

11-DAY ADVENTURE

CHOMOLHARI TREK

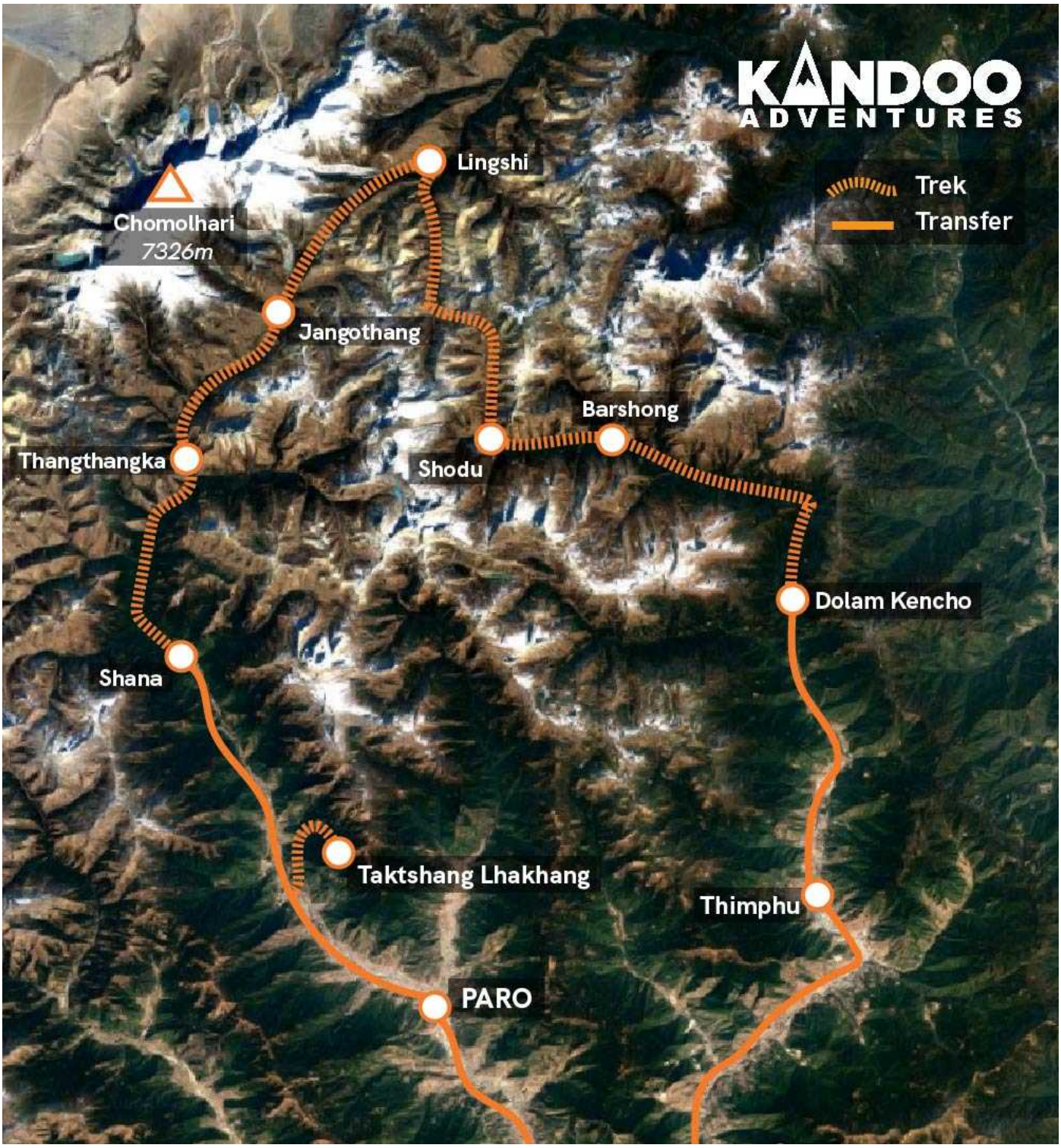
Bhutan

Often referred to as the 'Land of the Thunder Dragon', this tiny Himalayan Kingdom, nestled between India and the People's Republic of China in the Eastern Himalayas, is one of the most isolated nations on earth. Each part of Bhutan has its own historical, geographical, cultural and religious significance, and any visit to this beautiful and largely unspoiled setting will combine spectacular mountain terrain, ancient monasteries, rich flora and fauna, and a vibrant Buddhist culture.

The Chomolhari Base Camp trek is a seven day trek, which ranges from the picturesque valleys of Paro and Thimphu, to the incredible mountain vistas of Chomolhari (7326m), Jichu Drake (6794m) and Tshrim Khang. Our tour begins with a visit to the stunning Tiger's Nest Monastery, located high on the cliffside of the upper Paro valley.

TRIP HIGHLIGHTS

- Visit the breath-taking Tiger's Nest Monastery
- Trek through unspoilt wilderness
- Be immersed in the culture of this ancient Himalayan kingdom
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Trek
Transfer
Lingshi
Chomolhari
7326m
Jangothang
Barshong
Thangthangka
Shodu
Dolam Kencho
Shana
Taktshang Lhakhang
Thimphu
PARO

ITINERARY

DAY 1

ARRIVAL

The Kandoo team will meet you at Paro airport and transfer you to your pre-trek hotel. Later in the afternoon there is the option to join a tour of the city. Once a watchtower, built to defend Rinpung Dzong during inter-valley wars of the 17th century, Ta Dzong was inaugurated as Bhutan's National Museum in 1968. It holds a fascinating collection of art, relics, religious thangkha paintings and Bhutan's exquisite postage stamps. The museum's circular shape augments its varied collection which is displayed over several floors. Afterwards, we will take a walk down a hillside trail to visit Rinpung Dzong, which has a long and very interesting history. Built in 1646 by Shabdrung Ngawang Namgyal, the first spiritual and temporal ruler of Bhutan, the Dzong houses the monastic body of Paro, the office of the Dzongda (district administrative head) and Thrimpon (judge) of Paro district. The approach to the Dzong is through a traditional covered bridge called Nemi Zam, which offers a good view of the architectural wonder of the Dzong as well as life around it. Later you will attend a pre-trek briefing with your Lead Guide to prepare you for the journey ahead

Accommodation: **Hotel**

Meals included: **Lunch / Dinner**

DAY 2

EXCURSION TO TAKTSHANG LHAKHANG

In the morning we will take an excursion to Taktshang Lhakhang, commonly known as 'The Tiger's Nest Monastery'. Undoubtedly one of the most famous of Bhutan's monasteries, the Taktshang monastery is one of the most breath-taking temples in the world. This Buddhist place of worship is perched on a cliff-top at around 3,100m (10,000ft) above sea level. The main temple complex was built in 1692, and is considered to be one of the holiest for the Bhutanese people. Legend has it that Guru Rinpoche, an 8th-century Indian Buddhist master, arrived here on the back of a tigress and meditated at this monastery, thus the name 'Tiger's Nest'. The site has been recognized as a sacred place and is now visited by all Bhutanese at least once in their lifetime. On 19 April, 1998, a fire severely damaged the main structure of building but now this Bhutanese jewel has been restored to its original splendour.

We will stop for lunch at a café halfway down the trail, before continuing back down to our vehicle. If time permits we may visit the 7th century Kyichu Lhakhang, one of the 108 temples built in the Himalayas by Tibetan King, Songtsen Gampo, on our return journey to Paro. After our tours we will return to our hotel in Paro.

Hiking time: **4 - 5 hours**

Ascent: **860 m**

Descent: **860 m**

Max. altitude: **3110 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch / Dinner**

DAY 3

TREK TO THANGTHANGKA

After a 2 hour drive through rice terraces, fields of millet and apple orchards, we reach Shana Zampa from where we will start our trek. If the day is clear, we will have our first views of the summit of Chomolhari at the head of the valley. Soon the valley widens and we reach the army post of Gunyitsawa. This is the last stop before Tibet, with a fork in the path leading across the Tremo La (Forbidden Pass) into Tibet. The trail follows the Pa Chhu river, ascending and descending through pine, oak and spruce forests. We enter the Jigme Dorje National Park, the largest protected area in Bhutan. After crossing a bridge to the left bank of the river, we stop for lunch. We then continue along the river, and as we climb higher, the forests are replaced with rhododendron, bamboo and ferns. We cross the river once more before reaching our campsite.

Hiking time: **7 - 8 hours**
Ascent: **1360 m**
Max. altitude: **3610 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

TREK TO JANGOTHANG

The path ascends, passing a small army camp and chorten. We leave the forest behind and can fully experience the huge mountain vistas. We then follow the river above the tree line, enjoying the stunning views of the surrounding peaks - from here, the views of Chomolhari (7326m) and Jichu Drake (6794m) are superb. Lunch is served at a yak herder's camp followed by a short walk into the valley which takes us to our campsite at Jangothang, situated below the ice-covered east face of Chomolhari at 4040m

Hiking time: **5 - 6 hours**
Ascent: **430 m**
Max. altitude: **4040 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

ACCLIMATISATION AT JANGOTHANG

The base camp at Jangothang sits by an old ruined fortress, beneath Mount Chomolhari and its neighbour Jichu Drake. Today we will take an acclimatisation hike to around 4500m for some great views of these two colossal mountains. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.

Hiking time: **3 - 4 hours**
Ascent: **460 m**
Descent: **460 m**
Max. altitude: **4500 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

TREK TO LINGSHI VIA NYELE LA

The trail follows the stream before we cross a bridge to the right bank. Now the climb starts up to the first ridge, where we can enjoy breath-taking views of Mt Chomolhari, Mt Jichu Drake and Tsrim Khang. The trail then takes us across a fairly level valley floor until the climb to the Nyele La Pass (4,850m). From the pass we descend gradually through rhododendron forest to our campsite at Lingshi, enjoying the panoramic view of the mountain peaks and Lingshi Dzong as we walk. The Dzong was built in 1668 to protect villages in this region from Tibetan invasion, and continues to be used as an administrative centre.

Hiking time: **7 - 8 hours**
Ascent: **810 m**
Descent: **1050 m**
Max. altitude: **4850 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

TREK TO SHODU VIA YALE LA

Today is the toughest day of our trek, as we cross our highest pass. We begin the trek with a climb up towards a small white chorten on a ridge, then turn south into the deep Mo Chhu valley. The trail stays on the west side of this largely treeless valley, climbing steeply. It then crosses the river, and continues to climb steeply for two hours to Yale La pass (4,950m). On a clear day, you can see Chomolhari, Gangchhenta, Tserim Khang and Masang Gang. We then descend alongside a stream until we reach Shodu.

Hiking time: **8 - 9 hours**
Ascent: **1150 m**
Descent: **870 m**
Max. altitude: **4950 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

TREK TO BARSHONG

Back below the tree line, our path follows the course of the Thimphu Chhu river, descending through rhododendron, juniper and mixed alpine forests. There are stunning views of rocky cliff faces and waterfalls along the way before we descend a steep stone staircase to the river and stop at the riverside for lunch. Then the trail takes us gradually upwards to the ruins of Barshong Dzong (3,710m), where we camp for the night. This will be our last night camping on the trail.

Hiking time: **6 - 7 hours**
Descent: **370 m**
Max. altitude: **4080 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 9

DRIVE TO THIMPHU

Today we will pack up camp for the final time and make our way to through the dense forest of rhododendron, birch and conifers to meet our transport for the journey to Thimphu. The road follows the Thimphu Chhu river as it twists and turns through the gullies and gorges until it meets the pastureland at Dolamkencho at 3,320m. From here, we will continue our journey to Thimphu where we will check-in to our hotel, grab a very welcome shower and have some time to rest and relax after completing your trek.

Hiking time: **5 - 6 hours**
Descent: **1360 m**
Max. altitude: **3710 m**
Accommodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 10

DRIVE TO PARO

We start this morning in Bhutan's capital city with a visit to the National Library, which holds a vast collection of ancient Buddhist texts and manuscripts. We will also visit the nearby Institute for Zorig Chusum, the Textile Museum, and finally Simply Bhutan, a living Museum and Studio encapsulating the cultural heritage of the Bhutanese people. (Please note some sites will be closed on weekends and public holidays). After lunch we will leave Thimphu and drive up a series of zigzags to Dochu-La Pass (3,088m) stopping briefly here to take in the view and admire the chorten, mani wall, and prayer flags which decorate the highest point on the road. After crossing the pass, the road descends into the Paro Valley, where we will spend the night in a hotel.

Accommodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 11

DEPARTURE

We will collect you from your hotel and transfer you to Paro Airport for your flight

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

The Chomolhari trek is tougher than the Druk Path trek as it takes you closer in to the high mountains, meaning you spend more time at a higher altitude. You will be trekking on good trails but will definitely feel the effects of altitude, as you quickly ascend above 3,500m on the first day of the trek. Saying that, you will have climbed up to the Tiger's Nest Monastery on the previous day, which will greatly help with acclimatisation. There are a couple of high passes to tackle that are just shy of 5,000 metres, the Nyele La Pass at 4,850m and the Yale Pass at 4,950m. In the middle of these two passes is Chomolhari Base Camp, where you will spend the night sleeping at just over 4,000 metres. Even though this is a short hike, a good level of fitness will help with the ascents at altitude.

FOOD & DRINK

On our Bhutan trips all meals are provided during your stay, both out on activities, at the pre and post trek hotels, and whilst on your trek.

At the hotels, all meals are provided on a fixed menu basis, with a selection of options placed on your table each mealtime for you to help yourself to. Bhutanese cuisine generally consists of steamed rice (red and white) with a varied choice of spicy curries, both vegetarian and non-vegetarian, noodles, meats and chilli cheese sauce. Most hotels provide meals buffet-style. The food in hotels is often the best in town, but restaurants in the main towns are increasingly becoming popular. All tourist hotels have a good selection of international and Bhutanese beverages.

We provide healthy and nutritious cooked meals on your trek for every meal which always include a minimum of four different foods including fresh vegetables, rice and meats. Breakfast whilst trekking will be a hearty selection of foods including cereals, porridge oats, eggs or omelette, toast, jam, honey and hot water to make tea, coffee or hot chocolate. This will be taken in your dining tent at camp, or if the weather is nice you may eat al fresco. Everyday a lunch boy will catch you up on the trail in time to serve you a hot picnic lunch. They will provide a rug to sit on, plates and cutlery with which to eat your food. Lunch will consist of four hot dishes which include rice along with three other hot options. This will be served along with cake, fruit and hot water to make tea. Dinner at camp will not fall short of expectations. Each evening you will be provided with a range of noodles, seasoned meats, vegetable curries, chilli cheese, fried vegetables and of course rice. There are plenty of options to cater easily for dietary requirements. This will be taken in your dining tent at camp.

Whilst in the hotels you will be provided with bottled water. Whilst on your trek, water is boiled to ensure it is safe to drink. To reduce the use of plastic bottles, we would ask that you bring a re-usable drinks bottle that we can fill for you. If you are planning on using a hydration bag for the trek, this may not be comfortable to use around town, so we recommend you bring a smaller drinks bottle as well.

ACCOMMODATION

Hotels in Bhutan all have to be approved by the Tourism Council of Bhutan. Our standard hotels are all clean and comfortable and are chosen because of their great locations, often in quieter parts of town, to help you get a good nights' sleep.

Kandoo use good quality, durable tents to ensure you stay warm, dry and comfortable on your Bhutanese trek. These are A-frame 2 person tents and will be set up with a rug, comfortable foam 3" thick mattress covered by a sheet and a battery powered light. Keep in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside! Your meals will be taken in a separate mess tent where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy some of the delicious food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and a proper, comfortable chair with arms. With a full 2 metres of headroom, even the tallest climbers will be able to stretch a bit, and move about without hunching over.

In Bhutan, all the hotels will have western flushing toilets. On the trek, the remote nature of the trip means the toilets will be less luxurious, however we do everything we can to make them private and as comfortable as possible in such extreme conditions. At camp, you will have a toilet tent that provides a little privacy and will simply cover a hole in the ground upon which a portable seat has been set up. If you need to use the toilet whilst trekking then this will be a case of finding somewhere hidden, off the path and going wild. We can guarantee it will be the most scenic toilet break you've ever had!

YOUR GUIDE

In Bhutan having a guide is a mandatory requirement to visit the mountainous areas outside of Paro and Thimphu. During your trip in Bhutan your guide and drivers will be at your disposal from your point of arrival to your drop off at the airport. Our itineraries are jam packed with things to do, however, it is unlikely that you will complete everything we list on our days in the cities. It is therefore important that if you wish to explore particular places during these days or have a particular activity in mind for your free time, you will need to discuss this with the guide.

TRANSPORT

We insist on using a high standard of vehicle and driver for all of our transfers. In Bhutan it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

LUGGAGE

Bag weight: 15kg

We operate a strict limit of 15kg for your main equipment bag. This is more than sufficient for your needs on the trek. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel.
Your main equipment bag will be carried by mules for the trek. You should also bring a small day pack to carry water, snacks and anything else you may need whilst trekking. This could be used as your hand luggage on your flight. On the trek all items must be packed in your main equipment bag or daypack. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried by the mules.

HOW DO I GET THERE?

The main airport in Bhutan is Paro (2,225m) which currently receives flights from Bangkok, Dhaka, Delhi, Kolkata, Kathmandu, Doha, Kuala Lumpur and Singapore. This means that you need to get to one of these hubs to catch a connecting flight to Paro. Druk Air has also introduced flights twice per week on a Tuesdays and Saturdays from Dubai to Paro, making connections to Bhutan a much easier process!

The flight into Paro is pretty exciting as the position of the airport requires the plane to get much closer to the mountain tops than most other flights in the world. If you are lucky enough to fly from Kathmandu to Paro and the weather is clear you will fly over 4 of the 5 highest mountains in the world - Mt. Everest, Lhotse, Makalu and Kangchenjunga.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Once you have cleared immigration and collected your luggage, make your way to the main doors. Your driver will be outside these doors, holding a 'Kandoo' sign. Paro airport terminal building is very small so they will be hard to miss. It is roughly a 20 minute drive from the airport to our hotel.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

BUDGET & CHANGE

The Bhutanese Ngultrum (Nu) is the local currency of Bhutan and equal in value to the Indian Rupee. It is a closed currency so you will not be able to buy this before you arrive. All major currencies, such as US Dollars, Sterling Pounds and Euros, can be exchanged at Paro Airport, banks and hotels. We would recommend exchanging your money at the airport as you may not get a chance to do so after leaving the airport terminal. Top tip:$50 bills (and larger) get a better exchange rate than smaller bills.

Bhutan is a cash economy and credit cards are not commonly accepted. Mastercard may be accepted in larger shops and hotels, but Amex is rarely accepted. If you are relying on a credit or debit card for emergency funds while you travel, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

A meal out for 2 people in Bhutan will cost ~$18, however this is included in the cost of your trip so, unless you wish to eat at a different restaurant, the only money you need is for tips and souvenirs. The most common souvenir purchases are Bhutanese wall hangings. These can be expensive, ranging from $20-$1000. Prepare for this if you plan on bringing one home. There are, however, plenty of inexpensive souvenirs you can pick up as well. Our recommended guidance for spending budget in Bhutan would be between $50-150 on top of your tips, give you ample souvenir spending money.

TIPS

Although not officially approved by the Bhutanese tourist board, tipping has become customary practice and you should budget for tips for your lead guide, any assistant guides, cooks, horsemen and drivers. The decision on how much to tip should be based on the level of service you feel you have received. The amounts below will give you an indication of how much to tip. Please note that these amounts are for the entire group, not per person, therefore you should divide them by the total number of people in your party:

Lead guide: 14,000 Bhutanese Ngultrum (equivalent to £12 / US$15 per day)
Assistant guide: 9,000 Bhutanese Ngultrum (equivalent to £8 / US$10 per day)
Cook: 14,000 Bhutanese Ngultrum (equivalent to £12 / US15 per day)
Assistant cook / lunchboy: 9,000 Bhutanese Ngultrum (equivalent to £8 / US$10 per day)
Horseman: 9,000 Bhutanese Ngultrum (equivalent to £8 / US$10 per day)
Driver: 9,000 Bhutanese Ngultrum (equivalent to £8 / US$10 per day)

As an example: a lead guide may receive $15 per day x 8 days = $120. Divided by 5 people in the group = $24 per person.

Different crew members will be with you for different stages of your trip to Bhutan:

•Your guides will be with you every day that you are in Bhutan. An assistant guide is usually only needed if your group exceeds 5 people
•Your cook, lunch boy and horsemen will be with you while you are on the trek itself
•Your driver will provide your airport transfers, drive you for your cultural tours and transfer you to and from the trek.

If you are leaving members of the crew when you have finished trekking, they should be tipped after the trip. Your drivers and lead guide can be tipped when you return to your hotel.
Tips can be made in either US$ or local currency. It is very important that US bills be new (less than 10 years old), crisp and untorn.

Once you have completed your hike to the Tigers Nest Monastery on the first day, our team will have a better idea of your fitness levels and may decide to include additional crew on the trek to ensure the success of everyone in the group.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Bhutan. We recommend that you take a photocopy of your passport and keep it separate from the original, as this will be useful if the original is lost while you are traveling.

VISA

Visa requirements:
Visas can only be arranged by travel companies and are issued on arrival to those on a prepaid all-inclusive tour. In order to process your Bhutan visa we require a clear readable colour copy of your passport containing the passport number and photograph in JPEG or PDF format.

Transit visas:
Your domestic flight into Bhutan is likely to be on a separate ticket to your international flight. As a result, your luggage will not be checked right through to your final destination and you will need to clear immigration at your transit airport in order to collect your bag and check it back in for your international connection. Double check with your airline what the immigration and visa requirements are for the airport you are to transit through, and whether they are able to re-check your bags for you. Otherwise, you may need to arrange transit visas prior to travel. This is especially important if you are planning on travelling via India, as a transit visa is required and it must be arranged in advance.

VACCINATIONS

The standard vaccinations required for Bhutan are hepatitis A, tetanus and typhoid.

Cholera vaccination is recommended but not required.

Yellow fever vaccination is only required if you are travelling from a country where yellow fever is prevalent.

Vaccination requirements are subject to change and you should always consult your doctor or travel clinic for the most up to date advice.

INSURANCE

Before you can join any Kandoo Adventures trek, you will need to insure yourself against accident, injury, and illness.

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek, climb, and any other activities you will participate in. Specifically, treks to Chomolhari require insurance coverage up to 5000m, for the Druk Path up to 4500m is required and the Snowman Trek up to 6000m.

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Malaria

There is little risk of malaria on the majority of Bhutanese treks that we operate, due to the altitude, particularly in Bumthang, Gasa, Paro and Thimphu. However, there is a risk of malaria in areas below 1,500m so we recommend you take advice if traveling outside the areas in which we operate. In addition to any medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. All trekking routes that involve trekking to high altitudes have been carefully designed to aid your acclimatisation wherever possible, but the following will also help your body to adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox. There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK in it a prescription only drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that, by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, sweating and you may also suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, mouth or nose, headache and feeling fatigues or lethargic.

OTHER INFORMATION

Animal welfare:

In the Bhutanese mountains the use of mules and muleteers is very common. The mules have spent their lives up here in the mountains and they can transport your gear with ease. Bhutan is a Buddhist country and, as a result, animals are generally treated with great respect and consideration for their well-being.

Kandoo Adventures are committed to ensuring that the mules we use on our treks receive only the very best treatment.

To ensure the animals are never overloaded we have placed restrictions on the weight of the luggage you can bring with you. Reducing the loads the mules carry will ensure the health and comfort of the mule as well as a sustainable working life. We will not start trekking with mules who are obviously lame, sick or wounded. We will never condone the use of traditional bits which can cause terrible pain for the animals. We only work with a select number of horsemen who we know and trust to provide the very best level of care to their animals.

EQUIPMENT & CLOTHING

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf. It can get dusty in Bhutan and the air very cold. A scarf or balaclava comes in useful for keeping dust out and can double as a warm layer for your neck / face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x1)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x1)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x1)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant

LEGS

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine (x1)

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around camp
- Mid-weight trekking socks (x3 pairs)
- Breathable, high-wicking liner socks (x2 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

EQUIPMENT TO BRING

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Waterproof duffle bag 80-100 litres (max weight 15kg including sleeping bag)
- Sleeping bag (4 season or -20 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water
- Microspikes

OTHER ACCESSORIES

- Sunscreen high SPF
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Camera and spare batteries
- Plug adapter, for charging devices in hotels
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, useful for late night toilet needs
- Dry bag (only required if your main duffle bag is not waterproof)

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.