



JOMOLHARI BASE CAMP

September 20 - October 1, 2020

Day 1 - Arrive Paro Bhutan by Druk Air

Arrive Paro by Druk Air Airbus 319 jet, the national carrier. The flight offers you beautiful views of mountains on your approach. On arrival and after visa formalities you will be received by our representatives and transferred to your very comfortable hotel. In the afternoon you will have the opportunity to explore Paro town a little and visit Paro Dzong. A Dzong is part fortress, part castle, part monastery and part administration building. Paro Dzong is one of Bhutan's most impressive and well-known dzongs, and the finest example of Bhutanese architecture we'll see. The inward-sloping walls form a massive structure that towers over the town and is visible as a great white monolith from vantage points throughout the valley. Paro is at 2280 metres (7500 ft).

Day 2 - Day Hike to Taktsang Monastery

Day hike to Taktsang monastery, the famous "Tiger's Nest". Horses can be arranged for about \$8 USD. The hike which is all up hill takes about 2-3 hours through a lovely pine forest. The monastery which clings to a huge granite cliff 800 meters above the Paro valley was devastated by fire in 1998, but the Royal Government took immediate steps to restore the monastery to its original structure, and it has been completely rebuilt. It is believed that the Buddhist saint Padmasambhava came in the 7th century on a flying tigress and meditated in a cave for 3 months. The demons were subdued who were trying to stop the spread of Buddhism and converted the Paro valley to Buddhism. During the end of the 17 century, a monastery was built on the spot where the saint meditated and it is a pilgrimage site for every Bhutanese to visit once in their lifetime. Drive back to hotel.

Day 3 - Drive to Army Camp, trek to Pine Camp | Distance: 9km - 4 hours

Drive to Drugyel Dzong where the trek used to begin, and continue on up the extended rough road beyond Army Camp to the bridge at Shana. The trek begins here so we're not walking up the new road that is always in flux, and then continues upstream along the Paro Chuu river valley through forest stopping briefly for a packed-lunch en route, gradually ascending to about 3000m/9850ft at Pine camp or a nearby campsite. From Pine Camp there is a local hike option to a nearby village with its community school and where we see excellent examples of typical Bhutanese farmhouses. This hike to the village is done when we make good time to the camp as road conditions are unpredictable. Walk is approximately 4 hours depending on road drop-off point.



Day 4 - Pine Camp to Thangkthanka | Distance: 18km - 6 to 7 hours

Leaving Pine Camp the trail continues upriver and the route winds in and out of rhododendron and blue pine forests. We are now in Jigme Dorji National Park, so keep your eyes open for wildlife and changes in vegetation as we continue to climb in elevation. Tonight we camp in Thangkthanka (3520m / 11545 ft.)

Day 5 - Thangthanka to Jangothang | Distance: 19km - 5 to 6 hours

An hour out of camp this morning we leave the tree line and head into the high mountains. At the halfway point of our hike, we cross Tengethang, a winter home of the migratory yak herders. Arriving at Jangothang (4040m / 13,250 ft), we can watch the sun set on Mt. Jomolhari (7314m) and Mt. Jichu Drake (6989m).

Day 6 - Rest day in Jangothang (Jomolhari Base Camp)

There are many day-hiking options once you reach Jomolhari base camp. The first is a three to four hour excursion up the ridge to the north for great views of Jichu Drake. The second is to hike up towards the head of the valley in the direction of Jomolhari. The third is a trek up the main valley towards the last house and onward toward Jichu Drake, this gives a great view of where we will be going in the next few days. The final alternative is a fishing expedition to Tshopu, a high-altitude lake about a two hour hike away.

Day 7 - Jangothang to Lingshi | Distance: 19km - 6 to 7 hours

The trail follows the stream for half hour and crosses the bridge to the right side. Climb up the ridge and enjoy stunning views of Chomolhari, Jichu Drake and Tshrim Khang mountains. Then walk through the wide open valley sometimes coming across herds of blue sheep. The climb up to the Nyele la pass 4800 meters is not too difficult and the view is breathtaking. After the pass its a gradual descent through the valley with beautiful views all around. Nearing the camp you will see the Lingshi Dzong perched atop a hill with commanding views of the valley. Arrive at camp at 4100 meters near a stone shelter.



Day 8 - Lingshi to Shoudu | Distance: 22km - 7 to 8 hours

Today is the most difficult day so you start early. Begin walk opposite the dzong gradually through the valley until the stiff climb to Yale la pass at 4950 meters the highest point of the trip. The panoramic view of Mt.Chomolhari, Jichu Drake and Tshrim Gang is fantastic. After the pass it's a long descent to the camp at 3750 meters.

Day 9 - Shodu to Barshong | Distance: 13km - 5 - 6 hours

Shodu to Barshong. The path follows the Thimchu river descending through rhododendron, juniper and pine forests. The view of the huge cliffs and waterfalls are stunning. The trail gradually ascends after 3/4 hours to the ruins of Barshong Dzong reaching the camp at 3500 meters.

Day 10 - Barshong to Delem Kencho and drive to Thimphu | Distance: 11km - 5 to 6 hours

The path descends for a while joining the Thimchu river and gradually ascending and descending through thick bamboo and pine forests. From Dolem Kencho the trail goes on for a further 45 minutes to where our bus will be waiting for your return. Drive 1.5 hours to Thimphu (capital city). Overnight at a comfortable hotel.

Day 11 - Sightseeing in Thimphu and drive to Paro

AM stroll around the market and drive 2 hours to Paro. PM Paro sightseeing. Overnight at a comfortable hotel.

Day 12 - Depart Paro for home

AM stroll around the market and drive 2 hours to Paro. PM Paro sightseeing. Overnight at a comfortable hotel.

For more information or to book your trip contact Bhutan Canada Foundation at snowman@bhutancanada.org or 647-233-6607.

