



Bhutan Adventure Trek Itinerary



Days 1 - 2 Home - Bangkok, Thailand

The Gateway for our journey is Bangkok, Thailand. You will be met by a MountainVision representative for transport to the the Novotel, Suyarnabhum Airport Hotel. Make sure to arrive in Bangkok on October 3rd. Most flight don't arrive until later in the evening.



Day 3 Bangkok - Paro, Bhutan

We depart from Bangkok very early for our flight to Paro, Buhtan. If the skies are clear you'll be treated to some breath taking views of the highest peaks in the world including Mt. Everest, Makalu and beautiful Kanchenjunga. Paro stands at 7,500 ft. above sea level, where we are met by our Bhutanese hosts and guide and transfer to our hotel. After lunch we pay a visit to Ta Dzong, built in 1651 as a watch tower and in 1968 inaugurated as Bhutan's National Museum. The collection includes art, relics, religious thangkha painting, postage stamps, coins and handicrafts, as well as a small natural history collection. Below Ta Dzong is Rinpung Dzong (Paro Dzong), the Fortress of Jewels, built in 1646.



Day 4 Paro, Bhutan

This morning we drive to Drugyel Dzong, built in 1647 by Shabdrung Ngawang Namgyel to commemorate his victory over the Tibetans in 1644. Drugyel Dzong means 'fortress of the victorious Drukpas'. When the high mountain air is clear the towering peak of Mount Jhomolhri , 7314 metres (24,000 feet) appears as an impressive backdrop. The mountain, which marks the frontier with Tibet, is sacred, as are all the mountains in Bhutan, and it is the dwelling place of the Goddess Jomo. It was first climbed in 1937, but the expedition never actually set foot on the summit. Jomolhari has never been climbed since and it is now a 'protected peak'. In the afternoon, visit Kyichu Lhakhang. Built by the Tibetan King, Songtsen Gampo in the 7th century, it's one of the oldest and most sacred shrines of Bhutan. Overnight at the hotel in Paro.



Day 5 Paro - Shana

Hike time: 5-6 hours

Estimated distance: 9 miles

Elevation change: 1000 ft

Camp at 9,250 ft

Our trek starts from Drukgyel Dzong (2,580) with a short downhill walk on a wide trail. The trail then climbs gently through well maintained rice terraces and field of millet. Later on we come to apple orchards and forests. Soon the valley widens, and we reach the

army post of Gunitsawa (2,810m). This is the last stop before Tibet. We continue upwards to just beyond Sharma Zampa (2,870 m), where there are several good camping places in meadows surrounded by trees.



Day 6 Shana - Thangthangkha

Hike time: 7-8 hours

Estimated distance: 12 miles

Elevation change: 2500 ft

Camp at 12,300 ft

The trail again follows the Pa Chu (Paro river), ascending and descending through pine, oak and spruce forest. After crossing a bridge to the left bank of the river, We stop for a lunch . Then we continue along the river, climbing upwards through rhododendron forest, and crossing the river once more before reaching our campsite (3,750m).



Day 7 Thangthangkha - Jangothan

Hike time: 5 hours

Estimated distance: 9.5 miles

Elevation change: 1,400 ft

Camp at 13,251 ft

The path ascends for a while until we reach the army camp. We then follow the river above the tree line, enjoying stunning views of the surrounding peaks. Hot lunch is served at a yak herder's camp. A short walk from here into the valley takes us to our campsite at Jangothang (4,040 m) where the view of Jhomolhari and Jichu Drake are superb.



Day 8 Jangothang Halt – Lingshi

Hike time: 7-8 hours

Estimated distance: 9.5 miles

Elevation change: +2,300 ft, -2,400 ft

Camp at 13,120 ft

The trail follows the stream for half an hour and crosses the bridge to the right bank. We now start our climb up the first ridge, enjoying breathtaking views of Jhomolhari, Jichu Drake and Tserimgang. The trail then takes us across a fairly level valley floor until the climb up to Nyele-la pass (4,700 m). We descend gradually from the pass to our campsite at Lingshi (4,000m) enjoying a panoramic view of the mountain peaks and Lingshi Dzong as we walk.



Day 9 Lingshi - Shodu

Hike time: 8-9 hours

Estimated distance: 12.5 miles

Elevation change: +2,700 ft, -2,400 ft

Camp at 13,440 ft

The Laya -Gasa route leaves the Jhomolhari trek route here. Our trail climbs up towards a small white chorten on a ridge above the camp, then turns south up the deep Mo Chu valley. The trail stays on the west side of this largely treeless valley, climbing steadily a

short distance above the Mo Chu. It then crosses the river, and climbs steeply for two hours to Yeli-la (4,820 m). On a clear day you can see Jhomolhari, Gangchenta, Tserimgang and Masagang from this pass. We descend alongside a stream to a rock shelter in the cliff face, and then continue on downstream till reaching Shodu (4,100m), where we will camp in a meadow with a chorten in it.



Day 10 Shodu - Barshong

Hike time: 6-7 hours

Estimated distance: 9 miles

Elevation change: -1,600 ft

Camp at 11,800 ft

We are now back at the tree line, and our path follows the course of the Thimphu Chu, descending through rhododendrons, junipers and mixed alpine forests. There are stunning views of rocky cliff faces and waterfalls along the way. We stop at the riverside for a hot lunch, then the trail takes us gradually upwards to the ruins of Barshong Dzong (3,600m), near which we camp for the night.



Day 11 Barshong - Dolam Kencho

Hike time: 5-6 hours

Estimated distance: 8 miles

Elevation change: variable

Camp at 11,800 ft

The trail descends gently through a dense forest of rhododendron, birch and conifers, then drops steeply to meet the Thimphu Chu. The trail runs along the left bank of the river, climbing over ridges and descending into gullies where side streams run down into the river. The final stage of the trail climbs around a cliff face high above the Thimphu Chu, coming out onto Pastureland where we camp for the night at 3,600 m.



Day 12 Dolam Kencho - Dodena - Thimphu

Hike time: 3 hours

Estimated distance: 5 miles

Elevation change: finish at Dodena @ 8,800 ft

The trail winds in and out of side valley above the Thimphu Chu, making a long ascent through a forest of conifers and high altitude broadleaf species to a pass at 3,510 m. The trail then drops steeply down to the river, following it southward to the road head at Dodena (2,600 m). Here we meet a vehicle and drive to Thimphu and overnight at the Thimphu Hotel.



Day 13 Thimphu (Capital of Bhutan) - Paro

Early morning drive to Paro and hike up to the famous Tiger's Nest (Taktsang) monastery in Paro. Overnight in Paro.



Day 14 Paro to Bangkok

After an early breakfast in the hotel we drive to the airport for flight back to Bangkok. We've arranged another night for you here at the Novotel to relax prior to catching flights home.



Day 15 Flights home