

Snowman Trek – 35 Days

35 days / 20 nights · Trekking · Bhutan

An extension of the Laya Gasa Trek into the remote Lunana region, with camps frequently above 5,000m — Lonely Planet calls it one of the most difficult treks in the world.

DIFFICULTY	Strenuous
BEST SEASON	Summer months (unlike most other Bhutan high-altitude treks)
DESTINATIONS	Paro

Ready to go? Ask us for a personal quote

https://www.worldtourplan.com/tours/snowman-trek-35-days

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OVERVIEW

The Snowman Trek is an extension of the Laya Gasa Trek, penetrating the most remote high-altitude areas of Bhutan's Himalayas. Trekkers move through the Lunana region with camps frequently stationed above 5,000m, sometimes on snow. Lonely Planet describes it as one of the most difficult treks in the world — many groups abandon the attempt due to altitude or snow-blocked passes, but those who finish describe it as extraordinarily rewarding.

HIGHLIGHTS

- Views of Mt. Jomolhari and Mt. Jichu Drake
- High-altitude passes exceeding 16,000 feet
- The Laya community and remote Lunana district
- Gasa Hot Springs
- Taktsang Monastery cliffside hike near the start

PLACES COVERED

Paro › Lingshi › Laya › Lunana › Bumthang › Trongsa › Punakha › Wangdue Phodrang › Thimphu

DAY BY DAY

DAY 1 Paro arrival

Arrive in Paro.

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

DAY 2 Paro Valley acclimatization

Acclimatization day with sightseeing in the Paro valley.

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

DAY 3 Taktsang (Tiger's Nest) hike

Hike to Taktsang Monastery, 900m above the valley floor.

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

DAY 4 Trek begins — Shana Zam to Thongduzam

Begin the long trek toward the Jomolhari region.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 5 Thongduzam to Thangthangka

Continue climbing through forested valley.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 6 Thangthangka to Jangothang (Jhomolhari Base Camp)

Arrive at Jomolhari base camp.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 7 Jangothang rest day

Acclimatization day beneath Mount Jomolhari.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 8 Trek to Laya via Lingshi, Chebisa, and beyond

A multi-day push through Lingshi, Chebisa, Shomulthang, Robluthang, and Lemithang toward Laya.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 14 Laya rest day

Rest and resupply in the Laya community.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 15 Into the Lunana region

Trek through Rodophu, over the Tsome La and Karchung La passes, via Narethang, Tarina, Woche, Keshe La, Lhedi, to Thanza.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 21 Thanza rest day

Rest day deep in the Lunana region.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 22 Trek concludes toward Bumthang

Final trekking days via Danje, Tsorim Lake, the Gophu La pass, Geshe Woma, Dur Tsachu hot spring, and on to Jakar.

Meals: Breakfast, Lunch, Dinner | Overnight: Camping

DAY 31 Chumey Valley and drive to Trongsa

Visit the Chumey Valley before driving to Trongsa.

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

DAY 32 Transit to Punakha/Wangdue

Drive west to Punakha and Wangdue.

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

DAY 33 Punakha to Thimphu

Drive to Thimphu.

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

DAY 35 Paro departure

Transfer to Paro International Airport for departure.

Meals: Breakfast

WHAT'S INCLUDED

- Sustainable Development Fee (SDF)
- 3-star hotel/resort accommodation (twin/double sharing)
- E-visa processing
- Private guide and driver with vehicle
- All buffet meals (breakfast, lunch, dinner, evening tea)
- Domestic transportation and airport transfers
- Sightseeing with entrance fees per itinerary
- Hotel taxes and service charges
- Bottled water throughout
- Trekking camping equipment and porter haulage

WHAT'S NOT INCLUDED

- International/domestic airfares
- Travel and medical insurance
- Guide/driver airfare costs
- Services not explicitly listed
- Strike, mishap, or political unrest expenses
- Refreshments and personal beverages
- Staff gratuities

PRICING

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