



Chomolhari Trek Route

Chomolhari Trek 9 days/8 nights

- This 9 day/ 8 night trek offers a rare glimpse of the High Himalayan landscape.
- Maximum elevation – 4930 m
- Highest Camp – 4080 m.
- Trek Rating – Moderate/Strenuous (high altitude trek experience recommended)
- Ideal season for this trek – April to June & October to November.

Please remember you must add at least 3 additional nights in Bhutan to complete this trek. Two nights prior to commencement of trek (minimum duration required for acclimatisation purposes) & one night post trek before your departure from Bhutan.

Private Trek Tour Itinerary Overview.

- 2 nights Paro or Thimphu with sightseeing & hiking
- 8 nights Chomolhari Trek
- 1 nights Paro valley

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AUS [toll free](#), James – [0412 416 111](#), Nicola – [0413 598 669](#)

The Chomolhari trek is a popular trek in Bhutan as its altitude varies from 2500 m to 4930 m and offers a wide range of landscapes, flora & fauna and spectacular views of Mt Chomolhari.

Day 01: Chomolhari Trek

Trek, Gunetshawa – Soi Thangthangkha (distance – 23 km, time – 8 hours).

Depart Paro early this morning travelling by road via Drukgyel Dzong to the village of Gunetshawa (3 hrs). At the army post just outside Gunetshawa your trek permit will be checked and endorsed.

The trail continues gradual climb alongside the Pa Chhu (Paro River) through forests of oaks, rhododendrons and ferns amidst breathtaking vistas. Today you enter the Jigme Dorji National Park & the valley finally narrows to a small path which descends to a meadow where you will camp for the night. Weather permitting you will have your first great view of Mt Chomolhari from the campsite (3,610m).

Overnight Tented Campsite



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Day 02: Chomolhari Trek

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

This morning's trek begins with beautiful landscape all round and summer pastures of yaks. Yaks and herds homes become a regular feature of the landscape. Passing villages of Soe, Takethang, and Dangochang. 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 03: Chomolhari Trek

Exploring Jangothang.

The day in Jangothang provides plenty of possibilities for hikes with great views of lakes and the snow capped mountains of Chomolhari & Jichu Drake. Keep on the look out today as blue sheep can be spotted in the upper slopes of this region. Your hiking option today can be an expedition to Tshophu, a high altitude lake rich in spotted trout. Landscape all round is breathtaking and offers splendid opportunities for nature spotting and photography.

Overnight Tented Campsite

Day 04: 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.

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Day 05: Chomolhari Trek

Lingshi Halt

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

Overnight Tented Campsite

Day 06: 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 07: 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 08: 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.



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Day 09: 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 9 day trek.

On completion of trek you will be transferred by road to your overnight accommodation.



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