



JOMOLHARI Trekking-12 Days

Overview

Cradled in the heart of the Eastern Himalayas, Bhutan is a mystical kingdom where spirituality, living traditions, and pristine nature blend in perfect harmony. This carefully designed journey through Bhutan's western valleys invites you to slow your pace, engage more deeply, and experience a way of life guided by mindfulness, cultural reverence, and balance.

Highlights of the Jomolhari Trekking

An unforgettable adventure through the majestic landscapes of Bhutan with the Jomolhari Trek. This iconic trekking route offers a unique opportunity to explore the pristine wilderness of the Himalayas while immersing yourself in the rich culture and traditions of Bhutan. From towering peaks to lush valleys, each step of the journey promises to be filled with awe-inspiring beauty and discovery.

- **Flora and Fauna**

Trek through vibrant springtime rhododendron forests, rich in alpine flowers and home to diverse wildlife, including blue sheep, rare birds, and the elusive snow leopard.

- **Alpine Lakes**

Discover pristine alpine lakes nestled amidst the mountains, their crystal-clear waters reflecting the surrounding snow-capped peaks.

- **Camping in the Wilderness**

Experience the thrill of camping in the wilderness, surrounded by the tranquility of nature and under the starlit sky of Bhutan's pristine wilderness.

TRIP ITINERARY

Day 01: Arrive Paro

Day 02: Paro (hike to Tiger's Nest Monastery)

Day 03: Paro Drugyel Dzong - Shana

Day 04: Shana-Soi Thangtangkha

Day 05: Soi Thangthangkha-Jangothang

Day 06: Jangothang Rest

Day 07: Jangothang-Lingshi

Day 08: Lingshi-Shodu

Day 09: Shodu-Barshong

Day 10: Barshong – Dodina

Day 11: Punakha-Thimphu

Day 12: Depart Paro from Thimphu

Day 1: Arrival In Bhutan

- **Arrival in Paro (2,280m/7,480ft)**

Arrive in the scenic town of Paro, set in a picturesque valley surrounded by majestic mountains. Paro Airport is known for its beautiful traditional

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JOMOLHARI Trekking-12 Days

architecture and stunning natural surroundings. Upon landing, you'll be warmly welcomed by your local guide and driver at the airport.

- **Accommodation and Explore Paro**

You'll be transferred to your accommodation in Paro, where you can relax and unwind after your journey. Accommodation options may vary depending on your preferences and budget, ranging from cozy guesthouses to luxury hotels with stunning mountain views.

Depending on your arrival time, you may have the opportunity to explore Paro town and its surrounding attractions. Visit the iconic Paro Rinpung Dzong, stroll through the local markets, or take a leisurely walk along the scenic Paro River.

Dinner and overnight stay in Paro.

Day 2: Paro (Sightseeing and Acclimatization)

Paro, hike to Taktsang (Tiger's Nest Monastery) | 3,180m/10,433ft) - 4 to 5 hours (5km) trek

Begin your day with an early breakfast at your hotel in Paro, energizing yourself for the exhilarating hike ahead. After breakfast, embark on a short drive to the base of Taktsang, also known as Tiger's Nest Monastery, a sacred Buddhist site perched on a cliffside.

- **Tiger's Nest Trail:**

Start your ascent along the scenic Tiger's Nest Trail, a moderate trek that winds through pine forests and offers breathtaking views of the Paro Valley below.

- **First Viewpoint**

Reach the first viewpoint, where you can pause to admire the stunning panoramic vistas of Taktsang clinging precariously to the cliffside, surrounded by lush greenery and cascading waterfalls.

- **Taktsang Monastery:**

Continue your hike to reach Taktsang Monastery, an iconic symbol of Bhutanese spirituality and a testament to human perseverance. Explore the monastery complex, including temples, shrines, and meditation caves, while soaking in the serene atmosphere.

- **Return to Paro**

Upon reaching the base, return to Paro by vehicle, reflecting on the awe-inspiring experience of hiking to one of Bhutan's most iconic landmarks. Leisure Time: Spend the remainder of the afternoon at leisure in Paro, relaxing at your hotel or exploring the charming town at your own pace.

Dinner and overnight stay in Paro.

Day 03: Paro, Drukgyal Dzong - Shana (6-7hrs)

- **Distance, altitude and Duration**

Trek from Drukgyal Dzong (Paro) to Shana (2,850m/9,350ft) - 6 to 7 hours (17km) trek. Start with an early breakfast at your hotel to fuel up for the day ahead.



JOMOLHARI Trekking-12 Days

- **Scenic and Breath-taking Landscape**

Take a short drive to Drukgyal Dzong, the starting point of your trek. The ancient fortress offers picturesque ruins and a glimpse of the majestic Mount Jomolhari on clear days.

Start at about 2,580 meters at Drukgyal Dzong and ascend to 2,850 meters at Shana.

- **Lunch**

Pause for a picnic lunch at a picturesque spot along the trail, enjoying wholesome homemade meals prepared by your trekking crew. Recharge with nourishing food and renew your energy for the rest of the journey.

- **Destination**

Arrive at Shana Campsite, Set up camp at Shana, a serene spot near the river. This will be your first night camping on the trail, nestled in the Himalayan wilderness.

- **Dinner, Rest and Rejuvenation**

Spend some time resting and rejuvenating after the day's trek. Share a hearty dinner prepared by the trek crew, discussing the day's experiences and bonding with fellow trekkers. Before turning in, receive a briefing from your guide on what to expect for the next day's journey.

Day 04: Shana- Soi Tangkha (7-8 Hrs)

- **Distance, altitude and Duration**

Trek from Shana to Sio Thangthangkha (3,750m/12,303ft)- 7 to 8 hours (19km) trek. Wake up early in the serene campsite at Shana, enjoy breakfast prepared by the trek team, and prepare for the day's journey.

- **Scenic and Breath-taking Landscape**

The trail continues along the Paro River, ascending gradually through thick alpine forests and rhododendron trees, which are especially vibrant during blooming season. You will be moving from 2,850 meters at Shana to 3,750 meters at Sio Thangthangkha, gaining nearly 900 meters.

- **Lunch**

Stop for a packed lunch at a scenic spot along the route. This is a great opportunity to rest and enjoy the natural beauty of the surroundings.

- **Destination**

The campsite is located in a beautiful meadow with stunning views of the surrounding mountains and the night sky.

Upon arrival, help set up the camp or unwind as the crew prepares the site.

Given the altitude, take some time to relax and acclimatize to the higher elevation to prevent altitude sickness.

- **Dinner, Rest and Rejuvenation**

Enjoy dinner with the group, which provides a chance to bond and share experiences of the trek so far

Day 05: Soi Thanhthangkha-Jangothang (7-9 hrs)

- **Distance, altitude and Duration**

Sio Thangthangkha to Jangothang (4,050m/13,287ft) – 7 to 8 hours (19km) trek. Begin your day with an early breakfast at the campsite, preparing for a full day of trekking ahead.



JOMOLHARI Trekking-12 Days

- **Scenic and Breath-taking Landscape**

The trail ascends more steeply today, moving through beautiful alpine meadows and past yak herder camps. Keep an eye out for wildlife, as this area is known for sightings of blue sheep and other mountain animals. You will be climbing from 3,750 meters at Sio Thangthangkha to 4,050 meters at Jangothang, making this a significant ascent.

- **Lunch**

Have lunch at one of the scenic spots along the route, perhaps near a stream or with a view of the mountains.

- **Destination**

After arrival, set up camp with the assistance of your trek crew. This location is particularly memorable for its breathtaking views.

Take the rest of the day to acclimatize to the altitude, as you are now above 4,000 meters.

Depending on your energy levels, take a short walk around the campsite to enjoy the magnificent scenery.

- **Dinner, Rest and Rejuvenation**

Gather with your trek group for dinner, discussing the day's experiences and enjoying the camaraderie

DAY 06: Jangothang (Rest and Acclimatization)

Take this day to rest and allow your body to adjust to the higher altitude, which is crucial to prevent altitude sickness and ensure you're in good shape for the upcoming trek days.

Engage in light activity such as short hikes around the campsite. These can include:

For a bit of gentle trekking, walk towards the base camp of Mount Jomolhari, where you can enjoy closer views of the mountain. Visit nearby lakes, rivers, and enjoy the vast landscapes that offer plenty of photo opportunities. The area around Jangothang is known for its wildlife. Keep an eye out for blue sheep, marmots, and possibly even the elusive snow leopard in the far distances.

If there are yak herders around, it's a great opportunity to interact with them and learn more about their lifestyle, which is a unique aspect of trekking in Bhutan. Enjoy the tranquility of the Himalayas by spending some time in meditation or yoga, which can be very refreshing both mentally and physically.

Use some time to prepare your gear and check on your trekking supplies for the next day's journey as you will be resuming your trek. Enjoy another peaceful night at the Jangothang campsite. Gather around with your trek group for dinner, share stories, or discuss the plan for the next day.

Day 07: Jangothang-Lingshi (6-7 Hrs)

- **Distance, altitude and Duration**

Trek from Jangothang to Lingshi (4,100m/13,451ft) – 6 to 7 hours (18km) trek. Begin with an early breakfast at the Jangothang campsite to fuel up for the day's trek. Set out from Jangothang, heading towards Lingshi.

- **Scenic and Breath-taking Landscape**



JOMOLHARI Trekking-12 Days

The trail includes a mix of gradual ascents and descents. Initially, you'll ascend to the Nyile La pass at about 4,890 meters (16,043 feet), which is the highest point for the day and offers impressive views.

- **Lunch**

Have lunch at one of the scenic spots along the route, perhaps near a stream or with a view of the mountains.

- **Destination**

After reaching the pass, descend towards the Lingshi basin. The trail here can offer sightings of blue sheep and other wildlife. The scenery includes high mountain ridges and remote valleys, typical of the Bhutanese wilderness.

Reach Lingshi, where you will set up camp for the night. Lingshi is known for its beautiful setting with Lingshi Dzong in view, providing a picturesque backdrop. Depending on arrival time and energy levels, you might visit the Lingshi Dzong, an ancient fortress that stands watch over the valley and has been a key defensive structure in the past.

- **Dinner, Rest and Rejuvenation**

Once at the campsite, help set up tents or take some time to relax and recover from the trek.: Spend the night in the Lingshi campsite, enjoying the serene environment and possibly a starlit sky if the weather is clear.

Day 08: Lingshi-Shodu (8-9 hrs)

- **Distance, altitude and Duration**

The route traverses a broad, treeless valley before beginning the long ascent to Yale La Pass (4,950m- 8-9 hrs)—the highest point of the trek. The trail is well-trodden by nomads travelling between Lingshi and Thimphu, their yaks laden with supplies.

- **Scenic and Breath-taking Landscape**

The path meanders alongside the Thimphu River, gradually descending through picturesque landscapes adorned with vibrant rhododendron, juniper, and other alpine forests. As you progress, be prepared to be captivated by the awe-inspiring sight of cliff-facing rocks and cascading waterfalls.

- **Lunch**

Have lunch at one of the scenic spots along the route, perhaps near a stream or with a view of the mountains.

- **Destination**

The pass reveals breathtaking views of the Bhutanese Himalayas, showcasing majestic peaks such as Jomolhari, Tsherimgang, and Masagang. From here, descend along the Jaradinthang Chhu River through untouched wilderness to Shodu, a tranquil riverside campsite distinguished by a lone chorten.

Spend the afternoon exploring the village, visiting the waterfall, or simply relaxing and enjoying the peaceful environment.

- **Dinner, Rest and Rejuvenation**

Your guide will brief you on the plan for the next day, providing details about the trek and any necessary preparations. Enjoy the tranquility of this remote village setting, providing a perfect end to a less demanding day on the trek.

Day 09: Shodu-Barshong (6-7hrs)



JOMOLHARI Trekking-12 Days

- **Distance, altitude and Duration**

Enjoy a hearty breakfast in the serene village setting to prepare for the day's exertions.

The trail includes a significant ascent to (around **3720m**), **14 Km, 4-5 hours**), followed by a descent toward the campsite. The path crosses rivers and streams, with lush meadows and forests along the way.

- **Scenic and Breath-taking Landscape**

The path is relatively less strenuous today, with a gradual descent into the picturesque village. The trail offers beautiful landscapes, featuring vast meadows and traditional Bhutanese villages. As you pass through small villages, you'll have the chance to interact with the local inhabitants and gain insights into their rural lifestyle, which is deeply connected to nature and Buddhist traditions.

- **Lunch**

Stop for a packed lunch at a scenic spot. This provides a good break to refuel and enjoy the views before continuing your descent. The area is known for its wildlife, particularly the elusive snow leopard, though they are hard to spot.

- **Destination**

Reach Barshong by late afternoon or early evening, depending on the pace of the trek. Barshong is a charming village located at an elevation of 3,720 meters, offering stunning views of the surrounding landscape.

- **Dinner, Rest and Rejuvenation**

Help set up the camp or take some time to unwind as the crew prepares the site. Continue to focus on acclimatization. Drink plenty of water and keep warm as temperatures can drop.

Spend the night in this tranquil setting, perhaps with the soothing sounds of the nearby river to lull you to sleep.

Day 10: Barshong-Dodina- Drive to Thimphu (7-8 hrs)

- **Distance, altitude and Duration**

The trail undulates gently, crossing several crystal streams and meadows where wildflowers bloom in abundance during spring. This section is tranquil and meditative, perfect for reflecting on your journey. The trail includes a significant ascent to around 2600m, 18 Km.

- **Scenic and Breath-taking Landscape**

The trail may involve moderate to steep ascents and descents, so pace yourself accordingly. As you trek, soak in the stunning views of the surrounding mountains and valleys. Take breaks along the way to capture photographs of the breathtaking scenery and wildlife sightings.

- **Lunch**

Stop for a packed lunch at a scenic spot. This provides a good break to refuel and enjoy the views before continuing your descent. The area is known for its wildlife, particularly the elusive snow leopard, though they are hard to spot. More commonly, you might see blue sheep, marmots, and various bird species.

- **Destination**

Reach Dodina by late afternoon or early evening, completing your trekking adventure. Take a moment to celebrate your achievement and reflect on the memorable experiences you've had along the way.

- **Dinner, Rest and Rejuvenation**



JOMOLHARI Trekking-12 Days

After reaching Dodina, meet your transportation arranged by our team and embark on a scenic drive to Thimphu, the capital city of Bhutan.

Day 11: Thimphu Exploration

- **Scenic and Breath-taking Landscape**

Begin your sightseeing tour with a visit to the impressive Buddha Dordenma statue, one of the largest Buddha statues in the world.

Continue your tour with a visit to Tashichho Dzong, a prominent fortress-monastery that serves as the seat of the Bhutanese government and the King's office.

Explore the local craft market in Thimphu, where you can browse through a variety of handicrafts, textiles, and traditional Bhutanese souvenirs. Support local artisans and shop for unique gifts to take home.

- **Lunch**

Enjoy a delicious lunch at a traditional Bhutanese restaurant, sampling authentic Bhutanese cuisine and flavors.

- **Continue Scenic and Breath-taking Landscape**

Visit Changangkha Lhakhang, an ancient temple perched on a hilltop overlooking Thimphu. Seek blessings and experience the spiritual ambiance of this sacred site.

Pay homage at the Memorial Chorten, a revered Buddhist stupa built in memory of the Third King of Bhutan. Join locals in circumambulating the stupa and offering prayers for peace and prosperity.

- **Dinner, Rest and Rejuvenation**

In the evening, indulge in a delightful dinner at a local restaurant, accompanied by a traditional Bhutanese cultural show featuring colorful dances and music.

Day 12: Depart To Paro from Thimphu

The drive usually takes about 1 hour, but plan for some extra time depending on your flight schedule or if you wish to make any final stops en route.

Enjoy the beautiful landscapes as you make your way back to Paro. The route winds through mountainous terrain, offering stunning views and a chance to reflect on your journey.

Head to Paro International Airport. Ensure you arrive with plenty of time to check in and clear security. Remember, international flights recommend arrival at least 2-3 hours before the flight.

Say your farewells to your guide and any new friends made during the trek.
Flight Departure.