



SNOWMAN TREK - 30 DAYS

Overview:

"Listed one of the most difficult treks of the world, the spectacular Snowman trek takes you into one of the country's most remote valleys. Named after six mountains over 7000 meters which the trek passes beneath, this is probably one of the hardest high-altitude treks, but an incredible experience for anyone who takes the challenge. Bhutan's pristine landscape, friendly people and fascinating Buddhist culture provide the ingredients for a memorable journey into one of the world's most remote kingdoms.

*Please note that this trek can be organized for 6 pax to 16 pax only."

Trip Facts:

Destination: Bhutan
Theme: Adventure
Activity: Tour
Difficulty: Strenuous
Max Altitude: 5290 m/ 17,356 ft
Best Season: April-May/October -November

Highlights:

- Pass through rhododendron and blue pine forests and discover medicinal plants and herbs, especially the popular Cordyceps Sinesis (caterpillar fungus).
- Walk past local villages, glacial lakes, and hills and discover the ineffable untouched beauty of rural Bhutan.
- Enjoy your rest days with scenic mountain views and fresh breaths of air.



Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Paro	Hotel
2	Day hike to Taktsang Monastery	Hotel
3	Trek to Pine Camp	Camp
4	Trek to Soi Thangthanka	Camp
5	Trek to Jangothang	Camp
6	Rest Day in Jangothang (Chomolari Base)	Camp
7	Trek to Lingshi via Nyile La (4,890m)	Camp
8	Trek to Chebisa	Camp
9	Trek to Shomuthang via Gombu La (4,400m)	Camp
10	Trek to Robulathang via Jhare La (4,780m)	Camp
11	Trek to Limithang via the Shinge La (5,000m)	Camp
12	Trek to Laya	Camp
13	Rest Day in Laya	Camp
14	Trek to Rodophu	Camp
15	Trek to Narethang via Tsema la (4,905m)	Camp
16	Trek to Tarina via the Karchung La (5,240m)	Camp
17	Trek to Wochu	Camp
18	Trek to Lhedi via Keshe La (4,435m)	Camp
19	Trek to Thanza	Camp
20	Rest Day in Thanza	Camp
21	Trek to Danje	Camp
22	Trek to Tsho Chena	Camp
23	Trek to Jichu Dramo	Camp
24	Trek to Chukarpo	Camp
25	Trek to Thampe Tso	Camp
26	Trek to Maurothang	Camp
27	Trek to Upper Sephu and drive to Punakha	Hotel
28	Drive to Thimphu	Hotel
29	Drive to Paro	Hotel
30	Final Departure	



Detailed Itinerary:

Day 1: Arrive in Paro

Upon arrival at Paro International Airport, you will be met by our representative and transferred to the hotel.

Overnight at Hotel [-/L/D]

Day 2: Day hike to Taktsang Monastery

Hike to the very revered Taktsang Monastery, also known as Tiger's Nest. Choose between a 1.5-hour round trip hike to the Monastery viewpoint or a longer 5 hour and more strenuous hike into the Monastery itself. Tigers Nest clings impossibly to a cliff of rock at 3000 ft. above the valley floor and where Guru Rinpoche flew on the back of a tigress to subdue the local demons followed by 3 months meditation in a cave still visible in the monastery. Drive back to the hotel.

Overnight at Hotel [B/L/D]

Day 3: Trek to Pine Camp

Distance: 2,790m/ 9,154 ft

Trek Time: 5 hours approx.

A short drive from Paro takes you to Drukgyel Dzong, the old fort from where the trek will begin. While the crew are sorting loads and loading ponies, we can take a walk over and look around the Dzong. The trail heads up the Paro Chhu valley passing traditional Bhutanese farmhouses and cultivated fields. Tonight, we camp for the night at Pine Camp.

Overnight at Camp [B/L/D]



Day 4: Trek to Soi Thangthanka

Altitude: 3,510m/ 11,515 ft

Trek Time: 6 to 7 hours approx.

The trail continues through rhododendron and blue pine forests. The trail is normally quite muddy in places so it is a good idea to use trekking poles. Tonight, we camp in a clearing in the forest at Soi Thangthanka.

Overnight at Camp [B/L/D]

Day 5: Trek to Jangothang

Altitude: 4,080m/ 13,385 ft

Trek Time: 5 to 6 hours approx.

Today we leave the forest as we climb above the tree line into a beautiful valley. Arriving at Jangothang camp there is a superb view of Mt Chomolhari next to the ruins of an old Dzong that used to guard Bhutan against invasions from Tibet.

Overnight at Camp [B/L/D]

Day 6: Rest Day in Jangothang (Chomolari Base)

To help the acclimatization process, it is a good idea to go for a walk in the morning to higher altitude. There are a number of options for a morning walk including walking up a ridge to the north for good views of Mt Jichu Drake or to walk to the twin lakes at TshoPhu (4,350m). This is a holy lake where fishing, swimming or throwing stones is not permitted according to Buddhist beliefs.

Overnight at Camp [B/L/D]



Day 7: Trek to Lingshi via Nyile La (4,890m)

Altitude: 4,150m/ 13,616 ft

Trek Time: 6 hours approx.

Today we cross the first of the major passes, the Nyile La pass at 4,890m. It is a steady ascent to the pass on a good trail. There are views of Mt Takaphu (6,526m) to the north and Tiger Mountain to the east.

Overnight at Camp [B/L/D]

Day 8: Trek to Chebisa

Altitude: 3,850m/ 12,631 ft

Trek Time: 4 hours approx.

On leaving Lingshi the trail contours high above the valley passing through hillsides covered with medicinal plants and flowers. After passing a ridge covered with prayer flags, we descend into a side valley to a beautiful village called Goyok. Another hour further we arrive to Chebisa village located in a valley with a waterfall.

Overnight at Camp [B/L/D]

Day 9: Trek to Shomuthang via Gombu La (4,400m)

Altitude: 3,950m/ 12,959 ft

Trek Time: 5 to 6 hours approx.

After crossing the Gombu La we descend through a hillside of rhododendrons to Shomuthang where we camp for the night.

Overnight at Camp [B/L/D]



Day 10: Trek to Robulathang via Jhare La (4,780m)

Altitude: 4,410m/ 14,469 ft

Trek Time: 7 hours approx.

After an early breakfast we start climbing towards the Jhare La pass where there are good views of Tiger Mountain, Mt Jitchu Drake, Takaphu and Kang Bum. Descending from the pass we arrive to Tsharijathang where herds of Takin (national animal of Bhutan) can be seen at certain times of the year.

Overnight at Camp [B/L/D]

Day 11: Trek to Limithang via the Shinge La (5,000m)

Altitude: 4,160m/ 13,648 ft

Trek Time: 4 hours approx.

After a long climb of 4 hours to Shinge La at 5,000m you are rewarded with stunning views of mountains, including the spectacular Tiger Mountain at the head of the valley. In 2011 a new Buddhist chorten was constructed on the summit of Shinge La. We then descend a terminal moraine and glacial lake to reach Limithang camp.

Overnight at Camp [B/L/D]

Day 12: Trek to Laya

Altitude: 3,700m/ 12,139 ft

Trek Time: 4 to 5 hours approx.

Today we walk through forests to Laya, the largest village on the trek. Layap women wear distinctive conical bamboo hats with turquoise and jade jewelry.

Overnight at Camp [B/L/D]



Day 13: Rest Day in Laya

Today you can explore the village and possibly get the chance to watch archery later in the afternoon. There is also a walk to a viewpoint above Laya at 4,200m with superb views of Masagang Mountain.

Overnight at Camp [B/L/D]

Day 14: Trek to Rodophu

Altitude: 4,120m/ 13,517 ft

Trek Time: 6 to 7 hours approx.

The trail descends from Laya to the army post at Taksaka. From here we turn to the east towards Lunana. We camp at Rodophu for the night.

Overnight at Camp [B/L/D]

Day 15: Trek to Narethang via Tsema la (4,905m)

Altitude: 4,900m/ 16,076 ft

Trek Time: 6 hours approx.

After a steep climb out of Roduphu camp the trail then steepens on the approach of Tsema La. Narethang camp is in a very remote area with superb views of GanglaKarchung towering above.

Overnight at Camp [B/L/D]

Day 16: Trek to Tarina via the Karchung La (5,240m)

Altitude: 3,900m/ 12,795 ft

Trek Time: 7 to 8 hours approx.



The climb to Karchung La takes 1 ½ hours and on the summit of pass you will be rewarded with superb views of Jejekangphu Gang (7,300m) and Tsenda Kang (7,100m). There is a beautiful place for lunch with views of the glacial lakes to the peaks north of Lunana and down to the valley below. From here there is a steep and often muddy path through rhododendrons to Tarina camp.

Overnight at Camp [B/L/D]

Day 17: Trek to Wochu

Altitude: 4,150m/ 13,616 ft

Trek Time: 5 hours approx.

The trail follows the Pho Chhu River through pine forest and past several spectacular waterfalls. There is then a steady climb over a ridge to the village of Wochu, we camp an hour further at the base of the Keshe La.

Overnight at Camp [B/L/D]

Day 18: Trek to Lhedi via Keshe La (4,435m)

Altitude: 3,700m/ 12,139 ft

Trek Time: 6 to 7 hours approx.

There is a steep climb for 2 hours to Keshe La. On the way we pass a beautiful green lake. There are prayer flags and cairns on the pass and from here it is a steep descent to Tega village. The trail contours high above East Pho Chhu and continues to Lhedi village where we camp for the night.

Overnight at Camp [B/L/D]



Day 19: Trek to Thanza

Altitude: 3,970m/ 13,025 ft

Trek time: 6 to 7 hours approx.

The trail continues gradually uphill following the East Pho Chhu to Chozo village. It is likely that you will have to cross the river an hour from Lhedi as the bridge has been washed out. The erosion scar from Glacial Lake Outflow Flood ("GLOF") is still seen by erosion scars on side of the valleys. The Lunana valley opens out into a classic U shape on its approach to Thanza village.

Overnight at Camp [B/L/D]

Day 20: Rest Day in Thanza

Today there is an optional morning walk to the glacial lake above Thanza or you can relax in the camp and explore the village. The Lunaps make good money picking Cordyceps Sinesis ("caterpillar fungus") over the summer months. These are sold to the Chinese as herbal medicine and are worth more than per kg of gold!

Overnight at Camp [B/L/D]

Day 21: Trek to Danje

Altitude: 4,540m/ 14,895 ft

Trek Time: 4 hours approx.

Today is a shorter walk to Danje where we camp for the night. It is important for acclimatizing to spend the night here rather than continuing on to Tshorim.

Overnight at Camp [B/L/D]



Day 22: Trek to Tsho Chena

Altitude: 5,200m/ 17,060 ft

Trek Time: 6 hours approx.

The first part of the day involves a climb up over to Jaze La pass at 5050m (16,570ft). From the pass it is a short downhill trek to the campsite beside the Tso Chena Lake where the views are sensational.

Overnight at Camp [B/L/D]

Day 23: Trek to Jichu Dramo

Altitude: 4,880m/ 16,010 ft

Trek Time: 4 to 5 hours approx.

The trail has a series of gradual ups and downs between the snow-capped peaks and across the Loju La pass at 4940m (16,300 ft) before descending to camp at JichuDramo.

Overnight at Camp [B/L/D]

Day 24: Trek to Chukarpo

Altitude: 4,940m/ 16,207 ft

Trek Time: 6 to 7 hours approx.

We start with a rough climb to Rinchen Zoe La pass at 5290m (17,350 ft), the highest on the trek. It is then all downhill to Chukarpo, which is just above the tree line at 4950m (16335 ft.).

Overnight at Camp [B/L/D]



Day 25: Trek to Thampe Tso

Altitude; 4,200m/ 13,780 ft

Trek Time: 6 hours approx.

Today's trail is a long mostly downhill walk along the river, followed by a climb up to the Um So Lake at 4230m (13,950 ft). In this lake was found a number of religious treasures. Continuing downhill we camp by the lake of Thampe Tso.

Overnight at Camp [B/L/D]

Day 26: Trek to Maurothang

Altitude: 3,350m/ 10,991 ft

Trek Time: 5 hours approx.

It is a short walk to the base of Thampe La and a steep climb to the pass at 4580m (15,100 ft.). The trek is then all downhill through rhododendron bushes to the yak pasture of Maurothang where we camp.

Overnight at Camp [B/L/D]

Day 27: Trek to Upper Sephu and drive to Punakha

Trek Time: 5 hours approx.

Drive Time: 3 hours approx.

On our final day of trekking, we descend through a beautiful valley to the lovely village of Sephu where the new road-head beyond NikachuChazam continues to push up the valley to the upper part of the village. From there, if time permits, we will drive east to Trongsa. The beautiful Trongsa Dzong falls in central Bhutan called "Bumthang". Trongsa Dzong is one of the most impressive in the kingdom, and can be seen from a great distance in its strategic position high above the MangdeChhu River. In the late-afternoon/early evening, we have a spectacular 3-hour drive back west across the



mountains to Punakha. We stop along the way at Chendebji to visit the Chendebji Chorten, patterned after Swayambhunath in Kathmandu and built in the 19th century by Lama Shida from Tibet. We also stop at the top of the Pele La pass (3400m).

Overnight at Hotel [B/L/D]

Day 28: Drive to Thimphu

Drive Time: 3 hours approx.

We will have time in the morning to see Punakha Dzong (the second of Bhutan's dzongs to be built) which for many years served as the seat of government. The dzong was first built in 1637 and is still one of the largest in Bhutan. We will drive to Thimphu later and have the afternoon to visit sites in Thimphu, the capital of Bhutan. We will visit the TashiChhoe Dzong, built as the symbol of the capital and then explore the shops along Norzin Lam, Thimphu's main street.

Overnight at Hotel [B/L/D]

Day 29: Drive to Paro

Drive Time: 1 hour

The morning is free to do some more sightseeing or shopping around Thimphu. In the afternoon we take a 1-hour drive through the lovely central foothills to Paro.

Overnight at Hotel [B/L/D]

Day 30: Final Departure

Waking up in Paro, we will have time for one last walk through town before saying our goodbyes and heading to the airport for our flight out of Bhutan. [B]



Trip Ends

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

Trip Includes:

- Arrival/Departure transfers.
- 3 nights' hotel accommodation in Paro as specified above on single/double room.
- 1 night hotel accommodation in Punakha as specified above on single/double room.
- 1 night hotel accommodation in Thimphu as specified above on single/double room.
- 24 nights/ 25 days – Snowman camping trek including trekking guide, Potter, Cook / helper and all necessary camping gears and equipment & supporting staffs.
- Meals not included will be provided at local restaurants.
- All trek arrangements such as Tents, mess, toilet tents, Guide, Porter/pack animals, permits, cooks, helpers.
- All the sightseeing tour and transfers as per the itinerary with English speaking local guide in Bhutan.
- Bhutan Visa fee.
- Tourism development fee & Entrance fee in Bhutan.
- Lunch and dinner at selected restaurants.



Trip Extras:

- International airfare.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature such as bar bills, communication charges, laundry, tips etc.
- Any other expenses not mentioned in the above program.
- Personal insurance policy – suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization.
- Excess baggage.
- Gratuities, tipping to guides and drivers.
- Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Refreshments, bottled drinks and photography charges in the monasteries and monuments.