



# Bhutan Chomolhari Trekking

## A Spectacular Sacred Mountain & Buddhist Culture

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**



# Feel the difference

with **Mountain Travel Sobek**

## Unrivaled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Tour Company in 2022 by USA Today's 10 Best Readers' Choice Awards.

## Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

MT Sobek is a legendary outfitter in the Himalayas, offering pioneering cultural and hiking adventures since 1969.

## REASON 2

This 14-day ultimate challenge adventure has been a top trek for hardcore adventurers for more than 40 years.

## REASON 3

Our team of local guides are true experts, with over 20 years of experience leading incredible adventures in Bhutan.

## At A Glance

### ACTIVITIES

Strenuous hiking on steep wilderness trails, covering 5 to 12 miles per day over rugged terrain at a maximum elevation of 16,000'.



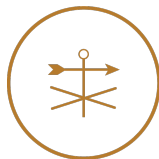
### LODGING

Warm Bhutanese guesthouses and inns combined with six nights of remote wilderness camping.



### CLIMATE

On trek expect daytime temperatures of 45° - 65°F; nighttime temperatures of 10° - 35°F. Rain or snow are possible. Temperatures are warmer in Paro and Thimphu.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*



# Bhutan Chomolhari Trekking

## A Spectacular Sacred Mountain & Buddhist Culture

Experience the magical kingdom of Bhutan from the path less traveled on this ultimate trek. Go high into the Himalaya and immerse yourself in Buddhist culture by visiting the country's famous *dzongs* (citadels) and monasteries. Meet traditional Bhutanese monks and yak herders while trekking through spectacular forests, river valleys, and farmland, and over snowy ridgelines and mountain passes — all with our experienced local guides helping every step of the way. Join MT Sobek, trekking pioneers in this enchanted country, on a rare adventure around sacred Chomolhari.

### 14 Days

**Start:** Bangkok, Thailand

**End:** Bangkok, Thailand

**Departing:** April, October, November

**Activities:** Hiking & Trekking, Adventure Camping

**Lodging:** Comfortable Camping, Comfortable Hotels,  
Luxury Hotels

**Group Size:** 3-15 Guests

#### ACTIVITY:



Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

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*"The Chomolhari trek in Bhutan was the trip of a lifetime. The Bhutanese people are friendly and open to sharing their culture. And the mountains are spectacular!"*

- Meg W.

# The Itinerary

DAY  
01

## Arrive in Bangkok

Welcome to Bangkok! Transfer to the hotel via a free 24-hour shuttle bus. Note that most airlines arrive late at night into Bangkok, and your MT Sobek flight from Bangkok to Paro departs very early the next morning. If your flight into Bangkok is delayed by even just a few hours, you may miss the group departure flight to Paro. Therefore we encourage you to arrive a day or two early in Bangkok to explore this fascinating city, or to help overcome jet lag before the tour actually starts.

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DAY  
02

## Enter the Kingdom of Bhutan

Our representative will meet you in the hotel lobby this morning to help you transfer back to the airport and check in for your early morning flight to Paro, Bhutan. Vie for a seat on the left side of the plane. Weather permitting, you'll have spectacular views of the eastern Himalaya, including Cho Oyu, Everest, Lhotse, Makalu, and Kanchenjunga — five of the highest peaks in the world! Also see peaks in Bhutan such as Chomolhari, Jichu Drake, and Tsering Kang. After clearing customs, drive into Paro for lunch, then on to Thimphu (7,725'), the capital of Bhutan, set in the Wang Chu Valley. The remainder of the day is free to rest and relax.

**MEALS:** Lunch | Dinner

**TRANSPORTATION:** 4-hour flight & 45-minute private van transfer

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DAY  
03

## Hike to Cheri Monastery

After breakfast, drive to the trailhead where you set out on our hike: a steep, hour-long climb to Cheri Goemba, constructed in the 17th century. The monastery houses the relic stupas (ashes of the father of Shabdrung, the founder of Bhutan) and is also considered one of the earliest monasteries of Bhutan. Have lunch, then drive back to Thimphu and up to Wangdi Tse for a peaceful one hour loop hike where you can enjoy wonderful views of Thimphu, but see few others on the trail. Return to Thimphu for dinner and overnight.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 3-4 hours/4 miles hiking

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## Explore Thimphu & Paro

Begin the day at the School of Arts and Crafts (or "painting school"), where Bhutanese children follow a six-year program in traditional arts, such as drawing, painting, woodcarving, and sculpture. Also visit the Textile Museum, National Institute of Traditional Medicine, and Folk Heritage Museum. In the afternoon, drive back to Paro and visit the National Museum, housed in an old watchtower above the Paro Dzong. The museum's collections include spectacular *thangkas* (religious scroll paintings), bronze statues, and Bhutan's beautiful stamps. Time permitting, also visit the Paro Dzong itself, built in 1644.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour private van transfer

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## Hike to Taktsang Monastery

Today it's a steep hike to a traditional teahouse for a great view of Taktsang Monastery, perched on a cliff 2,700 feet above the Paro Valley floor. Taktsang, meaning "tiger's nest," is Bhutan's most spiritual place and a major pilgrimage spot. Partly destroyed by fire in 1998, Taktsang has been completely rebuilt. After a tea break, you can sit outside and admire the monastery and its beautiful surroundings or, if you feel energetic, continue another hour to a closer viewpoint. Enjoy free afternoon time to explore Paro on your own.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5 hours/2.5 miles hiking with 1,707' elevation gain & loss

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## Begin Trek at Shana

Your epic Chomolhari trek begins today with a drive past Drukgyel Dzong (8,500'), built in 1649 to commemorate Bhutan's victory over the Tibetan armies and to guard the Paro Valley against further aggressions. In 1951 the dzong caught fire; the only repair was the shingled roof erected in 1985. Today it's an empty shell — a place to meditate on the past. Continue just past Shana Zampa (bridge), where pack ponies are loaded up with trekking gear. And you're off! After a few hours, arrive at your first campsite by the river.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour vehicle transfer

**ACTIVITY:** 3.5–4 hours/5 miles hiking with 800' elevation gain

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## DAY 07

### Behold Chomolhari

This is a long, hard day with lots of ups, downs, and rock-hopping; it can be very muddy. But it's worth it! Continue up through the Paro River valley, which gradually narrows as the trail leads higher, winding up and down through thick, lush forest of oak, pine, and juniper. The trail becomes rocky, muddy, and strenuous, climbing up and down while slowly gaining altitude. As you approach your camp at Soi Thangthangka (11,840'), weather permitting you begin to see the snowcapped summit of Chomolhari (24,035') — a mountain sacred to the Bhutanese.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 7–8 hours/10 miles hiking with 2,540 elevation gain

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## DAY 08

### Ascend to Jangothang

Continue following the Paro River on a demanding, rocky trail until the valley widens again, opening to a spectacular area surrounded by high, snowcapped ridges. A few yak-herding families are based in this area, and you may be lucky enough to pay them a visit and try some of their dried yak cheese. Tonight you camp at Jangothang (13,382') below a ruined fortress near the base of Chomolhari.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5.5–6 hours/11.5 miles hiking with 1,542 elevation gain

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## Rest and Explore at Camp

Today is a free day to rest and explore the area. You can hike to an open area and simply sit and watch the grazing blue sheep (known locally as *bharal*), or you can walk to a nearby glacier at the foot of Chomolhari. Of course, you can also opt to stay at camp, take in the views, and rest for the challenging day ahead.

**MEALS:** Breakfast | Lunch | Dinner

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## Cross Bhonte La

Start out with a short, steep hike to Tshopu (14,300'), one of two trout-filled glacial lakes you'll pass en route to Bhonte La (Bhonte Pass, 16,000'). See blue sheep, fat marmots, and migrating Himalayan birds, plus incredible views of Jichu Drake (21,857'). After lunch cross Bhonte La and make a long, steep descent to the yak-herding valley of Soi Yaksa (12,450'). The few families who live in this area produce some of the best yak-wool cloth around. Yak herders may come to camp selling cloth, yak tassels and ropes, and jewelry.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 8–9 hours/10–12 miles hiking with 2,618' elevation gain & 3,550' elevation loss.

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## Pass Over Thombu La

Ease into today with a very gentle uphill hike to the top of the Soi Yaksa valley's eastern ridge. From here, enjoy an incredible view of the mountainous amphitheater to the north. Slowly the very top of Chomolhari and Jichu Drake reappear on the horizon. After lunch, cross Thombu La (14,800'), enjoy panoramic views of the eastern Himalaya (if it's clear, you can even see Kanchenjunga, the world's third-highest mountain!), then descend to camp (13,700'). This area is yak pastureland, and you'll probably see nomadic yak herders camping in traditional woolen tents.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5–6 hours/7–8 miles hiking with 2,350' elevation gain & 1,100' elevation loss

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## End Trek in Shana

After a short, steep climb out of camp, leave the remote mountain area by following a ridge. From this vantage point you get a glimpse of the Paro Valley to the south before you start the steep descent (4,500' of elevation drop) for most of the afternoon and return to the area where you camped on the first night of the trek. Here, bid farewell to the staff and ponies before taking the van back to Paro. After check-in at the hotel, enjoy some free time to shop or relax before a festive farewell dinner.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 5–6 hours/6–7 miles hiking with 4,500 elevation loss

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## Return to Bangkok

Bid a fond farewell to the "happiest country in the world" as you take an early morning transfer to the Paro airport for departure to Bangkok. Upon arrival, take the shuttle to the hotel. The remainder of the day is free to shop, sightsee, and enjoy lunch and dinner on your own.

**MEALS:** Breakfast

**TRANSPORTATION:** 4-hour flight

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## Depart for Home

Take the hotel shuttle to the international terminal and depart on your homeward-bound flight. Or if you'd prefer to spend a bit more time in Asia, join one of our exciting extensions in India, Vietnam, or Cambodia. Ask our Regional Specialist for details!



## Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

### **Novotel Suvarnabhumi Airport Hotel**

The Novotel Suvarnabhumi Airport is a four-star hotel located a short walk from Bangkok's international airport. Boasting 612 comfortable and contemporary rooms, the hotel also offers two bars and four restaurants, a beautiful pool, a fitness room, and a spa! With a 24-hour airport shuttle running every 10 minutes, accommodations here couldn't be more convenient.

### **Druk Hotel**

Experience the legendary hospitality of the Bhutanese people at this fine Himalayan hotel. Located in the heart of the capital city, the Druk Hotel is close to shopping, culture, and the bubbling Thimphu River. Pleasant rooms are outfitted with comfortable beds, tiled bathrooms, soaking tubs and modern amenities, while the spa rounds out the offering.

### **The Zhiwa Ling**

The Zhiwa Ling is a luxurious retreat that combines the sensibilities of a fine Bhutanese guesthouse with the best of modern comforts. The exquisite architecture and manicured gardens create an authentic, inviting atmosphere. Guest rooms, spread out on 10 acres of pristine land, feature modern amenities and comfortable furnishings. Enjoy a traditional outdoor hot-stone bath, a teahouse, a meditation house, and two restaurants.

### **Le Meridien Paro**



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **MT Sobek Camp—Chomolhari Trek**

While camping, one or two people will share a roomy three-person tent. A bowl of hot water will be provided in the morning before breakfast and in the afternoon upon your arrival at camp. Bring a sponge or washcloth along and you can have a full sponge bath in your tent! There will be two toilet tents for a group of 15 or one for a small group.

# Departure Dates

This trip is available to run in: April, October, November

**Book early for a greater choice of available dates.**

Once you book, your price is GUARANTEED!

April 6-19, 2024

April 25-May 8, 2024

October 4-17, 2024

November 3-16, 2024

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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