



Bhutan Khadar Travel
Paro: Bhutan

Jomolhari Trek: A 12-Day High-Altitude Himalayan Expedition

The Jomolhari Trek is one of Bhutan's most spectacular and challenging journeys, taking you deep into the high Himalayas to the base of the sacred Mount Jomolhari. This demanding trek rewards the intrepid traveler with unparalleled mountain vistas, encounters with nomadic yak herders, and a profound sense of adventure. It is a true test of physical fitness and a once-in-a-lifetime experience for serious trekkers.

Itinerary Overview

Day	Destination	Key Activities	Trekking Details	
01	Arrive Paro	Scenic Flight, Ta Dzong Museum, Rimpong Dzong, Wooden Bridge	Cultural Touring	
02	Paro	Hike to Tiger's Nest Monastery (Taktsang), Drukgyel Dzong	Cultural Touring	
03	Trek Start: Paro – Shana	Begin trek from Drukgyel Dzong, gentle climb through forests	17km	5-6 hrs
04	Shana – Soi Thangthangkha	Follow Pa Chu river, ascend through rhododendron forests	20km	7-8 hrs
05	Soi Thangthangkha – Jangothang	Enter Jomolhari base camp, stunning mountain views	19km	7-8 hrs
06	Jangothang – Lingshi	Cross Nyele-la Pass (4,700m), view Lingshi Dzong	18km	7-8 hrs
07	Lingshi – Shodu	Cross the highest pass, Yeli-La (4,820m)	22km	8-9 hrs
08	Shodu – Barshong	Descend along Thimphu Chu, camp near dzong ruins	16km	6-7 hrs
09	Barshong – Dolam Kencho	Traverse dense forests and cliff-side trails	15km	5-6 hrs
10	Trek End: Dolam Kencho – Thimphu	Final ascent and descent to Dodena, drive to Thimphu	8km	3 hrs
11	Thimphu – Paro	Thimphu Sightseeing, drive to Paro	Cultural Touring	
12	Depart Paro	Farewell and Departure	-	

Detailed Daily Itinerary

DAY 01: ARRIVE PARO



Bhutan Khadar Travel Paro: Bhutan

Your high-altitude adventure begins with one of the world's most spectacular flights into the Paro Valley.

- **Afternoon Sightseeing:**
 - **Ta Dzong Museum:** This ancient watchtower, now the National Museum, provides a fascinating introduction to Bhutan's history and culture.
 - **Rimpong Dzong:** Visit this majestic fortress-monastery, a quintessential example of Bhutanese architecture.
 - **Wooden Bridge:** Conclude the day with a walk across a beautiful traditional cantilever bridge.
- **Overnight:** Paro

DAY 02: PARO

Acclimatize and experience one of Bhutan's most iconic sites.

- **Hike to Taktsang Monastery (Tiger's Nest):** This challenging hike to the monastery, perched on a cliff 900 meters above the valley, is an excellent physical prelude to the trek and an unforgettable spiritual experience.
- **Afternoon Sightseeing:**
 - **Drukgyel Dzong:** Visit the "Victorious Fortress," and on a clear day, see your ultimate goal: the sacred Mount Jomolhari, forming a stunning backdrop.
- **Overnight:** Paro

DAY 03: TREK START: PARO – SHANA

Begin your trek from the historic Drukgyel Dzong.

- **The Trail:** The first day is a relatively gentle introduction, following the Paro River (Pa Chu) through terraced fields, villages, and beautiful forests.
- **Gunitsawa:** Pass an army post, the last stop before the Tibetan border.
- **Campsite:** Reach the campsite at Shana in a meadow surrounded by trees.
- **Trekking:** 17km | 5-6 hours
- **Overnight:** Camp at Shana (2,870m)

DAY 04: SHANA – SOI THANGTHANGKHA

A long and challenging day as you gain significant altitude.

- **The Trail:** The path continues to follow the Pa Chu, ascending and descending through pine, oak, and spruce forests. You'll cross the river several times.
- **Landscape:** The forest gradually changes to rhododendron as you climb higher.
- **Campsite:** Camp in a high, remote valley.
- **Trekking:** 20km | 7-8 hours
- **Overnight:** Camp at Soi Thangthangkha (3,750m)



Bhutan Khadar Travel
Paro: Bhutan

DAY 05: SOI THANGTHANGKHA – JANGOTHANG

The highlight day, arriving at the spectacular base camp of Mount Jomolhari.

- **The Trail:** The path ascends above the tree line, offering increasingly dramatic views of the surrounding peaks.
- **Jangothang:** The campsite at Jangothang (4,040m) provides one of the most stunning mountain vistas in the world, with the towering peaks of Jomolhari (7,314m) and Jichu Drake (6,989m) directly ahead.
- **Trekking:** 19km | 7-8 hours
- **Overnight:** Camp at Jangothang (4,040m)

DAY 06: JANGOTHANG – LINGSHI

A day of crossing high passes with panoramic views.

- **The Trail:** The day begins with a climb to the first ridge, offering breathtaking views of the mountains. The trail then crosses a wide, level valley floor before the main ascent.
- **Nyele-la Pass (4,700m):** Cross this high pass, from which you can see Lingshi Dzong in the distance.
- **Campsite:** A long, gradual descent leads to the campsite at Lingshi.
- **Trekking:** 18km | 7-8 hours
- **Overnight:** Camp at Lingshi (4,000m)

DAY 07: LINGSHI – SHODU

The most challenging day, crossing the trek's highest pass.

- **The Trail:** The route climbs up the Mo Chu valley, then crosses the river and ascends steeply to the Yeli-La pass.
- **Yeli-La Pass (4,820m):** The highest point of the trek offers incredible 360-degree views of the Himalayan peaks on a clear day.
- **The Descent:** A long descent alongside a stream leads to the campsite at Shodu.
- **Trekking:** 22km | 8-9 hours
- **Overnight:** Camp at Shodu (4,100m)

DAY 08: SHODU – BARSHONG

Begin the descent towards the Thimphu valley.

- **The Trail:** The path now follows the Thimphu Chu river downstream, descending through beautiful rhododendron, juniper, and mixed alpine forests.
- **Barshong Dzong:** Camp near the ruins of this dzong, nestled in a scenic forest setting.
- **Trekking:** 16km | 6-7 hours



Bhutan Khadar Travel Paro: Bhutan

- **Overnight:** Camp near Barshong Dzong (3,600m)

DAY 09: BARSHONG – DOLAM KENCHO

Continue the descent through dense forests and along the river.

- **The Trail:** The trail descends steeply to meet the Thimphu Chu, then involves climbing over ridges and descending into gullies. The path winds around cliff faces high above the river.
- **Campsite:** Emerge from the forest onto pastureland where you will camp.
- **Trekking:** 15km | 5-6 hours
- **Overnight:** Camp at Dolam Kencho (3,600m)

DAY 10: TREK END: DOLAM KENCHO – THIMPHU

The final leg of the trek, returning to civilization.

- **The Trail:** A long ascent through forest to a pass, followed by a steep descent to the river and the road head at Dodena.
- **Trek End:** Your vehicle will meet you at Dodena for the short drive to Thimphu. Enjoy the comforts of a hot shower and a soft bed.
- **Trekking:** 8km | 3 hours
- **Overnight:** Thimphu

DAY 11: THIMPHU – PARO

A well-deserved day of cultural sightseeing in the capital.

- **Thimphu Sightseeing:** Visit the **National Memorial Chorten, Changangkha Temple, School of Arts and Crafts, National Library, Folk Heritage Museum, and Tashichhodzong.**
- **Evening:** Drive back to the Paro valley.
- **Overnight:** Paro

DAY 12: DEPART PARO

After a final breakfast in the Himalayas, your guide will escort you to Paro International Airport for your departure flight. Carry the memories of an epic adventure with you as we bid you **Tashi Delek!**

***Important Note:** This trek is rated as difficult and demands excellent physical fitness. It involves long days, significant altitude gain, and camping at high elevations (over 4,000m). Proper acclimatization, physical preparation, and high-quality trekking gear are



Bhutan Khadar Travel Paro: Bhutan

essential. The ideal seasons are April-June and September-November. This itinerary is subject to change based on weather and trail conditions.

Druk Path Trek: An 11-Day Alpine Adventure

This classic trek is one of Bhutan's most popular, offering a spectacular and moderate journey along the high mountain ridges that separate the Paro and Thimphu valleys. Over six days of trekking, you'll be rewarded with breathtaking views of the Eastern Himalayas, pristine alpine lakes, and ancient forests. The journey is perfectly bookended with cultural explorations of Paro, Thimphu, and the Punakha valley.

Itinerary Overview

Day	Destination	Key Activities	Trekking Details		
01	Arrive Paro	Scenic Flight, Ta Dzong Museum, Rimping Dzong, Wooden Bridge	Cultural Touring		
02	Paro	Hike to Tiger's Nest Monastery (Taktsang), Drukgyel Dzong	Cultural Touring		
03	Trek Start: Paro – Jele Dzong	Begin trek, climb to Jele Dzong	8km	4-5 hrs	1090m ascent
04	Jele Dzong – Jangchulakha	Trek through rhododendron forests, potential mountain views	10km	3-4 hrs	310m ascent, 50m descent
05	Jangchulakha – Jimilangtsho	Follow the ridge, view Jichu Drake, camp by trout lakes	11km	4 hrs	330m ascent, 230m descent
06	Jimilangtsho – Simkota	Pass Janeetsho lake, encounter yak herder camps	11km	4 hrs	820m ascent, 400m descent
07	Simkota – Phajoding	Climb to Phume La pass for epic views, descend to camp	10km	4 hrs	130m ascent, 680m descent
08	Trek End: Phajoding – Thimphu	Final descent to Thimphu valley	5km	3 hrs	Downhill



Bhutan Khadar Travel
Paro: Bhutan

Day	Destination	Key Activities	Trekking Details		
09	Thimphu (Punakha Excursion)	Dochula Pass, Punakha Dzong, Chimi Lhakhang	Cultural Touring		
10	Thimphu – Paro	Thimphu Sightseeing, drive to Paro	Cultural Touring		
11	Depart Paro	Farewell and Departure	-		

Detailed Daily Itinerary

DAY 01: ARRIVE PARO

Your Himalayan adventure begins with a breathtaking flight into Paro. Upon arrival, you will be greeted by your guide.

- **Afternoon Sightseeing:**
 - **Ta Dzong Museum:** Housed in an ancient watchtower, this museum provides a perfect introduction to Bhutan's history, culture, and art.
 - **Rimpong Dzong:** Visit this impressive fortress-monastery, a classic example of Bhutanese architecture.
 - **Wooden Bridge:** Walk across a beautiful, traditional cantilever bridge still in use today.
- **Overnight:** Paro

DAY 02: PARO

A day dedicated to one of Bhutan's most sacred and iconic sites.

- **Hike to Taktsang Monastery (Tiger's Nest):** Embark on the unforgettable pilgrimage to this monastery, perched on a cliff face 900 meters above the valley. This is a challenging but deeply rewarding experience.
- **Afternoon Sightseeing:**
 - **Drukgyel Dzong:** Visit the "Victorious Fortress," a historic ruin with a stunning backdrop of Mount Jomolhari on a clear day.
 - **Paro Valley Sights:** Explore other cultural sites within the beautiful Paro valley.
- **Overnight:** Paro

DAY 03: TREK START: PARO – JELE DZONG



Bhutan Khadar Travel Paro: Bhutan

Begin your alpine trek with a steady climb out of the Paro valley.

- **The Trail:** The day involves a consistent ascent through forested trails.
- **Jele Dzong:** Your camp is situated near this ancient dzong. If the weather is clear, you are rewarded with magnificent views of the Paro valley and snow-capped mountains.
- **Trekking:** 8km | 4-5 hours | 1,090m ascent
- **Overnight:** Camp at Jele Dzong (3,480m)

DAY 04: JELE DZONG – JANGCHULAKHA

A day of traversing high ridges through beautiful alpine forests.

- **The Trail:** Begin with a climb, then the ascent becomes more gradual. The path winds through thick alpine forests, including vast rhododendron stands.
- **Views:** On a clear day, enjoy spectacular views of Mount Jomolhari and other Himalayan peaks.
- **Campsite:** Your camp at Jangchulakha is a high pastureland where you may encounter yak herders.
- **Trekking:** 10km | 3-4 hours | 310m ascent, 50m descent
- **Overnight:** Camp at Jangchulakha (3,770m)

DAY 05: JANGCHULAKHA – JIMILANGTSHO

A scenic day of ridge-walking with sensational mountain vistas.

- **The Trail:** The trail largely follows the ridge, offering panoramic views of the mountains and valleys.
- **Jichu Drake:** Enjoy a great view of this peak (6,989m), the protective deity of Paro.
- **Jimilangtsho Lakes:** Camp beside these beautiful lakes, which are famous for their giant trout.
- **Trekking:** 11km | 4 hours | 330m ascent, 230m descent
- **Overnight:** Camp at Jimilangtsho (3,870m)

DAY 06: JIMILANGTSHO – SIMKOTA

Continue through a landscape of dwarf rhododendrons and high-altitude lakes.

- **The Trail:** Pass by the lake of Janeetsho and traverse through areas where you may see yak herders' camps, offering a glimpse into a traditional nomadic lifestyle.
- **Simkota Lake:** Your camp is close to Simkota Lake, where you might try your hand at fishing for trout.
- **Trekking:** 11km | 4 hours | 820m ascent, 400m descent
- **Overnight:** Camp near Simkota Lake



Bhutan Khadar Travel
Paro: Bhutan

DAY 07: SIMKOTA – PHAJODING

A day featuring one of the trek's highest passes and most spectacular views.

- **Phume La Pass (4,080m):** The climb to this pass is rewarded with majestic views of Gangkar Puensum, the highest mountain in Bhutan, and a host of other peaks.
- **The Trail:** After the pass, the trail descends through juniper forests to the Phajoding monastery complex.
- **Trekking:** 10km | 4 hours | 130m ascent, 680m descent
- **Overnight:** Camp at Phajoding (3,610m)

DAY 08: TREK END: PHAJODING – THIMPHU

The final descent from the mountains into the capital city.

- **The Trail:** An entirely downhill walk through a forested area of blue pine leads directly into the Thimphu valley.
- **Afternoon:** The rest of the day is at leisure to relax and enjoy the comforts of your hotel.
- **Trekking:** 5km | 3 hours | Downhill
- **Overnight:** Thimphu

DAY 09: THIMPHU (DAY EXCURSION TO PUNAKHA)

A cultural day trip to the ancient capital of Bhutan.

- **Dochula Pass (3,100m):** Stop at this sacred pass for incredible Himalayan views.
- **Punakha Dzong:** Visit the "Palace of Great Happiness," Bhutan's most beautiful dzong at the confluence of two rivers.
- **Chimi Lhakhang:** Take a pleasant walk to the famous "Temple of the Divine Madman."
- **Overnight:** Thimphu

DAY 10: THIMPHU – PARO

Explore the highlights of Bhutan's unique capital before returning to Paro.

- **Thimphu Sightseeing:** Visit the **National Memorial Chorten, Changangkha Temple, School of Arts and Crafts, National Library, Folk Heritage Museum, Takin Preserve, and Tashichhodzong.**
- **Evening:** Drive back to the Paro valley.
- **Overnight:** Paro

DAY 11: DEPART PARO



Bhutan Khadar Travel **Paro: Bhutan**

After a final breakfast in the Kingdom of Bhutan, your guide will escort you to Paro International Airport for your departure flight. We wish you a safe journey and say **Tashi Delek!**