

# Merak Sakteng Trek



Days:	7	
Price:	1720 USD International flight not included	
Comfort:	★★★★★	
Difficult:	★★★☆☆	
Adventure	Trekking	Hiking
Mountains	photographic	

Merak-Sakteng stands out as a distinct attraction in Bhutan. Unlike anywhere else in the country, it offers a visitor to experience a unique semi-nomadic lifestyle, culture and vernacular in one of the most scenic pastoral valleys in the protected area of Sakteng Wildlife Sanctuary (SWS) in Trashigang Dzongkhag (District), in Eastern Bhutan.

The campsites have been designed aesthetically to blend with local architecture and ambiance. Enclosed by a stonewall (with a gate to bring in the ponies to unpack trekking paraphernalia), the campsite is equipped with facilities such as tenting sheds, toilets, kitchens (in some), dining area and water supply. A signage describing the location, altitude, forest type, fauna, and additional hiking trails in the locality, distance and time to next camp welcomes a visitor to each campsite.

## Day 1. The trek to Merak will start from Chaling



Chaling 📍  
19km - ⌚ 8h  
Damnongchu 📍

### Chaling - Damnongchu

- Ascent: 2217m Descent: 230m Camp altitude: 3124m

From Trashigang, you will take scenic drive for one and half hours to **Chaling** passing through **Rangjung** town and **Radhi** village. The trek starts above **Chaling School**, passing through open grazing pasture. Climb further to reach **Mendula Pass** at 3354m. From this pass, you will descend through rhododendron forests to **Donmong Chu** camp at 3124m.

🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 2. The trail from Damnongchu to Merak goes along the river bank



Damnongchu 📍  
14km - ⌚ 5h  
Merak 📍

### Damnongchu - Merak

- Ascent: 396m Camp altitude: 3520m

The trail from **Domong Chu** to **Merak** mostly follows the river bends. The final stretch has gentle ascend before you reach **Gangu village**. After another 45 minutes walk from this village, you will arrive at Merak located at an altitude of 3520m. The campsite located before the village has spectacular views of nearby mountains and village. Visit the local village to experience the life of this people.

🍳 Breakfast	Made by your team
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🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 3. Pass through the beautiful Nagchungla pass (approx 4,100m / 13,451ft).



Merak 📍

16km - ⌚ 5h  
Miksateng 📍

### Merak - Miksateng

- Ascent: 633m Descent: 1073m Camp altitude: 3080m

Today is the toughest journey of the trek crossing the highest **Nachungla pass** at 4153m. From the campsite climb gradually to the first pass at 3900m from where you can have last glimpse of Merak valley. Descend to your camp **Miksateng** at 3080m surrounded by rhododendrons.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 4. Pass through beautiful woods



Miksateng 📍  
4km - ⌚ 5h  
Sakteng 📍

### Miksateng - Sakteng

- Ascent: 81m Descent: 310m Camp altitude: 2950m

Descend to the river, crossing it and then following the river bank for few hours, you will climb gradually to a hill adorned by small Chorten (Stupa) overlooking the Sakten valley. If you are lucky, you can spot red panda among the trees. Descend down from the ridge and camp on the outskirts of the **Sakten village** at 2950m.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 5. Time to explore this remote Himalayan village.



Sakteng 📍

- You will visit Sakten village and explore the lifestyle and unique culture of this ethnic group.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 6. Mostly downhill to Jyonkhar Teng camp



Sakteng 📍  
17km - ⌚ 7h  
Jyonkharteng 📍

### Sakteng - Jyonkharteng

- Ascent: 74m Descent: 1291m Camp altitude: 1800m.

Today's journey will be longer and so we will start early from the camp. Leaving Sakten, start with short climb to the small hill towards the west end of the village. We camp in a beautiful meadow near the river by **Joenkhar Teng** village (1800m). Joenkhar Teng is situated on the hillside and its population comprises of **Brokpa** and **Shar chop** with a community school and outreach clinic.

🍳 Breakfast	Made by your team
🍽️ Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

## Day 7. Trek ends at Phongmey



Jyonkharteng 📍  
12km - ⌚ 6h  
Phongmey 📍  
🚗 20km - ⌚ 30m  
Trashigang 📍

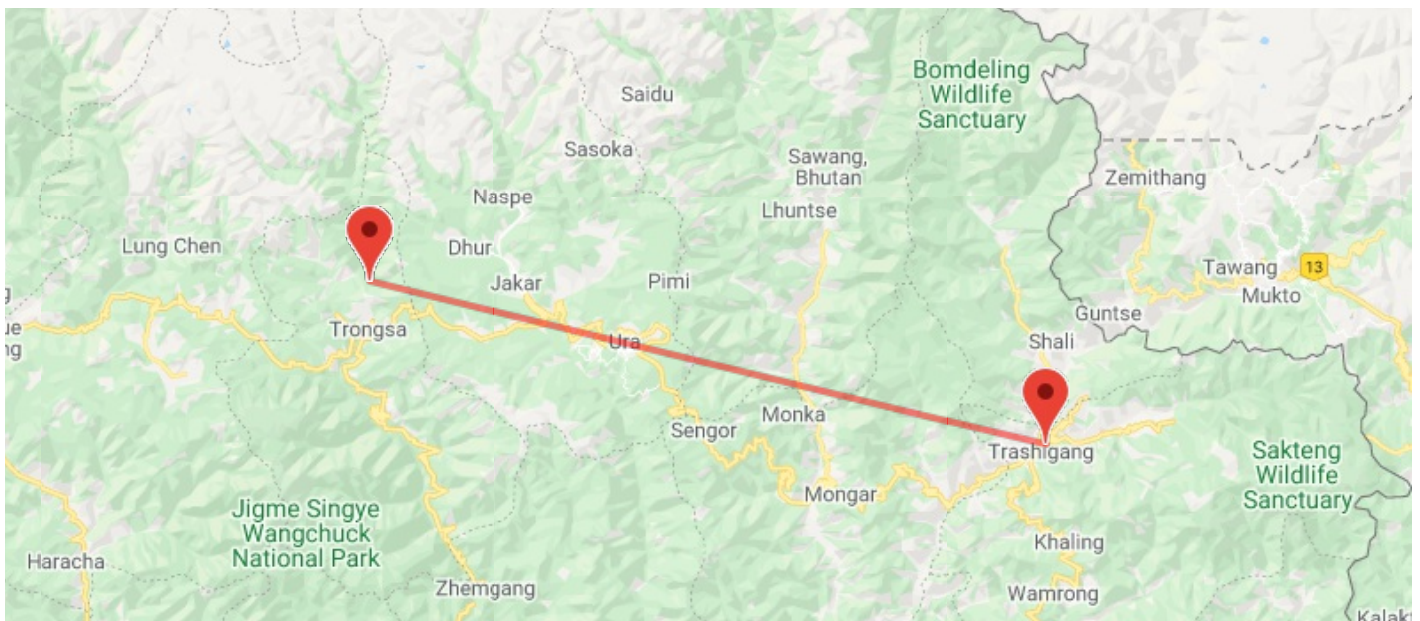
### Jyonkharteng - Phongmey

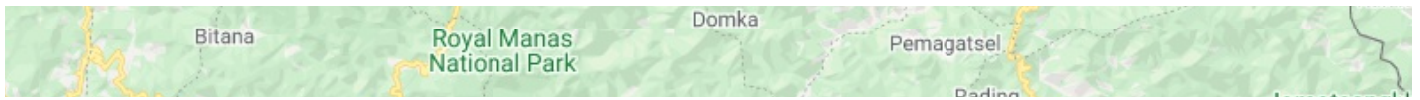
- Ascent: 346m Descent: 942m

The last day of the trek begins with short climb through the **Joenkharteng**. Crossing the suspension bridges, you will climb shortly to **Phongmay** village. Meet your transport and drive to Trashigang. On the way, stop at **Rangjung** and visit the **Rangjung Monastery**, which is founded by His Eminence **Garab Rinpoche**.

🍳 Breakfast	Made by your team
🍽️ Lunch	Made by your team

## Itinerary map





## Individual price per person

<b>1-1</b>	<b>2-2</b>	<b>3-10</b>
1990 USD	1930 USD	1720 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