Bhutan- Jomolhari Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**12 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4080m**
GROUP SIZE	**10 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 4,390 per person**

Day-by-day itinerary

Day 1 : Arrive Paro International Airport (2,200 m)

When you arrive at Paro International Airport, our representative will greet you and transfer you to your hotel. In the evening you will visit Paro town and market and stay overnight at your hotel in Paro.

Day 2 : Trek from Drukgyel Dzong to Sharna Zampa (2850 meters) - 17km/4-5 Hours

We will drive to Drukgyel Dzong (2,580 m) from where the road ends. and we will start our trek with from Gunitsawa village, where we will pass the army post, where our permit will be checked and approved, the trail goes, and it follows the Paro Chhu Passing beautiful paddy fields, meadows and impressive farm houses. Continue following the trail, we will reach our destination Sharna Zampa and stay overnight.

Day 3 : Trek from Sharna Zampa to Thangthangkha (3610 meters)- 22km/7-8 Hours

Today’s hike will be a bit long and will include a lot of slight ups and downs. In a few hours we will hike through the river valley and up the mountain into Jigme Dorje National Park. The trail then narrows to a path that leads to a meadow where we set up camp for the night. From here, weather permitting, we will get our first glimpse of the beautiful Mt. Jomilhari

Day 4 : Trek from Thangthangkha to Jangothang (4,080m)- 19km/5-6 Hours

If we missed the chance to see the beautiful Mount Jomolhari last night, we had a chance to enjoy the beautiful view this morning. After enjoying the view, we will continue our hike to the Paro Chhu Valley, passing through large alpine meadows and sparse forests and passing a military outpost. We will hike through the villages of Soe, Takethang and Dangochang which is another highlight of the day. Arriving at Jangothang, one of the most beautiful camping spots in the Himalayas, we will again be treated to a stunning view of Mount Jomolhari. We will stay overnight in Jangothang.

Day 5 : Rest day for Acclimatization at Jangothang (4,080m)

Acclimatization day in Jangothang will give us plenty of possibilities for the whole day. We can hike on lakes with beautiful views of snow-capped mountains such as Jomolhari and Jinchu Drake, and we will have another good chance to spot some blue sheep on the upper slopes of the valley. Trek up to Tosoh

or hike around the area, there are good and short hiking trails in three directions. Jomolari Peak and its affiliated ranges are due west, Jichu Drake Peak is to the north, and there are many unclimbed peaks to the east. Jangothang will provide us a perfect environment for acclimatization. We will have a great night at Jangothang.

Day 6 : Trek from Jangothang to Lingshi (4,010m)- 18km/6-7 Hours

The trek today will lead us to Lingshi. When we begin our trek from Jangothang Camp, we will hike rapidly for about half an hour, and then the trail becomes gradually ascend to the Nyilila Pass at 4,870m, we can enjoy with the surrounding views of snow-capped mountains, and see herds of blue sheep grazing on the slope of mountains. From the pass we get a stunning view of the Jichu Drake, Jomolhari and Tsherimgang peaks which are over 7,000 meters above sea level. On the way down to the Camp, we will pass by some of the yak herder's tent, made from yak wool. As we come down into the Lingshi basin, we will get a wonderful view of Lingshi Dzong. Tslimgang and its glacier are located at the northern end of the valley. The campsite is located next to a stone house in front of Lingshi Dzong. We will stay in Lingshi.

Day 7 : Trek from Lingshi to Shodu (4,080m)- 22km/8-9 Hours

The mountain road starting from Lingshi climbs all the way to Yelila Pass at an altitude of 4,930 meters. On a clear day, you can see the magnificent scenery of Mt. Tsherimgang, Jomolhari, and Masanggang from the pass. Our hike from the pass to the campsite at Shodu was a steep, downhill climb. We will enjoy the evening in Shodu.

Day 8 : Trek from Shodu to Barshong (3,710m)- 16km/5-6 Hours

The trail will take us to Barshong, following the Thimphu Chhu through rhododendron forests, passing beautiful waterfalls along the way. The valley narrows until the path takes us to the slopes and gradually ascends to the ruins of Barshong Dzong. We will have nigh break in Barshong.

Day 9 : Trek from Barshong to Dolam Kencho (3,320m)- 15km/5-6 Hours

The trek today descends down to the Thimphu Chhu River valley, and leads us through dense forests of rhododendron, birch, maples, conifer and bamboos. Then, the trail then ascends to the pasture. The campsite is located on a meadow in Dolam Kencho.

Day 10 : Trek from Dolam Kencho to Dodena to Thimphu (2,334m)- 8km/3-4 Hours

The trail takes us further through the forested area, winding and crossing a small mountain pass. We can see monkeys along the way. In Dodena we will leave Jigme Dorji National Park and reach the road next to an impressive cantilever bridge. Drive us to Thimphu for overnight stay.

Day 11 : Thimphu (2334 meters) sightseeing and drive to Paro (2200 meters)

We will have full day sightseeing in Thimphu valley, visiting the following, as time permits: National Memorial Chorten; Tashichho Dzong (“the fortress of the glorious religion”); National Library; Institute for Zorig Chusum (Bhutanese arts and crafts school); National Institute of Traditional Medicine (outside only); Handicrafts Emporium, evening drive to Paro, and overnight at the hotel in Paro.

Day 12 : Depart Paro (2200 meters)

After breakfast, drive to Paro airport for flight to onward destination.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrive Paro International Airport · 2,200 m · day 17°C / night 5°C
- Day 4 · Trek from Thangthangkha to Jangothang- 19km/5-6 Hours · 4,080 m · day 8°C / night -7°C
- Day 5 · Rest day for Acclimatization at Jangothang · 4,080 m · day 8°C / night -7°C
- Day 6 · Trek from Jangothang to Lingshi- 18km/6-7 Hours · 4,010 m · day 8°C / night -7°C
- Day 7 · Trek from Lingshi to Shodu- 22km/8-9 Hours · 4,080 m · day 8°C / night -7°C
- Day 8 · Trek from Shodu to Barshong- 16km/5-6 Hours · 3,710 m · day 10°C / night -5°C
- Day 9 · Trek from Barshong to Dolam Kencho- 15km/5-6 Hours · 3,320 m · day 12°C / night -3°C
- Day 10 · Trek from Dolam Kencho to Dodena to Thimphu- 8km/3-4 Hours · 2,334 m · day 17°C / night 4°C

What’s included

1. Visa & Fees

- Visa & SDF: Bhutan visa processing and the Sustainable Development Fee (SDF) for tourism in Bhutan.

2. Camping & Meals

- Camping Equipment: All necessary camping gear provided for a comfortable trekking experience.
- Full Board Meals: All meals included during the trek (Breakfast, Lunch, and Dinner – BLD).

3. Staff

- Trekking Guide & Crew: Experienced trekking guide and full crew (including cooks and support staff) to ensure a safe and enjoyable trekking experience.

4. Transportation

- Transport: Comfortable private vehicle for all transfers and necessary transportation during the trek.

Not included

1. Flights

- International Airfare: Flights to and from Bhutan.

2. Travel Insurance

- Travel Insurance: Comprehensive travel insurance covering unforeseen circumstances, medical emergencies, and trip cancellation.

3. Personal Expenses

- Personal Nature Expenses: Costs for shopping, additional personal items, and other individual expenditures.

4. Tips & Gratuities

- Tips & Gratuities: Optional but customary for guides, porters, and other support staff.

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/bhutan-jomolhari-trek/

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