



LAYA GASA TREK

EXPLORE FROM
\$4540/-



**SUSTAINABLE TREKKING FOR
CONSCIOUS TREKKERS...**

BEST SEASON
April - June
September - November

DURATION IN BHUTAN
Customize your Bhutan Duration

**13 DAYS
ON TREK**

HIGHEST CAMPSITE
4160m

TREK GRADE
Strenuous

TREK SUMMARY

Embark on a hidden expedition that originates from the ancient fortress of Drukgyel Dzong, nestled at the northern reaches of the Paro Valley. This journey, which is considered of medium to hard difficulty, leads trekkers across a multitude of terrains and past sacred peaks, offering breathtaking vistas of Bhutan's untouched wilderness. As you navigate through this diverse landscape, you'll encounter an array of flora and fauna, trekking amidst meadows bursting with wildflowers, junipers, and a variety of medicinal herbs. The path weaves through enchanting forests of birch and fir, past nomadic yak herders in high-altitude pastures, and offers views of hallowed mountains and secluded hamlets. You'll traverse mountain passes, where prayer flags flutter in the wind, a vibrant testament to the spiritual fabric of the region. Keep your eyes peeled for some of Bhutan's indigenous wildlife, including the elusive Blue Sheep and the unique Takin, as they roam freely in this serene environment. This journey is not just a trek; it's an immersion into the heart of Bhutan's natural and cultural wonders.

SUSTAINABLE GUIDELINES

We invite our trekkers to join us and the people of Bhutan in a collective effort to protect and conserve the pristine natural beauty of Bhutan. It's crucial that we all take on the responsibility to respect, preserve, and keep the environment clean, ensuring that we contribute positively rather than harm the delicate natural surroundings.

WHAT TO PACK

Opt for a large, soft duffle bag with multiple handles over a backpack for the main luggage. This bag will be protected with a plastic liner and placed in a hessian sack to be transported by pack animals. Carry a lighter daypack for your daily essentials such as your camera, toiletries, rain gear, and first aid items. The bulk of your gear will be carried by pack horses or yaks, which will head to the campsite in advance. Please note that the maximum weight limit for the animals is 15kg, so pack accordingly.

- Choose a durable, waterproof bag for transportation by the pack animals.
- A daypack or backpack for your daily personal items.
- Depending on the season, include a fleece, wind-breaker, or down jacket.
- Don't forget a sleeping bag, consider an extra fleece, or silk liner for comfort.
- A flashlight or headlamp, with extra batteries, is essential.
- Necessary trekking gear: waterproof hiking boots, trekking poles (collapsible are handy), sunglasses, and a lightweight towel.
- Sunscreen and after-sun care products.
- Biodegradable soap and toiletries, wet wipes for personal hygiene.
- For first aid: pain relievers, muscle relief ointment, antiseptic cream, antihistamine, anti-diarrhea medication, bandages, safety pins, large adhesive bandages, throat lozenges, personal medications, and insect repellent.
- Rehydration solutions or sports drink powder, along with a water purifier, though water will be boiled at camps.

Sustainable Travel
Timeless Stories

FITNESS REQUIREMENT

Embarking on any of our unique treks demands a significant level of physical fitness and endurance. These journeys typically lead you across extensive and challenging terrains in Bhutan, often at high elevations. We strongly recommend that all our esteemed trekkers engage in fitness training well in advance of their trekking adventure.

TEAM AND GEARS

At Planet Pulse Tours & Treks, we boast a team of skilled professionals. Our support crew includes an experienced guide, a chef, and several helpers. The trekking journey is facilitated by ponies and yaks, led by their owners, ensuring your campsite is ready upon your arrival. Our provisions for you include a dining tent, a lavatory tent, either dome or A-frame tents for sleeping (shared between two), mattresses, collapsible tables, and chairs, as well as plates and a wash basin with warm water for morning cleansing. Additionally, we are equipped with a basic first aid kit and a selection of beverages.

MEALS ON TREK

All meals during the trek are provided, including a mix of local and continental options prepared to promote health and satisfaction. Our chef selects fresh, quality ingredients from local markets to prepare delicious, nutritious meals directly at the campsite. For breakfast, expect offerings such as toast, juice, milk, coffee, tea, cereal, fresh fruits, alongside fried bacon or sausage, pancakes, and eggs. Lunch typically consists of a hot packed meal for convenience. Come dinner, the menu features a variety of fresh meats such as grilled options, fish, chicken, pork, and beef, with a selection of vegetables available. Local and regional specialties are also served to provide a taste of the local cuisine.

SLEEPING ARRANGEMENT

The choice of camping spots is influenced by the proximity to water sources, ranging from pine-covered valleys and magnificent backcountry to high ridges offering panoramic views. These tranquil and picturesque locations can be near lakes or within secluded, rustic wilderness areas of stunning beauty. Additionally, we ensure the campsites are clean and well-maintained for our use.

INSURANCE REQUIREMENT

Essential and compulsory for all travelers, Planet Pulse Tours & Treks emphasizes the need for comprehensive travel insurance. Given the unpredictable nature of factors like natural calamities among other unforeseen events, the company cannot be held liable. Your insurance must cover a wide range of activities planned for your journey, ensuring protection against health issues, loss, and other unforeseen circumstances beyond our control.

YOUR DAY TO DAY ITINERARY

DAY 01: ARRIVAL PARO

Elevation: 2250m

Your in-flight to Bhutan offers breathtaking scenery of Himalayan Mountain ranges including the world highest peak Mt. Everest and Kanchenjunga. As your in-flight lands to the enchanting Paro airport, our local tour executive will give a traditional reception and following your pick up, you will be transferred to your hotel for leisure. If time permits you will be taken for sightseeing and leisurely walk-through Paro valley – including a visit to 17th century Paro Dzong (fortress) locally called “fortress on the heap of jewels” roughly lies in the centre of the valley towering a valley below. This dzong was built by Zhabdrung Ngawang Namgyel in 1646. This dzong (fortress) is one of the Bhutan’s strongest and important fortresses. The dzong can be approached by crossing a cantilever bridge with a shingle roof. Driving further up from the dzong, your next stop is the National Museum or Ta Dzong (Watch Tower), built in 1649 by La-Ngonpa Tenzin Drukdra and later in 1968 the “Ta Dzong” was established as the National Museum of Bhutan and re-named as “Namse Bangdze”. Returning from the National Museum, make a short stop at Jangsa Dumtse Lhakhang enroute to the town.

In the evening make a leisurely walk-through Paro Town, which is a small village now transformed into a small town consisting nearly fewer than 3000 souls.

DAY 02: HIKE TO THE FAMED TIGER’S NEST

Distance: 03Kms

Time: 03Hrs

Elevation: 3140m

Today after your early breakfast in the hotel (6:00 – 700 am), it’s now time to embark on your somewhat arduous adventure of the day. The highlight of your day excursion will be graded as unforgettable memories as the incredible Tiger’s Nest is adventurously perched on 915 meters from the basement. This 4–5-hour hike depends upon the physique of an individual. However, it is done to accustom trekkers to the mountain altitude. Tiger’s Nest or Tiger’s Layer is one of the most religious sites in the country with its history dated back to eight centuries. Legend says, when Guru Rinpoche flew on the back of his consort, pregnant tigress (Khandro Yeshay Tshogyel) from Tibet en-route Singye Dzong with a mission to subdue evil spirit dwelling in the Himalaya region of Bhutan brought to fruitions after a long three-month meditation in the existing cave. Upon his blessing and prophecy, the temple was built like the structure that you see today in 1694 and unfortunately the old structure was completely burned down by fire in 1998 and in the same year it was rebuild and revamped in 2005. After the Tiger’s Nest, you will descent down the same route and drive back to visit Kyechu Lhakhang, Legend says this temple is one of the 108 temples built by dharma king Songtsen Gampo within a single day in the year 643 to pin down the giant ogress. It is also one of the oldest temples in Bhutan anlong with Jambay Lhakhang in Bumthang. After the temple, you will be transferred to your hotel for leisure.

DAY 03: GUNITSAWA - SHARNA ZAMPA

Distance: 15Kms

Time: 06Hrs

Campsite Elevation: 2850m

After your breakfast in the hotel, you will be driving further 16 Km away from the town to Drukgyel Dzong, make a short visit to the ruined Drukgyel Dzong, though the dzong lies in ruin it has a great historically significant that goes back to 17th century. In this dzong the Bhutanese repelled many Tibetain. The name means the victorious fort. From here the majestic view of Mt. Jomolhari can be visible,towering at 24,00ft/7314m pyramid shape, snow-clad that lies far end of the border of Tibet and it is revered as the abode of goddess Jomo. Drive further north of Drukgyel Dzong to Guinitsawa village where your trekking expedition begins. Your campsite will be somewhere close to Guinitsawa, which is on the other side of the river (Paa Chhu).

DAY 04: SHARNA ZAMPA - THANGTHANKA

Distance: 15Kms

Time: 06Hrs

Campsite Elevation: 2850m

After your breakfast in the hotel, you will be driving further 16 Km away from the town to Drukgyel Dzong, make a short visit to the ruined Drukgyel Dzong, though the dzong lies in ruin it has a great historically significant that goes back to 17th century. In this dzong the Bhutanese repelled many Tibetain. The name means the victorious fort. From here the majestic view of Mt. Jomolhari can be visible,towering at 24,00ft/7314m pyramid shape, snow-clad that lies far end of the border of Tibet and it is revered as the abode of goddess Jomo. Drive further north of Drukgyel Dzong to Guinitsawa village where your trekking expedition begins. Your campsite will be somewhere close to Guinitsawa, which is on the other side of the river (Paa Chhu).

DAY 05: THANGTHANKA - JANGOTHANG

Distance: 17Kms

Time: 07Hrs

Campsite Elevation: 4110m

Today after your breakfast you will be heading to one of the finest and beautiful campsites in the Himalaya the “Jomolhari Base Camp”. Your journey brings you up the Paa Chu valley leading you through alpine meadow with scanty growth of forest, yak pastures with nomadic herders and their stone houses scattered throughout, Buddhist prayer flags held high in its glory and a remnant of a fortress which lies in ruin was used to fend the valley from Tibetan invasion and a spectacular backdrop of Mt. Jomolhari looming at the valley head.



DAY 09: CHEBISA - SHOMUTHANG

Distance: 17Kms

Time: 07Hrs

Campsite Elevation: 3992m

We recommend you to make an early start because from the village of Chebesa through a wide pastureland towards the Gobu-La Pass (4510m) will take you uphill around 3 hours. On this day you will also have an opportunity to spot the Blue Sheep above the trail, Branded Vultures, Himalayan Griffons and also chances of encountering with nomadic people raising their yaks and several yak herders hut en-route. After crossing the pass, you will descent down to the valley through rhododendron bushes and a stream at about 4170m. The trail from here again ascent a short uphill through a cedar forest and then descent downhill through deep forest of fir and birch and then finally reaches to the village of Shakshepase (3980m), a large U-shape valley. There are several yaks' herders' camps en-route and climbing from here you will finally reach the campsite at Shomuthang (4200m), in a cluster of brush beside the river. The river below your camp is a tributary of Nochu River.

DAY 10: SHOMUTHANG - ROBLUTHANG

Distance: 18Kms

Time: 07Hrs

Campsite Elevation: 4099m

Today your journey begins by ascending up the valley to Jhari-La Pass (4750m) with a view of Mt. Khang Bum(6539m) and also un-route you will encounter Edelweiss (the national flower of Austria). As your journey further continues, you can catch the first glimpse of Sinche La Pass and on the northern side the view of the giant Mt. Gangchen Ta (6840m). Depending upon the clarity of the weather, you will also have the opportunity to view Mt. Tserim Gang and the tip of Mt. Jomolhari. From here, you will descent downhill to Tseri Jathang valley, a campsite by the river. This place is known for the summer residence of the rare Himalayan Takin which is the national animal of Bhutan "Takin", the animal migrates here in the summer and remain for nearly 4 months. This valley has also been declared as the "Takin Sanctuary". From here you will climb up a bit through rocky meadows and finally reaches to the campsite at Robluthang.

DAY 11: ROBLUTHANG - LIMITHANG

Distance: 19Kms

Time: 08Hrs

Campsite Elevation: 4039m

Today you will have to climb one of the highest passes on this trek, the Sinche La Pass (5005m). This pass is one of the final and high passes and takes around five hours. Crossing the pass, you will gradually descent downhill and as to the far side of the pass you will have a glimpse of impressive terminal moraine and glacier lakes at the foot of the valley. Below this moraine you will pass through rough, rocky trail into a glacial valley, you will reach eventually to Kongo Chhu (stream) and from here a short climb takes you through rhododendron trail and cedar forest interspersed small meadow and soon reach to Limithang campsite with a towering peak Mt. GangchenTa (6840m) over the campsite though it lies quite a distance away from your campsite. The campsite of Limithang is at 2140m, and is one of the lovely with wide meadow.

DAY 06: REST DAY AT JANGOTHANG

After a long continuous 03 days walk, the rest day in Jangothang usually spent time in camp, acclimatizing and drinking in the magnificent view of Mt. Jomolhari. This rest day provides several possibilities of half-day walk with breathtaking views of snowcapped mountains like - Mt. Jomolhari (7326m) along with Mt. Jichu Drakey (6794m), and the high-altitude lakes. The region here also provides a great chance to spot some of the blue sheep. If you have a fishing license, you can even choose to go for fishing in the high-altitude lakes, Tshophu.

DAY 07: JANGOTHANG - LINGSHI

Distance: 18Kms

Time: 07Hrs

Campsite Elevation: 3999m

Jangothang to Lingshi is considered as the longest journey of this trek. So, we recommend you to make an early start. As you head further, just after ten minutes from the campsite the magnificent Mt. Jichu Drakey (6989m) and Mt. Tserim Gang (6789m), appears their presence. As the trail begins rapidly, the final pull begins a gradual ascent to Nyilila Pass (4870m) which usually takes four hours from the base camp till the top of the pass. Enjoy the surrounding while climbing the pass and en-route you might encounter a herd of Blue Sheep grazing around the mountain slope. Once you reached the top of the pass, there you will have a spectacular view of Mt.-Jomolhari (7326m), Mt. Jichu Drakey (6989m), Mt. Therim Gang (6789m). From here, your journey descent downhill till you reached your campsite opposite of Lingshi Village. As you continue, you will pass by some yak herder's tent, which is made from yak hair. These unique tents were usually pitched along the region by yak herders while traveling towards their pastures along with their herds of yaks for grazing. Reaching the campsite, you will have a wonderful view of Lingshi Dzong on a clear weather along with Mt. Tserim Gang raising its presence at the north end of the valley.

DAY 08: LINGSHI - CHEBISA

Distance: 10Kms

Time: 05Hrs

Campsite Elevation: 3779m

As you begin your journey just after few minutes, you will reach a chorten (stupa) and then the Lingshi Dzong, kindly make a short visit to the dzong. This magnificent dzong perched on the top of the hill provides a commanding view of the surrounding green hills with winding river that flows through the valley and magnificent peaks surrounds. The dzong was built in 17th century. After your visit of Lingshi Dzong the trail pass through a small compact village of Lingshi and then reaching a ridge at 4140m, the trail gradually descent downhill to a pleasant settlement of Goyul village at an altitude of 3870m. Crossing the village of Goyul, your trail leads you through small ascent and descent and the route finally reaches to a Chebesa where you will be holding your night camp. Depending upon your interest once reaching the campsite, you have plenty of time to explore the village house of Chebesa and also there is a waterfall behind the village which will give you a new look and worth your visit.



DAY 12: LIMITHANG - LAYA

Distance: 10Kms

Time: 05Hrs

Campsite Elevation: 3879m

A lovely and pleasant walk, you will traverse all the way downhill through narrow and winding river valley. This extremely pleasant walk takes you through densely forested region with moss a singing bird, you will also have a spectacular view of – Mt. Gangchen Ta(6840m) and Mt. Masagang (7165m). Finally, you will reach Laya, the village of Laya is one of the second highest village / settlement in the country at an altitude of 3,800m. Your campsite is just below the school.



DAY 13: REST DAY AT LAYA

Today, either you will rest in the camp or you will go around visiting the village houses on short hike.

DAY 14: LAYA - KOINA

Distance: 19Kms

Time: 07Hrs

Campsite Elevation: 3240m

Today the trail leads you through winds up and down along the Mo Chhu (Female River), with lots of ups and down you will finally reach to Koina Lapsa at an altitude of 3300m. From here your trail descent downhill and drops down to Koina Chhu (stream), and finally reach the camp site at Koina at an altitude of 3050m.



DAY 15: KOINA - GASA HOT SPRING

Distance: 14Kms

Time: 07Hrs

Campsite Elevation: 2770m

Today your trail begins with an ascent to Bari La Pass (3900m), which is the last and final climb of your trek traversing through deep forest of fir. After reaching the pass, the trail leads downhill sometimes through steep and a bamboo forest till you reached at Gasa which lies at an altitude of 2,770m. Reaching Gasa village, further descent down for an hour until Gasa Hot Spring. This hot spring is one of the most visited tshachu in Bhutan.



DAY 16: GASA HOT SPRING - PUNAKHA

Distance: 12Kms

Time: 04Hrs

Elevation: 1350m

Today in the morning hour, you can revisit the hot spring and yourself in the medicinal water for an hour or two. After lunch walk down for 20 minutes and drive to Punakha, which takes around 4 hours.

DAY 17: PUNAKHA - THIMPHU

Distance: 77Kms

Time: 02Hrs

Elevation: 2320m

Today in the morning hour before departing to Thimphu travel to explore some of the fascinating places in Punakha like Punakha Dzong and a short hike to Chemi Lhakhang. Lunch will be served in Khuruthang town and after good lunch proceed to Thimphu. En-route there will be a stopover at Dochu La Pass where on a clear day you will get a bird eye view of the great Himalayan peak. Beside this magnificent view of the Himalayan peak the spot offers 108 memorial chortens. From the top, it is all the way downhill until you reached the bustling and colorful capital city. Check in to your hotel.

DAY 18: THIMPHU SIGHTSEEING - PARO

Elevation: 2250m

After your morning breakfast, you will be led to explore some of the important monuments in Thimphu including National Memorial Chorten, National Painting School, National Library, National Textile Museum and finally the giant golden Buddha statue. Lunch in Thimphu and after a quick lunch drive to Paro which takes around 1 hour.

DAY 19: HOTEL - AIRPORT

Distance: 05Kms

Time: 15 Min

Elevation: 2250m

After your morning breakfast, you will be transferred to the airport for your onward destination. Your tour guide and driver will see you off at the airport.



PLANET PULSE TOURS & TREKS

For Earth Friendly Adventure

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