Laya Gasa Trekking

The Laya Gasa Trekking provides to the visitors some of the most beautiful Bhutanese mountain villages, the unique culture, and appearance of the Layaps (people of the Laya district). A day of relaxation at the Gasa hot spring adds to an extremely rewarding trekking experience. Besides the unforgettable views of Mount Jomolhari, the trek offers spectacular views of Jichu Drake, Gangchhenta (Great Tiger Mountain). Between Jangothang and Laya, the trail hardly goes below 4,000m and one has good opportunities to spot blue sheep or even takin.

Duration: 19 days

Price: $3705

Grade: Strenuous

Destination: Bhutan

Activity: Trekking in Nepal

Quick Facts

Trek Days: 15

Total Days in Nepal: 19

Maximum Elevation: 4890 meters

Trek Grade: Difficult

Accommodation: Camping

Itinerary:

Day 1: Arrive in Paro

Arrive in Paro (2230m) and transfer to hotel.

Day 2: Sightseeing

Sightseeing in Paro and preparation for the trek.

Day 3: Paro - Shana

Paro - Shana (2870m) - 6h.

Day 4: Shana - Soi Thangthangkha

Shana - Soi Thangthangkha (3610m) - 8h.

Day 5: Soi Thangthangkha - Jangothang

Soi Thangthangkha - Jangothang (4090m) - 5h.

Day 6: Exploration

Exploration to Tshophu and Jomolhari Glacier.

Day 7: Jangothang - Lingshi

Jangothang - Lingshi (4010m) via Nyele-la Pass (4890m) - 6h.

Day 8: Lingshi - Chebisa

Lingshi - Chebisa (3880m) - 5h.

Day 9: Chebisa - Shomuthang

Chebisa - Shomuthang (4220m) - 7h.

Day 10: Shomuthang - Robluthang

Shomuthang - Robluthang (4160m) - 7h.

Day 11: Robluthang - Limithang

Robluthang - Limithang (4140m) - 7h.

Day 12: Limithang - Laya

Limithang - Laya (3840m) - 5h.

Day 13: Laya - Koina

Laya - Koina (3050) - 7h.

Day 14: Koina - Gasa Tsachu

Koina - Gasa Tsachu (2240m) - 7h.

Day 15: Rest day

Rest day in Gasa and relax in hot springs.

Day 16: Gasa Tsachu - Damji

Gasa Tsachu - Damji (2250m) - 6h.

Day 17: Damji - Tashithang

Damji - Tashithang (1650m) - 5h. Drive to Thimphu (2330m).

Day 18: Sightseeing

Sightseeing in Thimphu. Drive to Paro - 2h.

Day 19: Final departure

Time for final departure.

Other Features:

- Trek Days: 15
- Total Days in Nepal: 19
- Maximum Elevation: 4890 meters
- Trek Grade: Difficult
- Accommodation: Camping