

Outline Itinerary for Jomolhari Trek I

Day1. Arrive Paro (by Druk Air): The flight into Paro on our national carrier, and drive to Hotel. Visit Ta Dzong, National Museum (Paro Rimpung Dzong), the centre of civil and religious authority in this valley. Over night at Hotel.

Day2. Hike to Taksang (Tiger Nest) (2800 ft) above the Paro valley floor: This day hike is not only historically and culturally interesting, but also incredibly scenic! It takes about 4 hours round trip. Lunch will be served at the cafeteria and back to Hotel.

Day3. Paro ---- Shana: Alt gain:1020ft/310m, Alt loss:260ft/80m. Time: 5hrs, Distance:9.3miles/15km.Grade:Easy. Starting from Drukgyel Dzong, Gunitsawa army outpost appears not long before the end of the first day's trek. The campsite at Shana, just beyond, is situated at an altitude of 9840ft/2,890m.

Day4. Shana ---- Soi Thangthangka: Alt gain: 2250ft/685m. Alt loss: Nil. Distance: 13.6miles/22km. Time: 6 to 7hrs. Grade: Moderate. Though the trail is rocky and bumpy, it is not strenuous. In rainy conditions it can get quite muddy. Over night at the campsite.

Day5. Soi Thangthangka ---- Jangothang. Alt gain:1530ft/469m. Distance: 10.5miles/11km. Time: 4 to 5hrs. Grade: Short and easy. The third day's trek is a short one, so it is possible to set off a little later and progress at a leisurely pace. Overnight at camp.

Day6. Jangothang (Halt)

Day7. Jangothang ---- Lingshi: Alt gain: 2,780ft/845m. Alt loss: 2,890ft/880m. Time: 5 to 6 hrs, Distance: 13miles/21km. Grade: Strenuous. Climb steeply above the base camp and into an area of glacial moraine, the Nylie-La (pass) at 4890m/16040ft. See the view of Lingshi Dzong (4,370m). The camp site is some distance below the Dzong at an altitude of 4010m/13150ft.

Day8. Lingshi ---- Shodu: Alt gain: 3085ft/940m. Alt Loss: 2855ft/870m. Time: 6-7 hrs, Distance:13.6 miles/ 22km. Grade: Long and difficult. Start towards the Yele-La (pass) at 16,235ft/4,950m. Camp site in a meadow at Shodu (13,380ft/4080m)

Day9. Shodu ---- Barshong: Alt gain: 426ft/130m. Time: 5-6 hrs, Distance: 8.7miles/14km. Grade: Moderate and pleasant. The River that you are now following is the source of Thimphu Chu, a popular campsite called Domshe-Sa.

Day10. Barshong ---- Dolam Kencho: Alt gain: Nil, Alt Loss: 1410ft/430m), Time: 4-5hrs, Distance:9.3miles/15km. Grade: Moderate. The trail starts with a gentle descent and passes through a dense forest of rhododendron, birch and conifer trees. Overnight at camp, Dolam-Kencho (10,790ft/3,290m).

Day11. Dolam Kencho ---- Dodena ---- Thimphu: Alt gain:525ft/160m. Alt Loss:2214ft/675m. Time: 3 hrs, Distance: 4.3miles/7 Km. Grade: Moderate and short. The final day's trek is not all downhill, rather it twists and turns and rises and falls. When you reach to Dodina, drive over to Thimphu. Overnight at Hotel.

Day12. Thimphu ---- Sightseeing: Memorial Chorten, Handicraft emporium, Arts & craft School, Hand made paper place, Changzamtok textile, Nunnery, Takin reserve. Overnight at hotel.

Day13. Thimphu ---- Punakha: 3hr/ 77km. We go over Dochula Pass at 11,305ft, which on clear days offers panoramic view of the Himalayan mountain ranges. The road descends into the fertile valley of Punakha. Overnight at Punakha. Altitude:4430ft.

Day14. Punakha ---- Paro: 4hrs / 146km. Visit majestic Punakha Dzong (fortress). Stop at Thimphu for last minute shopping and head for Paro. Over night at Paro.

Day15. Depart Paro to Bangkok: Say goodbye to Bhutan and board a flight for Bangkok for onward destination. We hope you'll carry this gentle Kingdom in your heart: May it bring peace to you and others. Have a safe journey Home.