

Laya Gasa Trek - 17 Days

17 days / 16 nights · Trekking · Bhutan

A high-altitude trek over Shingchenla Pass (5,010m) beneath Mount Jomolhari, through the Layap homeland to the hot springs of Gasa.

DIFFICULTY	Challenging
BEST SEASON	Spring (March–May) and Autumn (September–November)
DESTINATIONS	Paro, Punakha, Thimphu

Ready to go? Ask us for a personal quote

https://www.worldtourplan.com/tours/laya-gasa-trek-17-days

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OVERVIEW

This adventure combines cultural exploration with high-altitude trekking across Bhutan's northern regions. Beginning in Paro with an acclimatization hike to Tiger's Nest Monastery, travelers traverse landscapes from farmland to alpine pastures, culminating in encounters with the unique Layap people and natural hot springs in Gasa.

HIGHLIGHTS

- Shingchenla Pass at 5,010m, the trek's highest point
- Camping beneath Mount Jomolhari and Jichu Drake
- Wildlife: yaks, blue sheep, vultures, and rare birds
- Layap cultural traditions
- Natural geothermal springs at Gasa

PLACES COVERED

Paro › Lingshi › Laya › Gasa › Punakha › Thimphu

DAY BY DAY

DAY 1 Paro arrival and Tiger's Nest acclimatization

Arrive in Paro and hike partway to Taktsang Monastery for acclimatization.

Meals: Dinner | Overnight: 3-star hotel, Paro

DAY 3 Trek begins — Shana

Begin trekking from Paro toward Shana.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 5 Jangothang (Jomolhari base camp)

Trek to Jangothang, base camp beneath Mount Jomolhari.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 7 Lingshi

Continue over high passes to Lingshi.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 10 Laya

Arrive in Laya, home of the Layap people.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 14 Gasa

Descend to Gasa and its natural hot springs.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 15 Return via Punakha and Dochula Pass

Drive out via Punakha and Dochula Pass.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

DAY 16 Thimphu

Sightseeing among western Bhutan's fortresses and temples.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

DAY 17 Departure

Transfer to Paro International Airport for departure.

Meals: Breakfast

WHAT'S INCLUDED

- Accommodation in 3-star hotels (upgrades available)
- E-visa
- All meals and beverages
- Guide/cook/helper services
- Transportation
- Trekking permits and camping equipment
- Ponies/yaks for supply transport
- Entrance fees per itinerary

WHAT'S NOT INCLUDED

- International/domestic flights
- Travel insurance
- Alcoholic beverages and personal expenses
- Gratuities and incidentals
- Costs from strikes or unforeseen circumstances

PRICING

The price depends on nationality, group size, season and travel dates. Contact us for a personal quote for this itinerary.