Snowman trek

Duration: 27 Days 26 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 27 Days 26 Night

Difficulty: Not specified

Trip Style: Trekking & Hiking

Summary

Probably recognizes this trek as the toughest trek in the world because of its altitude, distance, climate, and remoteness. At the same time, the Lunana region of Bhutan is one of the most beautiful areas of the world and the least visited. Though many do not finish the entire trek, we have a solution that will help anyone complete the entire distance in 18 days. We have included acclimatization (first 3 days in Bhutan), rest days, and cultural experiences that will refresh and encourage you along the way. You do not have to be brave; you just have to be determined. Your experienced guide will help you set the needed pace for each day of the trek. Careful planning for each trek to the Lunana region includes our

expert local guide, packhorses, cold weather equipment, and a cook. From the time you arrive, you will be cared for and know exactly what to expect. Your guides are also prepared for any emergency that could happen. The adventure hikes start from Shana and finish at Sephu.

Overview

Trip Introduction

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Day by day itinerary

Trip Itinerary

Day 01: Arrival at Paro.

Fly with Druk Air and land at Paro Airport. The flight offers you the most magnificent and breathtaking views of the Eastern Himalayas, including the towering Mt Everest. On arrival, the group will be accorded a very warm reception then drive to your hotel. Overnight at a hotel.

Day 02: Paro Sightseeing.

After breakfast drive to the Drukgyal Dzong, the ruined fort and on way back visit Kyichu Lhakhang. After lunch visits National museum, Ta Dzong and the Rinpung Dzong which is now used as an administration center and school for monks. Overnight at the hotel.

Day03: Paro- Shana (trek starts) Alt. 2800m, 17kms 5-6hrs.

Drive up to Drugyal Dzong where the road ends and the trek begins. The trail follows the Paro Chu and is a gentle walk through terraced fields and a narrowing valley. There are a few quaint farm hamlets en route. The campsite is just beyond an army outpost.

Day 04: Shana – Soe Thangthangkha alt. 3400m 15kms 4-5hrs.

Continue uphill through the river valley which closes in after some distance. The trail then winds up and down along the river bank. After the initial climb, most o the way is downhill. The campsite is located in a meadow with a stone shelter.

Day 05: Soe Thangthangkha – Jangothang alt. 4040m. 19kms 5-6hrs.

Walk up along the Pachu (Paro river), pass a small army outpost where the valley begins to widen again. You can now clearly view the high ridges and the snow-capped mountains all around and also see yaks and herders settlements. Camp beneath a ruined fortress at the base of the Jomulhari Mountain.

Day 06: Jangothang – Lingshi alt. 4150m. 19kms 5-6hrs.

Walk up toward the pass-through wide pastureland. Depending on the season, you might find some yak herders in their camping tents along the way. As you come down after the pass to the Lingshi basin, you will see beautiful views of the Lingshi Dzong and the valley and also Tserim Kang (mountain) and its descending glaciers. Camp in a stone shelter with a built-in fire pit.

Day 07: Lingshi – Chebisa alt. 3850m. 12kms 3-4hrs.

Today is the shortest walking day and you can relax. On reaching the campsite at Chebisa, you can visit the village houses if you feel up to it.

Day 08: Chebisa – Shomuthang alt. 4260. 17kms 5-6 hrs.

You walk through wide pastureland towards Gobu-la (pass). On the way, you will see a few people herding yaks. After crossing the Gobu -la (Alt. 4350m) descend down to the valley. The campsite is on a bench above a river, which is a tributary of the Noche River.

Day 09: Shomuthang – Robluthang alt.4390m. 15kms 6-7hrs.

As the walk is a little strenuous, it is advisable to start a little early. After crossing the Jarela (pass) Alt. 4600m you come down to Tsarijathang valley where you can normally see herds of Takins. Camp at Tsarijathang.

Day 10: Robluthang – Lemithang alt. 4140m. 19 km. 6-7 Hr.

After crossing the Shingela pass, alt. 4900m., you come down and follow the valley. Lemithang is under the Laya District and you will see people dressed in typical Laya costume with long pointed bamboo hats. Camp at Lemithang. If you have time, it would be advisable to spend a day here exploring the valley and meeting the people who have their own unique culture.

Day 11: Limithang – Laya alt. 3840m. 10kms 4-5hrs.

It is all the way down the hill today along with a winding river valley with quite a closed in feeling. The trail splits, one going down with the river to the campsite used by the army. The other stays high and brings you into the West Side of Laya village. You can camp on a high flat bench above the East End of Laya village.

Day 12: Laya – Halt.

You should spend a day recuperating from the trek to laya and preparing for the rest of this rigorous trek.

Day 13: Laya – Rodophu alt. 4160m. 19kms 6-7hrs.

The trek leads gradually downhill to the Lunana junction, then makes a gradual climb through a forest of conifers, maple and rhododendron. The trail improves and becomes wider as you climb out of the river valley. The campsite is in a pasture near a small stream.

Day 14: Rodophu – Narethang alt. 4500m. 17kms 5-6hrs.

The trail leads uphill through dwarf rhododendrons bushes and a barren area with ups and downs across great boulders to Tshomo La(4780m). Descend through more boulders to a camp at Narethang, a yak pasture used by Laya people. It's on a small plateau beneath the 6395m peak of Gangla Karchung.

Day 15: Narethang – Tarina alt. 4020m. 18kms 5-6hrs.

Climb to Karchung La(5120m) then down to glacial lakes that are the source of the Tang Chu. Above the lakes tower the mighty peaks of Jejekhangphu Gang (7300m) and Tsenda Kang(7100m). The trail descends a rough moraine, then makes a further steep descent into rhododendrons on a notoriously dreadful trail with lots of rhododendron roots and slippery mud.

Day 16: Tarina – Woche alt. 3940m. 17kms 5hrs.

The trail leads down through conifer forest, following the upper reaches of the Pho Chu. The trail then climbs over a ridge and drops to Woche at 3940m, the first village since Gasa. The trek has now entered the Lunana region.

Day 17: Woche – Lhedi alt. 3700m. 17kms 5-6hrs.

Make a gradual climb to Cheche La(4580m), then downhill to The village. The walk continues to Lhedi village(3700m), where there is another wireless station.

Day 18: Lhedi – Thanza alt.4090m. 17kms 5-6hrs.

The trail climb gradually following the main source of the Pho Chu to Chozo village. At the small Chozo Dzong, there are some lay monks. Above Chozo, the Valley opens as you approach Thanza village, near the foot of 7100m Zongophu Gang, which is also known as table mountain. Camp at Thanza, 4090m, the main village of Lunana district.

Day 19: Thangza – Tshochena alt. 4160m. 20kms 7-8hrs.

Today is a long trek and should start as early as possible. It's a long climb over three false summits to Jaze La(5050m). It's then less than an hour down to the campsite at the lake of Tshochena. You may see blue sheep during the hike.

Day 20: Tshochena – Jichu Dramo alt. 4880m. 14kms 4-5hrs.

The trail is gradual ups and downs between snow-capped peaks and across Loju La(4940m). Camp at Jichu Dramo.

Day 21: Jichu Dramo – Chukarpo at 4950m. 18kms 5-6hrs.

The trek is a climb of Rinchen Zoe La(5140m), the highest point on the trek. It is then a long downhill to Chukarpo, which is just above the treeline.

Day 22: Chukarpo – Thampe Tsho 18kms 5-6hrs.

It's a long, mostly downhill, walk along the river, then a climb back to Um Tsho at 4230m. In this Lake, Pema Lingpa found a number of religious treasures. A bit further in the camp by the lake of Thampe Tsho.

Day 23: Thampe Tsho – Maurothang at 4000m. 14kms 5hrs.

It's a 2-hour walk to the base of Thampe La and then a steep climb to the pass at 4580m. The trek is then all downhill through rhododendron bushes to the yak pasture of Maurothanbg.

Day 24: Maurothang – Sephu at 2500m. 18kms 5-6hrs.

The trail follows the Nikka Chu through bamboo thickets and fields to the road at the village of Sephu.

Day 25: Sephu- Thimphu.

Early morning drive to Thimphu. Lunch at the Wangdi. Overnight in the hotel.

Day 26: Thimphu Sightseeing -Paro.

Morning visits the memorial temple, the folk heritage museum, the National Library, the textile museum, and Changgangkha temple then drives up to the highest viewpoint overlooking Thimphu valley and while returning, the Takin research center. After an evening tea, drive to Paro along a winding road for about 2 hrs. Overnight at Hotel.

Day 27: Departure.

Drive a short distance to Paro airport. Farewell and fly to your further destination.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- A royalty fee.
- accommodation.
- all meals, sightseeing tours by private coaches.
- service of experienced and English speaking guide.
- all transportation within Bhutan, entrance fee to the monuments, permits.
- during trekking-all camping/kitchen gears.
- ponies or yaks for transportation of gears.
- trekking guide and cook etc.

Exclusions

- Bhutan visa fee.

- TDF, airfares.
- the expense of personal nature travel insurance, drinks.
- cigarettes.
- laundry.
- a telephone call, and tipping etc.

Gear checklist

Equipments List

Trip notes

Trip Highlights

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page



Snowman trek - photo 3

Plan your journey with our team

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