

# Chomolhari Trekking in Bhutan

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Chomolhari trek is a popular trek in Bhutan as its altitude varies from 2500 m to 4930 m and offers a wide range of landscapes, flora & fauna and spectacular views of Mt Chomolhari.

This trek begins and ends in Paro where we also visit the famous Taktsang(Tiger's Nest) Monastery. While trekking in the beautiful Bhutanese countryside. You will enjoy the amazing Bhutanese landscape and get acquainted with its rich culture. During our trek, we also cross a few passes and are rewarded with amazing views of the Himalayas including Jichu Drake (6,989m) and Chomolhari (7,513m). Finally, you will reach Thimphu, the capital city of Bhutan and end our trip with a drive to Paro.

## Itinerary

### **Day 01: ARRIVE PARO**

Arrive at Paro Airport (7,000ft) where the representative from Bhutan Lha-Yul Tours & Travels will receive you and drive to the hotel. Stroll around Paro town in the evening.

### **Day 02: PARO SIGHTSEEING**

A day of acclimatization. Visit Drugyel Dzong, the ruined fortress that once defended the valley from Tibetan invasions in the 17th century. On a clear day, one can get a good view of Mount Chomolhari, Mountain of Goddess (24,000 ft). Visit a typical Bhutanese farmhouse on the way back to town. Visit Ta Dzong, the watchtower that now houses the National Museum and see a traditional wooden bridge.

### **Day 03: PARO EXCURSION TO TAKTSHANG**

Spend a full day hike to Taktsang, the Tiger's Nest. This magical monastery clings to a vertical granite cliff 3,000 ft above the valley floor. The monastery unfortunately got burnt in 1998 and has recently been reconstructed.

### **Day 04: PARO - SHANA**

Drive to Drugyel Dzong and where the motor road ends the trek begins. The trail follows the river uphill through a narrow agricultural valley. Camp is just beyond an army post. Altitude 9,500 ft / 2,800 m. Distance – 17 kms. (Approx. 5 – 6 hours).

#### **Day 05: SHANA - SOI THANGTHANGKHA**

The path leads uphill through the river valley and along the river drainage. The trail passes through conifer and rhododendron forests. On the way, there is a great view of Mount Chomolhari. Camp will be set up in a meadow with stone shelter. Altitude – 12,664 ft / 3,860 m. Distance – 19 kms. (Approx. 6 -7 hours).

#### **Day 06: SOI THANGTHANGKHA - JANGOTHANG**

Follow the river and pass a small army post where the valley begins to widen again. The view of the high ridges and snow-capped peaks can be seen on all sides. At this altitude, one will also be able to see the yaks and yak herders. Camp will be set up beneath a ruined fortress at the base of Mount Chomolhari. Altitude – 13,255 ft / 4,040m. Distance – 19 kms. (Approx. 5 – 6 hours.)

#### **Day 07: JANGOTHANG - HALT**

One can trek up to Tsophu for fishing or hike in three directions – Mt Chomolhari and its subsidiary are directly west, Jichu Drake to the north and unclaimed summits and ridges to the east.

#### **Day 08: JANGOTHANG - LINGSHI**

The trail climbs gradually to Nyilila Pass (Alt. 15354 ft / 4,680 m). Wide yak pastures can be seen all along the trail. If the weather is clear, one can get a great view of the Lingshi Dzong as one descends into the Lingshi basin. Tserim Kang and its descending glaciers can be seen at the north end of the valley. Camp is in a stone shelter. Altitude – 12,844 ft / 3,915 m. Distance – 19 kms. (Approx. 5 – 6 hours.)

#### **Day 09: LINGSHI - HALT**

During the day halt at Lingshi one can do a day excursion to Tsekha (Lahe) i.e. base camp of Jichu Drake. During the excursion, hundreds of blue sheep and musk deer may be seen on the way. Altitude – 14,764 ft / 4,500 m. Distance – 15 kms. (Approx. 4 – 5 hours.)

#### **Day 10: LINGSHI - SHODU**

The trail ascends up to the Yalila Pass (Alt 15,814 ft / 4,820 m). From the pass, Mount Chomolhari, Tserim Gang and Masa Gang can be seen on a clear day. Altitude – 12,516 ft / 3,815 m. Trek – approx. 6 – 7 hours.

#### **Day 11: SHODU - BARSHONG**

This trail goes along the Thim-Chhu and through forests filled with rhododendrons and water falls. The trail ascends up to the ruins of Barshong Dzong. The camp, which is a stone shelter, is just below the ruined fortress. Altitude 12,090 ft / 3,685 m. Distance – 13 kms. (Approx. 3 – 4 hours.)

#### **Day 12: BARSHONG - DOLAM KENCHO**

The trail follows the Thim-Chhu and through a forest of thicker rhododendrons and into pastureland. Camp will be set up at a meadow. Altitude 11,247 ft / 3,428 m. Distance – 11 kms. (Approx. 3 – 4 hours.)

#### **Day 13: DOLAM KENCHO - THIMPHU**

This is the last day of the trek and the path goes over a small pass and through forests. Wild animals may be seen along the way. Your transportation will be waiting for you at Dodena and will take you to Thimphu, the capital of Bhutan. Overnight at a hotel in Thimphu. Distance – 14 kms. (Approx. 4 – 5 hours.)

#### **Day 14: THIMPHU SIGHTSEEING**

Sightseeing includes visits to the National Library, Memorial Chorten, Zilukha Nunnery and the Handicraft Emporium. Stroll through the Thimphu town.

**Day 15: THIMPHU - PARO - DEPARTURE**

Early morning drive to Paro Airport. Your escort will see you off at the airport.