

CHOMOLHARI TREK

The Chomolhari Trek is the best medium length, challenging trek in Bhutan. It conveniently starts just 1 hour north of Paro and finishes in the capital Thimphu. After your time in Thimphu, the 60 mins drive then gets you back to Paro making a very nice circuit experiencing all that lies within it.

At 9 days the Chomolhari trek provides a challenge in testing conditions crossing two Passes each over 4800m. The route tracks north alongside the crystal clear Paro Chu (river) as well as the high ridge, which marks the Bhutan/Tibetan border before turning south to pick up the Thimphu Chu all of the way to Thimphu.

The first day is a good initial walk to Shana initially through classic rural farmland, which then gives way to lush wild forests before opening out to the higher pastureland and the numerous high altitude peaks become very visible (notably Chomolhari, 7315m). The altitude gain on this day is negligible.

By now you are in remote territory and camping by the lovely flowing Paro Chu. There is no infrastructure in the mountains so the water sources become very important to you.

From Shana, it is a long day to Soi Thangthanka across some varied terrain, finally camping in a deep sheltered valley. The temperatures here can be quite low once the sun drops below the mountains.

By now you are in the Jigme Dorji National Park and gaining altitude until you reach Jangothang at the end of Day 3. This excellent site sits at the base of Chomolhari with excellent views of the mountain. At 4000m, it is time to acclimatise and rest. A full day (Day 4) is spent at this camping ground (pictured right and circled) and you will be encouraged to spend some time getting higher amongst the local hills to assist with your acclimatisation.

On Day 5, your acclimatisation will be tested by crossing the 4890m Nyile La (Pass) en route to Lingshi. Once you cross this Pass, the only way out is to back track or go forward and cross another Pass of equal altitude. The route also turns south here.

Day 6 is a long hard day but by now you should be fitter and acclimatised. Your Guide will start the day early. Once over the Yale La (4950m, the highest point on trek), you will soon meet up with the Thimphu Chu (river), which will be with you until you finish.

Days 7, 8 and 9 are predominantly descending and plain sailing when compared to the previous two days but has some wonderful countryside all the same.

This truly wild and remote experience is emphasised with the common sight of literally hundreds of roaming yak and the rare blue sheep. You will see very few other trekkers.

Once you reach the end of the trek (and border of the National Park), you will be picked up and transferred into Thimphu by vehicle. This 45 min drive is itself of some quality and you will get good views of the massive Thimphu Dzong on your way in.

Sightseeing. There is enough time on either end of the trek to see the many places on offer. The Tigers Nest, the Paro and Thimphu Dzongs, Thimphu itself (the High Street isn't that big!), the Takin Reserve, the National Museum (Paro) and National Library (Thimphu) to name but a few. Whilst they are in the itinerary on certain days, your Guide will lay the plan once in country in accordance with your wishes.

Trip Profile

Trip length: 15 - 18 days

Nights in Bhutan: 11

Nights on trek: 8

Max altitude: 4950m

Grade of trek: Moderate/demanding in places

For costs and dates, see page 2

For full details on getting to Bhutan, you are strongly advised to visit the 'Getting to Bhutan' webpage on the Travel and Trek website.



Beautiful views of the Paro Chu (river) at 4000m.

The Chomolhari Trek - Daily itinerary

Days	Bhutan Nights	Event	Remarks
1		Depart London	
2		Arrive Kathmandu Transfer to hotel (25 mins). Evening free to explore Thamel	Travel and Trek is associated with three specific hotels, all perfectly placed in the heart of the buzzing Thamel district of the City. Arrangements can be made, including private transfers or you are free to make your own arrangements. 5* hotels can also be arranged. Why not dine in one of the many unique and exciting restaurants all within minutes of your hotel
3		Free day to explore Kathmandu Evening free	Advice can be provided on where to go and what to see and costs. You can cut this day completely and choose to fly straight to Bhutan.
4	1	Transfer to Kathmandu international airport for your flight to Bhutan Met by Travel and Trek Guide at the airport Transfer to hotel in Paro, potentially sightsee Paro, which will include the imposing Rinpung Dzong, a huge Monastery that overlooks Paro and is typical of Bhutan.	Superb Airbus flight with Druk Air, which will fly straight past Everest, Lhotse, Makalu and Kanchenjunga (4 of the biggest mountains in the world). Ensure that you sit on the left side of the aircraft! Your Bhutanese guide will escort you throughout your time in Bhutan
5	2	For the next 9 days you will trek in some beautiful, wild and remote countryside. Starting at 2800m the trek rises day on day passing over the Nyile La pass (4890m) on day 5 and passes the base of Mt Chomolhari (7315m). This is high country and the views of this section of the Himalayas that masks the Tibetan/Chinese border are stunning. You will meet very few people and the whole trek covers approx 82 miles Trekking route: Paro – Shana - Soi Thangthagkha – Jangothang – Lingshi – Shodu - Barshong - Dolam Kencho – Thimphu	You will stay in good quality tents throughout. Mule/pony and possibly Yak support to carry supplies. There is an acclimatisation day built in On arrival in Thimphu, you can relax and experience the town's life and dine in one of the best restaurants available.
6	3		
7	4		
8	5		
9	6		
10	7		
11	8		
12	9		
13	10		
14	11	Thimphu – Paro. See more of Bhutan as you drive from Thimphu to Paro (approx 90 mins), arriving late morning, which will allow you to walk up to the fantastic Tigers Nest Monastery , a sight not to be missed.	The Tigers Nest is built 900m up a cliff!
15		Paro – Kathmandu , Say goodbye to your guide as you board your return flight to Kathmandu. You will be met by transport and transferred to the hotel. Remainder of the day at leisure	
16		Day for either rest or further exploration. Kathmandu is a great place to chill out in the plethora of cafes or shop 'till you drop along the seemingly endless supply of shops. For relaxation, spa facilities are available within the hotel.	This day also acts as a spare in case of bad weather in Bhutan which may prevent the aircraft from leaving
17		Day at leisure , late afternoon or early evening departure	
18		Arrival in London	

Notes:

Day 3 can be taken out of this itinerary

Due to Druk Air's flight schedule, to meet this itinerary, you must enter Bhutan on Sun and depart on a Thu. Alternatives are possible but it would require an alteration in the number of days inside Bhutan (and therefore cost).

Dates: See website for specific dates but this trek can be run at any time during the trekking seasons for any number of people.

Cost: \$2626, broken down as:

11 nights in Bhutan	\$2164 (9 nights and \$200, 2 nights at £188. Assumes that there are a min of 3 in the group)
Return Druk Air flights, economy (KTM – PARO)	\$442 (current price)
Tourist Visa	\$20

Travel and Trek can assist you with accommodation and airport pick ups in Kathmandu and Delhi.

Pound for pound and in terms of time spent in the country, this is probably the best trek in Bhutan.

Summary of Inclusion and Exclusions:

Included:

- International return airfare into Bhutan from Kathmandu
- All hotel accommodation (good standard), regardless of how many nights on a twin share basis*
- All ground transport (from pick up at the airport to return to airport)
- All meals
- Mineral water (bottled) when out and about (ie not in hotels). Boiled water on trek.
- The services of your Bhutanese Guide, full time.
- All staff and pack ponies for the trek (if applicable)
- All accommodation for the trek (tents)
- Fees to monuments, monasteries, etc...
- Tourist visa fee

Not included:

- International flights from UK to the access city
- Accommodation/food/transport in your chosen access city. Travel and Trek will gladly organise your transit through Kathmandu and/or Delhi
- Local trek staff gratuities

* If you request sole occupation of a room, \$15 per night in Bhutan. If you are a sole traveller and do not request it and you are allocated a room on your own, there will be no charge.

For full details on getting to Bhutan, flight routes and Bhutan's pricing policy, please visit the 'Getting to Bhutan' webpage on the Travel and Trek website (the information is downloadable).

CONTACT DETAILS

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