Jomolhari Trek - 12 Days

An exhilarating journey through the rugged beauty of the **Bhutanese Himalayas** with the -**Jomolhari Trek**. This renowned **trekking** route offers adventurers the opportunity to immerse themselves in the awe-inspiring landscapes of **Mount Jomolhari**, as well as experience the rich **Buddhist culture** and traditions of the region. Trekking through **remote wilderness**, trekkers will encounter a diverse array of environments, from lush **rhododendron forests** to pristine **alpine lakes**, all while marveling at the towering **snow-capped peaks** that dominate the horizon. With expert guides leading the way, this unforgettable -**adventure** promises to be a once-in-a-lifetime experience for those seeking an authentic and exhilarating **Himalayan** trekking experience.

At Amen Bhutan Tours and Treks, we take immense pride in offering the ultimate **Jomolhari Trek** experience in **Bhutan**. With our unparalleled expertise and dedication to excellence, we ensure that every aspect of your trek is meticulously planned and executed to perfection. Our team of knowledgeable guides, combined with our commitment to safety and sustainability, sets us apart as the premier choice for **trekking** adventures in the **Himalayas**. Whether you're a seasoned adventurer or a first-time explorer, trust Amen Bhutan Tours and Treks to deliver an unforgettable journey filled with breathtaking landscapes, cultural immersion, and unparalleled **adventure**.

Itinerary

Day 01: Arrival in Paro (2,280m/7,480ft)

Arrival at Paro Airport: Upon your arrival at Paro International Airport, you will be warmly greeted by our representative. They will assist you with immigration formalities and transfer you to your designated accommodation.

Check-in and Refresh: After arriving at your hotel in Paro, you'll have time to check-in and refresh yourself after your journey. Take some time to relax and acclimatize to the altitude.

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Pre-Trip Meeting: In the afternoon or evening, there will be a pre-trip meeting conducted by our trekking guide. During this meeting, you will receive a detailed briefing about the upcoming Jomolhari Trek. Our guide will provide information about the trekking itinerary, safety precautions, packing essentials, and answer any questions you may have.

Introduction to Bhutanese Culture: As part of the pre-trip meeting, you'll also get an introduction to Bhutanese culture and customs. This will help you better understand and appreciate the cultural aspects you'll encounter during your trek.

Accommodation: You will spend the night at a comfortable hotel in Paro. The accommodation will be arranged by our team and will provide all necessary amenities for a pleasant stay. Take this opportunity to rest and prepare for the exciting journey ahead.

Day 02: Sightseeing and Acclimatization Hike to Tiger’s Nest Monastery (3,180m/10,433ft) - 4 to 5 hours (5km) trek

Breakfast at the Hotel: Begin your day with a hearty breakfast at your hotel in Paro, fueling up for the day's adventures.

Visit to Tiger's Nest Monastery: After breakfast, embark on a scenic drive to the trailhead of Tiger's Nest Monastery, one of Bhutan's most iconic landmarks. This monastery, perched precariously on the edge of a cliff, is a sacred site and pilgrimage destination for Buddhists.

Trek to Tiger's Nest: Start your trek from the trailhead, ascending through pine forests and rhododendron trees. The trail offers breathtaking views of the Paro Valley below. The hike takes approximately 2-3 hours to reach the viewpoint where you can admire the stunning architecture of Tiger's Nest clinging to the cliffside.

Exploring Tiger's Nest: Upon reaching Tiger's Nest, take some time to explore the monastery complex, visiting its temples, shrines, and meditation caves. Learn about the rich history and spiritual significance of this revered site from your knowledgeable guide.

Lunch Break: After exploring Tiger's Nest, enjoy a packed lunch amidst the serene surroundings. Take in the panoramic views of the valley while recharging for the descent.

Descent and Return to Paro: Begin your descent back to the trailhead, taking approximately 1-2 hours to return. The downhill journey offers different perspectives of the landscape and monastery.

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Pre-Trip Meeting: In the evening, return to your hotel in Paro and attend the pre-trip meeting conducted by your trekking guide. During this meeting, you'll receive a detailed briefing about the upcoming Jomolhari Trek, safety guidelines, and any last-minute preparations.

Accommodation: Spend another night at the same hotel in Paro. The accommodation will provide comfortable rooms and amenities for a relaxing stay after your day of sightseeing and trekking.

Day 03: Paro to Sharna (Distance 17 kms and walking time 5-6 hours).

Breakfast at the Hotel: Start your day with a nutritious breakfast at your hotel in Paro, preparing you for the day's trek ahead.

Departure from Paro: After breakfast, meet your trekking guide and support team. Depart from Paro and head towards the trailhead for the Jomolhari Trek.

Scenic Drive to Trailhead: Enjoy a scenic drive through picturesque landscapes as you make your way to the starting point of the trek. Marvel at the lush greenery, pristine rivers, and panoramic mountain views along the way.

Begin Trekking: Arrive at the trailhead and begin your trek towards Sharna. The initial part of the trek may involve gradual ascents and descents as you traverse through forests and meadows.

Lunch Break: Take a break for lunch at a scenic spot along the trail. Enjoy a packed lunch amidst the natural beauty surrounding you, replenishing your energy for the rest of the journey.

Continue Trekking: Resume your trek towards Sharna after lunch. The trail may offer glimpses of wildlife and colorful flora, enhancing your trekking experience.

Arrival in Sharna: Reach Sharna, your destination for the day, by late afternoon or early evening. Sharna is a small village located at an elevation of approximately [insert altitude here].

Settle into Camp: Upon arrival, settle into your campsite in Sharna, where tents will be set up for accommodation. Your support team will ensure all camping equipment is prepared, providing a comfortable resting space for the night.

Dinner and Relaxation: After settling into camp, enjoy a hearty dinner prepared by your support team. Spend the evening relaxing and soaking in the tranquility of the surroundings, reflecting on the day's trekking adventures.

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Accommodation: Overnight stay in tents at the campsite in Sharna. Tents will be equipped with sleeping mats and sleeping bags to ensure a cozy and restful night's sleep amidst the wilderness.

Day 04: Trek from Shana to Sio Thangthangkha (3,750m/12,303ft) - 7 to 8 hours (21km) trek

Breakfast at Camp: Start your day with a wholesome breakfast prepared by your support team at the campsite in Shana, fueling you for the day's trek.

Morning Departure: After breakfast, pack up your belongings and prepare for the day's trekking adventure. Bid farewell to Shana as you begin your journey towards Sio Thangthangkha.

Commence Trek: Embark on the trekking trail from Shana to Sio Thangthangkha. The trail may lead through dense forests, crossing streams and rivers along the way. Be prepared for varying terrain and moderate ascents and descents.

Scenic Views: As you ascend higher, you'll be treated to stunning panoramic views of the surrounding mountains and valleys. Take breaks to admire the natural beauty and capture memorable photographs of the landscape.

Lunch Break: Pause for a refreshing lunch break at a picturesque spot along the trail. Your support team will provide a packed lunch, allowing you to replenish your energy amidst the tranquil surroundings.

Continued Trek: Resume your trek towards Sio Thangthangkha after lunch. The trail may pass through alpine meadows, offering glimpses of wildflowers and grazing yaks against the backdrop of snow-capped peaks.

Arrival at Sio Thangthangkha: Reach Sio Thangthangkha by late afternoon or early evening, depending on the pace of the trek. Sio Thangthangkha is a high-altitude campsite situated at an elevation of [insert altitude here].

Settle into Camp: Upon arrival, settle into your campsite at Sio Thangthangkha. Your support team will set up tents and camping equipment, providing a comfortable space for you to rest and rejuvenate.

Evening Relaxation: After settling into camp, take some time to relax and unwind amidst the serene mountain surroundings. Reflect on the day's trekking achievements and enjoy the tranquility of the wilderness.

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Dinner and Overnight Stay: As the evening sets in, gather around for a delicious dinner prepared by your support team. Enjoy hearty meals and engaging conversations before retiring to your tents for a restful night's sleep.

Day 05: Thangthangkha – Jangothang (4,050m/13,287ft) - 5 to 6 hours (19km) trek

Breakfast at Camp: Begin your day with a hearty breakfast at the campsite in Thangthangkha, fueling up for the day's trekking adventure ahead.

Morning Departure: After breakfast, prepare to resume your trek towards Jangothang. Pack your belongings, bid farewell to Thangthangkha, and get ready for another day of exploration.

Start Trekking: Embark on the trekking trail from Thangthangkha to Jangothang. The trail may lead through alpine meadows, crossing streams, and ascending gradually towards higher elevations.

Scenic Landscapes: As you trek, soak in the breathtaking views of the surrounding mountains and valleys. Keep an eye out for wildlife sightings, including grazing yaks and Himalayan birds, amidst the pristine wilderness.

Midday Break: Take a break for lunch at a scenic spot along the trail. Enjoy a packed lunch provided by your support team, refueling your energy amidst the serene mountain surroundings.

Continued Trek: Resume your trek towards Jangothang after lunch. The trail may present varying terrain, including rocky paths and gentle slopes, as you ascend towards higher altitudes.

Arrival at Jangothang: Reach Jangothang by late afternoon or early evening, depending on the pace of the trek. Jangothang is a high-altitude campsite situated at an elevation of [insert altitude here].

Settle into Camp: Upon arrival, settle into your designated campsite at Jangothang. Your support team will set up tents and camping equipment, providing a comfortable space for you to rest and relax.

Exploration and Acclimatization: Use the remaining daylight hours to explore the surroundings of Jangothang and acclimatize to the higher altitude. Take short walks around the campsite, enjoying the majestic mountain vistas.

Dinner and Evening Relaxation: As the evening sets in, gather around for a delicious dinner prepared by your support team. Spend the evening relaxing at camp, recounting the day's trekking experiences, and enjoying the tranquility of the mountainous landscape.

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Day 06: Rest day at Jangothang for acclimatization

Breakfast at Camp: Begin your rest day with a leisurely breakfast at the campsite in Jangothang, enjoying the serene mountain surroundings.

Acclimatization Activities: Today is dedicated to acclimatization, allowing your body to adjust to the high altitude of Jangothang. Engage in light activities such as short walks around the campsite or gentle yoga to help facilitate acclimatization.

Exploration of Jangothang: Spend the day exploring the scenic surroundings of Jangothang. Take short hikes to nearby viewpoints or visit the nearby Tshophu Lake for a tranquil nature experience.

Photography Opportunities: Jangothang offers stunning panoramic views of the surrounding snow-capped peaks, making it an ideal location for photography enthusiasts. Capture the beauty of the landscape and wildlife sightings with your camera.

Cultural Interactions: Interact with your trekking companions and the local Bhutanese staff to learn more about the culture and traditions of the region. Exchange stories and experiences over tea or participate in cultural activities organized by your support team.

Rest and Relaxation: Take advantage of this rest day to unwind and rejuvenate both physically and mentally. Spend time reading a book, journaling, or simply enjoying the tranquility of the mountain environment.

Optional Excursions: For those feeling adventurous, optional excursions to nearby attractions such as the Jangothang Glacier or Lingshi Dzong may be arranged. Consult with your trekking guide for recommendations and logistics.

Lunch and Dinner: Enjoy delicious meals prepared by your support team at the campsite. Indulge in nutritious and hearty dishes to refuel your energy for the days ahead.

Evening Campfire: Gather around the campfire in the evening for warmth and camaraderie. Share stories and experiences with your fellow trekkers while gazing at the starry night sky.

Day 07: Trek from Jangothang to Lingshi (4890m): 21 Km, 6-7 hours

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Breakfast at Camp: Begin your day with a hearty breakfast at the campsite in Jangothang, preparing you for the challenging trek ahead.

Morning Departure: After breakfast, pack up your camping gear and prepare to continue your journey towards Lingshi. Bid farewell to Jangothang as you embark on the trekking trail.

Start Trekking: Begin your trek from Jangothang to Lingshi, following the well-marked trail through rugged terrain and high mountain passes. The trail may involve steep ascents and descents, so be prepared for a physically demanding day.

Scenic Landscapes: As you trek, marvel at the breathtaking landscapes surrounding you, including towering peaks, cascading waterfalls, and alpine meadows. Keep your camera handy to capture the natural beauty of the Bhutanese Himalayas.

Lunch Break: Take a break for lunch at a scenic spot along the trail, enjoying a packed lunch provided by your support team. Use this time to rest and refuel your energy for the remaining trek.

Continued Trek: Resume your trek towards Lingshi after lunch, following the trail as it winds its way through mountain passes and valleys. Enjoy the serenity of the wilderness as you make your way towards your destination.

Arrival in Lingshi: Reach Lingshi by late afternoon or early evening, depending on the pace of the trek. Lingshi is a high-altitude village located at an elevation of 4,890 meters, offering stunning views of the surrounding peaks.

Settle into Camp: Upon arrival, settle into your designated campsite in Lingshi. Your support team will set up tents and camping equipment, providing a comfortable space for you to rest and relax after a long day of trekking.

Exploration of Lingshi: Use the remaining daylight hours to explore the village of Lingshi and interact with the local residents. Learn about their traditional way of life and admire the unique architecture of the Bhutanese homes.

Dinner and Overnight Stay: As the evening sets in, gather around for a delicious dinner prepared by your support team. Enjoy hearty meals and engaging conversations with your fellow trekkers before retiring to your tents for a well-deserved rest.

Day 08: Trek from Lingshi to Shodu (4950): 22 KM, 7-8 hours:

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Breakfast at Camp: Start your day with a nutritious breakfast at the campsite in Lingshi, preparing you for the long day of trekking ahead.

Morning Departure: After breakfast, pack your belongings and bid farewell to Lingshi as you begin your trek towards Shodu. Ensure you have enough water and snacks for the journey ahead.

Commence Trek: Embark on the trekking trail from Lingshi to Shodu, following the well-marked path through rugged mountain terrain and alpine meadows. The trail may involve steep ascents and descents, so proceed with caution.

Scenic Views: As you trek, soak in the breathtaking views of the surrounding Himalayan peaks and valleys. Keep your camera handy to capture the natural beauty of the landscape as you make your way towards Shodu.

Midday Break: Take a break for lunch at a scenic spot along the trail, enjoying a packed lunch provided by your support team. Rest and refuel your energy amidst the tranquil mountain surroundings.

Continued Trek: Resume your trek towards Shodu after lunch, following the trail as it winds its way through mountain passes and dense forests. Be prepared for varying terrain and challenging sections of the trail.

Arrival in Shodu: Reach Shodu by late afternoon or early evening, depending on the pace of the trek. Shodu is a picturesque village located at an elevation of 4,950 meters, offering stunning views of the surrounding landscape.

Settle into Camp: Upon arrival, settle into your designated campsite in Shodu. Your support team will set up tents and camping equipment, providing a comfortable space for you to rest and relax after a long day of trekking.

Exploration of Shodu: Use the remaining daylight hours to explore the village of Shodu and interact with the local residents. Learn about their traditional way of life and admire the unique architecture of the Bhutanese homes.

Dinner and Overnight Stay: As the evening sets in, gather around for a delicious dinner prepared by your support team. Enjoy hearty meals and engaging conversations with your fellow trekkers before retiring to your tents for a well-deserved rest.

Day 09: Trek from Shodu to Barshong (3720m): 14 Km, 4-5 hours

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Breakfast at Camp: Begin your day with a hearty breakfast at the campsite in Shodu, preparing you for the day's trek ahead.

Morning Departure: After breakfast, pack your belongings and prepare to continue your trek towards Barshong. Bid farewell to Shodu as you embark on the trekking trail.

Start Trekking: Begin your trek from Shodu to Barshong, following the well-marked path through lush forests and rocky terrain. The trail may involve moderate ascents and descents, providing a varied and scenic trekking experience.

Scenic Views: As you trek, enjoy the picturesque views of the surrounding mountains and valleys. Take breaks along the way to soak in the natural beauty and capture memorable photographs of the landscape.

Midday Break: Take a break for lunch at a scenic spot along the trail, enjoying a packed lunch provided by your support team. Rest and refuel your energy amidst the tranquil mountain surroundings.

Continued Trek: Resume your trek towards Barshong after lunch, following the trail as it winds its way through dense forests and meadows. Be on the lookout for wildlife sightings along the way.

Arrival in Barshong: Reach Barshong by late afternoon or early evening, depending on the pace of the trek. Barshong is a charming village located at an elevation of 3,720 meters, offering stunning views of the surrounding landscape.

Settle into Camp: Upon arrival, settle into your designated campsite in Barshong. Your support team will set up tents and camping equipment, providing a comfortable space for you to rest and relax after a day of trekking.

Exploration of Barshong: Use the remaining daylight hours to explore the village of Barshong and interact with the local residents. Learn about their traditional way of life and admire the unique architecture of the Bhutanese homes.

Dinner and Overnight Stay: As the evening sets in, gather around for a delicious dinner prepared by your support team. Enjoy hearty meals and engaging conversations with your fellow trekkers before retiring to your tents for a well-deserved rest.

Day 10: Trek from Barshong to Dodina (Trek ends): 22KM, 7-8 hours and drive to Thimpu.

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Breakfast at Camp: Begin your day with a satisfying breakfast at the campsite in Barshong, fueling up for the final leg of your trek.

Morning Departure: After breakfast, pack your belongings and prepare to embark on the last stretch of your trekking journey. Bid farewell to Barshong as you set off towards Dodina.

Start Trekking: Begin your trek from Barshong to Dodina, following the trail as it winds its way through scenic landscapes and charming villages. The trail may involve moderate to steep ascents and descents, so pace yourself accordingly.

Scenic Views: As you trek, soak in the stunning views of the surrounding mountains and valleys. Take breaks along the way to capture photographs of the breathtaking scenery and wildlife sightings.

Midday Break: Take a break for lunch at a picturesque spot along the trail, enjoying a packed lunch provided by your support team. Rest and rejuvenate amidst the tranquil mountain surroundings.

Continued Trek: Resume your trek towards Dodina after lunch, continuing to follow the trail as it leads you closer to your destination. Enjoy the serenity of the wilderness as you make your way towards the end point of the trek.

Arrival in Dodina: Reach Dodina by late afternoon or early evening, completing your trekking adventure. Take a moment to celebrate your achievement and reflect on the memorable experiences you've had along the way.

Drive to Thimphu: After reaching Dodina, meet your transportation arranged by our team and embark on a scenic drive to Thimphu, the capital city of Bhutan.

Check-in at Hotel: Upon arrival in Thimphu, check-in at your designated hotel and unwind after the day's trekking. Freshen up and relax before exploring the vibrant city.

Dinner in Thimphu: Enjoy a delicious dinner at a local restaurant in Thimphu, sampling traditional Bhutanese cuisine and savoring the flavors of the region.

Day 11: Sightseeing in Thimpu City

Breakfast at Hotel: Start your day with a hearty breakfast at your hotel in Thimphu, preparing you for a day of exploration in Bhutan's capital city.

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Visit to Buddha Dordenma: Begin your sightseeing tour with a visit to the impressive Buddha Dordenma statue, one of the largest Buddha statues in the world. Marvel at the magnificent golden figure and enjoy panoramic views of Thimphu Valley from the hilltop.

Exploration of Tashichho Dzong: Continue your tour with a visit to Tashichho Dzong, a prominent fortress-monastery that serves as the seat of the Bhutanese government and the King's office. Admire the intricate architecture and immerse yourself in the rich history and culture of Bhutan.

Bhutan Postal Museum: Visit the Bhutan Postal Museum to learn about the country's unique postal system and view a fascinating collection of stamps and philatelic artifacts. Gain insight into Bhutan's cultural heritage and communication history.

Craft Market: Explore the local craft market in Thimphu, where you can browse through a variety of handicrafts, textiles, and traditional Bhutanese souvenirs. Support local artisans and shop for unique gifts to take home.

Lunch Break: Enjoy a delicious lunch at a traditional Bhutanese restaurant, sampling authentic Bhutanese cuisine and flavors.

Changangkha Lhakhang: Visit Changangkha Lhakhang, an ancient temple perched on a hilltop overlooking Thimphu. Seek blessings and experience the spiritual ambiance of this sacred site.

Leisure Time: Spend the afternoon exploring the streets of Thimphu at your own pace. Take a leisurely stroll along the city's bustling markets, interact with locals, and soak in the vibrant atmosphere.

Memorial Chorten: Pay homage at the Memorial Chorten, a revered Buddhist stupa built in memory of the Third King of Bhutan. Join locals in circumambulating the stupa and offering prayers for peace and prosperity.

Dinner and Cultural Show: In the evening, indulge in a delightful dinner at a local restaurant, accompanied by a traditional Bhutanese cultural show featuring colorful dances and music.

Day 12: Transfer to Paro Airport – Departure.

Morning Check-out: Begin your day with check-out from your hotel in Thimphu after breakfast. Ensure all belongings are packed and accounted for.

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Drive to Paro Airport: Meet your designated transportation arranged by our team for a comfortable transfer to Paro Airport. Enjoy the scenic drive through the picturesque landscapes of Bhutan one last time.

Airport Drop-off: Arrive at Paro Airport and bid farewell to your guide and driver. They will assist you with luggage and ensure a smooth departure process.

Flight Check-in: Proceed to the check-in counter of your airline to complete the necessary formalities for your departure flight. Have your travel documents and identification ready for inspection.

Security Check: Clear security checks and proceed to the departure gate. Allow sufficient time for security procedures and boarding.

Final Goodbyes: Take a moment to reflect on your memorable experiences in Bhutan as you wait to board your flight. Capture any last-minute photographs and cherish the memories created during your journey.

Departure: Board your flight at Paro Airport and embark on your onward journey. As you take off, bid farewell to the enchanting kingdom of Bhutan, carrying with you cherished memories and experiences to last a lifetime.

Cost Details

What's Included

- **ARRIVAL AND DEPARTURE:**
  All ground transport in a private vehicle, including airport and hotel transfers
- **ACCOMMODATION DURING THE TRIP:**
  Comfortable lodging throughout the trek
- **ACCOMMODATIONS DURING THE TREK**
  Accommodation in a tented camp during the trekking days
- **SIGHTSEEING FEES & VISA**
  All entrance fees to museums and monuments / A Bhutanese Tourist Visa fee

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- **MEALS DURING THE TOUR AND TREK**
  Full board meals - standard breakfast, lunch, dinner, tea & snacks.

- **TRANSPORTATION:**
  All ground transportation in a comfortable private vehicle as per the itinerary

- **GUIDE:**
  An experienced, helpful, and friendly English-speaking Guide.

- **PORTERS**
  Porter and pack animal services for trekking

- **STAFF SALARY AND ALLOWANCE:**
  All Bhutanese staff & porter’s daily wages, salary, equipment, food & clothing.

- **GUIDE FOR THE TOUR AND TREK**
  Licensed English-speaking Bhutanese Professional tour and trekking guides.

- **GOVERNMENT TAXES:**
  All government taxes and official expenses.

What's Not Included

- **INTERNATIONAL AIRFARE:**
  International flight airfare (from and to Paro) Please contact us at info@amenbhutan.com- to book a Bhutan flight.

- **INSURANCE POLICY:**
  Travel Insurance (for trip cancellation, interruption, medical treatment, repatriation, etc.)

- **PERSONAL EXPENSES:**
  Telephone Calls, Internet, laundry, soft drinks, beers, and any Alcoholic beverages.

- **FILMING:**
  Special Filming, Camera, and Drone permit fee.

- **FOR PRIVATE AND CUSTOMIZE TRIP**
  Please contact us

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- **Group and Family Discounts**
  Please contact us or send us an email at info@amenbhutan.com

- **TIPS:**
  Tips for the guide & driver. (Tipping is Expected).

- **EXTRA:**
  Any other services, activities, or personal expenses, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

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