

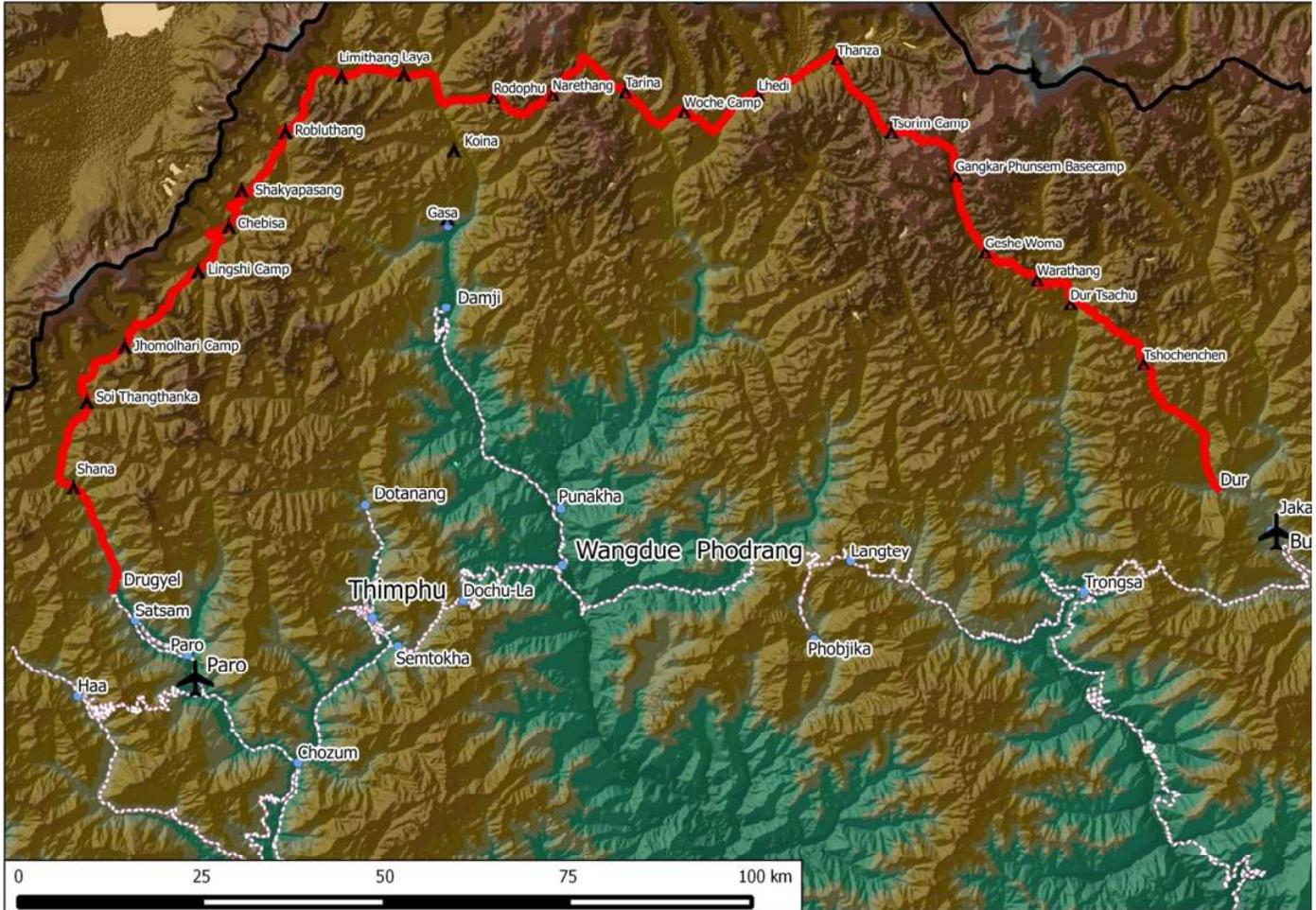


Snowman Trek 31 Days

The Snowman Trek is described by Lonely Planet as one of the most difficult treks in the world. The trek has a total distance covering more than 300km and makes its way through numerous passes and camps in excess of 5000m.

The areas are some of the most isolated in the world with satellite phones being the only reliable form of communication. The high altitude passes are often blocked with snow.

Trek Map

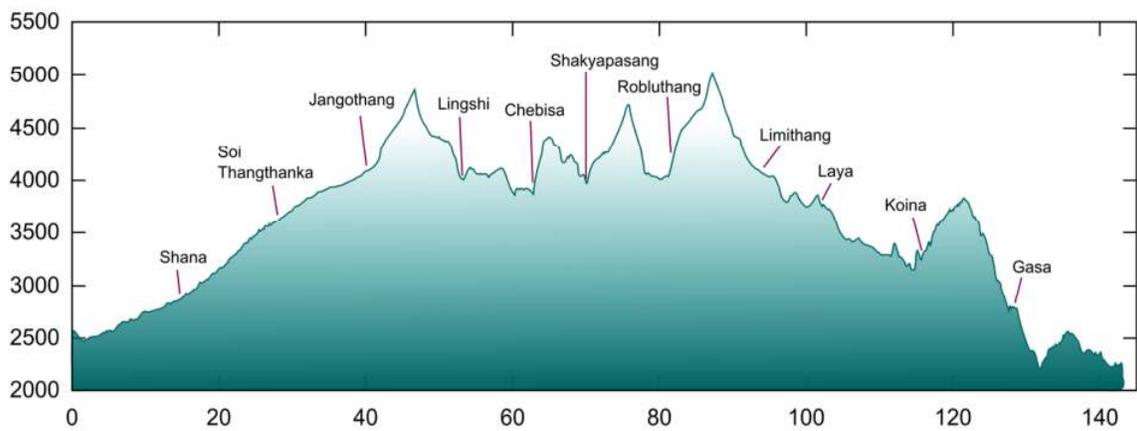


The elevation profiles on the next page are from shorter treks. This itinerary routes from Laya to Rodophu.

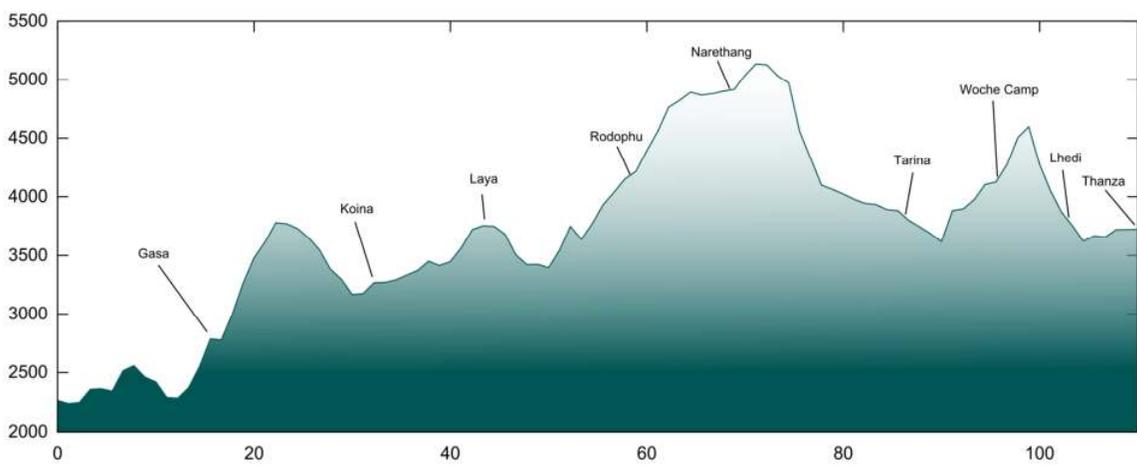


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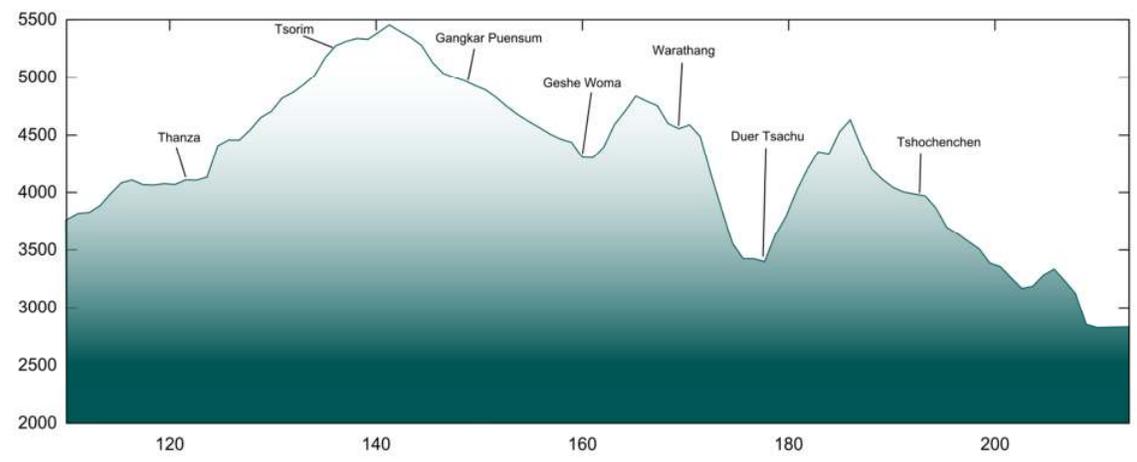
Trek Elevation Profile (Drugyel – Laya)



Trek Elevation Profile (Laya - Thanza)



Trek Elevation Profile (Thanza - Dur)





Snowman Trek 31 Days

Day 1: Arrival in Bhutan

L/D

On arrival at the Paro Airport, you will be received by a representative of Bhutan Peak Adventure who will take you to your hotel for overnight stay at Paro. Depending on the time of arrival you will have the opportunity to visit the Paro Dzong, Kichu Lhakhang, or watch some locals playing archery.

Day 2: Taktsang Hike

B/L/D

This morning, we will drive to the base famous Taktsang Monastery. Taktsang nestles on a black rock face 900 meters above the valley floor. Taktsang monastery is one of the holiest and the most beautiful sites of Bhutan. Taktsang, the tiger's lair, acquires its name from the legend of its foundation, when in the 8th Century Guru Rinpoche, widely revered as the second Buddha, arrived from Tibet flying across the mountains on the back of a tigress.

Day 3: Paro – Shana

B/L/D

Distance: 17 km. Trek time: 5-6 hours. Altitude of camp: 2,800m.

Drive up to the end of the road at Drugyel Dzong where the trek begins. The trail follows the river gently uphill through narrowing valley and agricultural fields of the Tseno Village.

Day 4: Shana – Soi Thangthankha

B/L/D

Distance: 16 km. Trek time: 6–7 hours.

The trail continues uphill following the Paro River until the valley narrows and leads to the slopes. Then it descends down into another valley.

Day 5: Soi Thangthankha - Jangothang

B/L/D

Distance: 12 km. Trek time: 6–7 hours. Altitude of camp: 4040m.

The trek is along a gradual uphill trail which passes an army outpost. Pack lunch on the way. After lunch you will be passing through the bases of many snow peaked slopes. Overnight in camp at the base of Mt. Jhumolhari.

Day 6: Jangothang Rest Day

B/L/D

In order to help with the altitude acclimatization, a day of rest is planned here. There are many side trips from the camp that can be used to help get your body used to the altitude.

Day 7: Jangothang – Lingshi

B/L/D

Distance: 19 km. Trek time: 6–7 hours. Altitude of camp: 4150m.

Trek through wide yak pastures and beautiful snow clad mountains. Today you will be crossing Nyile La pass at 4890m. As you approach the Lingshi basin, the breathtaking view of the Lingshi Dzong can be seen. The Tsarim Gang mountain and its glaciers rise up at the north end of the valley. Camp near the stone shelter for travelers.

Day 8: Lingshi – Chebisa

B/L/D

Distance: 12 km. Trek time: 5–6 hours. Altitude of camp: 3850m.

This is probably the easiest walking day of your trip and the walk is on a wide trail with hardly any ascends. On reaching camp one can visit the small yak herding village or take a walk to the upper end of the valley.





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Day 9: Chebisa – Shakyapasang

B/L/D

Distance: 17 km. Trek time: 6–7 hours. Altitude of camp : 4260m.

The trek today is through wild high pastures and the trail passes through a few sparsely populated villages. You will be crossing the Gombu La pass at an altitude of 4440m.

Day 10: Shakyapasang – Robluthang

B/L/D

Distance: 15 km. Trek time: 5–6 hours. Altitude of camp: 4320m.

An early start is advisable as you will be crossing the Jarila Pass which stands at 4785 m above sea. Then descend down to Tsarijathang where herds of the National Animal, Takin can be seen. Camp on the flat ledge above the river.

Day 11: Robluthang – Limithang

B/L/D

Distance: 14 km. Trek time: 6–7 hours. Altitude of camp: 4160m.

Today is the first extremely high altitude pass of Sinche La which reaches 5000m.

Day 12: Limithang – Laya

B/L/D

Distance : 9 km. Trek time: 4 hours. Altitude of camp: 3804m.

Today, you walk downhill all the way along a narrow, winding river valley. After a long time, the trail takes you through densely forested region. The trail leads you to the west side of Laya village. From the west of the village you will have spectacular views of Mt. Gangchhenta and catch Mt. Masagang. In the village centre is a community school and a basic health unit with a telephone connection. The campsite is located below the school.

Day 13: Laya Rest Day

B/L/D

A day of rest and relaxation. One can take a leisurely walk through the village or hike to the monastery above the

village. Entertainment by the local dancers in the evening. Overnight in camp.

Day 14: Laya – Rodophu

B/L/D

Distance: 19 km. Trek time: 6–7 days. Altitude of camp: 4160m.

The trail today follows the ancient trade route and leads one through pasture for yaks.

Day 15: Rodophu – Narithang

B/L/D

Distance: 17 km. Trek time: 5–6 hours. Altitude of camp: 4940m.

Another early morning start to cross Tsemo La at 4905m. The trail follows the alpine grassland where yaks bound in plenty. The view of the surrounding mountains is absolutely breathtaking. Remember to drink plenty of fluids as the camp's altitude is very high.

Day 16: Narithang – Tarina

B/L/D

Distance: 18 km. Trek time: 6–7 hours. Altitude of camp: 4300m.

Today you will be crossing the highest point of your trek at the Ganglakarchung Pass at an altitude of 5100m. This is considered the highest pass in the country. Overnight in camp.

Day 17: Tarina – Woche

B/L/D

Distance: 15 km. Trek time: 5–6 hours. Altitude of camp: 4400m.

The camp site marks the beginning of the Lunana region, a land known for its glacial lakes which brought the heavy flood in Punakha a few years ago.





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Day 18: Woche – Lhedri

B/L/D

Distance: 19 km. Trek time: 6–7 hours. Altitude of camp: 4200m.

The trail today consists of crossing the Kechela Pass at 4550m. Stop at the Thega village for rest and lunch, then continue to camp.

Day 19: Lhedri – Thanza

B/L/D

Distance: 19 km. Trek time: 5–6 hours. Altitude of camp: 4050m.

The trek is slightly easy today. Enroute visit the Chezo Dzong.

Day 20: Thanza Rest Day

B/L/D

A day of rest to soothe aching muscles. Explore the village and meet some locals. Short hikes can be taken around the camp.

Day 21: Thanza – Tshorim

B/L/D

Distance: 18 km. Trek time: 6–7 hours. Altitude of camp: 4500m.

Another beautiful pass to cross today, namely, the Jezela pass at an altitude of 5050m.

Day 22: Tshorim – Gangkar Phunsem Basecamp

B/L/D

Distance: 13 km. Trek time: 6–7 hours. Altitude of camp: 4970m.

This is one of the highlights of the trek and the day starts with a short climb to the Tshorim Thso. You walk on the side of the lake enjoying a panoramic view of the Gopu La ranges. The last climb to the Gopu La pass (5,230m) is very short. After the pass descend to the base camp, walking along the ridge to enjoy a great view of Gangkhar Puensum. If interested, one can divert to the left side to climb up the pyramid peak for a better view or you can go down to the base camp nearby Sha Chhu.

Day 23: Gangkar Phunsem Basecamp – Geshe Woma

B/L/D

Distance: 12 km. Trek time: 6–7 hours. Altitude of camp: 4200m.

The trail further follows the Sha Chhu and descends gradually to Geshe Woma.

Day 24: Geshe Woma – Warathang

B/L/D

Distance: 12 km. Trek time: 8–9 hours. Altitude of camp: 4000m.

The path continues following Sha Chhu for two and a half hours until the stiff climb to Saka La begins. Visibility along the Saka La trail is poor so one must see top of the ridge for guidance. After having lunch nearby a yak herders' camp you climb up to Saka La (4,800m). The path then descends to a couple of lakes and another short ascent is stunning. Scenery once again is beautiful with small lakes and the mountain peaks.

Day 25: Warathang – Dur Tsachu

B/L/D

Distance: 8 km. Trek time: 5 hours. Altitude of camp: 3590m.

A one hour climb leads to Juli La (4,700m). After the pass, you descend to the riverside through dense rhododendron, juniper and conifer forests. After the bridge a short climb leads to Duer Tsachu. These hot springs, where Guru Padmasambhava is supposed to have taken bath, might be the most stunningly beautiful hot springs of the Himalayas. You might want to spend an extra day at Duer Tsachu.



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DAY 26: Dur Tsachu – Tshochenchen

B/L/D

Distance: 15 km. Trek time: 8-9 hours. Altitude of camp: 3850m.

From the hot springs it is a long and steady climb again with great views of mountains in Lunana. You will also come across blue lakes and yak herder huts.

Day 27: Tshochenchen – Lungsum

B/L/D

Distance: 22 km. Trek time: 8-9 hours.

The path follows the Chamkhar Chhu, descending gradually with a few climbs in between.

Day 28: Lungsum – Bumthang

B/L/D

Transfer to Paro via the lateral highway. This will be a very early start since the driving time is about 9 hours. Overnight in hotel.

Day 29: Bumthang – Thimphu

B/L/D

Transfer to Thimphu via the lateral highway. This will be a very early start since the driving time is about 9 hours. Overnight in hotel.

Day 30: Thimphu – Paro

B/L/D

Spend the day in Thimphu visiting the landmarks. In the late afternoon we will drive to Paro. Overnight in hotel.

Day 31: Departure

B/L/D

Your guide will take you to the airport and bid you farewell.