



Refresh Your Spirits
Reach New Heights

The Jhumolhari Trek

April 22nd - 5th May 2011

14 days/13nights

Trek to 5,800 metres.
Camp in the wild.
Luxury Resort hotel
option.

Highlights

- 8-days trek along the former route between Paro and Thimphu.
- Visit Dzongs (monasteries), Lakhangs (temples), museums, villages & places of natural beauty.
- Short hike to Taktsang Monastery “the famous “Tiger’s Nest”. (Horse ride available on request)
- Visits to traditional arts and crafts schools and individual workshops. Watch artisans while they work.
- Evening of entertainment - performance by a traditional dance troupe and Bhutanese dining.
- Options to arrive via Bangkok, Delhi and Kathmandu.

About this tour

The **Jumolhari Trek** is from Paro to Thimphu is a short four-night, five-day trek following the old route from Paro to Thimphu, crossing the chain of mountains that separates the two valleys. Although the route is sparsely inhabited, there are wonderful lakes and the area is famous for its spectacular rhododendron forests. Especially in the clear weather of late autumn and winter there are great views of the Himalayas.

Camp at sites with fantastic views and spend your evenings relaxing over multi-course suppers cooked by our experienced trekking chefs. We supply everything to make your trek a comfortable experience: 2-person sleeping tents, mattresses, dining tent, toilet tents and tables and chairs, as well as an experienced team of helpers from guide to cooks and assistants. You carry nothing but your day-pack. We load your rucksack onto ponies and our team goes ahead to ensure that your camp and refreshments are awaiting you on arrival after an enjoyable day’s trekking.

Back down in the towns, we will take you on a tour of the sights of **Thimphu**, the capital, and **Paro & Punakha**. Visit impressive monasteries and temples where Tibetan Buddhism flourishes and red-robed boy-monks chant their prayers. The huge Dzongs are the uniquely Bhutanese feature of every town. Enjoy watching traditional craftsmen and women at work on wooden items, statues and complicated textile weavings. Relax, unwind, chat with the locals, take photos, browse in the shops.

Back in the capital, celebrate the end of your visit with an evening of classic Bhutanese dining and traditional entertainment performed by local musicians.

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Jhumolhari Trek

14 days/13 nights

Flight Schedules

From Bangkok

Date	sector	Flight no	Dep	Arr
Fri 22 nd April	BKK-PBH	KB127	0650	0950
Thu 5 th May	PBH-BKK	KB126	1110	1610

From Delhi

Date	sector	Flight no	Dep	Arr
Fri 22 nd April	DEL-PBH	KB205	0635	1025
Thu 5 th May	PBH-DEL	KB204	1125	1340

From Kathmandu

Date	sector	Flight no	Dep	Arr
Fri 22 nd April	KTM-PBH	KB205	0910	1025
Thu 5 th May	PBH-KTM	KB400	0750	0845

Outline Itinerary

- Fri 22nd April Arrive Paro & transfer to hotel. Visit Drugyel Dzong, and a traditional farmhouse home.
- Sat 23rd April Trek starts- Drukgyel Dzong, Paro - Shana (5 hrs, 15km, 2,820m highest altitude) First day trek is a pleasant walk following the left side of the Pachu River. Camp in a beautiful open space surrounded by blue pine forest.
- Sun 24rd April Trek -Shana – SoiThangthangka (16km, 8 hrs, 3,580 m highest altitude). This is the longest trekking day. The trails pass through a mixed forest of blue pine and oak and tall rhododendron forest and enjoy the view of Jumolhari Mountain
- Mon 25th April Trek - Soi Thangthangka - Jangothang(11km, 4hrs, 4,000m highest altitude) is short and easy. Birds sighted en route.
- Tue 26th April Trek- Jangothang - Halt (temp falls).view the cone-shaped Jichu Drakey piercing the clear blue sky.
- Wed 27th April Trek-Jangothang - Dhumzo/Soi Yaktsa(16km, 7 hrs, 3,730m temp.falls)is a strenuous one. Enjoy views of two beautiful lakes surrounded by the two peaks of Jumolhari and Jichu Drakey.
- Thu 28th April Trek-Dhumzo/ Soi Yaktsa - Thombu Shong (11km, 6 hrs, 4,070m highest altitude)The climb to the Thombu-La begins, the climb begins to get more strenuous. One hour downhill for the Thombu-La is the campsite at Thombu Shong situated in a beautiful valley where yak herder's dwells.
- Fri 29th April Trek-Thombu Shong - Shana/Zakhapang(7 hrs, 2,600m temp falls)This day's trek is downhill all the way, a wonderful view of Jho Drakey and campsite at the same as the first night in Shana or short two-hour walk brings you to another possible camp site called Zakhapang

- Sat 30th April Trek-Shana/ Zakhapang - Drukgyel Dzong, Paro(3½ - 2½ hrs, 2,500m temp.falls)
On this final day you will trace your footsteps back from Shana or Zakhapang along the Pachu river to Drugyel Dzong & the trek is very easy one. Drive to Thimphu.
- Sun 1st April Sightseeing in Thimphu (2, 400m). Visit the takin reserve, Sangaygang viewpoint, Wangditse temple, Dechenphodrang monastic school and Thimphu Dzong .
- Mon 2nd April Drive to Punakha.Stop at Dochula pass (300m) and take a stroll through rice fields and village in the semi-tropical region around Chimi Lhakang (1200m).Drive to Punakha Dzong.
- Tue 3rd April Morning in Punakha and afternoon in Paro.Visit Kurjey lakhang & Ta Dzong museum one of the oldest temple in Bhutan.
- Wed 4th April Morning hike to Taktsang Temple. (3,000m). This is a highlight of the tour. Free time leisure in Paro town.
- Thu 5th April Check-in at Paro Airport for flight departure from Paro.

Important Note

All our tours are offered dependent on flight and hotel availability. Since these are quite limited we recommend you book early to avoid disappointment. We request your understanding in the event of the need to alter dates and itineraries which we would only do in order to ensure the best holiday experience for you.

**For prices & detailed itinerary please contact us at info@bhutanvisit.com
Please quote: August Student Tour.**