



Jumolhari Trek (Round Trek)

This is a classic 9-day Trek starting from (Drukgyal Dzong) Paro and end at Dodena near Thimphu. The route passes through two high passes from Jangthang. The view of Jumolhari Mountain (7314 M) from Jangthang is spectacular. The Trek is strenuous and is very popular. The highest point is 4115 Meters.



Detailed Itinerary

Day 1: Arrival at Paro 2280 meters

Upon arrival at Paro airport, we receive you and transfer to the hotel. After lunch, drive to the ruins of Drukgyel dzong, now in ruins was built by Shabdrung Ngawang Namgyal to commemorate the victory over the Tibetan invaders in 1644; the dzong name's means indeed "The Victorious Druk". The Dzong was used as an administrative center until 1951 when a fire caused by butter lamp destroyed it. .

Day 2: Paro sightseeing – Hike to Taktsang Monastery (The Tiger's Nest)

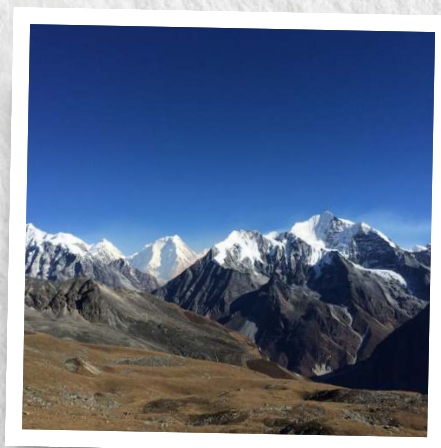
After breakfast, excursion to Taktsang Monastery (The Tiger's Nest). After lunch, visit Rimpung Dzong (Paro Dzong) built in 1646 by Shabdrung Ngawang Namgyal. The Dzong presently houses administrative offices. After lunch visit the Ta dzong, an ancient watchtower, which has been since 1967, the National Museum of Bhutan. Dinner and overnight in Hotel.

Day 3: Paro – Shana (Start of Trek)

Our trek to Shana starts at Drukgyal Dzong at 2580 meters following the Paro river and we pass cultivated fields and tiny picturesque villages. The forests are alive with numerous birds and brightly coloured butterflies. Overnight at camp Shana.

Day 4: Shana – Thangthangka

The trail follows the river through a heavily forested area with a few isolated farmhouses. It narrows and closes in and the trail winds up and down along the drainage. We pass a junction enroute, where another path leads north over the Tremo La to Tibet. Camp is in a meadow with a stone shelter.



Day 5: Thangthangka – Jangothang

In the morning after passing a small army post, the trail slowly leaves the forest line and gradually climbs into a beautiful valley, passing Tegethang, a winter home of yak herdsman. Lunch will be served in one of these huts. Lots of yaks will be seen today before we arrive at the Jhomolhari base camp (4,115 m). High mountains overlook the camp and visible nearby are the ruins of an old fortress used to guard Bhutan against Tibetan invasions.

Day 6: Jangothang

Rest day at Jangothang, enjoy the superb view all around.

For Day hikes, you have 3 options on this day at Jangothang.

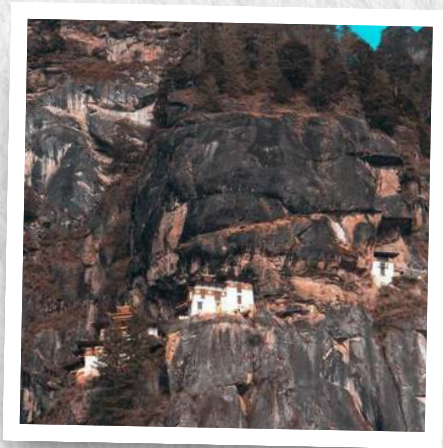
1. Hike to Jumolhari Glacier which is around 4 ½ hours (Back and forth)
2. Hike to Jichu Drake Glacier which is around 3 hours (Back and Forth).
3. Walk up the mountain between Jumolhari and Jichu Drake, the summit is at 5200 meters with a great view of both the mountains. This is 8 hours (Back and forth).

Day 7: Jangothang – Lingshi

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 Drakey and Tsrime Ghang. Then walk towards the valley, almost flat for a while, until the climb to the Nyeley la pass at an altitude of 4,700 meters. After the pass it's a gradual descent to the Lingshi camp, enjoying the panorama view of the peaks and Lingshi dzong.

Day 8: Lingshi – Shodu

The trail today climbs to Yalila Pass (4930 m), from where on a clear day, impressive views of Mount Jumolhari, Tserim Kang and Masagang can be seen. Dinner and over night in Camp.



Day 9: Shodu – Barshong

This is the place where one comes back to the tree line. The path follows the Thimphu River, descending through rhododendron, juniper and other alpine forest. The view of the cliff facing rocks and waterfalls are stunning. Hot lunch will be served by the riverside. After lunch the trail gradually ascends to the ruins of the Barshong dzong, reaching the camp. Dinner and over night in camp.

Day 10: Barshong – Dolamkencho

The road descends through alpine forest and we once again join Thimphu river for a while. After lunch climb up to Dolamkencho camp.

Day 11: Dolamkencho – Dodena – Thimphu

The path descends through bamboo forests finally joining Thimphu River again. Arrive at Dodena where you will be picked up for the drive to Thimphu. Overnight at the Hotel.

Day 12: Thimphu sightseeing

The day begins with a visit to the National Memorial Chorten (1974) built in honour of our late King Jigme Dorji Wangchuk and the Dupthop Lhakhang one of the few surviving nunneries in Bhutan. We then visit the National Library, stocked with ancient Buddhist manuscripts, and the Painting School where traditional art is still kept alive through instructions in the art of painting Thangkas (sacred Buddhist religious scrolls). After lunch we drive to the Traditional Medicine Institute where medicines are prepared according to ancient practices, and to Lungtenzampa to observe the Royal silver smiths and Bhutanese paper factory at work. Other highlights include a visit to the Tashichho Dzong, seat of the national government and the Central Monastic Body, including the summer residence of the Je Khenpo (Chief Abbot of Bhutan).

Day 13: Thimphu – Punakha – Thimphu

(72 Kms, 2 hours drive). After breakfast, Drive to Punakha via Dochula pass. If the weather is clear, we stop for a while at Dochula pass to view Higher Himalayas. Lunch at Punakha. After lunch, visit Punakha Dzong built in 1637 by Shabdrung Ngawang Namgyal and is situated between Pho Chu (Male river) and Mo Chu (Female river). For many years until the time of the second king, it served as the seat of the Government. The construction of the Dzong was foretold by Guru Rimpoche, who predicted, "...a person named Namgyal will arrive at a hill that looks like an elephant". There was a smaller building here called Dzong Chu (Small Dzong) that housed a statue of Buddha. It is said that Shabdrung ordered the architect, Zowe Palep, to sleep in front of the statue, while Palep was sleeping, the Shabdrung took him in his dreams to Zangtopelri and showed him the palace of Guru Rimpoche. From his vision, the architect conceived the design for the new Dzong, which in keeping with the tradition, was never committed to paper. The Dzong was named Druk Pungthang Dechen Phodrang (Palace of Great Happiness). The war materials captured during the battle with Tibetans are preserved here. Punakha is still the winter residence of Je-Khenpo and King Jigme Dorji Wangchuk convened the First National Assembly here in 1952. In the evening, drive back to Thimphu. Overnight in Hotel.

Day 14: Thimphu – Paro Airport (Departure)

Early morning, drive to the airport and farewell.



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