

Adventure.Culture.Nature

P.O. Box 1382
Thimphu: Bhutan

www.alpine-bhutan.com
alpinebhutan@yahoo.com
tel. +975 1761 2210
fax. +975 2 334911

Jhomolhari Trek

(14 Days/13 Nights) Maximum Altitude: 4950 meters Trekking Days: 10 days

Trek Rating: Medium to Hard

Day 1 –Arrival at Paro

Arrive at Paro Airport. You will be received by representative of Alpine Bhutan Travel and transferred to your Hotel in Paro.

After lunch, visit Museum in Ta-Dzong.
Night in Hotel in Paro

Day 2 –Paro Valley Sightseeing

After breakfast hike up to Taktshang Monastery (Tiger's Nest) on a cliff-face, one of the holiest sites of Buddhism in the Himalayas. On the way back, visit a typical Bhutanese farmhouse to experience the daily life of the local farmer.

Spend the evening in Paro town strolling and shopping for small (last-minute) personal items for your trekking. Halt at hotel in Paro.

Day 3 –Start of the trekking. Paro to Shana

Following the Paro river, the trek starts from ruins of Drugyal Dzong (the dzong of the victorious Drukpa). The climb is gradual through the field and villages. Camp at Shana, in a meadow. Altitude 2800 meters.

Day 4 – Shana to Thang Thanka

6-7 Hrs trek. The trail is a gradual climb following Paro river through coniferous forests and rhododendron shrubs. Camp at Thang Thanka at 3850 meters. You can have a magnificent view of Jhomolhari.

Day 5 – Thang Thanka to Jangothang

As we start the trek, you will notice that the valley begins to widen. The winter residence/village of yak herders would be reached. Hot lunch would be served in the village. The camp would be set at the base of Mt. Jhomolhari. Camp altitude 4040 meters.

Day 6 –Jangothang Sightseeing

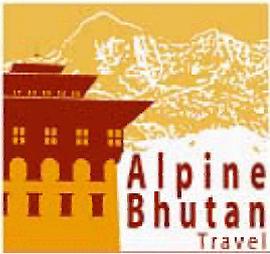
One day halt at Jangothang. You can choose the day's hike in any direction – towards Mt. Jhomo Lhari, Mt. Jichu Drake or Tsho Phu (lake). With permits, you can fish in the lake. Back to camp at sunset. Night halt at Jangothang.

Day 7 - Jangothang to Lingshi

The trail climbs across Nyili la pass at 4680 meters. From there, it is a descent with a view of Lingshi Dzong and Mt. Tshering kang and its glaciers and lakes. Camp overnight. 3915 meter.

Day 8 – Lingshi Halt

One day halt at Lingshi. You can make an excursion to Tshokha (Lake). Rare animals like Blue Sheep and musk deer are seen at Tsokha. Hike takes about 4-5 hours.



Adventure.Culture.Nature

P.O. Box 1382
Thimphu: Bhutan

www.alpine-bhutan.com
alpinebhutan@yahoo.com
tel. +975 1761 2210
fax. +975 2 334911

Day 9 – Lingshi to Shodu

Trail passes through deep valley and then ascends to Yeli la pass at altitude 4820 meters. From Yeli la, you can get a close view of Mt. Jhomo Lhari, Mt. Tsherim Gong and Mt. Masa Gong. Camp at a meadow. Altitude 3830 meters

Day 10 – Shodu to Barshong

5-6 hours. The trail winds like a snake following the stream that is the source of Thimphu River. Gradual climb to ruin of Barshong Dzong, which was the Bhutanese outpost in olden times. Camp at base of the ruin. Altitude 3690 meters.

Day 11 – Barshong to Dolam Kencho

The trail descends down gently till it meets the Thimphu River. It passes through thick coniferous forests. Night halt at Dolam Kencho. 3430 meters altitude.

Day 12 – Dolam Kencho to Thimphu

Walk towards Thimphu till you reach Dodeyna, where vehicle will pick you up. The vehicle will take you to your hotel in Thimphu. The trek is 4-5 hours and it is a gentle climb.

Overnight at hotel in Thimphu.

Day 13 – Thimphu Sightseeing – drive to Paro in Evening

After breakfast, Thimphu sightseeing, Zilukha Nunnery, Folk Heritage Museum, Memorial Chorten, Textile Museum, and enroute to Paro visit Semtokha Dzong. Drive to Paro in the Evening. Halt at hotel in Paro.

Day 14 - Departure from Bhutan

After early breakfast, drive to airport for your onward Journey.

"...scarcely touched by modern times." -

