

Jomolhari Laya Gasa Trek



Days:	16
Price:	3175 USD International flight not included
Comfort:	★★★★☆
Difficult:	★★★★☆
🔪 Adventure 🔪 Trekking 🔪 Hiking 🔪 Mountains 🔪 photographic	

The **Laya-Gasa Trek** is considered one of the most scenic treks in Bhutan, offering amazing views of some of the most pristine and unspoiled landscapes in Bhutan. This fourteen day, 217 km journey begins at **Drukgyel** in Paro and takes you through gorgeous alpine meadows, high mountain passes and dense sub-tropical jungles before terminating in Damji in Tashithang.

The first five days of this trek follow the same route as the Jomolhari Trek I through **Jigme Singye National Park** and offer awe-inspiring views of ___Mt. Jomolhari, Jichu Drake___ and **Tsheringang**. On the sixth day the path diverges and you will depart Lingshi for the camp site at Chebisa, a charming little village adorned with a beautiful waterfall of crystal clear water.

Along the trail you'll be able to spot indigenous animals such as blue sheep and Takins, the national animal of Bhutan. You'll travel through remote mountain villages inhabited by Layaps (people of Laya), a distinct segment of the Bhutanese society with unique culture, traditions and appearance. The trek also offers a day of relaxation at the famous Gasa hot springs that is sure to rejuvenate you.

This is one of the more difficult treks offered in Bhutan due to the high altitudes and steep ascents and descents along the path. The best seasons to complete this challenge are in April-June and Mid-September-Mid-November.

Day 1. Arrival Paro



Paro Airport 📍

- The beautiful valley of Paro encapsulates within itself a rich culture, scenic beauty and hundreds of myths and legends. It is home to many of Bhutan's oldest temples and monasteries, National Museum and country's only airport. Mount. Chomolhari (7,314m) reigns in white glory at the northern end of the valley and its glacial water plunge through deep gorges to form Pa Chhu (Paro River). Paro is also one of the most fertile valleys in the Kingdom producing a bulk of the locally famous red rice from its terraced fields.

The flight to Paro is considered one of the most spectacular flight experiences in the world. While flying in and out of Bhutan, one can see Mt. Everest, Kanchenjunga, Makula, and other high peaks such as Jumolhari, Jichu Drakey, and Tsrin Gang. You will be received by representative of Exquisite Bhutan.

After landing, check into hotel and after some refreshment visit the National Museum and the Runjung Dzong, and explore Paro town.

🍴 Lunch	Zakhang (traditional restaurant)
🍷 Dinner	Naksel Boutique Hotel
🏠 Accommodation	Naksel Boutique Hotel

Day 2. Snowman Trek starts: Paro - Sharna Zampa - Thangthangkha



Paro 📍
 🚗 22km
 Gunitsawa Village 📍
 3km - ⌚ 1h
 Sharna Zampa 📍

Paro - Gunitsawa Village

- After an early breakfast, drive 2 hours from Paro town to Shana village which follow Paro Chhu passing beautiful meadows, paddy fields and impressive farm houses and after about hours you will reach the army post at Gunitsawa village. At the army check post your trek permit (provided by your tour operator) will be checked and endorsed.

On this long day, the trail continues with lots of small ups and downs. After going uphill through the river valley the valley finally narrows gradually to a mere path which descends to a meadow where a camp will be set up. From here, if weather permits, you will have the first great view of Mt. Jomolhari.

🍳 Breakfast	Naksel Boutique Hotel
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 3. Great view of Mt. Jomolhari



Sharna Zampa 📍
 22km - ⌚ 7h 30m
 Thangthangkha 📍

Sharna Zampa - Thangthangkha

- On this long day, the trail continues with lots of small ups and downs. After going uphill through the river valley the valley finally narrows gradually to a mere path which descends to a meadow where a camp will be set up. From here, if weather permits, you will have the first great view of Mt. Jomolhari.

Ascent: 770 m Descent: 10 m Camp altitude: 3,610 m.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 4. Jangothang, one of the most beautiful campsites of the Himalayas



Thangthangkha 📍
 19km - ⌚ 5h 20m
 Jangothang 📍

Thangthangkha - Jangothang

- Today we continue our trek up the **Paro Chhu** valley which widens into patches of alpine meadow and scanty growths of forest. In this area yaks and their herder's homes become a regular feature of the landscape. Passing the villages **Soe**, **Takethang** and **Dangochang** is another asset on this day. After reaching **Jangothang**, one of the most beautiful campsites of the Himalayas, you will again have a spectacular view of Mount Jomolhari.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 5. Spot some blue sheep on the upper slopes of the valley



Jangothang 📍

- The rest day in Jangothang provides plenty of possibilities for day hikes with great views of lakes and snow capped mountains such as **Jomolhari** and **Jichu Drake**. Jangothang is a perfect environment for your acclimatization. You can also trek up to **Tosoh** or hike around the area.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 6. A long trekking day



Jangothang 📍
18km - ⌚ 6h 30m
Lingshi 📍

Jangothang - Lingshi

- Today is one of the longest days of the trek. We will pass through **Nyilila pass** at 4,870m and see herds of blue sheep grazing on the slopes of the mountains.

After lunch we will continue our trek and reach **Lingshi**, a beautiful U-shaped valley, you get a wonderful view of **Lingshi Dzong** on clear days. The campsite is next to a stone hut you reach just before Lingshi Dzong.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 7. Spot large herds of blue sheep above the trail.



Lingshi 📍
10km - ⌚ 5h 20m
Chebisa 📍

Lingshi - Chebisa

- Today is the shortest walking day, and you can really take it easy. Shortly after starting you will reach a chorten below **Lingshi Dzong**. Here, you have the choice of staying on the main trail or taking a detour up to the Lingshi Dzong (4,220m), which sits right atop a high ridge.

After Lingshi Dzong you will be passing the villages of **Lingshi** and **Goyul**. On reaching the campsite at **Chebisa** you will have plenty of time to visit the village houses if you feel up to it. There is also a beautiful waterfall located behind the village that is worth visiting.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 8. A long ascent behind Chebisa Village



Chebisa 📍
17km - ⌚ 7h 30m
Shomuthang 📍

Chebisa - Shomuthang

- The morning starts with a long ascent behind **Chebisa Village** (2-3 hours) through a wide pastureland towards Gobu La (pass). After crossing **Gobu La** (4,410m), you descend into the valley, then climb again a little bit, before descending again to **Shakshepasa** (3,980), a large U-shaped valley. Climbing from here you will finally reach the campsite at **Shomuthang**, above a river, which is a tributary of the Nochu River.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 9. Great view of Tiger Mountain



Shomuthang 📍
18km - ⌚ 6h 30m
Robluthang 📍

Shomuthang - Robluthang

- You begin by climbing up the valley to view **Kang Bum**(6,526 m) and some edelweiss. After two hours of climbing you will reach **Jhari La** (4,750m), from where you catch the first glimpse of **Sinche La**, the pass you will have to cross the day after. The big snow peak in the north is **Gangchhenta** 6,840 m, better known as the Great Tiger Mountain. The camp by the river is called Tsheri Jathang located in a beautiful wide and remote valley.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 10. Landscapes of lateral moraines



Robluthang 📍
19km - ⌚ 6h 40m
Limithang 📍

Robluthang - Limithang

- The trek starts out with an initial 40-60mins ascent before gradually raising for another 1.5 hours through a boulder field. It is then a 1 hour steep ascent before reaching Sinche La (5,005m) – the final and highest pass on the trek if you don't intend to continue the Snowman trek from Laya onwards. As you descend the far side of the pass you will see an impressive terminal moraine and a glacial lake at the foot of the valley. You can see classic examples of lateral moraines where the glacier has pushed rocks up both sides of the valley. Below the moraine, you cross the Kango Chhu and soon reach the Limithang campsite. The peak of Gangchhenta towers over the campsite even though it's quite a distance away.

Ascent: 850 m Descent: 870 m Camp altitude: 4,140 m.

🍳 Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 11. Trail to the west side of Laya village



Limithang 📍
10km - ⌚ 4h 30m
Laya 📍

Limithang - Laya

- Today, you walk downhill all the way along a narrow, winding river valley. The trail leads you to the west side of **Laya village**. In the village center is a community school and a basic health unit with a telephone connection. The campsite is located below the school.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 12. Pass through the river valley of Mo Chhu



Laya 📍
19km - ⌚ 6h 30m
Koina 📍

Laya - Koina

- The trail winds up and down along the river valley of **Mo Chhu** avoiding natural obstacles and affording breath-taking views of the raging river, feeder streams and waterfalls. Lots of ups and downs will lead you to **Kohi Lapcha** at 3.300 m. The trek then drops down to the large stream of **Koina Chhu**, where you will find the campsite of Koina.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 13. Last major climb of the Laya Gasa Trek



Koina 📍
14km - ⌚ 6h 20m
Gasa 📍
🚗 - ⌚ 1h
Gasa Hot Spring 📍

Koina - Gasa

- Today you will have the last major climb of the Laya Gasa Trek. You will cross **Bari La** (3,740m), after which the trail descends all the way until you reach **Gasa village** (2,770m), There also is a campsite close to Gasa Dzong. You will have to decide whether you want to stay in Gasa village or descend for another hour to the Gasa Tsachu (hot springs) and relax in the rejuvenating mineral waters. The Gasa Tsachu is one of the most popular hot springs in Bhutan.

☕ Breakfast	Made by your team
🍴 Lunch	Made by your team
🍷 Dinner	Made by your team
🏠 Accommodation	tent camping

Day 14. Gasa to Punakha



Gasa 📍
🚗 100km - ⌚ 3h 30m
Punakha 📍

Gasa - Punakha

- We head to Punakha. The **Punakha Valley** is a relatively hot, almost tropical region.

🍴 Lunch	Zakhang (traditional restaurant)
🍷 Dinner	Drubchu Resort
🏠 Accommodation	Drubchu Resort

Day 15. Punakha to Paro



Punakha 📍
🚗 200km - ⌚ 7h
Paro 📍

Punakha - Paro

- After breakfast, drive to Paro. En-route stop in Thimphu for lunch, shopping etc and continue to Paro in the afternoon

☕ Breakfast	Drubchu Resort
🍴 Lunch	Zakhang (traditional restaurant)
🍷 Dinner	Naksel Boutique Hotel
🏠 Accommodation	Naksel Boutique Hotel

Day 16. Have a safe flight !

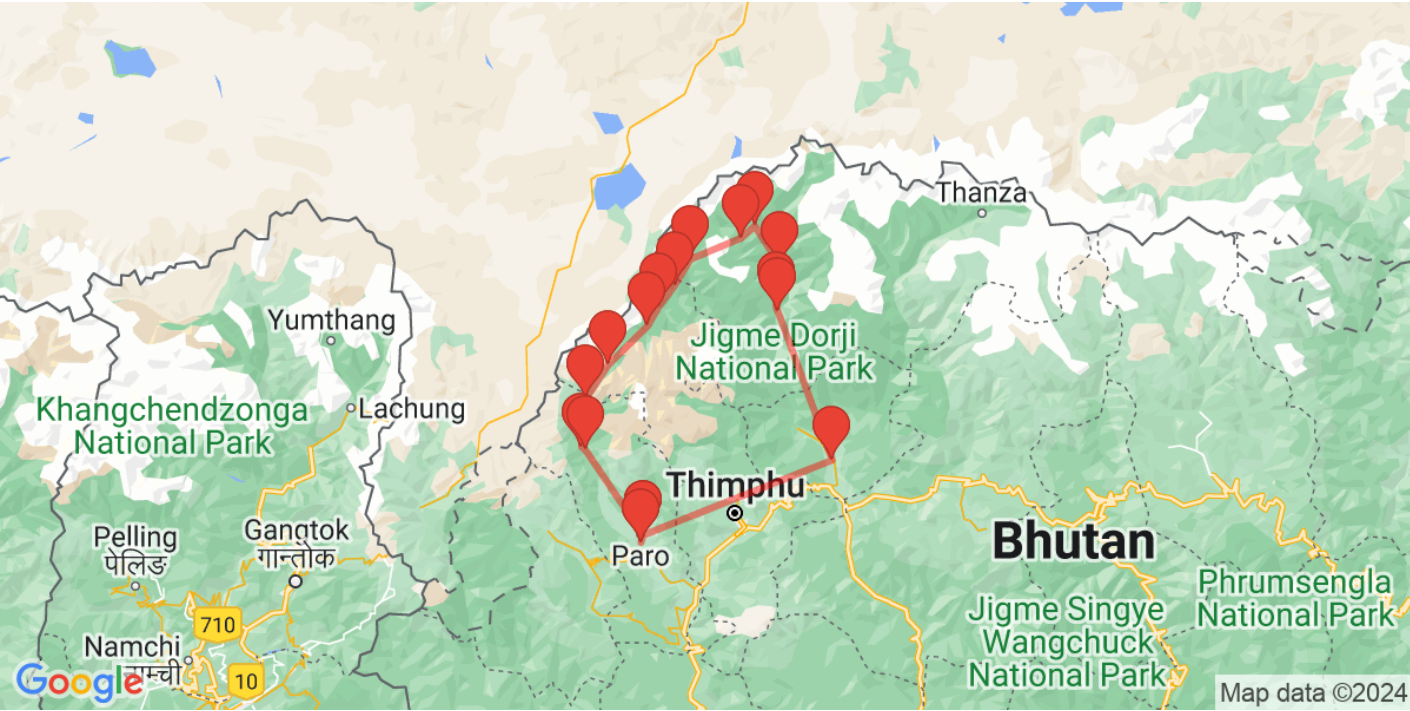


Paro Airport 📍

- After breakfast we take the road to Paro. airport for your onward journey.

☕ Breakfast	Naksel Boutique Hotel
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Itinerary map



Individual price per person

1-1	2-2	3-10
3615 USD	3505 USD	3175 USD

Included

- Bhutan Tourist Tariff Royalty.
- Visa fees
- All private excursions and transfers in superior air-conditioned vehicle.
- Local English speaking guide/tour leader.
- Experienced driver.
- Accommodation in carefully selected, highest standard government approved hotels & guesthouses.
- All meals in Bhutan.
- All entrance fees and permits.
- Tents

Not included

- All personal expenses such as bars, beverages, laundry, telephone and tips.
- Medical / Travel Insurance.
- Air-fare