

## Jumolhari Trek II

**Day 1.** Fly into Paro: The flight into Paro on the national carrier, Druk Air. The only Air line of Bhutan, Upon arrival you will be met by your guide and transferred to the hotel at Paro. Alt: 7364ft.

**Day 2.** Excursion to Taksang ( Tigers Nest): It takes around 4hrs round trip, and is about 2,700ft above Paro valley's floor. This hike is important to acclimatize for trek next day. Overnight at hotel.

**Day 3.** Paro to Shana : 5hrs, 9.3miles / 15km. Alt gain:1020ft/310m, Alt loss: 260ft /80m. Trek starts from Drukgyal Dzong (fort). The trail climbs gently on a dirt road through blue pine forest reaching military camp Gunitsawa. Then onwards to Shana camp. Alt: 9480ft / 2890m.

**Day 4.** Shana to Soi Thangthanka: 8 to 9hrs / 13.6miles / 22km, Alt,gain: 2250ft / 685m. Today is a long and hard day. Start through beautiful forest consisting of birch, fir, larch,maple, blue pine and rhododendron. Onwards to camp at Alt: 11,730 ft /3575m.

**Day 5.** Soi Thangthanka to Jangothang : 4 to 5 hr. 10.5miles / 17km. Alt,gain: 1530ft/ 469m. It's a beautiful start with view of the Jhomolhari Mt. through junipers. We will then reach you to a beautiful base camp. Alt: 13,250ft/4040m

**Day 6.** Jangothang Day halt

**Day 7.** Jangothang to Dhumzo : 6 to 7hrs, 10miles / 16km, Alt gain 1770ft/540m. Alt loss: 3600ft/1100m. Leaving the camp, the trail climbs steeply to Tshophu Lake and to Bonte La (pass) Alt:16,040ft / 4890m. After the pass the trail is descends steeply down to the camp. Alt: 12,460ft/3800m.

**Day 8.** Dhumzo to Thombu Shong : 4 to 5hrs, 7miles/ 11km, Alt,gain: 2420ft/740m, Alt loss: 1370ft/420m. After a small climb from camp through the rhododendrons to the

Tagulun La pass Alt: 14,880ft, Its a steady and steep climb. The trail first stays high to the left with some exiting drop offs, then winds gently downhill to the camp Alt: 13,510ft/4120m.

**Day 9.** Thombu Shong to Shana : 4 to 5hr, 9miles/14.5km. Alt,gain: 495ft/150m.

Alt loss:4525ft/1380m. Climb steeply to Thombu La (pass) Alt: 14,005ft/4270m. Then onwards to a big descent steeply for 2 to 3hrs will reach you near the military helipad. The final night camp is on a pleasant site by the Paro Chu.

**Day 10.** Shana to Paro: 4hrs. 10.5 miles/17km. Alt gain 260ft/80m. Alt loss 1020ft/310m. A 4hr hike through lovely valley to Drukgyel Dzong. Afterwards, 1hr drive to Thimphu, Bhutan's capital. Check in to a hotel at Thimphu. Alt. 7493ft.

**Day 11.** Thimphu sightseeing: Visit memorial Chorten, Handicraft emporium, 13 arts&craft school, Nunnery, Takin reserve, Paper factory. Overnight at Hotel.

**Day 12.** Thimphu to Punakha: 3hr/77km. Drive to Dochula pass at 10142ft to Punakha at an Altitude of 4430ft. Hike to Chimi lakhang. Over night at hotel in Punakha.

**Day 13.** Punakha to Paro: 4hrs / 146km. Visit Punakha Dzong (fortress). Short stop for hot tea or coffee at Cafeteria located on Dochula Pass Alt (11,305ft/3050 m). Enjoy the pristine forests of hemlock, fir, oak, magnolia. Head on to Thimphu for a short last minute shopping. Leave for Paro and check in to a hotel.

**Day 14.** 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.