



## 10 DAY CHOMOLHARI TREK

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**Trip Duration:** 10 days

**Trip Difficulty:**

**Destination:** Bhutan

**Begins in:** Paro

**Activities:** 



### INCLUDED

- 3 nights hotel accommodation in Paro, one night in Thimphu
- Four season, 3 person tents, double occupancy
- Private toilet during trek
- Ground transportation
- Entrance Fees and taxes
- Bhutanese entry permit
- English speaking guides
- Meals (B, L, D)

### EXCLUDED

- Airfare
- Personal gear and hiking equipment
- Snacks
- Tips

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## 10 DAY CHOMOLHARI TREK

### Itinerary

#### DAY 1 Paro Airport Arrival

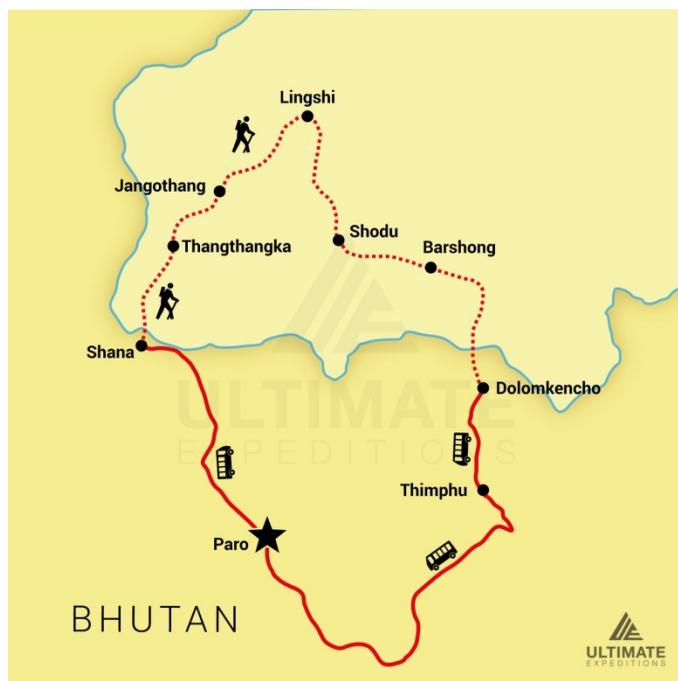
A trek representative greets you at Paro airport and escorts you to the hotel. You have the option to tour the city in the afternoon where you will visit the National Museum housed in Ta Dzong, walking past collections like religious thangka paintings, postage stamps and relics. You will then walk to Rinpung Dzong, which was built by Bhutan's first spiritual leader in 1646. The Dzong entrance encompasses a traditional Bhutanese covered bridge, Nemi Zam, offering beautiful views. On return to the hotel, you'll have a pre-trek briefing session.

#### DAY 2 Tatshang Lakhang Trek

**Elevation: 7,381 ft to 10,203 ft to 7,381 ft**

**Trekking Distance 2.6 miles, Trekking time: 2-3 hours**

This morning you will take a tour to Taktshang Lakhang, more widely known as the Tiger's Nest Monastery, one of the most famous monasteries in the world. The Taktshang monastery nestles on a clifftop, around 10,100 feet above sea level. The main temple, one of the holiest sites for the people of Bhutan, was built in 1692. The name 'Tiger's Nest' originates from the legend that in the 8th century, Guru Rinpoche, an Indian Buddhist master, came to the monastery to meditate on the back of a tigress. The monastery is now recognized as a sacred place of worship for Buddhists, and will be visited by Bhutanese people at least once in their life.



In the afternoon you will visit Kyichu Lhakhang. This temple marked the introduction of Buddhism to Bhutan in the 7th century and is one of 108 temples built by the Tibetan king Songtsen Gampo in the Himalaya. From here you will be driven to the ruined fortress of Drukgyel Dzong. The Dzong was almost destroyed by fire in the 1950s, but in 2016 the Prime Minister announced a program to rebuild the Dzong and bring it back to its former glory. From the road to the Dzong there is a great view of the 24,035 foot high Chomolhari, 'The Bride of Kangchenjunga'. You will return to your hotel in Paro for the night.

#### DAY 3 Drive from Paro to Shana, Trek to Thangthangka

**Elevation: 7,381 ft to 9,416 ft to 11,843 ft**

**Trekking Distance: 13.70 miles, Time: 7-8 hours**

Your morning begins with a 2-hour drive through fields and orchards to Shana Zampa where the trek begins. On a sunny day, you will view the Chomolhari summit at the valley's head. You will soon arrive at Gunyitsawa, an army base and the last stop before the Tibetan border. A fork in the trail leads to Tibet, while you follow the Pa Chhu River path. You'll pass through lush forests and enter Jigme Dorje National Park, Bhutan's largest protected area. Upon crossing the river, you will have lunch before continuing on your trail through rivers and forests before reaching the Thangthangka campsite.

#### DAY 4 Thangthangka to Jangothang (Chomolhari Base Camp)

**Elevation: 11,843 ft to 13,254 ft**

**Trekking Distance: 11.80 miles, Time: 5-6 hours**

The trail starts from Thangthangka and passes a small army camp. As you follow the river, you enjoy beautiful mountain views where Chomolhari 24,035 ft and Jichu Drake 22,290 ft are clearly visible. You'll have lunch at a yak herder's camp before embarking on an afternoon walk to the campsite at Jangothang (Chomolhari Base Camp) which sits at 13,254 feet.

**DAY 5 Jangothang to Lingshi via Nyele La Pass****Elevation: 13,254 ft to 15,912 ft to 12,467 ft****Distance: 11 miles, Time: 7-8 hours**

Your next day starts with a gentle streamside trek for thirty minutes where you begin ascending towards the first ridge. At the ridge, you'll enjoy Chomolhari, Tserim Khang and Jichu Drake views. Once you cross the valley floor, you'll climb to the Nyele La Pass before gradually descending to the Lingshi campsite. The trail crosses through rhododendron forests with spectacular views of Lingshi Dzong and mountainous peaks.

**DAY 6 Lingshi to Shodu Via Yale La Pass****Elevation: 12,467 ft to 16,240 ft to 13,385 ft****Distance: 13.70 miles, Time: 8-9 hours**

Today you'll cross the highest pass during your trek, which starts with a ridge climb before you turn south to the Mo Chhu valley. The trail follows a steep climb to the Yale La Pass 16,240 ft (4,950m). On a clear day, you'll see Tserim Khang, Gangchhenta, Chomolhari and Masang Gang from the top. The descent then follows a stream towards Shodu to your next campsite.

**DAY 7 Shodu to Barshong****Elevation: 13,385 ft to 12,171 ft****Distance: 10 miles, Time: 6-7 hours**

You'll now pass through the treeline before the path takes you through alpine and rhododendron forests where you will enjoy views of exquisite waterfalls and beautiful cliffs as you walk through the course along the Thimphu Chhu river. Follow a steep stone staircase down to the river where you will enjoy lunch. You'll then walk up a gradual incline once again to your campsite at Barshong Dzong.

**DAY 8 Barshong To Dolomkencho, Drive to Thimphu****Elevation: 13,385 ft to 10,892 ft to 7,709 ft****Trekking Distance: 9.3 miles, Time: 5-6 hours**

The day begins with a descent through forests before a steeper decline to the Thimphu Chhu River. The trail then follows the river with a cliff climb into the Dolamkencho pastureland. The trek ends here and you will be driven to Thimphu for one hour. Stay in a hotel in Thimphu overnight.

**DAY 9 Drive from Thimphu to Paro**

Enjoy a morning tour of Thimphu by visiting the National Library, the Zorig Chusum Institute and the Textile Museum. The library houses ancient Buddhist manuscripts, while the institute teaches traditional arts and crafts. The textile museum covers the history of weaving in Bhutan, while a living museum, Simply Bhutan, introduces traditional life in the country to visitors. Check whether all sites are open on the days you are visiting before planning your trip. You'll end with a Trashichhoe Dzong visit, known as the Fortress of the Glorious Religion and home to the throne room of the monarch. You'll be driven to Paro in the afternoon for an overnight stay before final departure.

**DAY 10 Depart Paro Airport**

Your transfer guide will transport you to the airport for your departure.

## BHUTAN

### Best Time to Visit

Bhutan is a great destination year-round; however, the weather varies dramatically depending on elevation and season. Autumn is the high season; September and October have the highest number of tshechus (monastic festivals) and the region offers clear mountain views and picturesque landscape of terraced rice fields.

#### Autumn

September-November; Bhutan offers sunny skies and pleasant temperatures and it is a great time for a mountain trek.

#### Winter

December-February; the low valleys are typically in the 50s to 60s, but higher elevations will be cold and the Snowman Trek is often closed during this time due to snow. The trade-off is fewer travelers and clear skies.

#### Spring

March-May; brings mild weather with chance of mountain views, the flora will be in full bloom as the rhododendron forests fill with color, expect rain beginning May.

#### Summer

June-August; is monsoon season where the days are long, hot and humid. If you can tolerate the heat, this is an opportunity to beat the crowds. Afternoon showers during July and August are typical and get up to 14 inches of rain.

#### Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	48	56	58	63	74	77
Average Low (F)	21	34	33	40	51	57
Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	80	77	74	65	57	52
Average Low (F)	58	58	53	45	34	28

### Entry Requirements

Visas are processed through an online system by our licensed Bhutanese partners. A photo copy of the passport photo page and \$40 processing fee is required. Upon arrival you will show your visa clearance letter to customs and the visa will be stamped into your passport.

### Vaccinations

All travelers should be up to date on routine vaccinations which, includes measles-mumps-rubella (MMR), diphtheria-



tetanus-pertussis, varicella (chickenpox), polio, and the flu shot. In addition, it is recommended to get Hepatitis A and Typhoid vaccines. If you are staying in Bhutan for a month or longer, consult with your doctor about any other vaccines and/or medicines you may need for your trip. The government of Bhutan requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever (this does not include the US). For more information visit the CDC website at [www.cdc.gov/travel](http://www.cdc.gov/travel).

### Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Bhutan. This will eliminate any credit card holds for fraudulent activity.

### Currency

Carrying cash or traveler's check, also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is boliviano (BOB), and it is advised to carry hard notes of USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

### Government

Since 2008 the government of Bhutan has been a constitutional monarchy.

### Religion

75% Drukpa Kagyu or Nyingma Buddhism and 25% Hinduism.