

# Bhutan Laya Gasa Trek

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20 days

From \$500

This is the most popular trek in Bhutan. This trek you get for 14 days & experience life in the rugged terrains of northern Bhutan & also interact with the rural highlanders. Nothing can beat the beauty of the vivid mountains you get to witness throughout the trek. The Gasa hot springs which a wait you at the end of the trek is the reward for completing the trek. One of the most popular hot springs of Bhutan, the Gasa hot springs offer healing properties for all kind of ailments such as body aches, skin diseases, sinusitis, gastritis, renal problems and bronchitis. The inhabitants of these tow valleys are nomads subsisting almost entirely on the produce and products of sheep and yaks. The many lakes in Seo Valley are every angler's wildest dream come true. At Lingshi is picturesque remnant of a once mightly border fortress is now the residences of the valley administrator. From his hill a day's trek is all it takdes to cross over the plateau of Tibet. Heading East over the 3 high passes of Gobuala 4650m, jarila 4600m and Shinjela 4900m lays the valley of Laya. Herds of the rare Tarkin can be seen enroute to Tashi Jathang valley. Laya lies in the Masakhang mountain region which is the source of the Mo Chu flowing through Punakha. The inhabitants of Laya s an ethnic group are quite different form the rest of the Bhutanese people. Like the people so Seo and Lingshi they too are nomads. Along the way to Punakha, the old capital lays historic Gasa fort and the famous popular hot sping in Gasa.

Destination: Bhutan

Activity: Trekking

## Itinerary:

**DAY 1:** Arrive Paro & Sightseeing

**DAY 2:** Paro Sightseeing

**DAY 3:** Trek day 1- Start of Trek Paro / Shana

**DAY 4:** Trek Day 2- Shana – Thangthangkha

**DAY 5:** Trek Day 3- Thangthangkha– Jangothang

**DAY 6:** Trek Day 4 -Jangothang – Halt

**DAY 7:** Trek Day 5- Jangothang – Lingshi

**DAY 8:** Trek Day 6- Lingshi – Chebisa

**DAY 9:** Trek Day 7 - Chebisa – Shomuthang

**DAY 10:** Trek Day 8 - Shomuthang – Robluthang

**DAY 11:** Trek Day 9 - Robluthang – Lemithang

**DAY 12:**Trek Day 10 - Lemithang – Laya

**DAY 13:**Trek Day 11 – Laya Halt

**DAY 14:**Trek Day 12 – Laya – Koena

**DAY 15 :**Trek Day 13 – Koena – Gasa Hot Spring

**DAY 16:**Trek Day 14 – End of Trek – Gsa Hot spring -Punakha

**DAY 17:**Punakha – Thimphu

**DAY 18:**Thimphu Halt

**DAY 19:**Thimphu-Paro

**DAY 20:**Departure