

Outline Itinerary For Snow Man Trek

Day1. Fly into Paro / Alt.7364ft: The only Air line of Bhutan, Upon arrival you will be met by your guide and transferred to the hotel at Paro. 1/2 day sightseeing includes Museum visit; Rimpung Dzong(fortress), Overnight at Hotel.

Day2. Day Excursion to Taksang (Tiger's Nest): 4 hrs hike, 2700ft above Paro's valley, stop at 7th century Kichu lakhang, Overnight at Hotel.

Day3. Paro to Shana: 5hrs, 9.3miles / 15km. Alt, gain:1020ft/310m, Alt, loss: 260ft / 80m. The trek starts from of Drukgyal Dzong (fort). Easy day with gradual climb past villages. Overnight at camp; Alt:9480ft / 2890m.

Day4. Shana to Soi Thangthanka: 8 to 9hrs / 13.6miles / 22km, Alt, gain: 2250ft / 685m. Alt, loss: Nil. Long and hard day , so we need to start early and drink plenty of water as we gain altitude. Overnight at camp; Alt: 11,730 ft / 3575m.

Day5. Soi Thangthanka to Jangothang : 4 to 5 hrs. 10 1/2 mile / 17km. Alt, gain: 1530ft / 469m. Alt, loss: Nil . Easy day but tough with less oxygen, We need to take it easy and slow to the camp. Overnight at beautiful base camp; Alt:13260ft.

Day6. Jangothang halt: Day hike to Tshophu twin lake / Hike to base of Mt. Jomolhari, Overnight at Camp.

Day7. Jangothang to Lingshi: 5 to 6hr. 13miles / 21km. Alt, gain:2780ft, Alt, loss:2890ft/880m. Cross over Nyile La (pass) (16,040ft/ 4890m) overnight at camp; Alt: 13,150ft/4010m.

Day 8. Lingshi to Chebisa : 3 to 4hr / 10miles / 16km. visit Lingshi Dzong, Goyul Village; Alt: 13,120ft/4000m. overnight at camp; Alt: 13,090ft/ 3990m.

Day9. Chebisa to Shakyapasang : 5 to 6hr. 9mile/14.5km. Alt, gain: 1470ft/450m,

Alt, loss:1440ft/440m. Cross passes called peak Inela; Alt:15,373ft/4687m and Gombu La, Alt:14,560ft/4440m , Overnight at camp; Alt:13,120ft/4000m.

Day10. Shakyapasang to Robluthang: 7 to 8hr, 10miles/16km. Alt, gain:2575ft/785m. The day starts with a climb of about 200m, cross Jare La (pass); Alt:15,695ft/4785m. Overnight at camp; Alt:13,645/4160m.

Day11. Robluthang to Limithang : 6 to 7 hr. 8.5miles/14km. Alt, gain:2755ft/840m. Alt, loss:2755ft/840m. Cross SincheLa (pass); Alt:16,000ft /5000m. Overnight at camp; Alt:13,645ft/4160m.

Day12. Limithang to Laya : 4 to 5hr. 5.5miles /9km. Alt, gain:200ft/60m. Alt, loss:1180ft/360m. Overnight at village camp; Alt:12,465ft/3800m.

Day13. Rest Day at Laya : visit village farm house, Take Shower, write your journal.

Day14. Laya to Rodophu: 7 to 8 hr, 9miles/14.5km. Alt, gain:3200ft/975m. Overnight at camp; Alt:13825ft/4215m.

Day15. Rodophu to Narethang : 7 to 8 hr, 10miles/16km. Alt,gain:2375ft725m. Alt, loss: Very little. Cross Tshemo La(pass; Alt: 16,090ft/4905m. Overnight at camp; Alt:16,200ft/4905

Day16. Narethang to Tarina : 6 to 7hr. 10miles/16km. Alt, gain:265ft/80m. Alt, loss: 3350ft1082m. It takes 1.5 hr to the Kharachu La (pass); Alt16, 465ft/5020m. Overnight at camp; Alt: 12,915ft/3938m.

Day17. Tarina to Woche: 5 to 6hr, 8.7 miles / 14km. Alt, gain:740ft/225m. Alt, loss: Nil. To a good campsite; Alt:13655ft/4163m.

Day18. Woche to Lhedi : 5 to 6hr, 8miles/13km. Alt, gain:1650ft/503m. Alt, loss:2510ft/765m. cross Kesha La(pass); Alt:15,305ft/4666m. Overnight at camp; Alt:12,790ft/3900m.

Day19. Lhadi to Thanza : 6 to 7hr, 10.5miles/17km. Alt, gain:720ft. Alt, loss:Nil. There is beautiful view of Table Mountain; Alt:22,960ft/7000m. Come across one of the largest side glaciers of the eastern Lunana. Overnight at camp; Alt:13,450ft/4100m.

Day20. Rest Day in Thanza : Most groups schedule a rest day here. This is basically to re ration for next day and to take a break after long days on trail.

Day21. Thanza to Djundji : 4hr, 4.3miles / 7 km. Alt, gain:1640ft/500m. Alt, loss: Nil. Overnight at camp; Alt:14,890ft/4540m.

Day22. Djundji to Tsho Chena: 5hr, 5.6miles/9km. Alt,gain:2001/610m.Alt,loss:625ft/190m. The gradual climb leads to Jaze La (pass); Alt:16890ft/5150m. overnight at camp; Alt:16272ft/4960m.

Day23. Tsho Chena to Jichu Dramo: 7 to 8hr, 12 miles/19km. Alt, gain:605ft/85m. Alt, loss:280ft/85m. Onwards to the second pass Loju La; Alt:16,875ft/5145m. The correct trail, while descending will reach you to Jichu Dramo Camp; Alt:16,595/5060m.

Day24. Jichu Dramo to Chukarpo: 7 to 8hr, 12 miles/19.5km. Alt, gain:870ft/265m. Alt, loss:2870ft/875m. The final climb to Rinchen Zoe La (pass); Alt: 17,470ft/5326m. Overnight at the camp, Alt: 15,910ft/4850m.

Day25. Chukarpo to Thampoe Tsho: 5 to 6hr, 9.5miles/15 km. Alt,gain:1000ft/305m. Alt, loss:1310ft/400m. Follow the right bank of river until it reaches a yak pasture at Gala Pang Chhu; Alt:13,285ft/4050m. Overnight camp by the lake; Alt:14,285ft/4355m.

Day26. Thampoe Tsho to Maurothang: 5 to 6hr, 13miles/21km. Alt, gain:1015ft/310m. Alt, loss:3165ft/965m. It is a reasonably steep climb. Trail to the pass Tempe La; Alt:15,300ft/4665m. Overnight at camp; Alt:12,130ft/3698m.

Day27. Maurothang to Nikka Chhu: 5hr, 14.5miles/23.5km. Alt, gain: Small climb. Alt, loss: 3510ft/1070m. The trail is easy, but worn out by all the cattle and horses into thick dwarf bamboo. Overlooking the road and the village of Sephu at Nikka Chhu Bridge; Alt:

8390ft/2600m, continue your drive for 2 hours to Punakha. Over night at hotel; Alt:4430ft.

Day28. Punakha to Thimphu : 3hr, 70km. Fabulous drive through the villages, climb towards Dochula pass. Enjoy the breath taking view from Dochula pass; Alt; 10,142ft on the way. Stop at Thimphu.

Day29. Thimphu to Paro : Early morning 1 hr drive and Air port drop. Board a flight for onward destination.

Thank You