



Snowman Trek-28 Days

Overview

Cradled in the heart of the Eastern Himalayas, Bhutan is a mystical kingdom where spirituality, living traditions, and pristine nature blend in perfect harmony. This carefully designed journey through Bhutan's western valleys invites you to slow your pace, engage more deeply, and experience a way of life guided by mindfulness, cultural reverence, and balance.

SOLA Tours & Travels, a licensed tour operator based in Thimphu, specializes in private and flexible journeys inspired by Bhutan's philosophy of Gross National Happiness. Each experience is thoughtfully paced and personally guided, allowing you to discover Bhutan not merely as a traveller, but as a welcomed guest.

Highlights of the Snowman Trekking

The Snowman Trek is regarded as one of the most prestigious and demanding treks in the world. With its rugged terrain, harsh climate, and remote, weather-beaten trails that pass through Lunana. One of the most isolated regions on the planet. It poses a formidable challenge in every sense. This trek is typically pursued only by seasoned adventurers, as it requires peak physical fitness and demands the utmost resilience from those who attempt it. Endurance, perseverance, and the mental strength to withstand three weeks in complete wilderness are essential to complete this journey.

Embark on an extraordinary journey across the heart of the Himalayas on the iconic Snowman Trek. This demanding yet rewarding adventure leads travellers through Bhutan's most remote regions, combining dramatic mountain scenery with deep cultural encounters.

Epic High-Altitude Terrain:

Navigate rugged trails and cross some of the world's highest trekking passes, surrounded by imposing Himalayan peaks and vast mountain panoramas.

Pristine and Remote Landscapes:

Travel through isolated valleys, ancient forests, and high alpine grasslands, experiencing Bhutan's untouched wilderness far removed from modern civilization.

Cultural and Spiritual Encounters:

Visit centuries-old monasteries, sacred landmarks, and traditional settlements along the route, offering meaningful insight into Bhutan's Buddhist traditions and way of life.

Breathtaking Natural Scenery:

Enjoy ever-changing views that include crystal-clear mountain lakes, flowing waterfalls, snow-covered ridges, and flower-filled valleys.



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Nomadic Traditions:

Meet yak herders and highland nomads who live in harmony with the harsh mountain environment, learning about their customs and daily lives.

Glacial Regions and Unique Wildlife:

Walk alongside glaciers and snowfields while observing rare alpine plants and animals found only in the high Himalayas.

A True Physical Test:

Challenge your strength and resilience on demanding trails, steep climbs, and high passes that deliver both physical achievement and unforgettable views.

A Usual Day on the Trail in Bhutan

A Day on the trail in Bhutan typically starts with a gentle wake-up call and a warm cup of bed tea or Nescafe, followed by a bowl of warm water for washing and freshening up. Breakfast is served in the dining tent, and while you enjoy your meal, the support crew gets to work taking down tents, tidying up the campsite, packing up the gear, and loading the pack animals.

Once everything is in order, you and your guide hit the trail. Throughout the day, you are free to walk at your own pace, pausing as you wish to capture photos or simply admire the stunning natural surroundings. All you need to carry is a light daypack with a few essentials: a water bottle, a camera, a jacket, and any other items you will need during the day.

Around midday, you will stop for a hot lunch or enjoy a packed picnic, complemented by tea, coffee, and juice recharging you for the rest of the day's trek.

Here are a few important things to keep in mind while traveling through Bhutan:

While we strive to provide the best experience, there are some factors beyond our control, such as the weather, the local people, and their unique customs and culture. Bhutanese people are naturally laid-back, embracing life as it comes, and rarely taking a proactive approach. In Bhutan, it's essential to relax, stay open-minded, and allow the culture and experience to enrich your journey. Approach your trip with an open mind. This doesn't mean you should expect poor service, but it does call for flexibility and the willingness to go with the flow.



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Remember, the true essence of visiting the Himalayas lies not in seeking comfort and luxury, but in immersing yourself in its culture, nature, and the warmth of its people.

Trip Itinerary

- Day 01: Arrival in Bhutan
- Day 02: Paro Taktsang
- Day 03: Trek Begins
- Day 04: Shana to Thangthangkha
- Day 05: Thangthangkha to Jangothang
- Day 06: Acclimatization Day
- Day 07: Jangothang to Lingshi
- Day 08: Lingshi to Chebisa
- Day 09: Chebisa to Shomuthang
- Day 10: Shomuthang to Robluthang
- Day 11: Robluthang to Lemithang
- Day 12: Lemithang to Laya
- Day 13: Explore the Laya Valley
- Day 14: Laya to Roduphu
- Day 15: Roduphu - Narethang
- Day 16: Narethang to Tarina
- Day 17: Tarina to Woche
- Day 18: Woche to Lhedi
- Day 19: Lhedi to Thanza
- Day 20: Rest Day
- Day 21: Thanza to Tshochena
- Day 22: Tshochena to Jichudramo
- Day 23: Jichudramo to Chukarpo
- Day 24: Chukarpo to Tampoetshoe
- Day 25: Tampoetshoe to Maurothang
- Day 26: Maurothang to Nikka Chhu
- Day 27: Returning to Paro
- Day 28: Farewell

DAY 1. ARRIVAL IN BHUTAN

Paro: As you descend into Paro, you will catch your first breathtaking glimpse of the majestic Himalayan Mountains. Upon landing, one of our professional guides will warmly welcome you and escort you to the hotel. After settling in, we will take you on a tour of the town and a visit to the National Museum (as per your flights timing)

Overnight will be at Paro

Day 2: Paro Taktsang

This is a test for the trek, where we will hike to Taktsang (Tiger's Nest), the sacred resting place of the revered Buddhist master Guru Rinpoche. After the Taktsang hike, we'll take a walk through the picturesque Paro Valley.



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Day 3: Trek Begins

We begin the day with a drive to Drukgyel Dzong, a 17th-century fortress built to protect Bhutan from Tibetan invaders. Continuing onward to Shana, we pass by lush farmlands and traditional Bhutanese stone and timber houses. Our trek begins here, with a brief stop for lunch before proceeding to our overnight camp at Thondu Zampa. Along the way, you'll catch your first glimpse of the majestic 7,314-meter-high peak of Jhomolhari.

Day 4: Shana to Thangthangkha (8 to 9hrs)

Our journey continues through the Jigme Dorji National Park, Bhutan's largest protected area, offering a chance to experience the country's rich biodiversity, including a stunning variety of rhododendron species. The campsites along the way are mostly temporary resting places used by local construction workers and yak herders rather than permanent settlements. *We will camp for the night at Thangthangkha, situated at an elevation of 3,800 meters.*

Day 5: Thangthangkha to Jangothang (5 to 6hrs)

As we make our way toward our camp at the base of Jhomolhari, we ascend beyond the treeline and immerse ourselves in Bhutan's breathtaking low tundra landscape. Our campsite is nestled near those of local yak herders, offering a unique opportunity to learn about their traditional way of life.

We will spend the night at Jangothang (Jhomolhari Base Camp) at an elevation of 4,040 meters.

Day 6: Acclimatization Day

Today is dedicated to adjusting to the local climate. You may choose to explore the valley surrounding Jhomolhari or venture toward the Nylie La Pass to admire the picturesque Tshophu Lake.

Night at Jangothang (Jhomolhari Base Camp)

Day 7: Jangothang to Lingshi (6 to 8 hrs)

Today's trek begins with a challenging three to four hours ascent to Nyile La Pass, standing at 4,700 meters. Along the way, you will be treated to breathtaking views of Jhomolhari, Jitchu Drake, and Tsheri Kang, with the distant Tiger Mountain also visible. After crossing the pass, we will descend to a circular hut just below Lingshi, where we will set up camp. As we make our way down from Lingshi, we will catch our first glimpse of the enchanting dzong perched high on a hill.

Altitude: 3,880 meters

Distance: 10.5 miles

Duration: 6-7 hours



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Day 8: Lingshi to Chebisa (4 to 5 hrs)

Heading northeast, we ascend through picturesque pastures filled with daphne and rhododendron until we arrive at the charming village of Chebisa. Here, you will be surrounded by the beauty of a cascading waterfall, juniper trees, and other natural wonders.

We will spend the night at Chebisa at 3,750 meters.

Day 9: Chebisa to Shomuthang (7 to 8 hrs)

Today, we begin with a challenging ascent through high pastures to reach the Gombu La Pass at 4,440 meters. From there, we descend through forests of dwarf rhododendron, where the terrain can be slippery.

Our journey continues down to our camp, nestled near a riverbed in one of the most stunning valleys along the Snowman Trek.

We will spend the night at Shomuthang at 3,960 meters.

Day 10: Shomuthang to Robluthang(7 to 8hrs)

Today's trek begins with a steady three-hour climb to the Jare La Pass at 4,750 meters, where we will be rewarded with breathtaking views of the Himalayas, including Sinche La, Tiger Mountain, and Jitchu Drake. From the pass, we will make a steep descent through a forest trail to the Tsharijathang Valley, home to herds of takin the national animal of Bhutan and numerous yaks.

Next, we will cross a knee-deep river (a bridge may or may not be present) before ascending to Robluthang, where we will set up camp for the night.

Altitude:4,070meters

Distance: 13.6 miles

Day 11: Robluthang to Lemithang (8 to 9 hrs)

On the journey to Lemithang, we spend approximately 4 hours climbing Sinche La Pass (5,005M) at a steady pace before descending through lush forests and valleys filled with boulders and grass. Today's breathtaking views feature the majestic peak of Gangchenta, along with shimmering white streams and vibrant blue glacial lakes.

We will camp at Lemithang, situated at 4,000M.

Day 12: Lemithang to Laya (4 to 5hrs)

Today, we will walk along the river, a tributary of the Mo Chu (Mother River), winding through a lush forest of rhododendron and silver fir before arriving at the picturesque village of Laya. The Layap people are renowned for their distinctive attire vertical striped yak hair clothing and unique conical bamboo hats. The women wear their hair long, adorned with turquoise and jade jewellery, reflecting a culture that feels more Tibetan or Mongolian than the Bhutanese of the central valleys.

We will take in breathtaking views of the surrounding mountains. The afternoon can be spent at leisure, exploring village homes, and chatting with the friendly locals.



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Overnight camp at Laya, elevation 3,700 meters.

Day 13: Explore the Laya Valley

Today, we will take a break from our trek to immerse ourselves in the vibrant culture of Laya. You can shop for local crafts, visit the village school and temple, try your hand at threshing wheat, and gain a deeper understanding of this unique community.

Day 14: Laya to Roduphu (9 to 10hrs)

We rise early to tackle today's steep uphill path, passing through the Army camp and crossing the river. The trail leads us through a dense forest of oak, pine, and rhododendron toward the river valley, where towering mountains dominate the horizon. If the weather is clear, we will be rewarded with stunning views of the Tsenda Gang Mountain range.

Overnight camp at Roduphu, elevation 4,070 meters

Day 15: Roduphu - Narethang(7 to 8 hrs)

We will begin the approximately three-hour ascent to Tsemo La Pass (4,900 meters), starting with a gentle incline that becomes steeper as we approach the pass. From the top, we may be fortunate enough to enjoy breathtaking views of Gangla Karchung, Jitchu Drake, and Jhomolhari.

Afterward, will descend before making a final climb to Narethang

We will set up our first high camp of the trek at 16,200 feet.

Altitude: 4,900 meters | Distance: 6.2 miles

Day 16: Narethang to Tarina (8 to 9 hrs)

We will begin the day with a gradual ascent to the Karakachu La Pass (16,465 feet), a climb that will take about two to three hours. From the pass, we will be rewarded with stunning views of Karakachu, Tsenda Gang, Jejekangphu, and Teri Kang.

The descent into the Tarina Valley is steep and long, taking approximately 3.5 hours to reach the valley floor, where herds of takin can often be spotted grazing.

From there, we will enjoy a gentler two to three-hour walk to our campsite. It promises to be a day filled with breathtaking views of the surrounding mountains and lakes.

Overnight camp at Tarina, elevation 3,800 meters.

Day 17: Tarina to Woche (5 to 6 hrs)

Today's trek will be relatively short. We will start by following the river for about an hour before ascending a steep and muddy trail. After a challenging climb, will reach our campsite near Woche, marking the beginning of the stunning Lunana region.

Overnight camp at Woche, elevation 3,800 meters.

Day 18: Woche to Lhedhi (5 to 6 Hours)



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We will cross the Keche La Pass (4,700 meters), beginning with a challenging 200-meter ascent that brings us to the picturesque Yumtso and Setso Lakes. After a brief stop to capture some photos, we will start our descent, enjoying the warmer weather as we pass through the villages of Thega and Lhedi. Our day ends in the village of Lhedi, one of the main communities of Lunana and a perfect spot to immerse ourselves in the region's unique culture.

Overnight camp at Lhedi, elevation 3,650 meter

Day 19: Lhedi to Thanza (6 to 7 hrs)

This morning, we will follow the Pho Chu River through the village of Lhedi before ascending for about 30 to 45 minutes to reach Chozo Dzong, a historic fortress built in the 17th century. After trekking for another three to four hours, we will arrive at the picturesque villages of Dyotta and Thanza. We'll set up camp in a scenic meadow with breathtaking views of Table Mountain ahead.

Overnight camp at Thanza, elevation 4,040 meters.

Day 20: Rest Day

Discover the beauty of the Thanza Valley while taking in the stunning views of Table Mountain.

Day 21: Thanza to Tshochena (8 to 9hrs)

Today, we embark on an 18-mile trek toward Tshochena. This stretch offers some of the most captivating scenery in an already breathtaking region—featuring glacial lakes, rocky landscapes, blue sheep, elusive snow leopards, and a variety of natural marvels, both animate and inanimate. Keep an eye on the weather, though; it can shift from sunshine to snowfall in an instant.

Tonight's camp is set at Tshochena, altitude of 4,960 meters.

Day 22: Tshochena to Jichudramo (7 to 8hrs)

Today, our journey through Loju La, trekking across several mountain ridges. With many of the surrounding peaks still unclimbed, the landscape remains pristine, offering a true sense of untouched natural beauty. The day concludes at a campsite nestled in grassy tundra, flanked by rocky terrain on one side and gentle streams on the other.

Overnight camp at Jichudramo, elevation 5,060 meters.

Day 23: Jichudramo to Chukarpo (7 to 8 hrs)

Today, we will travel at the highest pass of the trek Rinchen Zoe La, standing tall at 5,326 meters. From there, the trail leads us across a wide plateau and gradually descends into a serene forest clearing, where we will set up camp. Along the way, don't forget to capture the breathtaking views that unfold around every corner.

Tonight's camp is at Chukarpo, altitude of 4,850 meters.



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Day 24: Chukarpo to Tampoetshoe (7 to 8 hrs)

Today's trail winds around large boulders and follows the course of a river before leading us into a dense forest filled with birch, pine, maple, and rhododendron trees. We wrap up the day at our final mountain campsite.

Overnight camp at Tampoetshoe, elevation of 4,350 meters.

Day 25: Tampoetshoe to Maurothang (6:7hrs)

We start the day by crossing Tempe La, the final mountain pass of our journey. From there, we make a steep descent toward our campsite, taking in views of Om Tsho Lake, the Nikka Chhu River, and other scenic highlights along the way.

Overnight camp at Maurothang, elevation 3,698 meters.

Day 26: Maurothang to Nikka Chhu

Today, we trace the path of the Nikka Chhu River through a lush, cool forest as we head toward the villages of the Sephu district. From there, our vehicle will take us to our accommodation in Gangtey, marking the conclusion of our trek.

Day 27: Returning to Paro

We start the day early with a drive back to Paro, where we will spend time reconnecting with the charm of the town. Our plans include a visit to the historic Paro Dzong fortress, a relaxing lunch, and an exploration of Kyichu Lhakhang—one of Bhutan's oldest and most sacred Buddhist monasteries.

The night will be spent at the Paro

Day 28: Farewell

We will share one last breakfast together to mark the end of this incredible journey, before saying our goodbyes. We hope to welcome you back on another adventure with SOLA Tours and Travels in the future!

COST DETAILS

Your travel package to Bhutan will include;

1. Arrival And Departure:

All ground transport in a private vehicle, including airport and hotel transfers

2. Accommodation During the Trip:

Comfortable lodging throughout the tour.

3. Visa Fees

Bhutanese Tourist Visa fee

4. Meals During the Tour

Full board meals - standard breakfast, lunch, dinner, tea & snacks.

5. Transportation:



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All ground transportation in a comfortable private vehicle as per the itinerary

6. Guide For the Tour

Licensed English-speaking Bhutanese Professional tour guides.

7. Water During Tour

Mineral drinking water during the tour

8. Government Taxes:

All government taxes and official expenses.

What's not Included

1. International Airfare:

International flight airfare (from and to Paro) Please contact us at bhutan.solatravels@gmail.com to book a Bhutan flight.

2. Insurance Policy:

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

3. Personal Expenses:

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

4. Filming:

Special Filming, Camera, and Drone permit fee.

5. For Private and Customize Trip

Please contact us or send us an email at bhutan.solatravels@gmail.com

6. Tips:

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

7. 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.

The best times to visit -Best Seasons to Visit Bhutan for Snowman TREK

- The best time for the Snowman Trek is generally during the spring and autumn seasons, when the weather is stable and the scenery is at its most spectacular:
- Spring (March to May)-Weather: Mild and pleasant
- Highlights: Blooming rhododendrons, vibrant alpine flowers, and clear mountain views
- Autumn (September to November): Weather: Cool and crisp with minimal rainfall
- Highlights: Clear skies, excellent visibility of snow-capped peaks, and golden autumn foliage.