

## JUMOLHARI TREK

<b>Trip Length:</b>	13 days/ 12 nights, 14 - 26 April 2024
<b>Activity Type:</b>	8-day Jumolhari Trek, Tiger's Nest Hike and Cultural Tour
<b>Difficulty Level of the Trek:</b>	Medium - hard
<b>Places covered:</b>	Paro, Thimphu & Punakha

### Day 1 (14 Apr, Sunday): Arrive Paro

Paro International Airport is one of the most thrilling airports due to its lofty Himalayan location. On the flight you will be treated to the awe-inspiring sight of the holy Jumolhari and Jichu Drake peaks. If your flight originates from Delhi via Kathmandu, to the left of the plane, you will be able to see the majestic Everest, Makalu, and Kangchenjunga, three of the world's highest mountains along with other mountains. As you descend into the serene Paro Valley, you will be breath-taken by the stunning views of alpine forests, small monasteries, temples, and traditional flat-roofed farmhouses. Upon arrival, our representative will greet you. If your flight is in the morning, visit the 17<sup>th</sup> century Ta Dzong. It was used as a defence structure to protect the region from invasions. Today, it is open to the public as the National Museum of Bhutan, showcasing a range of artifacts and exhibits related to Bhutanese culture and history. Next, head to the Rinpung Dzong meaning "fortress of the heap of jewels". It has a long and fascinating history. Along the wooden galleries lining the courtyard of the Rinpung Dzong are fine wall paintings illustrating Buddhist lore. You will walk downhill till the road point crossing the traditional wooden bridge. Overnight at a hotel in Paro.



### Day 2 (15 Apr, Monday): Acclimatization hike to Tiger's Nest Monastery, Elev 3180m

5KM / 4-5 HOURS / 900M ASCENT

After breakfast, you will hike the most iconic sight of Bhutan - the Tiger's Nest Monastery. The Taktsang is a sacred and one of the most popular Buddhist sites in Bhutan. The hike helps acclimatize for the next day's trek. It is also a great way to experience the culture and spirituality of Bhutan. The trail is well-marked and not too strenuous, making it suitable for most hikers. The monastery is perched on a rocky ledge about 900m above the Paro valley. The 8th century Spiritual Master, Padmasambhava known as Guru Rinpoche in Bhutan is said to have flown on the back of a tigress to meditate in a cave where Taktsang Monastery now stands. With unique architecture and breathtaking views, the monastery has number of shrines, temples, and meditation caves. After exploring the



monastery, you will hike back to the mid-point where you will have your lunch at the cafeteia. After lunch, walk further down to valley floor where your transport will be waiting to transfer you back to the valley. On the way to your hotel, you will explore Paro town, which is marked by pretty traditional houses, interesting souvenir shops and modern style cafes. Overnight at a hotel in Paro.

**Day 3 (16 Apr, Tuesday): Paro-Shana, *Trek starts.***  
*17km, 5-6 hours, 300m Ascent, Camp Altitude 2850m.*

The trek starts from Drukgyal Dzong at 2550m with a short walk downhill on a wide trail. The trail climbs gently, traversing through well-maintained rice terraces and fields of millet. The route later enters an area of apple orchards and forest. Soon the valley widens, and you reach the army post of Gunitsawa at 2810m. This is the last stop before Tibet. At 2850m, just beyond Shana Zampa, there are several good camping places in meadows surrounded by trees.



**Day 4 (17 Apr, Wednesday): Shana-Soi Thangthangkha**  
*21km, 6-7 hours, 900m Ascent, Altitude 3750m*



The trail follows Pa Chhu (Paro River) ascending and descending through pine, oak, and spruce forests. Hot lunch will be served after crossing the bridge towards the left side of the river. After lunch follow the river climbing up through rhododendron forests and after finally crossing another bridge again, reach the campsite at the altitude of 3750m.

**Day 5 (18 Apr, Thursday): Soi Thangthangkha-Jangothang**

*19km, 4-5 hours, 300m Ascent, Camp Altitude 4050m*

The path ascends for a while till you reach the army camp. 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 will take you to the camp at Jangothang at an altitude of 4050m. From here, the view of Mt. Jumolhari and Jichu Drake is superb.

**Day 6 (19 Apr, Friday): Halt at Jangothang (Base Camp)**



Today is a day of acclimatization. You may choose from four day hikes: a 3-4 hours hike up to a ridge that gives a good view of Jichu Drake; a hike up to the end of the valley, towards Jumolhari; a trek up the main valley toward Jichu Drake' or a hike to Tsophu, a pair of turquoise lakes with a good supply of brown trout. Camp altitude is at 4050m.

**Day 7 (20 Apr, Saturday): Jangothang-Lingshi**

*19km, 6-7 hours, 730m Descent, Camp Altitude 4010m*

The trail follows the stream for half an hour and crosses the bridge to the right side. Start the climb up to the first ridge with a breathtaking view of Jumolhari, Jichu Drake and Tshering Gang. Then walk towards the valley, almost flat for a while, until the climb to the Nyele La pass at an altitude of 4830m. After the pass, it's a gradual descent to Lingshi camp, enjoying the panoramic view of the peaks and Lingshi Dzong.



**Day 8 (21 Apr, Sunday): Lingshi-Shodu**

*22Km, 7-8 hours, 940m Ascent, 920m Descent, Camp Altitude 4100m*

The Laya Gasa route leaves the Jumolhari trek here. The trek route climbs towards a small white Chorten on a ridge above the camp, then turns south up the deep Mo Chhu valley. The trail stays on the



west side of the largely treeless valley, climbing steadily a short distance above the Mo Chhu River. It then crosses the river and climbs steeply for two hours to Yeli La pass at 4820m. From the pass, on a clear day, you can see Jumolhari, Gangchen Ta, Tshering Gang and Masang Gang. Descend alongside a stream to a shelter, and then further downstream to a camp at Shodu at 4100m, a meadow with a Chorten.

**Day 9 (22 Apr, Monday): Shodu-Barshong**

*23Km, 7-8 hours, 250m Ascent, 670m Descent, Camp Altitude 3600m*

Today you will come back to tree line. The path follows Thimphu River, descending through rhododendron, juniper and other alpine forests. You will be able to see stunning views of rocky cliffs and waterfalls. You can rest by the riverside and enjoy a hot meal. After lunch you will gradually ascend to the ruins of Barshong Dzong. Continue to your campsite at 3600m.



**Day 10 (23 Apr, Tuesday): Barshong-Dodena-Thimphu (Trek ends)**

*17km, 4-5 hours, 200m Ascent, 280m Descent*

The trail descends gently through a dense forest of rhododendron, birch and conifers, and then ascends till you meet the dirt road. Walk along the dirt road for a while and then descend, keeping Thim Chhu River on the left. You will be picked up by a car for transfer to Thimphu for a night halt. Enjoy a nice warm shower and relax in hotel. Late in the afternoon, you can explore the craft bazar where small bamboo houses are lined up displaying interesting and unique locally made arts and crafts. You can explore stalls and even shop for some souvenirs. Overnight at a hotel in Thimphu.

**Day 11 (24 Apr, Wednesday): Thimphu-Punakha, 76 km, 2 hours**



After breakfasting this morning, visit the National Memorial Chorten which is the most iconic relic of the kingdom and next the giant Buddha Statue in Kuenselphodrang. The statue towers up to 169ft and it is supposedly the largest bronze statue in the world. Then enjoy a scenic drive to Punakha with a stop at Dochu La (3,100 meters), where on a clear

day you can get spectacular views of the Himalayas. From the pass, drive downhill through the forests of rhododendron, fir, and hemlock. You will arrive at Punakha after traversing through rice fields and along the bank of Punakha River. Check into your hotel. After settling in, head to the Punakha Dzong, which is stunningly situated in between the male and female rivers like an anchored ship. The way to the dzong is through the famous 'Bazam' which is a traditional Bhutanese cantilever bridge. The most beautiful dzong in Bhutan which once served as the ancient capital is now the winter residence of the central monastic body. The dzong holds great historical importance as it hosted the royal wedding of the current monarch. Overnight at a hotel in Punakha.

**Day 12 (25 Apr, Thursday): Punakha - Paro, 124 km, 3 hours**

Today you will drive to Paro through Dochula Pass and Thimphu again. En route stop at Metsina and hike through rice paddies and up to the Chimi Lhakhang Temple. This temple is dedicated to the great Yogi of 14th century known as Drukpa Kuenley, or the "Divine Madman," who is believed to bless women who seek fertility. In the temple you will see paintings, images and symbols having been used to depict the teachings of Buddhism for centuries. Continue driving and stop in Thimphu to visit the Weekend Market. It is the largest vegetable market in the country. You can see the variety of food of the country, including basket upon basket of fiery chilies, fresh cheese, and fruits. This is perhaps a good opportunity for photography and to mingle with locals who come from the nearby villages to sell their farm products. Later in the afternoon drive to Paro for night halt. Overnight at a hotel in Paro.



**Day 13 (26 Apr, Friday): Depart Paro**

After breakfast, you will drive to the airport for departure. Our representative will bid you farewell, wishing you a pleasant journey back home. We hope you enjoyed your time in the beautiful Kingdom of Bhutan with us!