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Bhutan Snowman Trek

- Duration: 28 Days Days
- Destination: Bhutan
- Trip Grade: Difficult

Overview

Bhutan Snowman Trek is an exhilarating trekking adventure that explores the remote and serene landscapes of the Bhutanese prospects of the Himalayas. This iconic trekking adventure is an extension of the classical Laya Gasa Trek and takes you on a remarkable journey from Laya to the high-elevation points of the Bhutanese Himalayas.

Distinct from the regular Himalayan adventures, this long-haul exploration lasts nearly for about a month with 23 days of trekking days and 4 touring days at different highlighted cities of Bhutan. This tough and enduring journey takes the trekkers into the secluded parts of the [Lunana region](#), and the Sephu Village in the Trongs district finally marks the closure of this thrilling Himalayan exploration. The Snowman Trek leads you through the virgin and remote territories of high altitude Bhutanese Himalayas, and the trekkers even have to camp at altitudes over 5,000 meters along the trekking routes of this exciting adventure.

So, join us in this epic quest if you are interested in exploring the true beauty of Bhutan, where every step you take will reveal this Himalayan nation's untamed beauty and cultural richness. Bhutan Snowman Trek isn't just a journey through Bhutan's tranquil wilderness, but it is also a passage through this beautiful country's untamed spirit.

Day 01

Arrival at Paro [2,200 meters/ 7,217 feet]

The flight to Paro is something straight out of enchanted tales. Flying over the clouds and enjoying the epic views of the pristine peaks in the Himalayas and lush green hills, you will make your touchdown at the Paro airport.

Upon your arrival, our guide will come to pick you up at the airport and transfer you to your designated hotel. You can stroll around the city after getting some rest; you can explore the beautiful city and some of the popular tourist landmarks.

7th-century Kyichu Lhakhan, Ta Dzong Museum, and Rimpong Dzong are some of the popular highlights of this day's exploration.

Day 02

Sightseeing day at Paro

Today is an exciting day's adventure in your Snowman Trek Bhutan itinerary. After breakfast, you will go sightseeing around the popular destinations in this tourist hub. During the first part, you will hike to the Taktsang Monastery, which will take approximately 5 hours for a round trip.

Although the hiking trails can be slightly demanding, the panoramic views of valleys, lush hills, and mountains from the sheer cliff that rises 900 meters/ 2,952 feet from the sea level will be surreal. After the hike, you can explore other popular landmarks in Paro before turning in for the night at the hotel.

Day 03

Driving from Paro to Sana Zampa and trek to Thangthangkha [3,610 meters/ 11,843 feet]

During the first part of this day's exciting exploration, you will drive to San Zampa from Paro after breakfast. The trekking staff, guides, and horseman will be prepared for your arrival at San Zampa; after taking a short break here, you will then proceed with your incredible Himalayan journey.

Then, you will ascend on the uphill trail through the river valley until the path starts to gradually narrow down. Following the descending trail, you will then drop to the wide plain meadow, where your team will set up the camp for a night stay. If the weather is favorable, Thangthangkha will unveil the first glimpse of Mt. Jomolhari.

Day 04

Trekking from Thangthangkha to Jangothang [4,080 meters/ 13,385 feet]

If you couldn't enjoy the incredible views of Jomolhari yesterday, you will be able to enjoy the views of this pristine peak this morning. After breakfast, your journey will continue ascending toward the Paro Chhu Valley, which then widens up to the patches of serene alpine meadows and scanty forests.

Moving further in your trekking trail, you will cross an army checkpoint, the charming trails will reward you with the incredible views of the high mountain ridges and snow-clad peaks. This area is home to the Yak herders, so you will see the Yaks grazing on the meadows as you move along this day's trekking trail.

This day's trek will also take you across the charming traditional villages of Soe, Dangochang, and Takethang. Your route further ahead then stretches all the way to Jangothang; this is one of the most stunning and incredible campsites in the Himalayas. From this camping site, you will be able to enjoy the pristine sparkling beauty of Mt. Jomolhari and the surrounding peaks.

Day 05

Rest day at Jangothang

By this day in your Snowman Trek Bhutan itinerary, you have ascended to a significant altitude. So, it is important to adapt properly to the new climatic conditions before moving further in your trekking journey. On this day, you will do some short hikes around the region; the vantage points at Jangothang offer incredible views of Mt. Jomolhari and Mt. Jichu Drake.

There are hiking trails in all three directions of Jangothang; Jomolhari and its subsidiary mountains lie on the west side, Jichu Drake on the north, and several unclimbed peaks on the east side. Tosoh is one of the most popular hiking destinations on this acclimatization day, and you might also spot some blue sheep on the upper slopes of the valley.

Day 06

Trek from Jangothang to Lingshi [4,010 meters/ 13,156 feet]

This is one of the longest and most exciting day's treks in your Snowman Trek route. After leaving Jangothang behind, you will begin your climb rapidly for 30 minutes; then, the gradually ascending path will lead you to Nyilila Pass, which has an altitude of 4,870 meters (15,977 feet).

In this ascending route, you also have a high chance of seeing the herds of blue sheep grazing on the slopes. Although the journey to the pass of the pass can be slightly demanding, the top of the pass will reward you with incredible views of Mt. Jomolharu, Mt. Jichu Drake, and Mt. Tsherimgang, all of the peaks rise over an altitude of 7,000 meters.

Then, after descending from the pass, you will head toward the camping site. En route, you will trek past the tents of yak herders, which are made from yak wool. After reaching the Lingshi Basin, a charming U-shaped valley, you can enjoy the spectacular views of Lingshi Dzong and Tserimgang as well as its glaciers (on the northern part of the valley). On this day, you will camp near a stone hut on the way to Lingshi Dzong.

Day 07

Trekking from Lingshi to Chebisa [3,880 meters/ 12,729 feet]

After breakfast, you will first you will reach the chorten below Lingshi Dzong. You have the option to either keep trekking on the main trail or take a detour uphill to Lingshi Dzong [4,220 meters/ 13,845 feet]. From Lingshi Dzong that sits at the top of the high ridge, you will be able to enjoy stunning views of the valley.

Trekking past Lingshi Dzong, relishing its mystic tranquility, you will pass other charming settlements of Lingshi and Goyul. Chebisa is a unique settlement where the stone houses are clustered together, its distinctive compared to other villages where houses are scattered. Moving further ahead in your trail, you will reach the campsite at Chebisa; if you want, you can explore the houses in the village before settling in for the night.

Day 09

Trek from Chebisa to Shomuthang [4,220 meters/ 13,845 feet]

After breakfast, you will move along the ascending trail behind the Chebisa Village. Your 2-3 hour trek

across the wide pastureland will then bring you to Gobu La Pass [4,410 meters/ 14,468 feet]; you will pass herds of yaks in this day's cross-pasture trek.

You will cross the pass and descend down to the valley; along the way, you might also witness the big herds of blue sheep on the slopes above the trail. Your descending journey will first bring you to Shakshepasa [3,980 meters/ 13,057 feet]; another U-shape valley and a short climb from here will bring you to Shomuthang. Your campsite on this day is situated above the tributary river of Nochi River.

Day 09

Shomuthang to Robluthang [4,160 meters/ 13,648 feet]

You will begin this day's trek climbing up the valley, enjoying the spectacular views of Kang Bum. Two hours of climbing on the ascending route will bring you to Jhari La Pass [4,750 meters/ 15,583 feet]. This day's pass ascend will reward you with magnificent views of Gangchenta (Great Tiger Mountain), Tserim Kang, the top of Jomolhari, and Sinche La Pass.

After descending from the pass, you will trek past Tsheri Jathang campsite by the river. Bhutanese national animal Takins, migrate to this charming valley during the summer, which is why the valley has been exclusively declared a Takin sanctuary. A gradual descent from the valley will then take you to today's campsite in a rocky meadow, Robluthang.

Day 10

Trekking from Robluthang to Limithang [4,140 meters/ 13,582 feet]

During the initial part, you will ascend 40-60 minutes on the uphill route, and then another one and a half hours of the gradual climb will bring you close to another steep section on this day's trail. After overcoming the steep section for one hour, you will reach the Sinche La Pass [5,005 meters/ 16,420 meters].

In your descending journey from the pass, you will see a fascinating terminal moraine and a pristine glacial lake at the basin of the beautiful valley. Following the trails below the moraine, you will cross Kango Chhu, and then, after trekking for a while, you will reach your campsite at Limithang.

Day 11

Limithang to Laya [3,820 meters/ 12,532 feet]

Today's trek follows the downhill trail alongside the winding river valley. Moving further ahead, the trail spits in two directions; one goes down alongside the river to army camp, while the other elevates high and takes you to the west side of Laya Village. You will then move toward the east end of Laya Village to camp on a flat table area.

Day 12

Trek from Laya to Rhoduphu [4,160 meters/ 13,648 feet]

Following the trails alongside the winding river, you will make your descent to the army camp at the riverbed. You will then continue following the river all the way to the turn-off point at Roduphu. After

enjoying lunch here, you will continue along your ascending route across the rhododendron bushes to reach the camping site at Rhoduphu, right next to Rhodu Chhu.

Day 13

Trekking from Rhodophu to Narethang [4,900 meters/ 16,076 feet]

On this day's trek, you will again move alongside the trails of the river for about half an hour before switching to the steady climb that opens up the valley at 4,600 meters. Your journey further ahead, then leads you to Tsomo La [4,900 meters/ 16,076 feet], which offers panoramic views of Lunana, Jomolhari, Jichu Drake and the Tibetan border.

Moving further in your Snowman Trek route, you will then cross a flat and barren plateau at an altitude of 5,000 meters before reaching the campsite at Narethang. The towering views of Gangla Karchung will loom over your campsite.

Day 14

Narethang to Tarina [3,970 meters/ 13,024 feet]

Leaving Narethang behind after breakfast, you will climb for about an hour to reach Gangla Karchung La [5,120 meters/ 16,797 feet]. From the top of the pass, you can enjoy stunning views of Jekanghpu Gang, Tsenda Kang, and Teri Gang. The trail from the pass descends along the large glacial moraines to the base of the valley.

Enjoying the epic views of mountains and glaciers, you will trek down to Tarina Valley, passing through the rhododendron bushes. There are several good campsites in the valley alongside the Tang Chhu.

Day 15

Trekking from Tarina to Woche [3,910 meters/ 12,828 feet]

This day's trek passes through the conifer first and moves along the upper ridge of Pho Chhu. Trekking past the impressive waterfalls, you will follow the trail over the ridge, which then drops all the way down to Woche. This is a small settlement and the first village of the Lunana region; you will rest here tonight.

Day 16

Trek from Woche to Lhedi [3,700 meters/ 12,139 feet]

After breakfast, you will trek across the charming juniper and fir forests. The trail further ahead across the rhododendron bushes leads you to Keche La Pass [4,650 meters/ 15,255 feet]. After relishing the breathtaking views of the surrounding mountains, you will descend down the pass to the riverside.

The riverside trail then leads you to Lhedi Village. This village has a basic health unit, wireless telephone facilities, and a school.

Day 17

Lhedhi to Thanza [4,150 meters/ 13,615 feet]

You will start this day's trekking adventure by enjoying the epic close-up views of Table Mountain. Continue along the ascending route; you will reach the Chozo Village [4,090 meters/ 13,418 feet]. This small village still has a dzong in use; you will move further ahead in your scenic trekking route, enjoying the charming mountain views, and finally reach Thanza. For tonight, you can camp directly at Thanza or head further ahead to another camping site at Thoenchha.

Day 18

Rest and sightseeing day at Thanza

This day will be another much-needed acclimatization day in your long-haul trekking journey. During this day's trek, you can do some short hikes over the ridge to enjoy the epic mountain and glacier views. Meanwhile, your guide and staff will arrange new yaks for the journey up ahead, as the horses from Laya Village won't go further than Thanza.

Day 19

Trekking from Thanza to Danji [4,230 meters/ 13,877 feet]

Maneuvering your way across a large boulder that offers stunning views of Thanza, Toenchha, and Choso Villages, including the surrounding peaks, you will head toward the yak meadows. After a few hours of trekking on the relatively easy trails, you will reach the campsite at Danji. You will have a high chance of spotting the blue sheep on the slopes above the Danji campsite on this day.

Day 20

Trek from Danji to Tshochena [4,970 meters/ 16,305 feet]

Following the route toward Sephu from Danji, you will move along the ascending route to reach Jaze La Pass [5,150 meters/ 16,896 feet], which offers an incredible Himalayan panorama. Then, descending between the snow-covered peaks and small lakes, you will reach your campsite on this day at the banks of Tshochena Lake.

Day 21

Tshochena to Jichu Dramo [5,050 meters/ 16,568 feet]

After breakfast, you will move along the bank of the blue-green lake and make your ascend to the ridge at 5,100 meters. Enjoying the spectacular Himalayan magnificence all around you from the top of the pass, you will continue your trek on the ascending and descending trails over a small hill to reach a glacial lake.

The route first descends to the valley, then again ascends over another pass, Loju La Pass [5,140 meters/ 16,863 feet]. After crossing a small saddle at 5,100 meters in the downhill route, you will decline down to the wide glacial valley to reach your campsite at Jichu Dramo.

Day 22

Trek from Jichu Dramo to Chukarpo [4,600 meters/ 15,091 feet]

Leaving the camp at Jichu Dramo behind, you will trek across the moraines to Rinchen Zoe La [5,320 meters/ 17,454 feet]. Enjoying the breathtaking surrounding mountain views, including the Rinchen Zoe peak that towers over the pass on the west, you will descend down the pass to a wide valley. Trekking past the sparkling lakes, you will move along the steep moraine to Thamphe Chhu. After a couple of hours of trekking back into rich vegetation since Lhedi, you will reach your campsite at Chukarpo.

Day 23

Chukarpo to Thampe Tsho [4,300 meters/ 14,107 feet]

After breakfast, you will move along your descending journey until you reach the yak herders camp at Gala Pang Chhu [4,010 meters/ 13,156 feet]. Then, from here, you will move along the steep climbing route to Thampe Tsho, a pristine turquoise lake. You will rest at the campsite on the bank of this sparkling lake in today's trek.

Day 24

Trekking from Thampe Tsho to Murothang [3,610 meters/ 11,843 feet]

This day's exciting trek will lead you to the last pass of the Snowman Himalayan trek. From the turquoise lake, you will trek on the steep trail to reach the top of Thampe La Pass [4,600 meters/ 15,091 feet]. Then, your trail descends to Om Thso Lake; you also have a high chance of witnessing blue sheep on this day's trekking trail.

Trekking past the cascading waterfall, you will reach another small lake after a 100-meter descent and make your way on the steep path to reach Nikka Chhu. Your trekking route further ahead passes through the mixed forest to the large clear area on the banks of the river as you reach Maurothang. You will find a few yak herders' huts here, and you will rest at a suitable campsite.

Day 25

Murothang to Sephu trek and drive to Punakha [1,242 meters/ 4,074 feet]

This is the last day of your iconic Bhutan Snowman trek; your porters have to change from yaks to horses for the return trip, as the yaks don't go further down from here. Trekking past Nikka Chhu, you will reach the large grassy land that overlooks the village of Sephu. Moving further in your ascending route, you will reach the road that leads to the Nikka Chhu Bridge which then leads you to Sephu.

Sephu has several stores and restaurants, and the staff of your trekking adventure will be waiting for you here. After taking a short rest here, you will then drive to Punakha for an overnight stay.

Day 26

Sightseeing day at Punakha

This will be the last day of rest and exploration day in your Bhutan Snowman Trek. On this day, you will explore the architectural marvels, religious landmarks and experience the traditional lifestyle of the natives.

Punakha Dzong, built by the 'Unifier of Bhutan' (1637), Chimi Lhakhang, Punakha Suspension Bridge, Mo Chhu, etc, are some of the popular highlights of this traditional town. After completing the sightseeing tour, you will rest for the night at your hotel.

Day 27

Drive from Punakha to Thimpu [2,248 meters/ 7,375 feet]

It's an exciting day's driving adventure today; leaving Punakha behind, you will drive toward Bhutan's capital city, Thimphu. This day's drive will go over the Dochu La Pass [3,100 meters/ 10,170 feet], and you will be able to enjoy the panoramic views of the pristine Himalayan peaks.

After the 3-hour drive to reach Thimpu, you will take a short break and explore the different aspects of the capital city, from arts and craft schools and traditional paper factories to Folk Heritage Museum and Tashichhodzong Memorial Chorten. Overnight stay at a hotel in Thimpu.

Day 28

Drive to Paro for departure

After completion of your incredible Snowman Himalayan trek, it is time to bid farewell to this charming country in the mountains. Today, you will be dropped back at the airport, depending on your flight schedules for the international departure. Thank you for trekking with My Everest Trip, have a safe journey!

What To Expect?

What's included

- Accommodation: In Twine/Double sharing basis at Top 3 star plus Hotels /Resorts / Tent
- Visa fee
- Flight Ticket From Ktm Round trip Ktm
- Transportation: Following are our transportation
- All Tourist Permit: Yes
- All Bhutan Taxes
- All Meals (Breakfast, Lunch, Dinner) with Evening Refreshments
- Fluent English Speaking Bhutanese guide licensed by Royal Bhutan Govt.
- All entrance fees to museums & cultural sites
- Extra Services: Mineral drinking water

What's not included

- Tips for the guides, driver or hotels
- Travel insurance is not covered
- Luxury hotels (4 Star & 5 Star) and separate vehicle will be charged extra Personal related expenses like calls, Internet, Beverages, Alcohol, laundry, donations to Monasteries and Temples, Souvenirs, shopping etc.

FAQ

General

How long is the Snowman Trek Bhutan?

The Bhutan Snowman Trek lasts somewhere between 25 days to 30 days, depending on the itinerary plan.

Where is the Snowman Trek?

The Snowman Trek takes place in the remote Himalayan region of Bhutan. This trek starts from Gunitsaa Village in the Paro Valley and is completed at Sephu (Trongsa).

How do you train for the Snowman Trek?

During your training period for the trek, you should focus on the core strength and endurance exercises. You will need to cover a long trekking distance, so you should also work on your stamina level.

How much does the Snowman Trek cost?

The Snowman Trek Bhutan can cost somewhere between US\$ 5,500 to US\$ 13,000 depending on the itinerary plans and side detours of your package.

What is the success rate of the Snowman Trek?

The overall success rate of this exciting Snowman Himalayan trek is about 50%. That's why this trip is recommended only for experienced trekkers, and making enough preparation is an absolute necessity if you want to do this trek.

Additional Information

Snowman Trek Bhutan Difficulty

Snowman Trek Bhutan is one of the longest and most challenging trekking adventures in the Himalayas. This trekking adventure, which explores the remote and rugged part of the [Bhutanese Himalayan](#)

prospects, challenges your physical endurance to its extent. That's why this long-haul trekking adventure is not recommended for trekking beginners.



The grading of Snowman Trek Bhutan's difficulty is at hard level, and even the experienced trekkers have to be careful about various challenging aspects of this Himalayan excursion. During the Bhutan Snowman Trek, you will cover an approximate distance of 300 km (186 miles).

Even if the sheer distance isn't a challenge, the remoteness of the region that requires you to camp even at the alpine altitudes can make the experience uncomfortable if you are not mentally prepared for it. Similarly, the altitude gain in this iconic Himalayan adventure is quite significant.

During your trek, you will push for the route over 5,000 meters in the trek reaching the highest point of the trek at Rinchen Zoe La [5,320 meters/ 17,454 feet]- highest. Thus, altitude sickness can be another major concern if you don't acclimatize properly.

Best Season For Bhutan Snowman Trek

Generally, trekking adventures in the Himalayan region are considered to be best during months of peak seasons like autumn and spring. However, for this Snowman Trek Bhutan especially, for the best value experience, the months between mid-August to mid-October are the most ideal.

During this period, the climatic conditions of the Himalayan region on the Bhutanese side are the most ideal. You will be able to enjoy this long excursion without having to worry about the weather challenges. Due to low precipitation, the sky is clear during this period, and you will be able to enjoy the breathtaking Himalayan panorama during each day of your trek.

The temperature of this Himalayan nation is also on the warmer side from mid-August to mid-October. You can expect the general temperature of the country to average between 10°C to 30°C during this period.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

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