

# The Trekking Company



## Bhutan: Chomolhari Trek



14 day trip 9 day trek ex-Bangkok Cost: \$5170.00

15 day trip 9 day trek ex-Sydney Cost: \$6470.00

**Departures 20 Oct to 3 Nov 2007,**

25 Apr to 9 May 2008, 18 Oct to 01 Nov 2008

*23 day trip 15 day trek Everest View Trek and Chomolhari \$6195.00 ex- Bangkok or \$7495.00 ex-Sydney (airfare included)*

Special departure 11 Oct to 03 Nov:

email [mohan@trekking.com.au](mailto:mohan@trekking.com.au) for details Trip DC040

Prices in Australian dollars

### Trek a less travelled path

Our Chomolhari trek takes you close to Mt. Chomolhari (7,314 m) Bhutan's sacred mountain. We did our first trek here in 1993 and even today it remains as beautiful as ever. The local people are friendly and hospitable - the Blue Sheep roam wild and the Snow Leopards remains protected.

Much of the trail is through pristine forest. The trek begins in the picturesque town of Paro and ends in Thimphu the present day capital of Bhutan. On the trek you cross Bhongtela 4900m and Thombula 4520m passes. At our highest campsite at Jangothang 4050m, Chomolhari seems to tower over us. On our rest day at Jangothang, we have an option to take a walk to the nearby unnamed valley at 5250m, from where we have a spectacular view of Chomolhari and Khungphu. It is also the day when you are likely to see herds of blue sheep.

During our stay in Paro, we walk up to the Taktsang (Tiger's Nest) Monastery, a monastery situated on the edge of a rock face. The Paro valley is also home to Bhutan's oldest temples, National Museum and the country's only airport. In Thimphu you have time to shop for some of Bhutan's exquisite handicrafts and hand woven cloth.

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The Trekking Company

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## Bhutan - Chomolhari Trek BH301

Our Chomolhari trek takes you close to Mt. Chomolhari (7,314 m) Bhutan's sacred mountain. We did our first trek here in 1993 and even today it remains as beautiful as ever. The local people are friendly and hospitable -the Blue Sheep roam wild and the Snow Leopards remains protected.

14 day trip 9 day trek ex-Bangkok Cost: \$5170.00 - includes cost of flight from Bangkok to Paro return and one night in Bangkok.

15 day trip 9 day trek ex-Sydney Cost: \$6470.00 - includes cost of flight from Sydney ( exclusive of airport taxes and charges)

Day	1	Fly to Bangkok
Day	2	Fly to Paro 2200m
Day	3	Sightseeing in Paro
Day	4	Shana: Trek to Shana. 2870m.
Day	5	Trek to Thangthangkha 3750m.
Day	6	Jangothang. Trek. 4075m.
Day	7	Jangothang - excursions
Day	8	Linghsi 4000m
Day	9	Shodu 4085m
Day	10	Barshong 3600m
Day	11	Dolamkencho 3600m
Day	12	Thimphu 2350m
Day	13	Sightseeing in Thimphu: Evening drive to Paro
Day	14	Fly to Bangkok - connect with flight home 2 Nov
Day	15	Arrive Sydney

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Days 01: Fly Sydney to Bangkok - Transfer to the hotel for an overnight stay. Overnight in Bangkok.

Days 02:

The one advantage of flying out of Bangkok to Paro 2200m is that you have most of the day in Paro to take a day walk up to Taktsang Monastery - which lies at about 3000m. This spectacularly perched monastery was built in the 17th. Century and has a fascinating legend about it. This walk there and back takes about 4 hours and is a wonderful introduction to Paro and Bhutan.

The flight from Bangkok to Paro is spectacular. You begin by flying over the Bay of Bengal then across the Gangetic Plains heading straight for the Himalaya. During the flight you should have a marvellous panoramic view of 4 of the 5 world's highest mountains stretching from Mt. Everest to Kangchenjunga. On arrival in Paro, you transfer to your hotel and after lunch drive to the base of the Taktsang Monastery and begin a walk uphill at a leisurely pace. Return to your hotel for a well earned rest.

Days 03:

A full day of sightseeing in Paro. There are lots to do and see in Paro. Little has changed here since my first trip to Paro over 30years ago. It remains as charming as ever. Some of the places you will be visiting will be the Paro Dzong (Fortress), built in 1646. It houses the office of the civil administration and the Paro monastic school for young monks. The Ta Dzong, which stands high on a hill - overlooking the Paro Valley. It is the National Museum now and has a vast collection of Bhutanese Art, artifacts, traditional weapons and stamps. The markets are always fascinating. Here locals come from the surrounding villages to trade their local produce. It is also an opportunity to meet the locals. Most young Bhutanese speak English and are always happy to practice it. Unlike other tourists destinations, they are not likely to ask for sweets, pencils etc. Infact on a number of occasions, it is they who have offered me sweets and apples.

Day 04: Trek to Shana 2870m.

We drive from Paro along the paved road to the Drukgyel Dzong 2580m, a fortress where Bhutanese warriors fought Tibetan invaders centuries ago. At Drukgyel Dzong the trek commences, following the course of the Paro Chu (river) towards Chomolhari. The trail begins with a gentle climb through terraced fields of millet and rice. Along the way you will pass apple orchards and a school for the local children and an army checkpoint at Gunyitsawa. It is the last checkpoint before Tibet. Your campsite is close to a river and at the edge of a forest. This is approximately a 17km. Walk and takes about 6 hours.

Day 05: Thangthangkha: 3750m.

After breakfast, we begin our walk through a forest of oak, pine, spruce and continue uphill along the Paro Chu valley. It is a beautiful walk along the banks of the Paro Chu. We walk out of the forest to a clearing where our camp will be set up at 3606m. We will have our first view of Chomolhari - just a short distant, before arriving at camp. 20km approximately 8 hour walk.

Day 06: Jangothang 4075m.

Early in the day the trail leaves the tree line and angles upwards across alpine pastures towards Chomolhari. After a kilometre we pass a village called Jampu. From here you will be above the tree line and will have stunning views of the Rocky Mountains. Along the way you are likely to pass nomadic yak herders before you finally arrive at the remnants of an old fort at Jangothang. Just before the last part of the climb to Jangothang, 4075m, a trail to the left follows the old caravan route to the Tibetan town of Phari Dzong. This campsite is also the base camp for Chomolhari. It is approximately an 8hour walk.

Day 07: Free day in Jangothang: 4075m.

It is a free day at Jangothang, but you would not want to miss the optional day walk up to unnamed valley, which stands at 5250m. On this excursion, you pass a few traditional farmhouses, and when in the high valley you will find a beautiful lake and spectacular views of Chomolhari and Khungphu. You are also likely to see herds of blue sheep. They are shy animals and so a good telephoto lens would be useful for a good photograph.

Day 08: Lingshi 4000m.

Today's walk is the longest of the trek and passes through spectacular scenery along the base of Chomolhari. You also have views of Jichu Drake and Tserimgang. At Ngile La (pass) 4700m. it s possible to take a side trip to the summit of Golung Phu, 5120m, from where there are excellent views of both Chomolhari, 7314m, and Tschering Kang, 6900m, to the north of Chomolhari. From Ngile La it is still several hours walk to the fortified monastery of Lingshi Dzong where camp is made. 18km. 7 to 8 hours.

Day 09: Shodu 4085m

Lingshi Dzong is the turning point of the trek, from here the trail turns south to the deep Mo Chu valley. The trail stays on west side of this largely treeless valley climbing steadily about the Mo Chu. It then crosses the river, and climbs steeply for two hours to the Yeli-la 4820m pass. On a clear day you can see Chomolhari, Gangchenta, Tserigang and Masagang from this pass. It is a steep down hill walk to Shodu 4085m. Our camp will be in open meadow. 13km. 7 hours.

Day 10: Barshong 3600m

We are now back at the tree line, and our path follows the course of the Thimphu Chu, descending through rhododendron, juniper and mixed alpine forests. There are stunning views of rocky cliff faces and waterfalls along the way. The trail then takes us uphill to the ruins of Barshong Dzong. We camp nearby for the night. 15kms. 7 hours.

Day 11: Dolamkencho 3600m

The trail descends gently through dense forest of rhododendron, birch and conifers - then drops steeply to meet the Paro Chu. The trail runs along the left bank of the river, climbing over ridges and descending into gullies. 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 3600m. 15km. 6 hours.

Day 12: Trek to Chen Gompa and drive to Thimpu 2350m

The trail descends the valley of the Thimphu Chu, through forests of rhododendron and conifers, to the monastery at Chen Gompa. From Chen Gompa you are picked up and driven to the hotel at Thimpu.

After lunch visit the 17th century Tashihhodzong ("the Fortress of the Glorious Religion") which apart from being the seat of government, (housing the superbly decorated Chamber of the National Assembly) is a centre of traditional painting, handicraft and healing.

Day 13: Paro: Thimphu: Free day.

Our hotel in Thimphu is very close to the heart of the town and you have most of the day for an exploratory walk of this town. After lunch drive to Paro. Overnight Paro.

Days 14: Fly to Bangkok:

Transfer to the airport for an early morning flight to Bangkok and home.

Day 15: Arrive Sydney.

THE ITINERARY AND ROUTE MAY BE SUBJECT TO CHANGE DUE TO WEATHER AND OTHER UNFORE-  
SEEN CIRCUMSTANCES.

Special departure:

*23 day trip 15 day trek Everest View Trek and Chomolhari \$6195.00 ex- Bangkok or \$7495.00 ex-Sydney (airfare included)*

Day	1	Fly to Bangkok overnight Bangkok
Day	2	Fly to Bagdogra drive to Darjeeling
Day	3	Walking tour Tibetan Centre, HMI,
Day	4	Trek to Siri Khola
Day	5	Trek to Gorkhey through forest.
Day	6	Trek to Phalut. 3600m. Panoramic views.
Day	7	Sandakphu 3636m. views of Mt. Everest
Day	8	Trek to Tonglu
Day	9	Trek to Manebhanjang drive to Siliguri
Day	10	Drive to Phuntsholing
Day	11	Drive to Paro
Day	12	Paro : Sightseeing Paro
Day	13	Shana: Trek to Shana.
Day	14	Trek to Thangthangkha
Day	15	Jangothang. Trek.
Day	16	Jangothang - excursions
Day	17	Linghsi
Day	18	Shodu
Day	19	Barshong
Day	20	Dolamkencho
Day	21	Thimphu
Day	22	Sightseeing in Thimphu evening drive to Paro
Day	23	Fly to Kolkata connect with flight home
Day	24	Arrive home

This trip has been designed for those who have a little more time and would like to experience walking in two very different but beautiful regions of the Himalaya, for just a little more expense. On this trip you travel to Darjeeling, which was once where many of the major expeditions to Everest began in the 1920s. It is also where the 4th. King of Bhutan went to school in his early days. Kalimpong in Darjeeling district actually borders Bhutan.

Besides exploring this charming town in day walks we take a 6 day trek along the Singalila ridge, from where you have a panoramic view of the world's highest mountains including Mt. Everest. It is excellent preparation for the Chomolhari trek. The highest point on this trek is 3636m.

After the Everest View trek along the Singalila ridge, we drive to Bhutan and begin the Chomolhari program. This first trek is a fully supported trek, just like the Chomolhari trek. There will be a guide, camp staff, portage and all meals will be provided.

To ensure a place on this trip please make a booking as soon as possible with a non refundable deposit of AUD\$500.00. The full payment is due 75 days before departure.

Cancellation charges applies as follows:

No airfares paid for on Druk Airlines is refundable.

No refund of deposit.

AUD\$1000.00 within 30 days of the beginning of the trip.

AUD\$2500.00 within 10 days of the beginning of the trip.

Total amount paid non refundable after the beginning of the trip.

The most convenient method to make payment is to make a deposit into our bank account.

Payment by Credit Card will incur an additional 3.5% Bank Charge.

What is included in the Trip Package Price:

Cost:

Chomolhari trek: BH301

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Single Supplement: \$700.00

Price in Australian dollars.

The Trekking Company will provide:

- International airline ticket where this is a part of the package.
- Transfer: Airport / Hotel / Airport
- Tour costs and entrance fees where these are specified in the itinerary
- Accommodation on twin share basis in Bhutan where all meals are provided.  
Breakfast, lunch and dinner.
- Permit for Trekking and environmental charges and fees.
- Camping equipment for the trek such as sleeping tent, mattresses, toilet tent, kitchen tent, dining and kitchen utensils.\*
- Daily wages of support staff
- Service of pack animals and portorage for the camping equipment.
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- \* Down jackets and sleeping bags can be hired from The Trekking Company at AUD\$75.00 per item for the duration of the trek.

Some of the things you will need to pay for:

- Visas for Bhutan
- Drinks - mineral water, soft drinks and alcoholic drinks.
- Lunch and dinner in the various towns you stay in - expect where mentioned above.
- Laundry,postage,extra portage if required etc.
- Travel insurance
- Departure taxes at the various airports you will use, as well as that charged in your ticket.
- Personal tips. Please budget approximately AUD\$100.00 per person. This amount to be divided amongst the staff.
- Excess baggage.
- Medical expenses.

# The Trekking Company

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To make a booking kindly fill in the following details and mail it to us.

Trek Tour: \_\_\_\_\_ Tour reference \_\_\_\_\_ Date Joining Tour \_\_\_\_\_ at \_\_\_\_\_

Booking for: \_\_\_\_\_ Person / Persons

Name as in passport

Title \_\_\_\_\_ First Name \_\_\_\_\_ Middle name \_\_\_\_\_ Surname \_\_\_\_\_

Name as in passport

Title \_\_\_\_\_ First Name \_\_\_\_\_ Middle name \_\_\_\_\_ Surname \_\_\_\_\_

Mailing address: \_\_\_\_\_ Postcode \_\_\_\_\_ State \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_ email address \_\_\_\_\_

Once we confirm your booking we shall send you a request for a non refundable deposit of \$500.00 per person. At the same time we shall also request you send us passport details etc.