - Gorsum

- Descent: 40m Camp altitude 3,120m

  The trail descends gradually from the campsite. It leads through dense forest of Spruce, Hemlock, Cypress, Juniper and Maple.

Breakfast	Made by your team
Lunch	Made by your team
Dinner	Made by your team
Accommodation	tent camping

Day 9. Trek ends at Duer Village



Gorsum
18km - 6h
Duer Village
7km - 17m
Bumthang

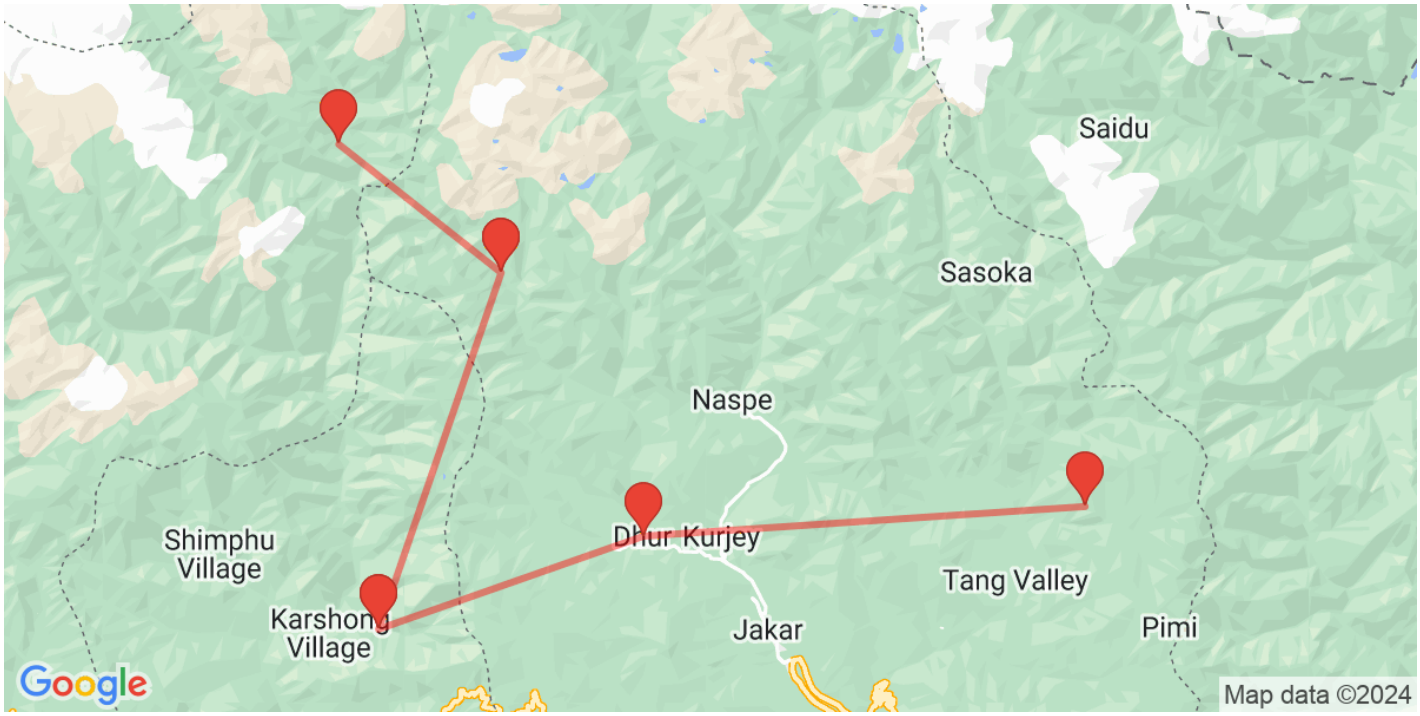
Gorsum - Duer Village

- Descent: 380m

  From **Gorsum** the trail descends gradually until the bridge near **Duer village**, where you reach the road head and drive back to hotel in Bumthang.

Breakfast	Made by your team
Lunch	Made by your team

Itinerary map



Individual price per person

1-1	2-2	3-10
2640 USD	2560 USD	2320 USD

Included

- Bhutan Tourist Tariff Royalty.
- Visa fees
- All private excursions and transfers in superior air-conditioned vehicle.
- Local English speaking guide/tour leader.
- Experienced driver.
- Accommodation in carefully selected, highest standard government approved hotels & guesthouses.
- All meals in Bhutan.
- All entrance fees and permits.
- Tents

Not included

- All personal expenses such as bars, beverages, laundry, telephone and tips.
- Medical / Travel Insurance.
- Air-fare