

# The Druk Path

## Trek Bhutan

2024 & 2025

[actionchallenge.com](https://www.actionchallenge.com)



actionchallenge

challenge events worldwide





## About Us

# Action Challenge

**We are Action Challenge, and we bring people together through challenge & adventure.**



Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.



Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!



# Why Choose Us?



1

## 100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



2

## UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



3

## EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

## 4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

## 5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & challenge briefing. By the time you are due to travel you'll be ready & raring to go!

## 6 OUR ITINERARIES

**OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS**

## 7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3\*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

## 8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.



**The Challenge**



# The Druk Path Trek Bhutan

## TREK & EXPLORE THE HIMALAYAN KINGDOM OF BHUTAN

The Druk Path follows a varied and beautiful route within a network of Bhutan's original mule trails. We trek from Paro to Thimphu, through the mountains, and surrounded by some of the finest natural sights in the world. The challenge, though short, is extremely varied. We pass through rhododendron forest, across open yak pastures and along glorious high ridges. Highlights along the way include serene sacred lakes teeming with trout, meeting nomadic yak herders, and visiting a haunted monastery. In good weather, you will be stopped in your tracks by the wonderful views of the snow-capped eastern Himalaya. During our six trekking days we visit many of the must see cultural highlights of Bhutan including the fabulous Tiger's Nest Monastery.



# The Druk Path Trek Bhutan

## DAYS 1-3 - HEADING TO BHUTAN

We will meet our group and Action Challenge staff at the airport. We land in Kathmandu and stay overnight on day 2, with the opportunity for some exploring and a welcome meal to get to know our group and team leader and medic. On day 3 we switch to a smaller plane for the quick hop to Bhutan and on arrival in Paro we transfer to our Hotel. In the afternoon we will take a short drive, for a walk up to the cliff temples at Dzong Drakha, a beautiful cluster of 16th century cliff temples set above the small village of Bondhey, overlooking the Paro Valley. This outing involves a couple of hours walking. In the evening we have a welcome meal and relax before our departure.

Meals: B,L,D starting day 2 Accom: Hotel days 2 & 3

## DAY 4 - TAKSANG MONASTERY, THE TIGER'S NEST

We set off for our walk up to the famous Tiger's Nest, Taktsang Monastery, perhaps the most iconic religious sight of Bhutan. It's a steep uphill walk through woods to reach a tea house which offers the best view of the Monastery. After taking in the stunning sights and learning a little about the history we start our descent back to the valley floor and then drive back to Paro.

Meals: B,L,D Accom: Hotel

## DAYS 5-8 - TREK THE DRUK PATH

The Druk Path is part of a network of mule tracks that link the Thimpu Valley with the Paro Valley. It was the primary trading route between Bhutan and the Indian border. There is no more exciting way to reach the capital, Thimpu, than to walk from Paro! This full service camping trek takes us through spectacular terrain, through mountain forests, past sacred lakes, yak pastures and high mountain passes. The highlight is perhaps the glorious high mountain country and the crossing of the Simkota La mountain pass, our highest pass of the trip at 4,210m!

Meals: B,L,D Accom: Camping





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## DAYS 9-11 - CULTURAL EXPLORATION

We awaken early on day 9, from our last night under canvas. We have views of the highest mountain in Bhutan, Gangkar Punsum, now the world's highest unclimbed mountain. We start the last of the trekking, it only takes two or three hours from camp to reach the road. Our vehicle will meet you at the road head for the short transfer to your hotel in town. This afternoon there's time to explore a little of Thimphu. The first part of day 10 is spent further exploring the sights of Thimphu, Bhutan's capital. Sights include the School of Traditional Painting and the Hospital of Traditional Medicine, allowing us further insight in the history, culture and traditions of Bhutan. The afternoon is spent transferring to Punakha where we spend the night. En route there is the chance to explore the Chimi Lhakhang temple by completing a short circular walk. Day 11 sees us visiting Punakha Dzong, the main monastery fortress and seat of power for the old system of rule in Bhutan. The afternoon is spent transferring to Paro, weather permitting the high road pass of Dochu La will offer us our last panoramic views over the Eastern Himalaya. Here we will enjoy a celebration meal together!

Meals: B,L,D Accom: Hotel

## DAYS 12&13 - DEPART BHUTAN

Today we bid farewell to Paro and fly to Kathmandu. Depending on flight times, we may transfer straight onto our Kathmandu flight home to the UK, or have some time to explore Kathmandu before an overnight flight home. We land in the UK on day 13 and head onwards to family and friends with great memories and stories to share!

Meals: B day 12





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### INCLUSIONS

- . Fully supported 13-day group challenge
- . Action Challenge UK Mountain Guide
- . UK Qualified Medic
- . Full support team, including local English-speaking guides
- . All flights and air travel taxes (excluding fuel surcharges)
- . All accommodation, twin share - hotels / camping
- . All meals with the group; as specified
- . All transfers in local vehicles
- . National Park entrance fees
- . Day in Paro ending with a celebratory dinner
- . Pre-event support including discounts from UK retailers
- . Discounted UK training weekends

### DATES & PRICES

Visit website for available dates

### PAYMENT OPTIONS

There are 2 'payment options' available when you sign up.

**SELF FUNDING:** Just like a standard holiday! You pay the initial registration deposit online, and then the final balance of the trip cost (+ any fuel surcharge imposed by the airline if booking a Flights Included package) - which is invoiced 12 weeks prior to departure.

**CHARITY FUNDRAISING:** Do it for a charity of your choice! Choose how much of the trip cost you want to cover yourself & fundraise at least twice the remaining balance. Your chosen charity pays us the final balance from this fundraising, with the rest being kept as a donation. Any airline imposed fuel surcharge will be invoiced to you if booking a Flights Included package - 12 weeks prior.





# Contact Us

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