

# Jomolhari Trek



## Trip Overview

Jomolhari (7,513m) Trek is one of Bhutan's most popular and attractive high-altitude treks. The trek begins and ends in Paro where we also visit the famous Taktsang(Tiger's Nest) Monastery. Jomolhari Trek is longer than the Jomolhari Loop the most popular trekking route in Bhutan. With altitude differences of 2,500m and nearly 5,000m, it offers a wide range of landscapes, fauna, and flora. The highlight of this trek is the spectacular view of Mount Jomolhari from Jomolhari Basecamp (Jangothang). Jomolhari Trek with Cultural Tour is a package designed for adventure lovers who would love to add spice to the trekking experience of their Bhutan cultural tour. Bhutan is a land of heavenly beauty. This Trek with cultural tour includes a hike to Tiger's Monastery and a sightseeing tour to Memorial Chorten, Wangditse Monastery, Nunnery temple, School of Art and Crafts, Changangkha Monastery, and many more. It is an opportunity to learn about the unique Buddhist culture prevalent in Bhutan. The snow-capped mountains, lush hills, forests, rivers, valleys, and long-treasured architecture are the assets that make Bhutan so special. Walking by the streets of Bhutan, you will find the influence of unique and unadulterated Buddhist culture. The temples, monasteries, and dzongs are truly artistic and resemble the Tibetan Buddhist culture. Talking about its uniqueness in religion, it is the only country able to sustain itself as a Mahayana Buddhist state. Also, popular as the Land of Thunder Dragon, Bhutan is a sacred land located in the Eastern Himalayas between two giant nations India and China.

## Trip Itinerary

- Day1 - Arrival in Paro ( 2200 Mtr) and transfer to hotel
- Day 2 - Acclimatization hike to Tiger's Nest Monastery(Thangsang Monestary)
- Day 3 - Trip to Shana Trek starts(2850 Mtr)
- Day 4 - Trek to Sio Thangthangkha(3610 Mtr)
- Day 5 - Trek to Jangothang(4050 Mtr)
- Day 6 - Rest day at Jangothang, Jumolhari Base Camp(4115 Mtr)
- Day 7 - Trek to Lingshi(4100 Mtr)
- Day 8 - Trek to Shodu(4100 Mtr)
- Day 9 - Trek to Barshong(3600 Mtr)
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- Day 10 - Trek to Dolam Kencho(3320 Mtr)
- Day 11 - Trek to -Dodena-Thimphu Trek ends
- Day12 - Final departure

## **Cost Includes & Excludes**

### **Includes**

- Bhutanese visa fee
- All ground transportation
- Accommodation at a 3-star category hotel in Paro and Thimpu, approved by Bhutanese Government
- Tented accommodation during the trek,
- All meals during the trip
- Tents and Kitchen utensils for trekking
- English speaking, trained and experienced local guide and staffs
- All entrance and road permit fees for visits of Monastries, monuments and museums
- All entry/permit fees during the tour/trekking
- Mineral water will be supplied during the tour and boiled water during the trek
- All required Bhutanese government taxes/royalties

- Welcome and Farewell Dinner

## **Excludes**

- All international flights
- All personal expenses (personal gears, telephone calls, beverages, internet, laundry etc.)
- Other services not mentioned in the 'What Is Included' section
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- Tips for guides and staffs

## **Gears and equipment**

- Head

Warm Hat  
Cap  
Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket  
Down Jacket  
Fleece Jacket/ trousers  
Thermol  
T-shirts  
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot

Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack

- Personal Medical Kit

Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)