



CHOMOLHARI TREK, BHUTAN



Lingshi Dzong, Chomolhari Trek, Bhutan © Ann Foulkes, trekMountains

Grade:	Moderate / Demanding 	Land-only duration:	14 days
Max altitude:	4700m	Trekking days:	8 days
Dates:	We can run this on dates to suit you for a minimum group size of 1. The 2 main trekking seasons in Bhutan are Spring and Autumn. Contact us at info@trekmountains.com with your preferred dates		
		Price:	Contact us

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Chomolhari, meaning 'mountain of goddess,' is the name given to one of Bhutan's most famous mountains. The classic Bhutan trek to the base camp of the mountain is a great introduction to the scenery and culture of the Kingdom. Dazzling alpine views, quiet forest trails and many of the kingdom's key heritage sites are included on the two week trip, which can be taken as an extension to a Nepal trek, or as a splendid holiday in its own right.

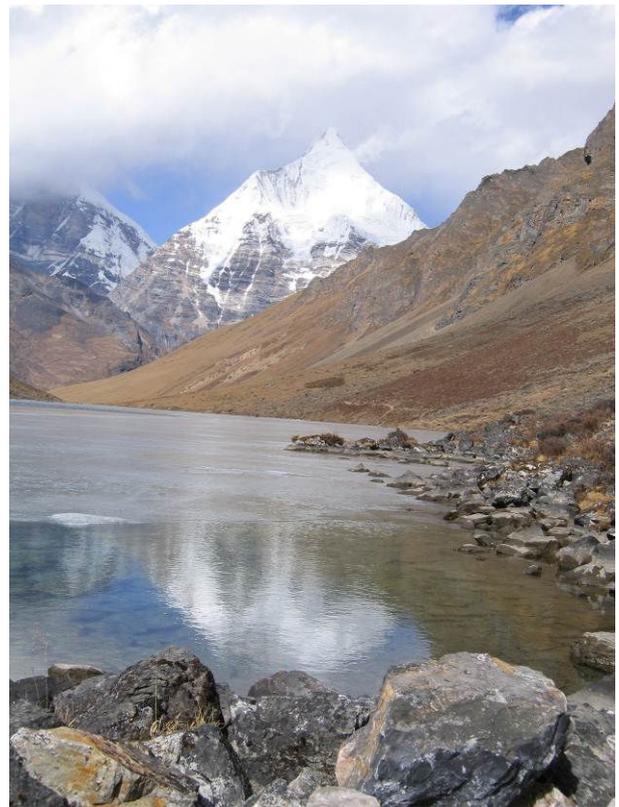
We start with two nights in Paro, to visit the 17th century fortress, Ta Dzong, now Bhutan's fascinating National Museum, and the kingdom's most sacred Buddhist shrine at Kyichu Lhakhang. Then a short drive brings us to the trailhead, where we meet with the trek team and set off following the Paro Valley through farmlands and scattered settlements. Climbing gradually through forests of rhododendron, pine, oak and spruce, we emerge above the tree line to enjoy fabulous views of Mt. Chomolhari from the high alpine pastures, where yak herders graze their animals. We camp near the base camp of this impressive mountain, beside a shimmering cobalt blue lake. An ever-present landmark during the next days of our trek is 6856m Jitchu Drake.



Bhutanese masks
© Ann Foulkes, trekMountains

There is further challenge ahead as we cross two passes to descend to the Thimphu Valley, with its rock faces and waterfalls. During the final days of the

trek we follow the river downstream through bamboo forests and past ancient ruins to Dodena. Here we are met for the short drive to Bhutan's colourful capital Thimphu, where we stay overnight. A full day of sightseeing in the town and surrounds includes visits to many of Bhutan's cultural gems: Tashichhodzong, known as 'the fortress of the glorious religion', the Memorial Chorten, Painting School, Traditional Medicine Institute and Handicraft Centre.



Jitchu Drake, Chomolhari trek, Bhutan
© Ann Foulkes, trekMountains

OUTLINE ITINERARY

**** The dates for this trip are dependent on the Druk Air flight schedule for flights in and out of Paro. Flights from Kathmandu to Paro are currently scheduled for Tuesdays, and returning on Saturdays. However, this may change if Druk Air alter their flights schedule, and therefore NO international flights should be booked prior to checking with trekMountains office, as it may be necessary to reschedule the dates**

Walking and journey times are approximate

- Day 1 Arrive Kathmandu or Delhi ****
Transfer to the hotel. Rest of the day free.
- Day 2 Fly to Bhutan**
Transfer to the airport for the short flight to Bhutan. On arrival we are met and transferred to the hotel. Evening visit to Paro market and town. Overnight at the hotel in Paro.
- Day 3 Paro**
Morning visit to Ta Dzong, built in the 17th Century, as a watch tower to defend Paro Dzong and valley. This fortress was later converted into the National Museum in 1967 and is filled with antique thangka paintings, textiles, weapons and Bhutan's renowned postage stamps. Below Ta Dzong, is fascinating Rinpung Dzong, meaning 'fortress of the heap of jewels' which has an interesting history. In the afternoon we visit Kyichu Lhakhang, one of the oldest and most sacred shrines of Bhutan. Overnight at the hotel in Paro.
- Day 4 Paro to Shana 2580m**
5 / 6 hours walking
Drive to Drukgyel Dzong, at the end of valley. Our trek begins from here, following the Paro river upstream passing villages and gradually ascending to 2580m at Shana camp.
- Day 5 Shana to Soi Thangthangkha 3750m**
9 / 10 hours walking
The trail again follows Pa Chu (Paro river), ascending and descending through pine, oak and spruce forests. After a hot lunch we follow the valley, climbing up through rhododendron forests and finally crossing the river again, reaching the campsite at an altitude of 3750m.
- Day 6 Soi Thangthangkha to Jangothang 4040m**
The path ascends for a while till we reach the army camp. We then follow the river above the tree line enjoying the stunning view of the surrounding peaks. Hot lunch will be served inside a yak herder's camp. A short walk into the valley takes us to the camp at Jangothang at an altitude of 4040m. From here, views of Mt Chomolhari and Jitchu Drake are superb.
- Day 7 Jangothang to Lingshi 4000m via the Nyele La Pass 4700m**
7 / 8 hours walking
The trail follows the stream for half an hour and crosses the bridge to the right. We start the climb up to the first ridge with a breathtaking view of Chomolhari, Jitchu Drake and Tsrin Khang. Then we walk towards the valley, which is almost flat for a while, until the climb to the Nyele La pass at an altitude of 4700m. After the pass it's a gradual descent to Lingshi camp, enjoying the panoramic view of the peaks and Lingshi Dzong.
- Day 8 Lingshi to Shodu 3750m**
9 / 10 hours walking
A long but scenically superb day of trekking. The path follows the stream up towards the valley opposite the Dzong. We have a gradual ascent through the valley for about four hours until the stiff climb at the pass. After the pass it is a long but steady drop to the Shodu camp at an altitude of 3750m.
- Day 9 Shodu to Barshong 3600m**
6 / 7 hours walking
By now we are almost back to the tree line. The path follows the Thimphu River, descending through rhododendron, juniper and other alpine forests. The view of the cliffs and waterfalls is stunning. A hot lunch will be served by the river side. After lunch the trail gradually climbs to the ruins of Barshong Dzong where we reach camp.
- Day 10 Barshong to Dolam Kencho**
We drop down steadily through alpine forests and once again join the Thimphu River for a while before climbing up to Dolam Kencho .then the path descends through bamboo forests all the way to Dolam Kencho.
- Day 11 Dolam Kencho to Thimphu**
From Dolam Kencho the path descends through bamboo forests all the way to Dolam Kencho, finally joining Thimphu River once again. Arriving at Dodena we are met by our transport and driven to Thimphu. We overnight at our hotel in Thimphu.
- Day 12 Thimphu to Paro**
Full day of sightseeing in Thimphu valley, visiting the Memorial Chorten, Tashichhodzong, National Library, Painting School, Traditional Medicine Institute and Handicrafts Emporium. Evening drive to Paro. We overnight at the hotel in Paro.
- Day 13 Fly to Kathmandu**
After breakfast, drive to Paro airport for flight to Kathmandu. Transfer to hotel.
- Day 14 Depart Nepal**
Transfer to the airport for return flight. Extra days in Kathmandu or Delhi, or extensions in Nepal or India can be arranged if you wish once the Druk Air schedule has been released.

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.



The Price Includes:

- Airport transfers in Nepal and Bhutan
- Return scheduled flights between Kathmandu and Paro – the trek price is based on a typical price for these flights. Flight prices do fluctuate – if there is a variation in price at the time of finalising your flights we will let you know.
- Accommodation for 2 nights in hotel in Kathmandu in room with shower and wc and inclusive of breakfast
- Participation in trek as detailed, inclusive of full board, transportation to/from start/end of trek, camping equipment (not sleeping bags) guide and porter services (15kg load per trekker), trek permit and national park fees
- Hotel accommodation in Bhutan as per itinerary

Not Included:

- Meals other than breakfast in Kathmandu
- Nepal and Bhutan Airport taxes (allow approximately £25)
- Nepalese visa (Nepal: Multiple entry tourist visa: £15 for 15 days validity)
- Bhutan visa (allow approximately £40)
- Bhutan Tourism Fee (allow approximately £7)
- Drinks, telephone calls, laundry, souvenirs and other such personal expenses
- Travel insurance
- Tips

Options:

- **Accommodation** is usually in twin rooms and twin tents with another trekker of the same gender, or with a person you name on your booking form. **Single rooms and single tents** are available – see the dates and prices list for details.
- **Extra nights** are available in our group hotel – see the dates and prices list for details.
- **Extension trips** can be arranged in Bhutan, India and Nepal. Please see our Himalayan Extensions itinerary for details. Extensions should be arranged to booking international flights.

Flights:

You are welcome to book your own international flights to Kathmandu or Delhi for this trip.

If there is a group of you we may be able to book your international flights for you – please contact us.

We will book the Kathmandu/Delhi – Bhutan flights for you.

No flights should be booked until you have received written confirmation from the trekMountains office that your departure is guaranteed to run.

Minimum numbers and our pricing policy:

This trip is advertised based on a 4 person price based on twin sharing rooms. It can, however, be run with just 1 person.

We can offer this trip as a trip just for your party on dates to suit you. If the 4 person twin share price is not relevant to your party, we will quote according to the number of participants and the number of single / shared rooms that you require.

Alternatively, you may prefer that we open up the trip to other bookings. In that case, if there are less than 4 of you in your party we will give you a price based on the number of participants so that the trip can be guaranteed immediately. The final price will reduce as more trekkers join the trip.