

Live the Experience

The perfect way to truly experience and understand the traditional lifestyle of the people of Haa is by staying at one of the local farm houses. Camping facilities are also available for guests wishing to spend a night out under the stars. Campers interested in experiencing a taste of the nomadic lifestyle will want to try a night in one of the traditional genuine yak hair tents.

Getting There

Haa valley is located very close to the international airport at Paro. To get to Haa you must travel two hours by road and cross the Chelela mountain pass.

Hiking and Nature Sight-seeing

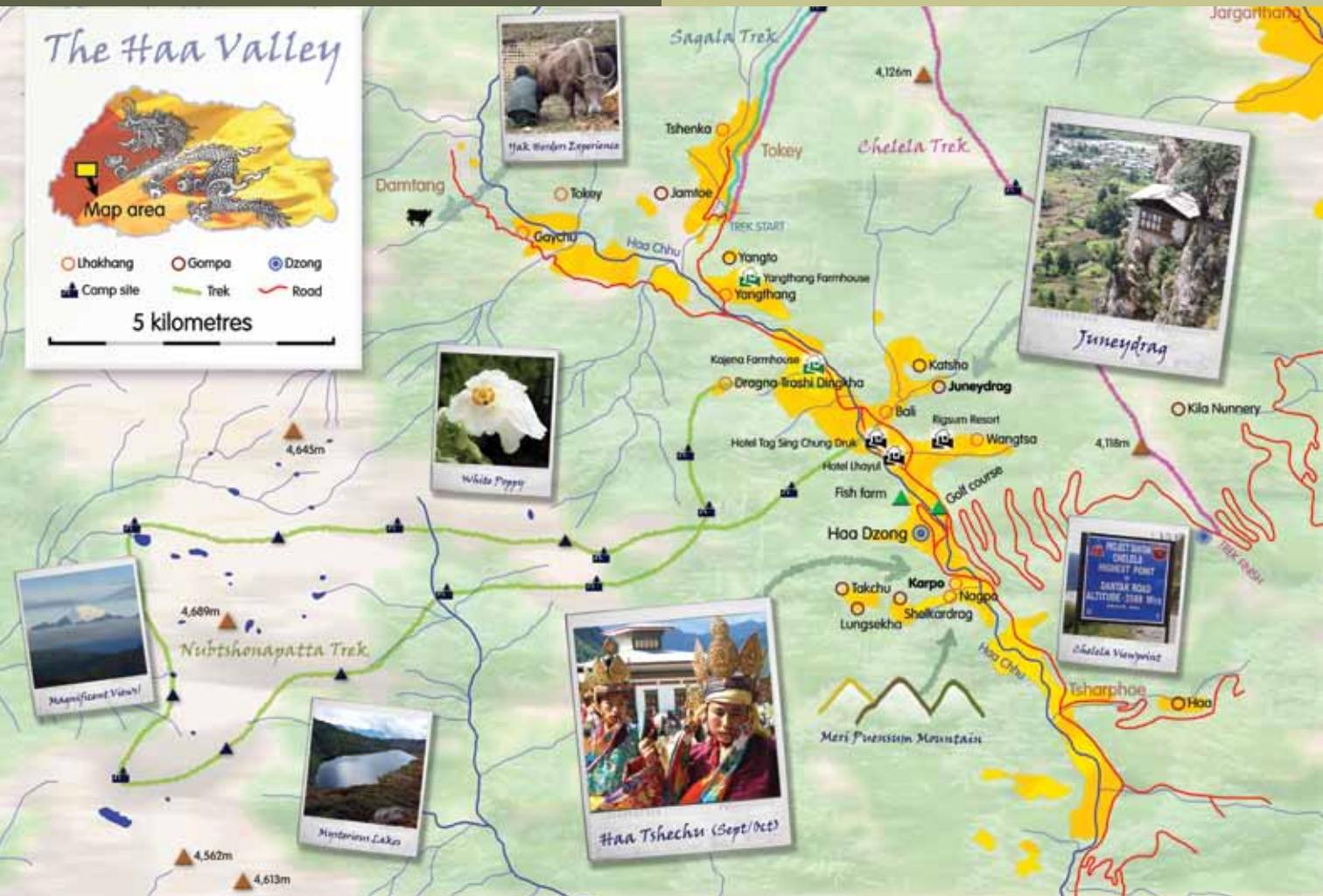
Walk along centuries old trails through mountain slopes covered in beautiful flowers. You'll lose yourself amidst fields of white poppies (Meconopsis Superba), dense forests of fir trees and crystalline streams brimming with rainbow trout. The White Poppy can not be found anywhere else in the world. It grows to 1.5 m in height at around 4000m altitude.

Nub Tshona Pata Trek: This 6 Day Trek takes hikers through scenic Haa valley, along beautiful alpine meadows and rhododendron scrub to sacred lake Nub Tshona Pata. The trail offers spectacular views of Mt. Gangkharpunsum and Mt. Kachenjunga. The trail ranges in altitude between 2735-4420m



HAA SUMMER FESTIVAL
1st weekend of July

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The Mythic Valley of the Guardian Spirit.

The Haa Summer Festival

Set among pristine lakes and high alpine valleys, the Haa summer festival is a lively and uplifting celebration of traditional living-culture, nomadic lifestyles, unique Bhutanese cuisine, traditional sports and religious performances. Immerse yourself in this one of a kind experience by playing the local sports, sampling the delicious home-cooked cuisine and enjoying traditional songs and dances all while imbibing the heady local liquor (Ara).

Join us on this fantastic journey into the *Mythic Valley of the Guardian Spirit*.

Regional Background

The people of Haa (Haaps) inhabit high valleys above 3000 meters. Strong-boned and resilient, the Haaps are devout and hardworking yak herders and farmers. Besides herding they mainly cultivate wheat, potatoes, barely and millet. Their guardian spirit, believed to protect all Haaps is known as Ap (father) Chhundu and the locals' religious lives center around appeasing him as well as numerous other Buddhist and Shamanic (Bon) deities.

The people of Haa are also famous for their skills in the traditional 13 arts (Zorig Chusum), producing some of the most exquisite pieces of jewelry, statuary and handicrafts from gold, silver, bronze, clay and slate.



Things to See and Do

The Annual Alpine Festival

Watch as skilled local craftsmen weave yak hair into their traditional tents.

Learn about the traditional arts of yak shearing and wool-making.

See how yak dairy products are transformed into delicious traditional meals that showcase the culinary traditions of Haa.

The Nublang Cattle Show - Come see this special breed of cattle unique to the Haaps, Local folklore states that the Nublang cattle were granted to the people of Haa by the deity of the legendary Nub Tshonapata lake as a reward for the kindness a local herder showed it.

Food, A Taste of Tradition – Sample the delicious Haapi Hoentoe, hearty dumplings made from buckwheat and stuffed with fragrant grated turnip, dried turnip greens, mushrooms, garlic, onions and chopped cabbage seasoned with ginger, ground walnut, chilli-powder, salt, butter, sesame and poppy seeds.



The regional twist on the fiery national dish Ema Datsi is also highly recommended. This variation uses yak cheese in place of regular dairy adding a delicious new dimension to the flavor of this classic dish.

Song and Dance – Come enjoy the lively folk songs and mask dances in this celebration of a timeless culture. Experience the long and sonorous Haapi Ausa, traditional songs extolling the virtue of their yaks that are typically sung while tending the animals.

Sports – Join in the competition and engage in the local sports such as Archery, Yak and Horse riding, Khuru (darts), Soksum (light javelin throwing). These lively contests are energetic affairs accompanied by much laughter, singing and friendly taunts.

River Kayaking - The Haa River is an excellent location to try out this exciting activity as the water flow is not too rapid and provides a suitable level of challenge for practitioners of most skill levels.

