

BHUTAN

Utflyktspaket i Bhutan - engelsk version



Bhutan, välkomnar dig i med en intressant kulturell mångfald och geografisk skönhet.

Bhutan har ofta betraktats som den verkliga Shangri-La. Druk Yul, eller landet av Thunder Dragon, har också fått populära tillnamnet "Kungadömet i molnen". Andra har liknat Bhutan med "ett land med dimma och mysticism". Historien har sett Bhutan utvecklas från ett land regerat av olika härskare till ett enat land, som vårdas ömt av en tradition ärfiliga monarker för att bli världens yngsta demokrati. Bhutan har kommit långt; varje steg i sin utveckling står vittnesbörd om rika kulturella och traditionella arv som fungerar som central del av nationens styrka och enighet.

Bhutan är också den enda nation i världen som mäter dess utveckling genom framgång, som bygger på en filosofi av bruttonationallyckan.. Denna unika filosofi, som i klartext betyder "utveckling med värden", prioriterar människors lycka över materialutveckling som i dagens värld är helt utan motstycke. Bhutan öppnade sina dörrar för världen under 1970-talet och har sedan dess aldrig upphört att förföra och locka glada besökare från varje region. Varje år tusentals människor kommer till Bhutan och fördjupa sig i denna förtrollade land av förundran. Bhutan blev 2013 korad som en av de tre finalisterna för World Travel and Tourism Council: s (WTTC)

ESSENCE OF BHUTAN 7 dagar/ 6 nätter

Kategori: Hotell
Transport: Minibuss & båt
Start: Paro
Slut:

This tour covers the western Bhutanese grandeur of Paro, Thimphu, Punakha and Wangdue valleys. It is a gentle pace 7 days trip enabling one to experience the captivating sights and exhilarating hikes. Highlight includes: Sacred Buddhist sites, beautiful landscape, villages, massive fortresses and meeting people.

This itinerary can be extended till Phobjikha Valley, Gangtey (Wangdue)

DAY 1: ARRIVE PARO –THIMPHU (55KMS)

Your journey to Bhutan begins from Kathmandu flying on Druk Air, Bhutan's National airline arriving to Paro Valley. If you are lucky, you will have a glorious view of the Snowcapped Himalayas including Everest, the icon of the Himalayan range. Try and get the left hand seat for better view of Himalayas). The remarkable and steep descent into the Paro valley is an awe-inspiring beginning to an adventure of a lifetime with its transparent purity of the air and its absorbing serenity. Paro retains its bucolic nature in spite of the existence of development projects. Fields of brownish covers most of the valley floor while hamlets and isolated farms dot the landscape. After visa formalities and collection of baggage, you will meet the representative from Bhutan Journeys. Transfer to Thimphu takes 2-hour leisurely drive towards the Capital of Bhutan, Thimphu. Passing through hills and some astounding countryside. Thimphu is situated in a large valley traversed by the Wangchuk River and overshadowed by high peaks. En-route we will view Tachogang monastery, "the temple of excellent horse" built by Thangthong Gyalpo (Iron chain builder in Bhutan) before reaching to Chunzom (confluence). You will visit the Iron Chain Bridge which is one of the most visible ancient craft work in the middle Ages. You will continue our drive to the confluence of Paro – Thimphu River; you will see three forms of Chortens in different styles i.e. Nepalese, Tibetan and Bhutanese. Drive following the Thimphu River upwards passing through several villages. Upon reaching Thimphu, you will be taken to the hotel located in the heart of the Thimphu City, which offers easy access to the commercial establishment You will check in at the hotel and take a leisurely walk through the main street of Thimphu. Dinner and Overnight: Hotel

DAY2: THIMPHU VALLEY EXPLORATION

Participate in a wide variety of interesting activities, which represent many diverse aspects of Bhutanese culture. You will drive to Kuensel Phodrang to visit the Buddha Statue, 169ft; one of the most recently built religious icon in Bhutan. National Memorial Chorten, built in honour of third King of Bhutan, Jigme Dorji Wangchuck. This Chorten is centrally located and you will see an endless procession of elderly people circling around it. Drive to visit the centenary farmers market. Drive for lunch at one of the popular restaurant in Thimphu. Afternoon drive to visit Takin enclosure to see the National Animal of Bhutan and visit Tashicho Dzong, the main secretariat which houses the summer residence of the central monk body and main seat of government. Its majestic architecture in finely balanced proportions is complemented by artistic decorations and paintings. Finally visit Textile Museum, which houses old Bhutanese Textiles and artifacts from the various regions and tribes of Bhutan and stroll through the main street of Thimphu. Dinner and Overnight: Hotel.



AllResor

Hotellpriser är per rum och natt, resterande per person om inget annat anges.

För resevillkor se: www.allresor.se

ESSENCE OF BHUTAN 7 dagar/ 6 nätter

DAY 3: THIMPHU - PUNAKHA – WANGDUE (71 KMS)

Morning, you will depart to Punakha and drive takes about 3 hours. The route passes through the horticulture centre in Yusipang before reaching the 10,000ft Dochula pass. On a clear day, you will be able to see a spectacular view of the eastern Himalayas from this pass. Many colorful prayer flags and chortens also dot the pass. Walk around the pass and stop for light refreshment at Dochula cafeteria. Descend through the forest of rhododendrons and magnolia. After several short stops on the way, you will pass the village of Lumitsawa; Thinleygang and the fertile valley of Lobesa. Lunch at Lobesa. Afternoon, you will take a gradual hike about an hour to Chime Lhakhang, a monastery, which is built in 15th Century and dedicated the famous saint Drukpa Kuenley, also popularly known as “Divine Madman. It is a popular pilgrimage point for all Bhutanese and is especially revered by women for its fertility powers. After visit the monastery, you will walk back and drive to your hotel. Dinner and Overnight: Hotel

DAY 4: PUNAKHA / WANGDUE VALLEY EXPLORATION

Morning drive to visit the Punakha Dzong, which is one of the most architecturally impressive Dzong in the country. It is ideally located between two rivers Pho Chu “Male River” and Mo Chu “Female River”. It was built in 1637 by Shabdrung Ngwang Namgyel and it has served as the seats of the Government till 1955. The Dzong was named Druk Pungthang Dechen Phodrang, “Palace of Great Happiness.” Punakha is still the winter residence of Je-Khenpo “Chief Abbot” and central monk body. Drive for lunch. Afternoon drive to visit Nalanda Buddhist Institute, also known locally as Daley Goenpa, is a Buddhist monastic school. The takes about 1 hour though the forest of several Rhododendron and worth visiting this sacred monastery. The monastery was founded by 9th Jey Khenpo, Shakya Rinchen in 1954. You will visit the monastery and one will get opportunity to interact with monks and know the way of monk’s life. Visit the monastery and take a walk through the Rhododendron forest. Drive back to your hotel. Dinner and Overnight: Hotel

DAY 5; PUNAKHA - PARO VIA THIMPHU (125KMS)

Transfer to Paro via Thimphu and drive takes about 4 -5 hours over Dochula pass. Descend to Thimphu and en- route you will visit the Simtokha Dzong, first Dzong built in Bhutan and houses the religious institute for monks. Depending on your time schedule, you will either have lunch at Thimphu or drive to Paro. Late afternoon you walk through the main street of Paro and drive to Bhutanese host family to experience a local living, try Bhutanese tea, experience hot bath and interact with host family and followed by dinner Bhutanese cuisines. Drive back to your hotel. Dinner and Overnight: Hotel

DAY 6: PARO VALLEY EXPLORATION

Today it will be a very special day, with an excursion to visit the spectacular Taksang (Tiger Nest) Monastery .After the breakfast, you will take a short drive to the north of Paro Valley to Ramthangkha, from where we start our hike to the Taksang monestry(Tiger’s Nest). The trial climbs through beautiful pine forest,many of the trees festooned with Spanish moss and an occasional grove of fluttering prayers flags.Legend has it that Guru Rimpoche, founder of Buddhism flew from Estern Bhutan on a tiger, bringing Buddhist teachings and meditated here in this cliff. This is one of the most veneratated and sacred of all Buddhist sight around the world. After visiting the monastery and offering our prayers, you will walk back to Taksang cafeteria for lunch. Afternoon we will walk down to base and on time availability and depending on energy, we will drive to visit Kyichu Monastry, built in 7th century monastery by Tibetan King, which denotes the Buddhism spread in Bhutan. Drive back to your hotel and evening at leisure. Farewell Dinner and Overnight: Hotel

DAY7:PARO AIRPORT

Drive to Paro Airport for your onward flight.



Pris från: 15.700:–

Bhutan rundtur 1: "Druk Path Trek" 10 nätter/ 11 dagar

Kategori: Hotell/Campsite
Transport: Minibuss/ Treking
Start: Paro
Slut: Paro

DAY 1: ARRIVAL PARO BY DRUK AIR

Your journey to Bhutan begins from Bangkok, Delhi and Kathmandu flying on Druk Air, Bhutan's National airline arriving to Paro Valley before noon. If you are lucky, you will have a glorious view of the Snowcapped Himalayas including Everest, the icon of the Himalayan range. The remarkable and steep descent into the Paro valley is an awe-inspiring beginning to an adventure of a lifetime with its transparent purity of the air and its absorbing serenity. Paro retains its bucolic nature in spite of the existence of development projects. Fields of green covers most of the valley floor while hamlets and isolated farms dot the landscape. After visa formalities and collection of baggage, you will meet the representative from Bhutan Journeys. You will drive through Paro valley to your hotel and have some lunch at the hotel. Afternoon you will drive to visit Paro Dzong built in 1646, which houses the administrative center of the Paro district and religious institute for monks. Then you will walk down to the coach crossing over the traditional wooden covered bridge called Nymezampa which spans the Paro and walk through Paro town. Evening at leisure. Dinner and Overnight: Hotel

DAY 2: PARO TAKTSANG MONASTERY EXPLORATION

Today will be a very special day, with an excursion to visit the spectacular Taktsang (Tiger Nest), monastery. You will take a short drive to the north of Paro Valley to Ramthangkha, from where we start our hike to the Taktsang monastery (Tiger's Nest). The trail climbs through beautiful pine forest, many of trees festooned with Spanish moss and an occasional grove of fluttering prayer flags. Legend has it that Guru Rimpoche, founder of Buddhism flew from Eastern Bhutan on a tigress, bringing Buddhist teachings and meditated here in this cliff. This is one

of the most venerated and sacred of all Buddhist sights around the world. You will walk to visit the monastery and walk back to Taktsang cafeteria for lunch. Afternoon you will walk to the base and drive to your hotel. Dinner and Overnight: Overnight: Hotel

DAY 3: START OF TREK DAY 1: PARO BY CAR TO THE NATIONAL MUSEUM (2450M) TO CAMPSITE BELOW JELE DZONG

Time: 4-5 hours Distance: 8 km Altitude gain: 1068 Altitude: 82

At the museum you will start the Trek and the trail winds its way through blue pine forest following the feeder road passing through several farmhouses and fenced apple orchards. After couple of hours walking and steady climbing there will be nice views over the Paro valley. The Jele Dzong is visible above, located on the top the ridge. At 9825ft / 2995m, after 1-2 hrs of hiking, the route passes a long main wall in an open flat meadow. Near here, the route joins one coming from Damji on the east side the Do Chu at 7544ft, 2300m. Climb steeply up now through blue pine, fir and bamboo, around 3235m hemlock trees, over 600 years old, over shadows the trail. The trail continues steeply up through the forest just before (11, 540ft/ 3518m) just below before reaching the Dzong, the route opens a bit, Tonight small camp site (11,270ft /3436m) is little way down from the pass. You can hear the monks playing instruments in the Lhagkhang during one of their prayers sessions.

Jele Dzong, it is an impressive fort located impressively on a hill, surrounded by many prayers flags. The views are great looking towards the Paro far below, while in the far distance stand snowy peaks mountains on the border with Tibet, including Jomolhari (23,995ft /7314m) in the center. It houses a religious institute for monks and after settling at the camp, you can pay visit to Jele Dong. Dinner and Overnight: Camp

DAY 4: TREK DAY 2 CAMPSITE JUST BELOW JELE DZONG (3436M) TO TSHOKHAM (3962M)

Time: 4-5 hrs, Distance 9 Kms,

Today, it is not a hard day and from the camp, climb to ridge and follow the trail leading to Jele Dzong, ideally located and surrounded by many prayer flags. After visiting the Dzong, you will walk north for about 10 to 15 minutes on the ridge with a spectacular view before disappearing into the forest passing through easterly side of the ridge and go up around the small peak, a steep 110m ascent to an altitude of 3750m). Looking back you see part of Paro valley and the large Do Chu side of valley. To the south, the Dagala range is visible. After about three hours you will reach to a possible camp site Janchu Lakha, 12 365ft /3370m). You lunch spot. After another 1hr walking, you will reach to Tshokam (3962m) just after the small saddle, another campsite. Dinner and overnight: Camp

grown. At the side lake there is good camp site. Dinner an Overnight: Camp

DAY 5: TREK DAY 3 TSHOKHAM (3962M TO JIMILANGTSHO 12, 3380M)

Time: 6-7 hrs

Distance: 10kms

Altitude gain; Altitude loss: 295m

Today, you will either follow the trail along the ridge, offers more stunning views of the mountains or you can take route going down the base to through the alpine forest to Jigmlamthso. If you are following the trail along the ridge, you will climb gently for several hours to reach a small pass at about 4070m). The trail has loose stones, so watch your step. Continue further along the ridge, to the next small pass with the view of Jomolhari peak and down below several monasteries are visible at the far end of the valley. Opposite side, there is a view of Jimilangtsho. The higher trail is a more challenging loop and can be overgrown. It is highly recommended as it offers stunning views of Himalayan peaks. The east side is campsite. Dinner and Overnight: Campsite.



Jhomlohari / Soiyaksa Cercuit Trek 9 Nätter 10 dagar

DAY 1: ARRIVAL PARO BY DRUK AIR

Your journey to Bhutan begins from Bangkok, Delhi and Kathmandu flying on Druk Air, Bhutan's National airline arriving to Paro Valley before noon. If you are lucky, you will have a glorious view of the Snowcapped Himalayas including Everest, the icon of the Himalayan range. The remarkable and steep descent into the Paro valley is an awe-inspiring beginning to an adventure of a lifetime with its transparent purity of the air and its absorbing serenity. Paro retains its bucolic nature in spite of the existence of development projects. Fields of brown covers most of the valley floor while hamlets and isolated farms dot the landscape. After visa formalities and collection of baggage, you will meet the representative from Bhutan Journeys. You will drive through Paro valley to your hotel and have some lunch at the hotel. Afternoon you will drive to visit Paro Dzong built in 1646, which houses the administrative center of the Paro district and religious institute for monks. Then you will walk down to the coach crossing over the traditional wooden covered bridge called Nymezampa which spans the Paro. Walk through the main street of Paro. Drive back to hotel and evening at leisure. Dinner and Overnight: Hotel

DAY 2: PARO TAKTSANG EXCURSION

Today, it is a very special day, with an excursion to visit the spectacular Taktsang (Tiger Nest), monastery and acclimatization day for your trek. After breakfast you will take a short drive to the north of Paro Valley to Ramthankha, from where you start the hike to the Taktsang monastery (Tiger's Nest). The trail climbs through beautiful pine forest, many of trees festooned with Spanish moss and an occasional grove of fluttering prayer flags. Legend has it that Guru Rimpoche, founder of Buddhism flew from Eastern Bhutan on a tigress, bringing Buddhist teachings and meditated here in this cliff. This is one of the most venerated and sacred of all Buddhist sights around the world. After visiting the monastery, you will walk down to Taktsang cafeteria for lunch. Afternoon, you walk down to the base and drive to your hotel. Dinner and overnight: Hotel.

DAY 3: TREK DAY 1: PARO – DRUKGYEL DZONG TO SHANNA- SYENDU ZAMPA. 2857M

Start Elevation: Drukgyel dzong 2580m
Elevation gain: 1624
Ending elevation: 9,482 ft
Distance: 11.2 miles

START OF THE TREK: Early morning depart to Paro, 2 hrs drive to Paro via Drukgyel Dzong to Shana.

With the feeder road accessible from Drukgyel Dzong, the ruined Dzong, this once defended the valley from the Tibetan invasion.

This fortress, now a burned shell, was once a strategic in Bhutan's defense against the Tibetan aggression. Mt Chomolhari (7314m), sacred submit, reaches skyward behind it, are forming the starting décor of the Trek. You will drive through the valley and reach to Gunitsawa military camp. Drive further to Shana Village, the end of the feeder road. On arrival, you will meet our Bhutanese Trekking crew and the first group of pack animals. It will take a while to sort the loads before the pack animal leave. So you will gear up to start you trek and the trail follows the river upstream on the right side on a muddy trail and after 10min we reach to the ruin of old wooden bridge being photographed by Claude White in the beginning of last century and on the right side of house, you can see a sign board JDNP (Jigme Dorji National Park) "Leave nothing but the foot prints. Take nothing but the memories", The trail climbs steady through the beautiful thick forest of oaks, rhododendrons, bamboo and ferns reaching at a clearance with two houses, called Shing Karap, which your lunch spot. Afternoon, walk through the forest crossing Shing Karap, your trail occurs a major split decorated with heap of stones. The left trail goes up and is more visible with even stone paved surface; the trail leads up the forbidden pass Termo La and onwards to the city of Phari to Tibet. 14km. You will take the route, which goes a bit, downhill through the forest. Another 1 hours walk ncluding with a little steep climb and decent again brings us to wooden bridge called Syende Zam (River Sey Chu). Continuing up streams and following the main river on the left side, after 5 min you find a wide clearance in the forest, which is Continuing up streams and following the main river on the left side, after 5 min you find a wide clearance in the forest, which is your campsite for tonight. Dinner and Overnight: Camp

DAY 4: TREK DAY 2: SYENDU ZAMPA – SIOT-HANTHANG

Starting elevation: 9,482ft

Elevation loss: 0

Ending Elevation: 767m

Distance: 12. 35kms

Elevation Gain: 2,559ft

Today, you will leisurely start the trek to Sio-Thangkha for another 3/4 hours trekking and 300+ Climbing, but actual is about 500m or more due to all the ups and downs to be climbed. You come across the beautiful forest consisting mainly birch, fir, larch, maple. blue pine and rhododendrons. We finally reach to a last real step climb for today and decent down to the main river, following the river you reach a bridge at 3560m which we should cross. A short climb after bridge you will be able to see a chorten and look into a wide valley towards the right called Soi Yaksa, which has some big snowy peaks between 5000m to 5650m at the end. On the other side of the camp you these mountains, you will find Basingthang – a campsite on the trek from Lingshi to Thimphu. In this valley there are also quite big farmhouses and the ruin of a Dzong Called Sey Dzong. We will not cross the bridge leading to the chorten but follow the trail to the left side of the river, which gives a opportunity to have a spectacular view of Mt Chomolahari from the bridge on a clear day. Walk for another 30min or so to reach at the campsite Soi-Thangthangkha for today.

DAY 5: TREK DAY 3: SOI THANGKHA – JANGOTHNAG (JHOMOLHARI BASE CAMP)

Starting elevation: .11745ft

Ending Elevation: 4040m

Distance: 19km

Elevation Gain: 9,674ft

The trail follows the Pa Chu and after one-hour walk or more you pass a small army post where the valleys begin to widen. During the day, you cross so many beautiful settlements, which make it a very attractive day. We continue through open valley above the tree lined with snow peaks.

Christy Tews, one of the veteran tour leaders wrote in her journal, " the precipitous ridges on each side, bonsai pines adorning the river banks, thick carpets of moss laid to the skies, torrential waterfalls."You will pass the small settlements, with the outreach health clinic for the community and within an hour, you reach at the base of the ruins of an ancient fortress and you can see the Mt. Chomolhari looming at the end of the valley. Dinner and Overnight: Camp

Bhutan rundtur 1: "Druk Path Trek" 10 nätter/ 11 dagar

DAY 6: TREK DAY 4: JIMILANGTSHO 12, 726FT /3380M) TO SIMIKOTA TSHO (4090M)

Time: 3hrs, Distance 4-5 miles / 7 kms, Altitude gain / loss: several ups and downs:

This morning the trail climbs through bushes but later you will have a good views will open up. The exposed cliff trail leads to a small saddle and from here you will see the nest lake Janey Tsho (3956m). From the lake a wide open stone path between rhododendrons bushes traverses a valley with a small lake below. Climb up a ridge and after 1hr of walking you will reach at a viewing point (13,610 /4150m) you will see Simikota Lake (13,410ft /4090), which has some stones ruins nearby. This is tonight's campsite.

DAY 7: TREK DAY 3- PHAJODING 12, 3690M

Time: 4 -5 hrs, 10kms, Altitude Gain: 230m to the view point: Altitude Loss: 405m) to Phajoding.

The trail begins with gradual climb passing over around seven minor passes before you finally look down to Phajoding and Thimphu valley. When climbing up pass number five _ Thujedra, Gangkhar Puensum becomes visible. If you are lucky with the weather, the other Himalayan peaks can be seen. From the pass, climb 250m up to the small rocky outlook on the left side. It is covered with flags and there are traces of fires on the top. This place was used for sky burials and has an incredible view over the whole of Bhutan Himalayas. After this excursion descend a little, then climb to pass number six (13,515ft/ 4120). The final pass is Dochula (13,430ft /4095m) and it is very windy. There is a good view over the last part of the trek, as steep descent to Phajoding monastery. Camping at Phajoding (12100ft/3690m is definitely worthwhile. On arrival at the campsite, you will settle down and visit some of the monasteries. Togden Pajo, Tibetan yogi is looking for a place for mediation, found the site in the 13th century. Most of the buildings were constructed by 9th Jey Khenpo Shakya Rinchen, in the first half on the 18th century. The 16th Jey Khenpo was also involved in some of the buildings; King's secretary has donated money for one of the more recent temples, built in honour of Guru Padma Sambava. Phajoding is not just one complex, the many buildings spread out over the mountainside includes Lhakhangs/ gompas, monks quarters and numerous mediation centers. Dinner an Overnight: Camp

DAY 8: TREK DAY 4: PHAJODING (3690M) TO RADIO TOWER (2818M)

Time 3- 4 hrs, Distance 8 kms Altitude loss (872m)

This morning the trail to Thimphu is all the way down hill through a forested area of mostly Blue pine. By taking leisurely pace you can reach Thimphu in about 3 hours for a nice hot shower and lunch at the hotel. Afternoon you will visit the weekend market to see the sales of different varieties of vegetables and other local farm products. Participate in activities of diverse cultural interest. Evening free time to explore the main street of Thimphu. Dinner and Overnight: Hotel

DAY 9: THIMPHU – PUNAKHA (71 KMS)

Morning, you will depart to Punakha and drive takes about 3 hours. The route passes through the horticulture centre in Yusipang before reaching the 10,000ft Dochula pass. On a clear day, you will be able to see a spectacular view of the eastern Himalayas from this pass. Many colorful prayer flags and chortens also dot the pass. Walk around the pass and stop for light refreshment at Dochula cafeteria. Descend through the forest of rhododendrons and magnolia. After several short stops on the way, you will pass the village of Lumitsawa; Thinleygang and the fertile valley of Lobesa. You will take a gradual hike about an hour to Chime Lhakhang, a monastery, which is built in 15th Century and dedicated the famous saint Drukpa Kuenley, also popularly known as "Divine Madman. It is a popular pilgrimage point for all Bhutanese and is especially revered by women for its fertility powers. **After visit the monastery, you will walk back and have some lunch at Lobesa. Afternoon, you will drive to visit the Punakha Dzong, which is one of the most architecturally impressive Dzong in the country. It is ideally located between two rivers Pho Chu "Male River" and Mo Chu "Female River". It was built in 1637 by Shabdrung Ngwang Namgyel and it has served as the seats of the Government till 1955. The Dzong was**

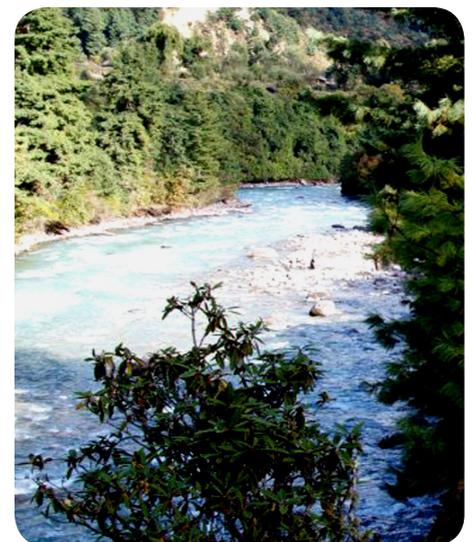
DAY 10: PUNAKHA TO PARO VIA THIMPHU (125KMS)

Transfer to Paro via Thimphu and drive takes about 4 -5 hours over Dochula pass. Descend to Thimphu and en- route you will visit the Simtokha Dzong, first Dzong built in Bhutan and houses the religious institute for monks. Depending on your time schedule, you will either have lunch at Thimphu or drive to Paro. Late afternoon you walk through the main street of Paro and drive to Bhutanese host family to experience a local living, try Bhutanese tea, experience hot bath and interact with host family and followed by dinner Bhutanese cuisines. Drive back to your hotel. Dinner and Overnight: Hotel

DAY 11: PARO AIRPORT

Drive to Paro Airport for your onward flight.

Pris från: **25.800:–**



AllResor

Hotellpriser är per rum och natt, resterande per person om inget annat anges.

För resevillkor se: www.allresor.se

Jhomlohari / Soiyaksa Cercuit Trek 9 Nätter 10 dagar

DAY 6 : TREK DAY 4: JANGOTHNAG (CHOMOLARI BASE CAMP)

SATURDAY, 24 OCTOBER 2015

Ascending 1800m in 3 days is something that most people feel. Today is a rest day at Chomolhari Base Camp to give your body to acclimatize. There are some really nice hikes, which are ideal to do during the rest day. The hike includes climbing up facing the Chomolhari in the front and hike towards the northeast to view Mt. Jitchu Drake. The other option is going in the valley facing Chomolhari in the front to view the glaciers at the base. For those feeling the altitude or just interested in relaxing at the camp, watching the shifting light on Chomolhari...good idea to spend the day! The summit of Chomolhari is considered to be abode of the goddess Jomo. It is the perfect mountain with ideal shape – more or less symmetrical – a real throne for a goddess. Dinner and Overnight: Camp

DAY 7: TREK DAY 5: JANGOTHANG TO CHORAPAN

Starting elevation: 14,100' at Jangothang
Ending elevation: 12,300' at Chorapang (Camp along river in Soi Yaksa valley)
Elevation gain: 1,576' to Bang Tue La
Elevation loss: 3,215
Approximate mileage: 8.57 miles

Today, we pass the yak herder's houses and cross the small river, The trail climbs steeply for about 45minutes with spectacular views of Jitchu Drake and Chomolhari, which gradually gets more impressive as you gain altitude. Once you reach the top of the plateau, the trail will level out and after crossing a small hill, the first lake will come into view. This is a spectacular walk with the three major peaks rising above the valley a broad stream on your right and snow covered peaks.

After crossing the lakes, we tackle the Bang Tue La (Pass) which is the highest point on our trek at 15,600' An early start is recommended to allow for enough time to reach camp and to get over the pass in the morning when the weather is pleasant. Be on the lookout for Blue sheep on the steep hillsides above the valley. In the fall, the sheep gather together in herds numbering up to 500 individuals. In addition to the Blue sheep, there are several Snow leopards, which live in these regions.

As you climb, you have pace yourselves to allow our bodies to adjust to the elevation. At a slow pace, we should be at the pass by approximately 11.00 am.

From the pass, the trail drops quickly to a huge grass covered plateau dotted with yak herder tent stone circles. To the right is a massive cliff with waterfalls and a vast scree field below. The valley of Soi Yaksa is an incredibly scenic box canyon, which ends abruptly at the foot of the steep cliff. Above the canyon floor the landscape is comprised of cliffs, waterfalls and higher still, snow covered peaks. Above the cliff to our right the mountain rises to a dramatic point, resembling the throne of a local deity.

As we ramble through the steep grazing fields, we can see the edge of the plateau which ends with a final descent to the valley floor and camp site beside a rushing stream. Dinner and Overnight: Camp

DAY 8: TREK DAY 6: CHORAPANG/ THONGBU

Starting elevation: 12,300' at Chorapan (camp along river in Soi Yaksa valley)
Ending elevation: 13,123' at Thongbu
Elevation gain: 2,132 up to Takalung la
Elevation loss: 1,312' down from Takalung la
Approximate mileage: 6.84 miles

We climb steadily for 600 feet above the camp and the trails levels out and winds around a ridge and cross a stream. Another steep climb to a small pass marked by several small chortens-stupas. We stooped for a brief tea break and then continue, now above tree line, past one yak herder tent and herds of grazing yak. We reach the next valley, which has a beautiful snow fed river.

We cross the river and began the climb to the pass. It is steep, but we take our time and after one and a half hours we reach our second pass. The Takalung la at 14,400'. From the pass we can see the large valley of Thongbu and our campsite for the night. A Gently winding trail leads us down hill to our camp. If the weather co-operates the view from the pass is spectacular, with Chomolhair and Jitchu Drake rising over the mountain range we covered yesterday. We have a clear view of Thebang Teu La (yesterday's pass) and the Soi Yaksa Valley. Thongbu is a wide valley filled with yak herder encampments, many yaks' horses and a few goats. Dinner and Overnight: Camp

DAY 09: TREK DAY 7: THONGBU TO SHANA - PARO

Starting elevation: 13,200' at Thongbu
Ending elevation: 8,202' at Drukyl Dzong
Elevation gain: 722' up to Thongbu la
Elevation loss: 5,742 down from Thongbu la to Drukyl Dzong
Approximate mileage: 15.54 miles

Our trail climbs steeply from camp up the side of a mountain covered with dwarf rhododendron. It is a relatively short but steep climb to the small pass. From this point, we begin a wonderful part of our trek route. For almost two hours, we walk along a ridgeline trail with drops off to the valley floors below on both sides. If it is clear, there are panoramic views of the major peaks and distance valleys.

Eventually we drop from the high ridge and we begin to glimpse views of another dramatic peak, Drake Gang. Like Jitchu Drake, it is the residence of a local male deity, while Chomolhari is the home of Jomo, a female deity. We were now in an area of rocky cliffs and parapets, which faded in and out of the mist. We dropped further to a lovely spot with views of the valleys below us. We stop for a tea break while enjoying the views.

From this tranquil spot, we begin one of our most challenging parts of the trek. For the next three hours, we dropped steeply on a switch back trail losing more than 4,500 feet. The trail again is littered with many stones, which make footing challenging. Taking our time and (watching our knees!) we descend to the valley floor.

As we lose elevation, the landscape changes from alpine with dwarf rhododendrons to lush pine forests with huge old growth trees. Even lower, we entered a mixed forest of pine and oak. We tol Shana. From here, you will meet your transportation. Drive to Paro and on arrival you will check in hotel and have a nice hot shower. Dinner and Overnight: Hotel

DAY 10: PARO AIRPORT

Drive to Paro Airport for your onward flight.

Pris från: 25.300:–

