

# JOMOLHARI TREK

13 Days & 12 Nights



## OVERVIEW: - 12 Nights 13 Days Jomolhari Trek in Bhutan

DAY	PLACE	DATE	ALTITUDE
1	Arrive Paro and Local Sightseeing		2000 m
2	Hike to tiger nest monastery		3120 m
3	Gunitsawa Village – Sharna Zampa (Trek Starts)		2850 m
4	Sharna Zampa - Thangthangkha		3610 m
5	Thangthangkha – Jangothang		4080 m
6	Rest day at Jangothang		4080 m
7	Jangothang – Soi Yaktsa		3800 m

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8	Soi Yaktsa – Thombu Shong	4180 m
9	Thombu Shong – Gunitsawa Village (Trek ends) - Thimphu	2334 m
10	Thimphu Sightseeing	2334 m
11	Thimphu - Punakha	1200 m
12	Punakha - Paro	2200 m
13	Depart from Paro	2200 m

## Day 1

### LAND PARO - SIGHTSEEING

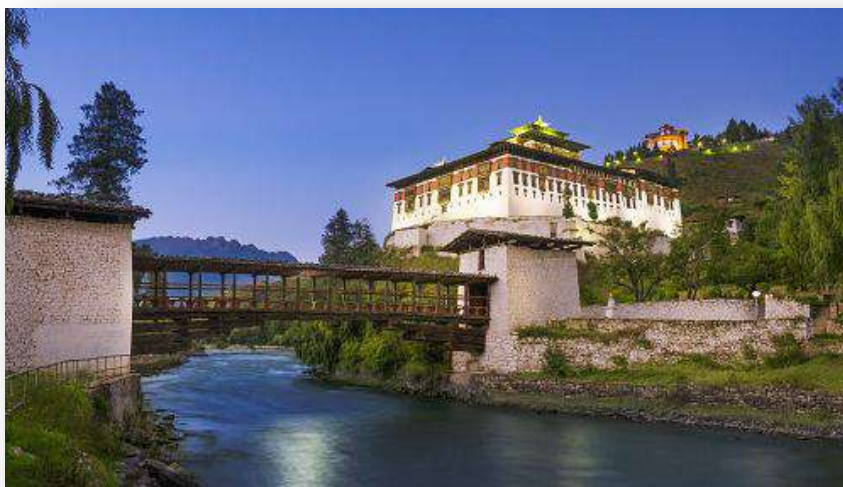
Fly into Paro by DrukAir / Bhutan Airline After completing your immigration formalities, you will be received by our representative who will be your tour guide throughout your tour. On arrival at paro check into your hotel and visit the following places:

National Museum, housed in the Ta Dzong (watchtower). Here an intriguing collection of artifacts provide a wonderful introduction to the rich culture and heritage of the Kingdom.

Paro Dzong, a fine example of Bhutanese historic architecture. It is also known as the Rinpung Dzong which means a "fortress that sits on a heap of jewels". This imposing dzong located above the Paro River is a fine example of Bhutanese architecture with its inward sloping walls that rise to an impressive height.

The dzong was built in the 16th century on the foundation of a monastery built by Guru Rinpoche (who is regarded as the "second Buddha.").

From the dzong, walk further down to Nyamai Zampa, an oldest traditional cantilever bridge in Bhutan.



In the evening stroll through the Paro town and visit local handicraft stores.

## Day 2

### EXCURSION TO TIGER'S NEST MONASSATERY

After breakfast, drive to Paro which takes about 1 hr and then hike up to Taktsang Monastery, also known as 'Tiger's Nest'. The walk up to the viewpoint will take about 1 – 1 ½ hrs depending on your fitness and from View Point you will enjoy a spectacular view

of the monastery clinging to the side of the cliff. Stop for refreshment at the View Point Cafeteria. Then walk further up to the monastery which will take about 1 hour.

It is said that in the 8th century Guru Rinpoche flew on the back of a tigress from eastern Bhutan to this place and meditated in a cave here for 3 months.

The principal Lhakhang

(monastery) of the present monastic

complex dates from 1692. Taktsang was damaged severely by fire in 1998 but has now been fully restored to its former glory. After visiting the monastery, walk downhill back to the road on the way stop for lunch at the view point cafeteria and then walk further

downhill to the road point. Then drive back to hotel.



On the way visit Kyichu temple, one of the 108 temples built in the 7th century by the Tibetan King Songsten Gampo. The story goes that a giant demon lay across the whole area of Tibet and the Himalayas and was preventing the spread of Buddhism. To overcome her, King Songtsen Gampo decided to build

108 temples, which would be placed on all the points of her body. Of these 108 temples, 12 were built in accordance with precise plans. Thus, it happened that in about the year AD 638 the temple of Jokhang in Lhasa was built over the very heart of the demon.

Day  
3

### **GUNITSAWA VILLAGE – SHARNA ZAMPA**

This trek begins at Gunitsawa Village where you pass the army post. At the army check post your trek permit (provided by your tour operator) will be checked and endorsed. The campsite is on the opposite side of the river, not far from Gunitsawa.

**Time: 40 Min | Accents: Descent 80m | Camp Altitude: 2850 m**

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**Day  
4**

**SHARNA ZAMPA – THANGTHANGKHA**

The trail again follows the Pa Chu (Paro river), ascending and descending through pine, oak and spruce forest .After crossing a bridge to the left bank of the river, we stop for lunch. Then continue along the river, climbing upwards through Rhododendron forest, and crossing the river once more before reaching the campsite (3750m).

<b>Distance</b>	22 km
<b>Time</b>	7-8 hours
<b>Ascent</b>	Ascent 770 m, descent 10 m
<b>Camp Altitude</b>	3,610 m

**Day  
5**

**THANGTHANGKHA – JANGOTHANG**

If you did not see Mt. Jomolhari the previous evening, you will still have a chance to get a great view early this morning. This morning the trek continues up the Paro Chhu valley which widens into patches of alpine meadow and scanty growths of forest. You will cross an army checkpoint along the way and enjoy a spectacular view of high mountain ridges and snow-capped peaks. In this area yaks and their herder’s homes become a regular feature of the landscape. Passing the villages

<b>Distance</b>	19 km
<b>Time</b>	5-6 hours
<b>Ascent</b>	Ascent 480 m
<b>Camp Altitude</b>	4,080 m

Soe, Takethang and Dangochang is another asset on this day. After reaching Jangothang, one of the most beautiful campsites of the Himalayas, you will again have a spectacular view of Mount Jomolhari.

**Day  
6**

**JANGOTHANG – REST DAY**

A rest day. A chance to acclimatize and walk up to the Jhomolhari glacier or to the lakes in the opposite direction.

**Day  
7**

**JANGOTHANG – SOI YAKTSA**

The trail leads to a last settlement in the valley and drops to the Paro Chhu. Passing the lake of Tshopu (4,380m) you will climb up steeply to Bhonte La pass at 4,890 m, the highest point of this trek route. Reaching the Dhumzo Chhu river, you trek downstream passing the few houses of Soi Yaktsa (Dhumzo) to arrive at your camp soon after.

<b>Distance</b>	16 km
<b>Time</b>	6-7 hours
<b>Ascent</b>	Ascent 810 m, descent 1,090 m
<b>Camp Altitude</b>	3,800 m

## Day 8

### SOI YAKTSA – THOMBU SHONG

Today The trail climbs 100m over a ridge to drop to another stream then. After crossing the Takhung La pass (4,520m) you descent to Thombu Shong, three yak herder huts with your campsite next to them.

<b>Distance</b>	11km
<b>Time</b>	4-5 hours
<b>Ascent</b>	Ascent 720m, descent 340 m
<b>Camp Altitude</b>	4,180 m

## Day 9

### THOMBU SHONG – GUNITSAWA VILLAGE - THIMPHU

Crossing Thombu La pass (4,380m) you will finally reach Gunitsawa where you can be collected or you may decide to stay at the campsite, Sharna Zampa, where you stayed the first night of this trek.

<b>Distance</b>	13km
<b>Time</b>	4-5 hours
<b>Ascent</b>	Ascent 200 m, descent 1,650 m
<b>Camp Altitude</b>	2,850 m

## Day 10

### THIMPHU SIGHTSEEING

After breakfast visit following place:

Institute for Zorig Chusum - commonly known as Arts & Crafts School or Painting School, the Institute offers a six-year course on the 13 traditional arts and crafts of Bhutan. On a visit, one can see students learning the various skills taught at the school.

Coronation Park - Located on the banks of the river (near the city stadium), this 5.6 acres of parkland offer a pleasant and relaxing environment to stroll or to sit and watch the river flow by.

Kuensel Phodrang and visit tallest Buddha statue and enjoy the full view of Thimphu Valley below.



The Folk Heritage Museum (Phelchey Toenkhyim) - It is dedicated to connect people to the Bhutanese rural past through exhibits, demonstrations, educational programmes and documentation of rural life. The principal exhibit in the museum is a restored three storey traditional rammed mud and timber house, which dates back to the mid 19th century. The design and form of house is that of an average household in the Wang area during that era. The age of structure demonstrates the durability and performance of the building materials. From ground to top floor, household objects, typical domestic tools and equipments that would have been used by a family during that period are put on display. The museum is also developing some of the native trees and plants that were used for various domestic purposes in the rural households.



Changangkha Lhakhang - It is a fortress like temple and monastic school perched on a ridge above Thimphu, south of Motithang. The temple was established in 12th century on a site chosen by Lama Phajo Drugom Shigpo, who came from Tibet. The central statue here is Chenrezig in a manifestation with 11 heads. From temple courtyard, there is fascinating view of Thimphu valley.

Weekend Market - Every Saturday and Sunday most of Thimphu's scant population and many valley dwellers congregate on the banks of the river where weekend market is held. It is an interesting place to visit and provides opportunity to mingle with the local people.

## THIMPHU – PUNAKHA

After breakfast, travel to Punakha through Dochula Pass (3140 m). In the clear spring sky, you can enjoy the panoramic view of the Himalayan Mountain ranges. Then pass by the beautiful 108 chortens built on the hill by Her Majesty Ashi Dorji Wangmo Wangchuck (Queen Mother of Bhutan) for the security and well being of His Majesty, the King of Bhutan.



Punakha has been inextricably linked to some of the most momentous events in the Bhutanese history and deserves its reputation as one of the most beautiful and significant regions at the heart of Bhutanese culture. Punakha had served as the capital of Bhutan



from 1637 till 1907. The dzong is historically important and stands as the symbol for a unified Bhutan.

On the way, stop for lunch at Metsina village and then visit the Devine Madman's Monastery Chhimi Lhakhang, famously known for its fertility shrine, where one can receive a special fertility blessing. Then visit the Punakha Dzong, located on the island of the Pho - Chu (male river) and the Mochu (female river). The dzong was built in 1637 by Zhabdrung Ngawang Namgyal to serve as the religious and administrative seat of the region. At the dzong, you can see the highest standards in woodwork. In the evening visit Rinchengang & Lobesa villages where you will take a short walk through the village and have free interaction with the villagers.

Day  
12

### **PUNAKHA - THIMPHU**

Hike to Khamsum Yulley Namgyal Chorten - A beautiful hike takes one to the regal Khamsum Yuelley Namgel Chorten, which was built to remove negative forces and promote peace, stability and harmony in the changing world. The Chorten dominates the upper Punakha Valley with commanding views across the Mo Chhu and up towards the





mountainous peaks of Gasa and beyond. After lunch visit following place Limbukha –

Drive towards limbukha village later walk across the suspension bridge (about 200m long) through absolutely fresh breeze and fascinating view of Dzong. Follow the farm houses gradually climbing towards Dompala hills. The view of Dzong, Pho Chhu, Mo Chhu rivers and surrounding village is superb amidst chirpine forests. The climb is another two and half hours to Limbukha. Limbukha farmers grow Bhutan's famous red rice which is supposed to have medicinal values. This particular rice needs clean mountain spring so that the taste is good and nutritional value maintained. Limbukha is also known for its love of peace and tranquility. Legends say that during medieval wars the "limpus" or the people of Limbukha always volunteered as peace negotiators. Evening drive to Paro.

**Day  
13**

**DEPART FROM PARO**