



Laya Gasa Trek - 17 Days

Embark on the **Laya Gasa Trek**, a premier **Bhutan high altitude trek** that promises unparalleled adventure and cultural immersion. This iconic journey, expertly organized by Amen Bhutan Tours and Treks, takes you through some of the most majestic landscapes in Bhutan. With a detailed **Laya Gasa Trek itinerary**, you will navigate through breathtaking sceneries and unique cultural experiences. Ideal for those curious about the **Trekking in Bhutan**, this trek offers moderate to challenging hikes, ensuring it is accessible to a range of trekking enthusiasts. The **Laya Gasa trek cost** and required **Laya Gasa trek permit** are clearly outlined to help you plan effectively, ensuring you know the **best time to do Laya Gasa Trek** and **what to pack for Laya Gasa Trek**. Join us for an unforgettable journey enriched with **Laya Gasa trek experiences** and steeped in the tradition and beauty of the Himalayas.

At **Amen Bhutan Tours and Treks**, we pride ourselves on being the premier provider for the **Laya Gasa Trek**. Our deep understanding of the unique challenges and delights of **Bhutan high altitude treks** makes us the ideal choice for adventurers seeking to explore the majestic beauty of Bhutan. We offer a comprehensive **Laya Gasa Trek itinerary**, meticulously designed to cater to the needs of all trekkers, whether you are a seasoned hiker or new to **trekking in Bhutan**. Our expert guides ensure a safe and enriching experience, highlighting the **cultural experiences in Laya Gasa Trek** that make this journey more than just a trek. Trust us to make your adventure memorable with our unparalleled service and in-depth knowledge, securing all necessary **Laya Gasa trek permits** and providing detailed advice on **what to pack for Laya Gasa Trek**. Join us at Amen Bhutan Tours and Treks for an exceptional trekking adventure.

Itinerary

Day 01: Arrival at Paro (2,235m/7,331ft)

Arrival in Paro: Land at Paro Airport, located at an altitude of 2,235 meters (7,331 feet).

Welcome by Guide: Meet your guide and support team from Amen Bhutan Tours and Treks.

Acclimatization: Spend your first day acclimating to the higher altitude to help minimize altitude sickness.

Leisure Time: Rest at your hotel or explore the local area depending on your arrival time.

Cultural Visits (if time allows):

Paro Dzong: Visit this historic fortress that serves both as a religious and administrative center.

National Museum: Explore Bhutan's cultural history housed within an ancient watchtower.

Preparation for Trek: Finalize any last-minute preparations and discuss the trek itinerary with your guide.

Overnight in Paro: Spend the night in a local hotel, resting and preparing for the trek that begins the following day.

Day 02: Acclimatization and sightseeing hike to Tiger's Nest Monastery

Breakfast in Paro: Start your day with a nourishing breakfast at your hotel, preparing for an active day ahead.

Drive to Tiger's Nest Trailhead: Take a short drive from Paro to the starting point of the hike to Tiger's Nest Monastery (Paro Taktsang).

Hike to Tiger's Nest Monastery:

Duration: Approximately 4 to 5 hours round trip.

Difficulty: Moderate; the path includes steps and a well-maintained trail.

Altitude: The monastery sits at about 3,120 meters (10,236 feet).

Explore the Monastery:

Spend time exploring the iconic monastery, which is perched on the edge of a cliff about 900 meters (2,953 feet) above the Paro valley.

Learn about its significance as one of Bhutan's most sacred religious sites, believed to be the meditation place of Guru Rinpoche.

Lunch: Enjoy lunch either at a cafeteria halfway up the trail or pack a lunch to eat at the summit with panoramic views.

Descend to Trailhead: Walk back down to the trailhead, taking in the serene environment and reflecting on the experience.

Rest and Relax: Return to your hotel in Paro for some well-deserved rest after the day's exertions.

Preparation for Tomorrow: Briefing with your guide on the next day's trek start, ensuring all gear and supplies are ready.

Overnight in Paro: Spend another night in Paro to continue acclimatizing and rest up for the trek commencement.

Day 03: Trek from Drukgyal Dzong (Paro) to Shana (2,850m/9,350ft) - 6 to 7 hours (17km) trek

Early Breakfast in Paro: Start with an early breakfast at your hotel to fuel up for the day ahead.

Drive to Drukgyal Dzong: Take a short drive to Drukgyal Dzong, the starting point of your trek. The ancient fortress offers picturesque ruins and a glimpse of the majestic Mount Jomolhari on clear days.

Begin the Trek to Shana:

Distance: The trek covers approximately 17 kilometers.

Duration: Expect to trek for about 6 to 7 hours.

Terrain: The trail follows the Paro River through beautiful pine forests, agricultural fields, and traditional Bhutanese villages.

Altitude Gain: Start at about 2,580 meters at Drukgyal Dzong and ascend to 2,850 meters at Shana.

Lunch on the Trail: Enjoy a packed lunch midway, taking in the natural beauty and tranquility of your surroundings.

Arrive at Shana Campsite: Set up camp at Shana, a serene spot near the river. This will be your first night camping on the trail, nestled in the Himalayan wilderness.

Evening Activities:

Relax and Unwind: Spend some time resting and rejuvenating after the day's trek.

Dinner: Share a hearty dinner prepared by the trek crew, discussing the day's experiences and bonding with fellow trekkers.

Briefing for the Next Day: Before turning in, receive a briefing from your guide on what to expect for the next day's journey.

Day 04: Trek from Shana to Sio Thangthangkha (3,750m/12,303ft)- 7 to 8 hours (19km) trek

Morning Start at Shana Campsite: Wake up early in the serene campsite at Shana, enjoy breakfast prepared by the trek team, and prepare for the day's journey.

Begin Trek to Sio Thangthangkha:

Distance: The trek covers about 19 kilometers.

Duration: Plan for a trekking time of 7 to 8 hours.

Terrain: The trail continues along the Paro River, ascending gradually through thick alpine forests and rhododendron trees, which are especially vibrant during blooming season.

Altitude Gain: You will be moving from 2,850 meters at Shana to 3,750 meters at Sio Thangthangkha, gaining nearly 900 meters.

Lunch on the Trail: Stop for a packed lunch at a scenic spot along the route. This is a great opportunity to rest and enjoy the natural beauty of the surroundings.

Arrive at Sio Thangthangkha: The campsite is located in a beautiful meadow with stunning views of the surrounding mountains and the night sky.

Set Up Camp:

Camping Setup: Upon arrival, help set up the camp or unwind as the crew prepares the site.

Acclimatization: Given the altitude, take some time to relax and acclimatize to the higher elevation to prevent altitude sickness.

Evening Activities:

Dinner: Enjoy dinner with the group, which provides a chance to bond and share experiences of the trek so far.

Briefing for Next Day: Discuss the next day's plan with your guide to be well-prepared for the trek ahead.

Overnight at Sio Thangthangkha: Rest under the stars at this remote campsite, nestled high in the Himalayas, preparing for another day of adventure.

Day 05: Sio Thangthangkha to Jangothang (4,050m/13,287ft) – 7 to 8 hours (19km) trek

Start from Sio Thangthangkha: Begin your day with an early breakfast at the campsite, preparing for a full day of trekking ahead.

Trek to Jangothang:

Distance: The trek covers approximately 19 kilometers.

Duration: Expect to trek for about 7 to 8 hours.

Terrain: The trail ascends more steeply today, moving through beautiful alpine meadows and past yak herder camps. Keep an eye out for wildlife, as this area is known for sightings of blue sheep and other mountain animals.

Altitude Gain: You will be climbing from 3,750 meters at Sio Thangthangkha to 4,050 meters at Jangothang, making this a significant ascent.

Lunch on the Trail: Have lunch at one of the scenic spots along the route, perhaps near a stream or with a view of the mountains.

Arrive at Jangothang: This campsite offers some of the most stunning views on the trek, with a direct panorama of Mount Jomolhari and Jichu Drake, making it one of the highlights of the entire route.

Set Up Camp:

Camping Setup: After arrival, set up camp with the assistance of your trek crew. This location is particularly memorable for its breathtaking views.

Acclimatization: Take the rest of the day to acclimatize to the altitude, as you are now above 4,000 meters.

Evening Activities:

Explore Around: Depending on your energy levels, take a short walk around the campsite to enjoy the magnificent scenery.

Dinner: Gather with your trek group for dinner, discussing the day's experiences and enjoying the camaraderie.

Briefing for Next Day: Your guide will provide details about the next day's trek, which includes a rest and acclimatization day at Jangothang.

Overnight at Jangothang: Spend the night at this exceptional campsite, under the shadow of Bhutan's majestic peaks, providing a peaceful end to a vigorous day of trekking.

Day 06: Day 6 Acclimatize at Jangothang

Rest and Recovery: Take this day to rest and allow your body to adjust to the higher altitude, which is crucial to prevent altitude sickness and ensure you're in good shape for the upcoming trek days.

Short Hikes: Engage in light activity such as short hikes around the campsite. These can include:

Hike to Jomolhari Base Camp: For a bit of gentle trekking, walk towards the base camp of Mount Jomolhari, where you can enjoy closer views of the mountain.

Explore Nearby Areas: Visit nearby lakes, rivers, and enjoy the vast landscapes that offer plenty of photo opportunities.

Wildlife Spotting: The area around Jangothang is known for its wildlife. Keep an eye out for blue sheep, marmots, and possibly even the elusive snow leopard in the far distances.

Interact with Locals: If there are yak herders around, it's a great opportunity to interact with them and learn more about their lifestyle, which is a unique aspect of trekking in Bhutan.

Relaxation and Meditation: Enjoy the tranquility of the Himalayas by spending some time in meditation or yoga, which can be very refreshing both mentally and physically.

Photography: The landscapes around Jangothang are spectacular, making this a perfect day for photography enthusiasts to capture the stunning scenery.

Prepare for Tomorrow: Use some time to prepare your gear and check on your trekking supplies for the next day's journey as you will be resuming your trek.

Evening: Enjoy another peaceful night at the Jangothang campsite. Gather around with your trek group for dinner, share stories, or discuss the plan for the next day.

Day 07: Trek from Jangothang to Lingshi (4,100m/13,451ft) – 6 to 7 hours (18km) trek

Early Start: Begin with an early breakfast at the Jangothang campsite to fuel up for the day's trek.

Trek Begins: Set out from Jangothang, heading towards Lingshi.

Distance: Approximately 18 kilometers.

Duration: Expect to trek for about 6 to 7 hours.

Terrain: The trail includes a mix of gradual ascents and descents. Initially, you'll ascend to the Nyile La pass at about 4,890 meters (16,043 feet), which is the highest point for the day and offers impressive views.

Views: From Nyile La, you can enjoy panoramic views of the surrounding peaks and valleys, including Jomolhari and Jichu Drake.

Descent to Lingshi: After reaching the pass, descend towards the Lingshi basin. The trail here can offer sightings of blue sheep and other wildlife. The scenery includes high mountain ridges and remote valleys, typical of the Bhutanese wilderness.

Arrival at Lingshi: Reach Lingshi, where you will set up camp for the night. Lingshi is known for its beautiful setting with Lingshi Dzong in view, providing a picturesque backdrop.

Lingshi Dzong: Depending on arrival time and energy levels, you might visit the Lingshi Dzong, an ancient fortress that stands watch over the valley and has been a key defensive structure in the past.

Camp Setup and Relaxation: Once at the campsite, help set up tents or take some time to relax and recover from the trek.

Acclimatization: Continue to focus on acclimatization as you are still at a significant altitude.

Evening Activities:

Dinner: Enjoy dinner prepared by the trek crew.

Briefing for the Next Day: Discuss the next day's route and preparations with your guide to ensure everyone is ready for the continuation of the journey.

Overnight in Lingshi: Spend the night in the Lingshi campsite, enjoying the serene environment and possibly a starlit sky if the weather is clear.

Day 08: Lingshi to Chebisa (3850m/12,631ft) – 5 to 6 hours (12km) trek

Breakfast at Lingshi: Start your day with breakfast at the Lingshi campsite, enjoying the early morning views of the fortress and valley.

Begin the Trek to Chebisa:

Distance: The trek covers approximately 12 kilometers.

Duration: Expect the trek to take about 5 to 6 hours.

Terrain: The path is relatively less strenuous today, with a gradual descent into the picturesque village of Chebisa. The trail offers beautiful landscapes, featuring vast meadows and traditional Bhutanese villages.

Explore and Interact:

Cultural Interaction: As you pass through small villages, you'll have the chance to interact with the local inhabitants and gain insights into their rural lifestyle, which is deeply connected to nature and Buddhist traditions.

Scenic Spots: The trek provides numerous opportunities for photography with its rich landscapes and village settings.

Arrival at Chebisa:

Scenic Campsite: Arrive in Chebisa, known for its beautiful waterfall and quaint village scenery. The campsite is often set up near the waterfall, providing a relaxing ambiance with the sound of flowing water.

Set Up Camp and Relax:

Camp Setup: Help set up the camp or unwind as the trek crew prepares the site.

Leisure Time: Spend the afternoon exploring the village, visiting the waterfall, or simply relaxing and enjoying the peaceful environment.

Evening Activities:

Dinner: Gather for dinner with the group, enjoying another nourishing meal prepared by the trek team.

Briefing for Next Day: Your guide will brief you on the plan for the next day, providing details about the trek and any necessary preparations.

Overnight in Chebisa: Enjoy the tranquility of this remote village setting, providing a perfect end to a less demanding day on the trek.

Day 09: Chebisa to Shomuthang (4130m/13,549ft) – 6 to 7 hours (17km) trek

Breakfast in Chebisa: Enjoy a hearty breakfast in the serene village setting to prepare for the day's exertions.

Begin the Trek to Shomuthang:

Distance: The trek spans approximately 17 kilometers.

Duration: Plan for a trekking duration of about 6 to 7 hours.

Terrain: The trail includes a significant ascent to Gobu La pass (around 4,410 meters/14,468 feet), followed by a descent toward the campsite. The path crosses rivers and streams, with lush meadows and forests along the way.

Lunch on the Trail: Stop for a packed lunch at a scenic spot, possibly after crossing the Gobu La pass. This provides a good break to refuel and enjoy the views before continuing your descent.

Wildlife Spotting: The area is known for its wildlife, particularly the elusive snow leopard, though they are hard to spot. More commonly, you might see blue sheep, marmots, and various bird species.

Arrival at Shomuthang:

Campsite Location: Set up camp by the banks of a river, a perfect spot to relax after the day's trek. Shomuthang is set in a beautiful, remote area, offering peace and solitude.

Set Up Camp and Unwind:

Camp Setup: Help set up the camp or take some time to unwind as the crew prepares the site.

Acclimatization: Continue to focus on acclimatization, as you are now over 4,000 meters. Drink plenty of water and keep warm as temperatures can drop.

Evening Activities:

Dinner: Enjoy a communal dinner with your trekking group, sharing experiences from the day and preparing for the next.

Briefing for Next Day: Discuss the next day's journey with your guide, understanding the challenges and highlights expected.

Overnight at Shomuthang: Spend the night in this tranquil setting, perhaps with the soothing sounds of the nearby river to lull you to sleep.

Day 10: Shomuthang to Robluthang (4160m/13,648ft) – 5 to 6 hours (15km) trek

Morning in Shomuthang: Start with a nutritious breakfast at the campsite, surrounded by the serene mountain landscapes, to fuel up for the day ahead.

Begin the Trek to Robluthang:

Distance: The trek spans approximately 15 kilometers.

Duration: It takes about 5 to 6 hours of trekking.

Terrain: The day involves crossing the Jerela pass, which is at an altitude of approximately 4,760 meters (15,617 feet). This pass offers spectacular views of the surrounding peaks and valleys. The descent to Robluthang involves navigating through rocky trails and potentially muddy paths, especially if it has rained.

Lunch on the Trail: Enjoy a packed lunch midway through the day's trek, ideally after descending from the pass, where you can relax a bit with picturesque views.

Wildlife and Scenery: Keep an eye out for wildlife such as the Himalayan blue sheep, and enjoy the lush rhododendron forests that are particularly vibrant if trekking during the blooming season (spring).

Arrive at Robluthang:

Campsite Setup: Set up your camp in Robluthang, a more remote and rugged location compared to previous nights. The site offers a wilder feel, nestled among high mountain scenery.

Acclimatization: At an elevation of about 4,160 meters, continue your acclimatization process. Rest and hydrate well to help your body adjust.

Evening Routine:

Dinner: Gather for dinner prepared by the trek crew. It's a good time to share stories and enjoy the camaraderie of your trekking group.

Briefing for Next Day: Receive a briefing from your guide about what to expect on the following day, including any challenging sections or notable sights.

Overnight at Robluthang: Rest overnight at this secluded campsite, under the stars, surrounded by the deep silence of the remote Himalayas.

Day 11: Robluthang to Lingmithang (4140m/13,582ft) – 7 to 8 hours (19km) trek

Breakfast at Robluthang: Begin with an early breakfast in the camp to prepare for a longer trekking day ahead.

Start the Trek to Lingmithang:

Distance: Approximately 19 kilometers.

Duration: The trek will take about 7 to 8 hours.

Terrain: Today involves ascending to the Shinche La pass, which is about 5,000 meters (16,404 feet) high, making it one of the higher and more challenging passes on this trek. From the pass, you'll enjoy spectacular views before descending into the Lingmithang valley.

Flora and Fauna: The descent leads through a beautiful forested area, where you might spot various bird species and even the occasional bear.

Lunch on the Trail: Plan to have lunch after crossing the pass, in a scenic location where you can rest and enjoy the beauty of the high-altitude wilderness.

Arrive at Lingmithang:

Campsite Setup: Upon reaching Lingmithang, set up camp by the river. This location offers a dramatic shift in scenery from the high pass, with lush vegetation and a more temperate climate.

Acclimatization: Continue to focus on proper acclimatization, as you are still at a significant altitude. Take it easy and stay hydrated.

Explore the Area (time and energy permitting):

Nature Walks: If time and energy allow, take a short walk around the campsite area to enjoy the river views and possibly spot more wildlife.

Evening Activities:

Dinner: Enjoy a communal dinner with your trek group, which is a great time to reflect on the day's journey and share experiences.

Briefing for the Next Day: Get a briefing from your guide on what to expect for the next day, ensuring you're prepared for any challenges or highlights.

Overnight at Lingmithang: Spend the night in the tranquil setting of Lingmithang, where the sound of the river adds to the peaceful atmosphere, aiding in relaxation and recovery from the day's trek.

Day 12: Lingmithang to Laya (3850m/12,631ft) – 3 to 4 hours (10km) trek

Breakfast at Lingmithang: Start your day with a hearty breakfast at the campsite, preparing for a less strenuous day of trekking.

Begin the Trek to Laya:

Distance: Approximately 10 kilometers.

Duration: Expect the trek to take about 3 to 4 hours.

Terrain: The trail from Lingmithang to Laya is relatively moderate, mostly descending through a beautiful landscape characterized by dense forests and occasional clearings, offering stunning views of the surrounding mountains.

Arrive in Laya:

Cultural Interaction: Laya is one of the highest settlements in Bhutan and is renowned for its unique culture, distinct attire, and traditions. You'll have the opportunity to interact with the Layap people, known for their hospitality and rich heritage.

Explore the Village: Depending on your arrival time, you can explore the village, visit local homes, and learn more about the lifestyle and customs of the Layap community.

Set Up Camp:

Campsite Setup: Set up your camp near the village, where you can enjoy the interaction with locals and the beautiful natural setting.

Relaxation: After the lighter trekking day, take some time to relax and rejuvenate.

Evening Activities:

Dinner: Enjoy dinner at the campsite, possibly with some local dishes if arrangements can be made with the villagers.

Cultural Experience: Engage in cultural exchange activities if available, such as traditional dances or music, which can be a highlight of visiting Laya.

Briefing for the Next Day: As usual, get a briefing from your guide about the next day's trek, discussing the route, expected weather conditions, and cultural sites you might visit.

Overnight in Laya: Spend the night in the campsite at Laya, enjoying a unique cultural immersion and the serene mountain atmosphere that makes this region so special.

Day 13: Laya to Koena (3800m/12,467ft) - 7 to 8 hours (19km) trek

Morning in Laya: Start your day with a hearty breakfast in the village of Laya, enjoying one last glance at the unique cultural surroundings of this highland community.

Begin Trek to Koena:

Distance: Approximately 19 kilometers.

Duration: The trek will take about 7 to 8 hours.

Terrain: The path from Laya descends initially before you begin the ascent to the challenging Koena pass. The trail features a mix of steep climbs, rugged descents, and crossings over small streams, offering varied landscapes.

Scenic Highlights: The trek provides stunning views of the densely forested valleys and distant, snow-capped peaks. The area is known for its pristine natural beauty, offering plenty of opportunities for photography.

Lunch on the Trail: Pack a lunch to enjoy on the trail, possibly near one of the streams or with a view overlooking the valleys. It's a good chance to rest and refuel for the remainder of the day's trek.

Arrive at Koena:

Campsite Setup: Upon arrival in Koena, set up your campsite. Koena is a quieter, less frequented spot, making it an ideal place for those seeking peace and solitude in nature.

Acclimatization: Take some time to relax and continue acclimatizing to the altitude, as you are still above 3,800 meters.

Evening Routine:

Dinner: Enjoy a warm dinner prepared by your trek crew. This is a great time to relax and share experiences with your fellow trekkers.

Briefing for Next Day: Discuss the next day's route and any preparatory steps needed with your guide.

Overnight in Koena: Spend the night in your tent, surrounded by the tranquil wilderness of the Bhutanese mountains, providing a perfect setting to reflect on the journey thus far and prepare for the upcoming trek.

Day 14: Koena to Gasa (2900m/9,514ft) – 7 to 8 hours (18km) trek

Morning at Koena: Begin with an early breakfast at the Koena campsite to fuel up for a day of descending towards lower altitudes.

Start the Trek to Gasa:

Distance: Approximately 18 kilometers.

Duration: Expect to trek for about 7 to 8 hours.

Terrain: The trail involves a steady descent through mixed forest, with the path becoming easier as you lose altitude. You will pass through several bamboo forests, which are particularly dense and lush, offering a different scenery compared to the higher altitudes.

Crossing the Bari La Pass:

Before reaching Gasa, you'll cross the Bari La pass at about 3,740 meters (12,270 feet), which provides one last view of the high mountains. After the pass, continue your descent toward Gasa.

Lunch on the Trail: Stop for a packed lunch at a scenic spot along the route. This break is a good opportunity to rest and enjoy the increasingly green and lush surroundings as you descend.

Arrive at Gasa:

Hot Springs: Gasa is famous for its hot springs, which are believed to have therapeutic properties. Upon arrival, you may have the opportunity to soak in these natural hot springs, providing a soothing treatment for your muscles after the long days of trekking.

Campsite Setup: Set up your camp near the hot springs or in a designated camping area in Gasa.

Explore Gasa:

If time and energy allow, explore the small town of Gasa, which includes the Gasa Dzong, an impressive fortress that oversees the region.

Evening Activities:

Dinner: Enjoy dinner at the campsite, relaxing after a long day of trekking.

Briefing for Next Day: Your guide will brief you on what to expect for the next day's journey, discussing the route, timing, and any logistical details.

Overnight in Gasa: Spend the night at the Gasa campsite, enjoying the lower altitude and the comforting warmth of the hot springs if you choose to indulge.

Day 15: Drive from Gasa to Punakha - 2 to 3 hours (75km) drive

Morning in Gasa:

Breakfast at Campsite: Start with a leisurely breakfast at the campsite in Gasa, packing up and preparing to leave the high-altitude regions behind.

Last Visit to Hot Springs: If you haven't already, or simply wish to soak one last time, take another opportunity to enjoy the therapeutic Gasa hot springs.

Drive to Punakha:

Distance: The drive covers about 75 kilometers.

Duration: It takes approximately 2 to 3 hours, depending on road conditions and stops along the way.

Scenery: The journey offers stunning views as you descend through mountainous terrain into the broader and greener valleys of Punakha. The road may be winding and narrow, with dramatic drops and beautiful overlooks.

Arrive in Punakha:

Check into Hotel/Guesthouse: On reaching Punakha, check into your accommodation. Staying in a hotel or guesthouse will be a pleasant change after the many nights spent in tents.

Rest and Refresh: Take some time to rest and refresh after the drive. Enjoy the amenities of your accommodation, including showers, comfortable beds, and perhaps even Wi-Fi.

Explore Punakha (time permitting):

Punakha Dzong: Consider visiting the majestic Punakha Dzong, which is arguably one of the most beautiful dzongs in Bhutan, located at the confluence of the Pho and Mo Chhu rivers. It's an architectural marvel and holds a rich history.

Suspension Bridge: If time allows, you might also visit the nearby suspension bridge, one of the longest in Bhutan, offering picturesque views of the river and valley.

Evening:

Dinner: Enjoy dinner at your hotel or at a local restaurant, experiencing some local Bhutanese cuisine in a more urban setting compared to the trek.

Relaxation: Spend your evening relaxing, reflecting on the trek, and enjoying the tranquility of Punakha.

Overnight in Punakha: Have a restful night in the comfort of your hotel or guesthouse, enjoying the lower altitude and the peaceful environment.

Day 16: Punakha to Thimphu - 2 to 3 hours (76km) drive

Morning in Punakha:

Breakfast: Enjoy a hearty breakfast at your accommodation in Punakha, preparing for the day ahead.

Final Exploration: If time allows and you didn't get a chance the previous day, visit the Punakha Dzong or take a morning walk on the suspension bridge to capture some last moments in this beautiful valley.

Drive to Thimphu:

Distance: Approximately 76 kilometers.

Duration: The drive will take about 2 to 3 hours, depending on traffic and road conditions.

Scenic Route: The drive between Punakha and Thimphu offers beautiful scenic views, with opportunities to see rivers, forests, and the terraced hillsides characteristic of Bhutan's landscape.

Arrive in Thimphu:

Check into Hotel: Once in Thimphu, check into your hotel. Thimphu offers a range of accommodations from luxury hotels to comfortable guesthouses.

Lunch: Have lunch either at your hotel or explore local dining options in Thimphu.

Explore Thimphu:

Local Sights: Spend the afternoon visiting local attractions such as the Tashichho Dzong, a fortress that houses the throne room and offices of the King of Bhutan, and the Ministry of Finance.

Cultural Sites: Consider visiting the National Memorial Chorten, Buddha Dordenma Statue, and the Folk Heritage Museum to gain insights into the culture and history of Bhutan.

Shopping: Thimphu also offers excellent shopping opportunities, where you can buy traditional Bhutanese arts and crafts as souvenirs.

Evening:

Dinner: Enjoy dinner at a local restaurant, trying out more Bhutanese cuisine or international dishes if you prefer.

Leisure Time: Use the evening to relax, stroll around Thimphu, or enjoy the amenities of your hotel.

Overnight in Thimphu: Spend the night in Thimphu, enjoying the comforts of urban living and the vibrant atmosphere of Bhutan's capital city.

Day 17: Thimphu to Paro and Depart

Morning in Thimphu:

Breakfast: Start your day with breakfast at your hotel in Thimphu.

Last Minute Sightseeing: If your schedule allows and there are attractions you haven't yet seen in Thimphu, use the morning for some last-minute sightseeing or shopping for souvenirs.

Drive to Paro:

Distance: Approximately 50 kilometers.

Duration: The drive usually takes about 1 hour, but plan for some extra time depending on your flight schedule or if you wish to make any final stops en route.

Scenic Views: Enjoy the beautiful landscapes as you make your way back to Paro. The route winds through mountainous terrain, offering stunning views and a chance to reflect on your journey.

Arrival in Paro:

Lunch in Paro: Depending on your flight time, have lunch in Paro. There are several restaurants offering both local and international cuisine.

Last Minute Visits: If time permits, you could visit any missed sites in Paro, such as the Paro Rinpung Dzong or the National Museum, which provides a deep dive into Bhutanese history and culture.

Departure Preparations:

Airport Check-In: Head to Paro International Airport. Ensure you arrive with plenty of time to check in and clear security. Remember, international flights recommend arrival at least 2-3 hours before the flight.

Goodbyes: Say your farewells to your guide and any new friends made during the trek.

Flight Departure:

Board Your Flight: Board your flight back home or to your next destination, taking with you a treasure trove of memories and experiences from the rugged trails, serene landscapes, and rich cultural interactions of the Laya Gasa Trek.

Cost Details

What's Included

- ✓ **ARRIVAL AND DEPARTURE:**
All ground transport in a private vehicle, including airport and hotel transfers
- ✓ **ACCOMMODATION DURING THE TRIP:**
Comfortable lodging throughout the trek
- ✓ **ACCOMMODATIONS DURING THE TREK**
Accommodation in a tented camp during the trekking days
- ✓ **SIGHTSEEING FEES & VISA**
All entrance fees to museums and monuments / A Bhutanese Tourist Visa fee
- ✓ **MEALS DURING THE TOUR AND TREK**
Full board meals - standard breakfast, lunch, dinner, tea & snacks.
- ✓ **TRANSPORTATION:**
All ground transportation in a comfortable private vehicle as per the itinerary
- ✓ **GUIDE:**
An experienced, helpful, and friendly English-speaking Guide.
- ✓ **PORTERS**
Porter and pack animal services for trekking

STAFF SALARY AND ALLOWANCE:

- ✓ All Bhutanese staff & porter's daily wages, salary, equipment, food & clothing.

GUIDE FOR THE TOUR AND TREK

- ✓ Licensed English-speaking Bhutanese Professional tour and trekking guides.

GOVERNMENT TAXES:

- ✓ All government taxes and official expenses.

What's Not Included

INTERNATIONAL AIRFARE:

- ✗ International flight airfare (from and to Paro) Please contact us at info@amenbhutan.com to book a Bhutan flight.

INSURANCE POLICY:

- ✗ Travel Insurance (for trip cancellation, interruption, medical treatment, repatriation, etc.)

PERSONAL EXPENSES:

- ✗ Telephone Calls, Internet, laundry, soft drinks, beers, and any Alcoholic beverages.

FILMING:

- ✗ Special Filming, Camera, and Drone permit fee.

FOR PRIVATE AND CUSTOMIZE TRIP

- ✗ Please contact us

Group and Family Discounts

- ✗ Please contact us or send us an email at info@amenbhutan.com

TIPS:

- ✗ Tips for the guide & driver. (Tipping is Expected).

EXTRA:

- ✗ Any other services, activities, or personal expenses, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section.