

Lunana Snowman Trek – 32 Days.



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Group size:	1+		
Destination:	Nepal	Fitness level:	Moderate to Adventurous
Arrival on:	Tribhuvan International Airport (TIA)		
Meals:	Breakfast/Lunch/Dinner + Tea or Coffee		
Best Season:	Spring and Autumn		
Accommodation:	Best lodge/Tea house		

Trip Introduction

Lunana Snowman Trek is a difficult and long Trek which takes 25 days and it requires not only excellent health but also a high spirit of adventure as it passes through five passes over 5,000 meters (16,400 ft.). It starts off taking the same route as the Laya Trek starting from the Punakha Valley. It is the most difficult and challenging region of Bhutan to reach, lying at 4,000 meters (13,000 ft.) at the foot of the peaks that rise to 7,000 meters (23,000 ft.). The inhabitants are farmer-herders who are famous for their hardy character shaped by adapting to the harsh conditions.

The given itinerary of **Lunana Snowman Trek** is a sample, intended to give you a general idea of the likely trip schedule. Numerous factors such as weather, road conditions, the physical ability of the participants etc may dictate itinerary changes either before departure or while on the trail. We reserve the right to change this schedule in the interest of the trip participant's safety, comfort and general well being.

Recommendations: The trek is very strenuous and demands top physical form. A physical fitness check-up is a must. Even the experienced trekker should prepare for 2 to 3 months prior to the trek. For more info, [CONTACT_US](#)

Outline Itinerary

- **Day 01** :Arrival at Paro(2250 m) from Kathmandu
- **Day 02** :Trek to Kyichu, drive to Gunitsawa, short walk to Shana (2,788m) 5-6 hrs trek
- **Day 03** : Trek to Soi Thangthanka (3,519m) 7-8 hrs.
- **Day 04** : Trek to Jangothang (4,080m) 5-6 hrs.
- **Day 05** :Rest and acclimatisation day.
- **Day 06** :Trek to Lingshi (4,149m) crossing the Nyele La Pass (4,694m) 6-7 hrs.
- **Day 07** :Trek to Chebisa (3,849m) 5-6 hrs.
- **Day 08** :Trek to Shomuthang (3,954m) crossing the Gobu La Pass (4,349m) 6-7 hrs.
- **Day 09** :Crossing the Jarela Pass (4,599m) 7-8 hrs.
- **Day 10** :Trek to Limithang (4,140m) crossing the Shingela La (4,899m) 6-7 hrs.
- **Day 11** :Trek to Laya (3,700m) 4-5 hrs.
- **Day 12** :Rest day in Laya.
- **Day 13** :Trek from Taksaka to Rodhophu (4,121m) 6-7 hrs.
- **Day 14** :Trek to below Gangla Karchung La (4,900m) Cross Tsome La Pass (4,709m) 5-6 hrs.
- **Day 15** :Cross the Gangla Karchung La (5,081m) to Tarina (4,000m) 6-7 hrs.
- **Day 16** :Trek to camp above Woche (3,819m) 6-7 hrs
- **Day 17** :Trek to Lhedhi (3,700m) across the Kashe La Pass (4,435m) 6-7 hrs.
- **Day 18** :Trek to Thanza (3,969m) 7-8 hrs.

- **Day 19** :Rest day in Thanza.
- **Day 20** :Trek to before Gophu La, stop at Tshorim (5,051m) 6-7hrs.
- **Day 21** :Cross the Gophu La (5,243m) to Geche Woma (4,450m) 8 hrs.
- **Day 22** :Cross the Saga La pass (4,760m) Trek to Sachu Kheti (4,152m) 6-7 hrs.
- **Day 23** :Cross unamed pass (4,445m) trek to Demsho Wom (4,425m) 5-6 hrs.
- **Day 24** : Cross Demsho La pass (4,725m) and continue trek to Tshering Dorji Yak Herder Camp (4,190m) 6 hrs.
- **Day 25** :Rest and exploration day.
- **Day 26** :Cross small pass (4,360m) trek to Padim (4,325m) - 5 hrs
- **Day 27** :Trek across the Khemi La (4,340m) to below the Chachi La (4,210m) 7 hrs.
- **Day 28** :Trek to Maurothang (3,480m) across the Chachi la pass (4,570m) 6-7 hrs.
- **Day 29** :Trek to Sephu (2,815m) 6 hrs. Drive to Punakha – 3-4 hrs
- **Day 30** :Punakha (1350m) and after lunch drive to Paro. After breakfast visit: Punakha Dzong
- **Day 31** :Sightseeing in Paro
- **Day 32** :Departure for own destination

Notes:

- **All above trekking hours and distances are approximate and it's absolutely for general ideas only.**
- **The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities**
- **Your safety is our supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assurance that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required**