

Chomolhari Trek - 10 days/ 9 nights

This ten day trek offers a rare glimpse of the High Himalayan landscape. Passing through scattered hamlets, farmland and densely forested tracts, the trek terminates into a fabulously colorful high alpine pastureland. The ideal season for this trek is April - May and September - November. The trek routing is as under:

Day 01: Chomolhari Trek:

Paro (Drukgyel Dzong) to Shana Zampa (distance – 17 km, time – 5/6 hours).

The trek starts from Paro valley (Drukgyel Dzong, 2580m), traverses through swaying paddy fields, village houses and small chhortens (stupas) along the route. The Pa Chhu (Paro River) snakes in the valley like a placid ribbon of silver. Its banks covered with cascade of wild pink and white roses in full bloom. Campsite is at an altitude of 2,870m on the outskirts of the rustic village of Shana Zampa located in spectacular meadow surrounded by trees.

Overnight tented campsite

Day 02: Chomolhari Trek.

Shana Zampa to Soi Thangthangkha (distance – 22 km, time – 7/8 hours).

The trail continues gradual climb alongside the Pa Chhu (Paro River) through forests of oaks, rhododendrons and ferns amidst breathtaking vistas. The campsite (3,630m) is surrounded with beautiful views and lulled by the sound of the Paro River.

Overnight tented campsite

Day 03: Chomolhari Trek.

Soi Thangthangkha to Jangothang (distance – 19 km, time – 6/7 hours).

This day begins with beautiful landscape all round and summer pastures of yaks. The herdsman would gladly offer cheese, butter, meat and thick waterproof hair for making tents, caps and blankets. The approach to Jangothang (4,090m) campsite is heralded by prayer walls, chhortens, prayer flags fluttering in the wind and a spectacular view of Mount. Chomolhari (7,314m).

Overnight tented campsite

Day 04: Chomolhari Trek.

Exploring Jangothang. The itinerary of day four is generally advised to be used in leisurely activities including fishing expedition to Tshophu, a high altitude lake rich spotted trout. Landscape all round is breathtaking and offers splendid opportunities for nature spotting and photography.

Overnight tented campsite

Day 05: Chomolhari Trek.

Jangothang to Lingshi (distance – 18 km, time – 6/7 hours).

Jangothang is the last settlement in the valley. A mere ten minutes walk from it presents spectacular views of Mount. Jichu Drake (6,989m) and further ahead Mount Tserim Kang (6,789m). Enroute is Nyile la pass (4,890m) at about 4 hours travel from Jangothang. The trail ascends along a tributary of Mo Chhu River and gradually descends to the altitude of 4,010m, to the site of Lingshi camp. There is an alternate excursion from Lingshi to base camp of Mount Tserim Kang where they can enjoy fishing or may encounter enroute blue sheep and musk deer, if lucky enough.

Overnight tented campsite

Day 06: Chomolhari Trek.

Lingshi Halt. Spend the day with an excursion to Tsokha, the base camp of Mount Jichu Drake.
Overnight tented campsite

Day 07: Chomolhari Trek.

Lingshi to Sodhu (distance – 22 km, time – 8/9 hours).

The trek trails across Yele la pass (4,820m) leading to fascinating views of Mount Chomolhari (7,314m), Gangchhenta (6,840m), Tserim Kang (6,789m) and Masang Gang (7,165m). Campsites located near a stream in a meadow at an altitude of 4,110m, too offers dramatic mountain scene all around.

Overnight tented campsite.

Day 08: Chomolhari Trek.

Shodu to Barshong (distance – 16 km, time – 5/6 hours).

The trek winds up and down along the Thimphu Chhu River through a steep-walled canyon with cliffs to the north and rich cypress forest to the south. One of the interesting aspects of the day is crossing Thimphu River as many as six times before reaching the campsite located at Barshong (3,680m).

Overnight tented campsite.

Day 09: Chomolhari Trek.

Barshong to Dolam Kencho (distance – 15 km, time – 5/6 hours).

The trail descends gently through dense forest of rhododendron, birch and conifers and latter on drops steeply to meet Thimphu Chhu (river). After traversing a steep cliff it finally reaches to Dolam Kencho, the camp among pasture land at 3,430m amid a beautiful meadow.

Overnight tented campsite.

Day 10: Chomolhari Trek.

Dolam Kencho to Dodena – Thimphu (distance – 8 km, time - 3 hours).

Initially ascending through conifer and high altitude broadleaf forests to a pass at 3,510m and then drops steeply to Thimphu River, following it southward till Dodena (2,600m), the terminating point of the ten day trek.

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