

Newsletter

July 2025

Dear Readers,

In this July 2025 newsletter, I would like to draw your attention to the **Dagala Thousand Lakes Trek**, one of the shortest Himalayan treks in Bhutan, in addition to the information available at www.nepaltravelsandtours.com

This trek is highly recommended for nature photographers and adventure vloggers due to the breathtaking, cinematic views the trail offers. Hikers who love the mountains but aren't physically ready for strenuous hikes should definitely try this trek. The trail is a combination of climbs, descents and flat sections. Even beginners with mountaineering experience can easily manage this trek:

Itinerary: **Day 1:** Arrival to Paro – **Day 2:** Hike to Taktsang Monastery and Transfer to Thimphu – **Day 3:** Trek from Genekha to Gur (3290 m) – **Day 4:** Trek to Labatama (4,300 m) – **Day 5:** Rest day at Labatama – **Day 6:** Trek to Pangka (4,000 m) – **Day 7:** Trek to Chamgang and drive to Thimphu – **Day 8:** Drive from Thimphu to Paro and Finale Departure.



A Generous Poor Girl Marries a Kind. Once upon a time, in a far away village, there lived a mother and a daughter. They were extremely poor and lived hand to mouth. Everyday the mother went to work as a wage laborer, working in other people's farm. The daughter would stay back, looking after the house. The two of them survived on the kindness of their neighbors. One day when the mother was away, a monk came entreating alms. Although they were poor, the pious daughter searched for something to offer. She found some rice in the attic. She offered them all to the monk saying that her mother would scold her when she finds out. The monk rejected the offer but the pious daughter insisted the monk to take the rice. The mother returned home in the evening, tired and hungry. „Daughter, today I couldn't find a work. We have some rice in the attic, please cook it for us“, asked the mother as she sat down. „Mother, I am sorry, I offered the rice to a monk who came entreating alms today“, said the daughter. The mother was furious: „Go away, wherever you like, stupid girl! I don't want to see your face ever again!“ The heart-broken daughter walked away from the house. Wandering alone, she reached a high mountain where a monk lived. Coincidentally, he was the same monk to whom she had offered the rice. She greeted him and asked for his help. The monk granted the girl's request and allowed her to stay with him. – I hope you'll want to continue reading the story. Please let me know.

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