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In addition to the cultural trip, Laya Gasa Trek is the best trekking package with Culture and nature. You will be visiting different areas to enjoy your appetite for mountains and mountain landscapes. Laya Gasa trek is an expanded version of the Chomolhari Trek that shows you in your old costume with a variety of natural beauty. Crossing the rivers, mountains, hiking through lush green forests are heartbreaking. It is not easy to trek, but also not very difficult. It is a medium-difficult type of hike that requires a little patience to walk longer in higher elevations.

Laya Gasa Trek

- ❖ You will enjoy Trekking in the remote area of Bhutan Himalayas
- ❖ You can meet Indigenous peoples, Bhutan national animals, and rare blue poppy
- ❖ You will see beautiful mountain such as Shingela Pass, Jarela Pass, Gogu Las Pass and Shake pass
- ❖ Breathtaking view of Mount Drake, Jomolhari, Tserim Kang, and others.
- ❖ Sightseeing tour of historic sites in Paro, Tiger's Nest, Druggial Dzong.
- ❖ Guided tours of Thimphu, Tashichho Dzong, National Library, and Memorial Chorten.

About Laya Gasa Trek

Laya Gasa Trek is the most extended distance trip in Bhutan and is considered the most beautiful. It bordered to Tibet, and the entire hike offers a breathtaking view of the untouched valleys of the country. The Laya Gasa hike starts at

Drukgyel in Paro and allows you to follow the beautiful alpine meadows while driving through the high mountains.

During the trek, you can see Mount Jhomolari, Tsherimgang, and Jichu Drake, and you will learn about the cultures of the Laya. Along the way, you can also see animals like blue sheep and the Takins, which are becoming popular.

The trek to Bhutan can be enjoyed through various packages that include sightseeing in the country like Paro, Thimphu, Punakha, and the surrounding area. The entire trekking offers many different possibilities besides the landscape and its rich culture. It is, without a doubt, the most beautiful trekking experience for all trekkers. When the trekking starts from Drukgyel and through charming towns and farms, you can experience the natural.

Blue Lake has a tradition of trout fishing, surrounded by breathtaking mountains with spectacular views. When you enter, you can find some fantastic animal species like blue sheep, and if you are lucky, you will see a snow leopard. It is the largest isolated area in the district and has just over 800 people called Layup. These people also have their language and personalized clothing.

Travel Itinerary

Day 1: Trekking to Sharna Zampa from Paro: Walking duration 5-6 hours

Your trekking begins at the historical Drugyel Dzong. It is a 12 km drive north of the Paro Valley. Here you will meet your trekking team. After a while, you start on the wide path that goes along the Pa Chu. The trail rises slowly, where you walk through rice fields and millet fields through the landscape. As the valley expands, you'll find apple orchards, traditional Bhutanese farms, and some small settlements from Mitshi Zampa and Sangathan. On your way through the blue pine forest, you will be taken 2,810 meters to the Gunitsawa Army Post, where your trekking permit will be check. After crossing Pau Chu on the wooden bridge, walk to Sharna Zampa. You will sleep at camp.

Day 2: Trekking to Soi Thangkha from Sharna Zampa: Walking Duration 7-8 hours

Similar to the previous day, you follow the path along the Paro River. You descend through the pine, oak, and fir forests. After 2 hours of walking and crossing many streams, you will arrive at Shingkarap. It is a stone house with a height of 3110 meters. Then cross the bridge to the left of the river, where you will have a meal. There is a small crossroads. The path on the left goes towards the trade route of old Tibet and the right wooden bridge. After you have climbed through the rhododendron forests and crossed the bridge, you will get your campsite at an altitude of 3750 meters in the middle of beautiful meadows.

Day 3: Trek from Soi Thangkha to Jangothang base camp: Walking Duration 5-6 hours

Today is not a long day of trekking, but it brings significant height gains as your trail climbs the tree line. When you walk through your camp, you will reach the army camp. Then, enjoy the fantastic view of the river over the tree line and the surrounding mountain peaks. You enter the yak land after passing through a very clay section and the gem wall. Here, you will have lunch at the yak camp. After lunch, you head to the yak settlements behind Soe and Takethang. Some plants grown here are barley, potatoes, and beets. After eating, go to a plateau and bed of the stream. You will pass the Dangochang village on the beautiful Jangothang and camp at an altitude of 4,040 meters. From here, the view of Mount Chomolhari and Jichu Drake is magnificent.

Day 4: Acclimatization and exploration of Jangothang

Today you will hike four hours north of your camp. There is no path, but you can climb the open, endless slope until you have a view of Jichu Druk Mountain. You can climb up to 4895 meters to see the magnificent picture of Mount Chomolhari. You can see rare blue sheep, griffon vulture, and Himalayan rhubarb, eagle, and Bhutan national flower, the blue poppy. Colossal is the base of Jim Drake Jangotang, which is located on top of Mount Jamalhari and its neighbouring mountains. It is a flat meadow with ruins of the old castle on the hill. The trekking

here is excellent since many people show signs of mountain sickness at this altitude. You have the opportunity to rest or relax in the camp. In both cases, it will be an unforgettable day.

Day 5: Trek to Lingshi from Jangtong: Walking duration 6-7 hours

Today, you will walk following the stream for half an hour and crosses the bridge on the right. You start to climb the first ridge, where you will get greeting by an impressive view of Chomolhari, Jichu Drake, and Tscharing Gang. Then you will walk through the valley for a while towards an almost flat path, and then you will climb the Ngye La pass at the height of 4,700 meters. After the pass, there is a gradual descent from the camp. Here you can enjoy the cliffs and the impressive view of Lingshi Dzong. If time allows, you can take a detour to this small castle, located on a hill overlooking the village of Lingzhi. For centuries, Lingzhi Dzong was a station weary Buddhist pilgrims and a fortress against Tibetan and Mongol invaders. Today your camp is at an altitude of 4010 meters for night stay.

Day 6: Trek from Lingshi to Chebisa: Walking duration 5-6 hours

The Lingshi Dzong is located on a hillside with a breathtaking view of the lush green hills between rivers and beautiful peaks. Lingshi Dzong has been a station for Buddhist pilgrims for centuries. It was a fortress against the Tibetan and Mongol invaders. Today is an easy day, and it is helpful to camp in the yak villages and shepherds. After lunch, a short walk takes you to Chebisa, a beautiful waterfall. You camp on the edge of the stream at an altitude of 3,850 meters.

Day 7: Trek to Shoumothang from Chebisa: Walking duration 6-7 hours

You start your ascent to Gogu La pass, which takes four hours. It is common to see rare blue sheep on the rocks at the top of this pass. After the pass, descend on your way from the rhododendron bushes for lunch. In the afternoon, you continue with isolated ascents and descents. You cross the stream, hike through the rhododendron forests and the yak herder camp, and reach Shakepasa at an altitude of 3980 m. After this point, climb the stairs to the northern part of the valley and pass an aquarium warehouse. Then you reach your camp near a stream at 4,250 meters.

Day 8: Trek from Shoumothang to Robluthang. 6-7 hours

Today, you hike on the Edelweiss Bound Trail and then climb the Zari La Pass at 4,700 meters. The snow-covered peak visible in the southeast is 6526 m. Then you enter the Tsarijathang valley. The valley is the summer home of the rare Himalayan Takins. From here, you have to cross the streams. After crossing the stream, the path rises to the left towards Robluthang. It is a rocky camp at an altitude of 4,200 meters.

DAY 9: Trek from Roblutang to Lingmithang: Walking duration 7-8 hours

Today is your happy day because you will pass the highest pass of your entire trekking. You will climb through a swamp. If you follow this path, you will cross streams and open huge holes and moraines. Then you will reach the Shingchen La pass. Spectacular view snow-capped mountain will greet you here. After enjoying the view, descend from the moraine River Valley along the rugged rocky path that follows the Kango Chhu River. You will find that the road is very narrow, and you can expect to cross a stream again and get wet. After a walk through the forests of cedar forests and you finally reach Lingmethang. Lingmethang is a beautiful camp, Tiger Mountain, on the river bank behind their tent.

Day 10: Trek from Lingmithang to Laya: Walking duration 3-4

In the morning, wake up to have a great view of Gangchenta Peak. The walk to Laya with an impressive view is delightful. You will walk through the damp forest, full of moss and singing birds. It's a long walk through the desert valley sees the waterfall along this path. If you continue, you are at an intersection. The upper path leads you to farms with stone houses. You will arrive in the village of Laya, the second-highest point in the country at 3,800 meters.

Day 11: Acclimatization day at Laya

Today is the day to rest. You can explore the village of Laya and visit nearby places. Hospitality is a big part of the Bhutanese tradition. Even for a strange ideal, traditional Bhutanese hospitality is enhanced, and they offer a cup of tea and chang. You will find that the people in this valley are fascinating, especially

their costumes. Women, in particular, have very characteristic dresses and wear a conical bamboo hat that is decorated with turquoise and silver jewellery.

Day 12: Trek from Laya to Chamsa: Walking duration 6-7 hours

Today, you descend to the army camp and join the Mo Chhu. You follow the river until you cross the bridge. After crossing the bridge, you will make many ascents and descents through the juniper and cedar forests. Finally, you will reach the camp in Chamsa at an altitude of 3,800 meters.

Day 13: Trek from Chamash to Gayasha Tshu 6-7 hours walking

After walking for half an hour on flat land, you will find the Bari La Pass. From this point on, the height of the Gasa Tshachu decreases. Along the way, you'll see spot Satyr Tragopan, Himalayan Monal, and Blood Partridge. You will camp in the village of Gasa at an altitude of 2,700 meters.

Day 14: Day at Gasa Tshachu

Gasa Tshachu is a highly anticipated place to relax. You can visit the village and Gasa Dzong, built in the 17th century by Bhutan's first religious leader, Zhabdrung Ngawang Namgya. It was built to protect the valley from Tibetan invaders. After your visit to Zhong, enjoy a dip in a Gasa Tshachu. The Gasa Tsachu is one of the most famous hot springs in Bhutan.

Day 15: Gasa Tshachu to Punakha through Damji and Tashithang

After breakfast, walk on a dirt road through wooded areas rich in wild orchids to reach Damji village. Continue downhill through the lush green semi-tropical gorge filled with great farms, bananas, and streams. Then, follow the Mo Chhu River through the dense forest until you reach Tashithang at an altitude of 1,620 meters and walk 15 km to Punakha.

What is includes

- ❖ All transfers, including collections and drop in Paro airport.
- ❖ Three-star hotel accommodation in the city area of Bhutan.
- ❖ All meals (Breakfast, Lunch, and dinner) are included in Bhutan.

- ❖ Experience Bhutanese trekking guides and necessary guide
- ❖ Tent accommodation during the trekking.
- ❖ Trekking agreement with permits, fees, tents

What is not includes

- ❖ Flights tickets to and from Paro
- ❖ Emergency rescue and trekking insurance.
- ❖ Personal clothing and equipment
- ❖ Tips For guides, porters and other employees

Important Note

Your safety is vital when you travel with us. Please note that your leader has the right to change or cancel part of the trip for security reasons. Every effort is made to organize the previous trip. Since this adventure trip revolves around remote mountains so we cannot guarantee that we will not be abstracted by Weather conditions, the health status of group members, and unexpected natural disasters, etc. The leader tries to make the trip as planned, but you should be flexible if necessary

Food and accommodation

Hotels are permitted, and category by the government of Bhutan as Grade A, B, and C. These hotels are equal to 3-4 star hotels. You will stay in class A and B hotels in Paro and Thimphu and camp during the trek. All accommodations are shared by two. Single room supplement is available upon request paying

We offer full board meals during the trip. Most hotels have many types of food, which are the most famous continental, Indian, Chinese, and more regular. Non-vegetarian dishes are typical in most parts of Bhutan, like beef, pork, chicken, and fish.

People and Culture

Once you arrive in Bhutan, you will find that it is very different from anywhere you have been. You see, people dressed as Gho for men and Kiara for women. Monks often wear red robes around temples and monasteries. Children also wear these clothes in their schools. People do not measure their happiness according to the standards of others, but belief in spiritual and internal growth. Most of the Bhutanese live on agriculture, commerce, crafts, and regular employment. These people are also friendly and helpful and are known for their incredible hospitality. Their culture and traditions conform to their daily activities and belief systems. The people of Bhutan pay homage to their gods by praying, meditating, spinning prayer wheels, and hanging prayer flags. Tibetan Buddhism is predominant in Bhutan.

When is the best travel time for Bhutan?

October to December is the best travel time to Bhutan as the air is clean, bright, and fresh with the sunny blue sky. January and February are cold, but from April weather is dry and pleasant, and the famous rhododendrons bloom beautifully in late spring and fill the valleys with colour. Heat and humidity increase from May, and the rainy season from June to September cover the mountains. If you are interested in a rare black-necked crane, you should visit the Phobjikha Valley.

Travel insurance

Travel insurance is a prerequisite for booking a vacation with us. At least for trekking and mountaineering, you need to be repatriated and emergency health insurance to cover the costs of maintaining the mountain. We highly recommend Cancellation insurance as all advances paid are non-refundable.

You should check the terms and condition of your insurance policy. Necessarily, you should make sure you have covered the following: 1) activity (i.e., tourism, trekking, or mountaineering) 2) mountaineering summit 3) evacuation of the helicopter in an emergency. It is your responsibility to take out adequate insurance for this trip.

We recommend using a specialized insurance company for your travel adventures. If you only have a regular travel policy, then it is not insurance for

adventure travel specialists, check 1 of 2) of the 3 above. Even if you cover these points, the main downside to a typical travel policy is that the insurer must make decisions about retirement plans in a remote area and must obtain your prior approval to cover these costs.

It is essential to understand that the responsibility for the cost of the withdrawal and return is ultimately your responsibility and that you are responsible for the cost of the resignation of medical treatment. You must be fully aware of the effects of managing your travel insurance and know the limits and exclusions of your policy.

Please note that in some medical emergencies, we may initiate a helicopter rescue process (or other necessary means) without first seeking approval from your insurance company.