

Adventure.Culture.Nature

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Thimphu: Bhutan

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## **Laya Trek**

16Days/15Nights    Trek Rating: Medium to Hard  
Duration of Trekking- 14 Days

### **Day 1:**

#### **Arrival at Paro**

Arrive at Paro by Druk Air flight. Reception will be arranged for you on arrival. After lunch, visit National Museum, Kyichu Lhakang and drive to Drugyel Dzong ruins. Evening stroll the Paro town.

Night Halt: Hotel in Paro.

### **Day 2:**

#### **Paro to Shana**

17 Kms. Following the Paro river, the trek starts from ruins of Drugyel Dzong. The climb is gradual through the field and villages. Camp at Shana, in a meadow. Altitude 2800 meters.

### **Day 3:**

#### **Shana to Soi Thang Thanka**

20 km. 6-7 Hrs trek. The trail is a gradual climb following Paro river through coniferous forests and rhododendron shrubs. Camp at Thang Thanka at 3850 meters. You can have a magnificent view of Jhomolhari.

### **Day 4:**

#### **Soi Thang Thanka to Jangothang**

As we start the trek, you will notice that the valley begins to widen. The winter residence/village of yak herders would be reached. The camp would be set at the base of Mt. Jhomolhari. Camp altitude 4040 meters. Night at Camp.

### **Day 5:**

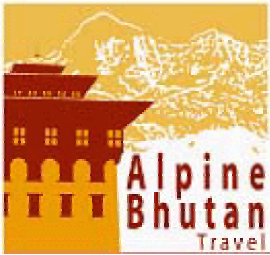
#### **Jangothang to Lingshi**

The 18 km trail climbs across Nyili la pass at 4680 meters. From there, it is a descent with a view of Lingshi Dzong and Mt. Tshering kang and its glaciers and lakes. Camp overnight. 3915 meter.

### **Day 6:**

#### **Lingshi to Chibesa**

Proceed by Lingshi Dzong, along winding roads and magnificent peaks. Built in 17<sup>th</sup> century the Dzong played a role in controlling travel over Lingshi La (pass) between Tibet and Bhutan. Today's walk is easy and pleasant through villages and yak herders camp. Camp by streamside at 3,860m.



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**Day 7:**

**Chibesa to Shomuthang**

Trail 17 km. The day begins with stiff climb to Gomby La (4,450m). Afternoon, the trail traverses high above the valley floor on stream right to Chachim, a yak pasture at 4,260m.

**Day 8:**

**Shomuthang to Robluthang**

The trek begins with a climb to Jari La pass at altitude 4,700m then descends to Tashari Jathang valley, the summer residence of rare Himalayan Takin (Bhutan's National animal). Later the trail ascends till you reach Robluthang camp at altitude of 4,200m.

**Day 9:**

**Robluthang to Lemithang, 19 km, 6/7 hours**

After crossing Shingela Pass (4,900m), the last and highest pass on the route, you drop down and follow the valley. Blue Sheep are seen on the slopes. Lemithang is in Laya region and people here have different costume. With mesmerizing view of Mt. Gangchey Taak (Great Tiger Mountain), you will camp at the base.

**Day 10:**

**Lemithang to Laya,**

**10 km, 4/5 hours.** The walk to Laya village is downhill and full of wonderful views. Arrive at Laya village, the second highest settlement in the country at an altitude of 3,830m.

**Day 11:**

**Laya to Chamsa**

**19 km, 8/9 hours.** Descend to army camp and join the Mo Chhu river. Follow the river till you cross the bridge. After the bridge it is up and down several times through juniper and fir forest until you reach the camp at Chamsa at an altitude of 3,500m.

**Day 12:**

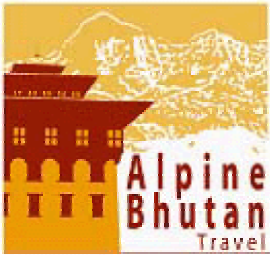
**Chamsa to Gasa Tsachu, 14 km, 6/7 hours**

Walk for about half an hour over flat land till the Bari La Pass (3,900m). There is a small rock cairn and a few prayer flags at the pass. The route is downhill all the way to Gasa Tsachu. Afternoon visit Gasa village and Gasa Dzong. Then descend to Gasa Tsachu (hot spring) for camping.

**Day 13:**

**Gasa Tsachu to Damji,**

**18 km, 6 hours.** After breakfast, slowly climb and descend through forests for your return journey. Night Halt at Damji.



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**Day 14:**

**Goen Damji to Tashithang – Punakha**

After breakfast, it is going to be a gradual descent through agricultural fields and forests. Vehicle is going to pick you up at Tashithang. The drive till Punakha where the camp will be pitched by the riverside.

**Day 15:**

**Punakha to Thimphu – Thimphu Sightseeing**

After early breakfast, proceed to Thimphu. On the way, short stopover at Dochula to view the Himalayan Mountain ranges, proceed to Thimphu. Visit Zilukha Nunnery, National Library, and Memorial Chorten. The Lunch at Hotel. After lunch visit Handicrafts Emporium, Textile Museum and Semtokha Dzong.

Halt at hotel in Thimphu.

**Day 16:**

**To Paro Airport for Departure from Bhutan**

After early breakfast, drive to Paro Airport for Departure from Bhutan. (One and Half hour morning drive.)