

Laya-Gasa High Himalaya Trek

A 21-day expedition through the remote Laya region, crossing five-thousand-meter passes and visiting Bhutan's most isolated village.

TRIP LENGTH

21 days / 20 nights

GROUP SIZE

Up to 6

STYLE

Trekking

ACTIVITY LEVEL

Challenging

FROM

Nu. 231,000 per person

This is one of the longest treks we offer - three weeks through Bhutan's high northwest, timed if possible around the Gasa Tshechu festival, with a rest day among the yak-herding Layap people before a string of passes near 4,700-5,000m carries you back south to Paro.

Day by day

Day 1 - Arrival, Thimphu sightseeing

Thimphu

Arrive in Paro and drive to Thimphu for initial sightseeing.

Includes: Airport pickup, Thimphu Dzong

Meals: Lunch, Dinner | Stay: No overnight stay

Day 2 - Thimphu heritage sites

Thimphu

Museums and the capital's central monastic fortress.

Includes: National museums, Simtokha Dzong

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 3 - Thimphu to Punakha via Dochula

Punakha

Punakha Dzong and a hilltop chorten hike.

Includes: Dochula Pass, Punakha Dzong, Khamsum Yulley Chorten

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 4 - Drive to Damji, trek begins

Gasa

The road ends at Damji, where the trek into Gasa dzongkhag starts.

Includes: Trailhead departure

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 5 - Trek to Gasa Hot Springs

Gasa

A 15km walk to Bhutan's best-known natural hot springs.

Includes: Gasa Tshachu hot springs

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 6 - Gasa Dzong & rest day

Gasa

Visit Gasa's dzong and, festival dates permitting, the Gasa Tshechu.

Includes: Gasa Dzong, Gasa Tshechu (seasonal)

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 7 - Trek to Koena via Bale La

Gasa

A 22km day over a 3,740m pass.

Includes: Bale La Pass

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 8 - Trek to Laya village

Gasa

Arrive in one of Bhutan's most remote and distinctive settlements.

Includes: Laya village

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 9 - Rest day in Laya

Gasa

Time to explore Layap culture, known for its conical bamboo hats and yak-herding way of life.

Includes: Layap cultural visit

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 10 - Trek to Limithang

Gasa

A shorter day following the Mo Chhu upstream.

Includes: Riverside trail

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 11 - Trek to Robluthang via high pass

Gasa

A demanding day crossing one of the trek's ~5,000m passes.

Includes: High pass crossing

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 12 - Trek to Shakshepasa via 4,785m pass

Gasa

Another long, high day through remote terrain.

Includes: Mountain pass

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 13 - Trek to Chebisa via Gombu La

Gasa

Descend into a scenic village known for a cliffside waterfall.

Includes: Gombu La Pass, Chebisa village

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 14 - Trek to Lingshi

Thimphu

Onward to the fortified monastery-village of Lingshi.

Includes: Lingshi Dzong

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 15 - Trek toward Jangothang

Paro

The route joins the classic Jomolhari trail, with the mountain now in view.

Includes: Jangothang approach

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 16 - Acclimatization day at Jangothang

Paro

A rest day at the foot of Mt. Jomolhari.

Includes: Jangothang (Jomolhari base camp)

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 17 - Trek to Thangthangka

Paro

Descending back through the Paro Chhu valley.

Includes: Valley descent

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 18 - Trek toward Shana

Paro

Following the old trade route back down the valley.

Includes: Old trade route

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 19 - Trek out to Drukgyal Dzong

Paro

The final trekking day, arriving back at the valley floor.

Includes: Drukgyal Dzong ruins

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 20 - Paro sightseeing & Tiger's Nest hike

Paro

A well-earned rest day capped with Bhutan's signature hike.

Includes: Paro Taktsang (Tiger's Nest)

Meals: Breakfast, Lunch, Dinner | Stay: No overnight stay

Day 21 - Departure

Paro

Transfer to the airport for your flight home.

Includes: Departure transfer

Meals: Breakfast | Stay: No overnight stay

What's included

Included in the price

- + Licensed guide & trek crew
- + Camping equipment

- + Pack animals for gear
- + All meals during the trek
- + Hotel accommodation on non-trek nights

Not included

- International flights
- Sustainable Development Fee (SDF)
- Visa fee
- Personal expenses

Scheduled departures

Prices are per person in Bhutanese ngultrum (BTN), sharing a twin room.

DEPARTS / RETURNS	PRICE	AVAILABILITY
4 Oct 2026 to 24 Oct 2026	Nu. 231,000	Available
17 Oct 2026 to 6 Nov 2026	Nu. 231,000	Available
3 Nov 2026 to 23 Nov 2026	Nu. 231,000	Limited space
7 Dec 2026 to 27 Dec 2026	Nu. 231,000	Available
15 Jan 2027 to 4 Feb 2027	Nu. 231,000	Available
12 Feb 2027 to 4 Mar 2027	Nu. 231,000	Sold out
8 Mar 2027 to 28 Mar 2027	Nu. 231,000	Available
16 Apr 2027 to 6 May 2027	Nu. 231,000	Available
19 May 2027 to 8 Jun 2027	Nu. 231,000	Available
6 Sep 2027 to 26 Sep 2027	Nu. 231,000	Limited space
9 Oct 2027 to 29 Oct 2027	Nu. 231,000	Limited space
24 Oct 2027 to 13 Nov 2027	Nu. 231,000	Limited space
14 Nov 2027 to 4 Dec 2027	Nu. 231,000	Available

Talk to us

Send us a message through our website:

<https://www.dttbhutan.com/contact>

Monday - Friday, 9:00 - 17:00 (BST, UTC+6)

Prepared 2 October 2026. Prices and departures can change - the current version is always at:

<https://www.dttbhutan.com/packages/laya-gasa-high-himalaya-trek>