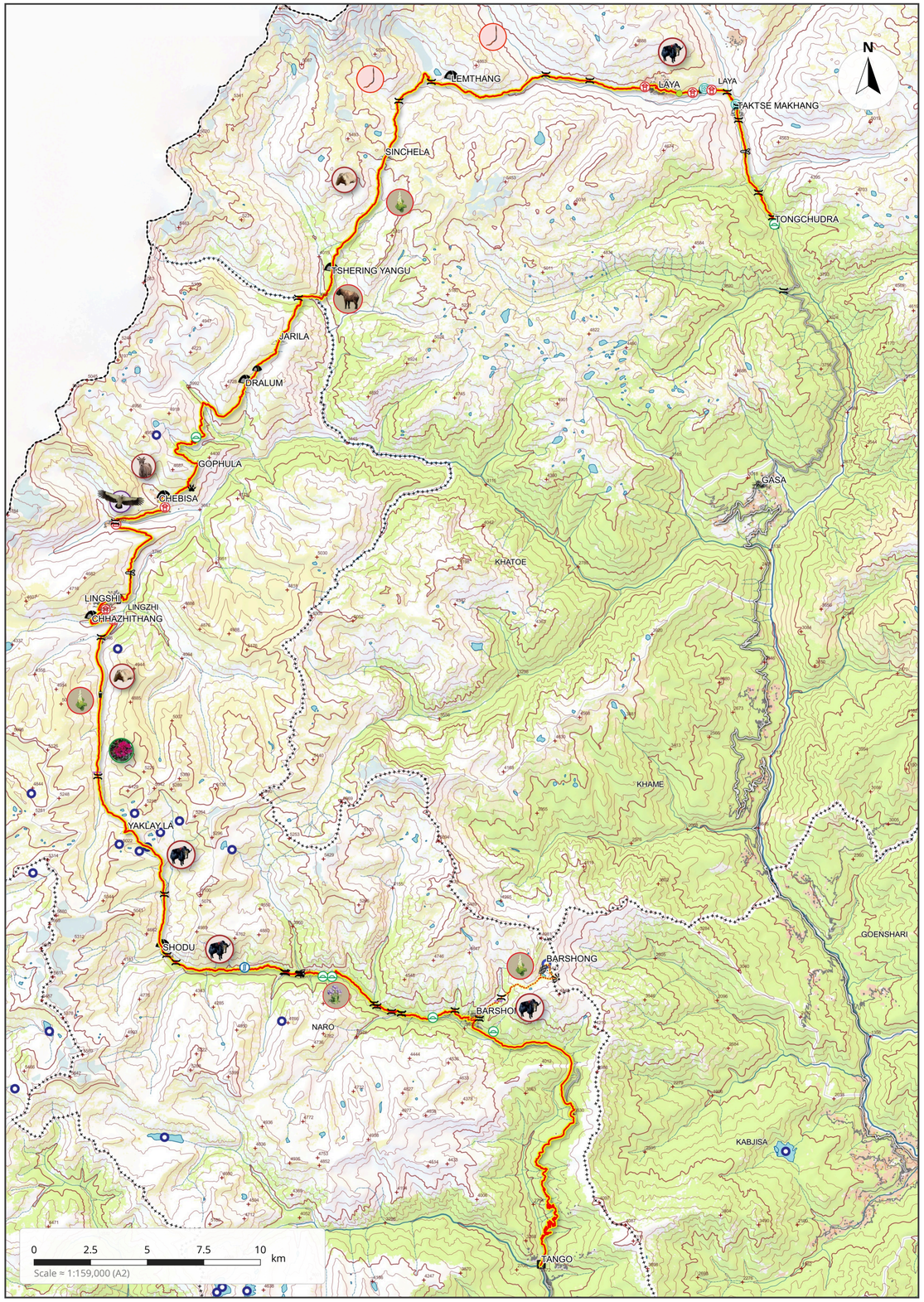
BARSHONG – LINGZHI – LAYA TREK

Tango (Thimphu) to Tongchudra (Gasa) across four high passes in Jigme Dorji National Park · a guide map for trekkers

Kingdom of Bhutan
National Land Commission Secretariat
Geoinformatics Division



TREK AT A GLANCE

Start	Tango, Thimphu (≈ 2,700 m)
Finish	Tongchudra, Gasa (3,200 m)
Distance	**≈ 129 km (NLCS trail profile)**
Total ascent	≈ 5,500 m
Highest point	**Sinchela, 5,000 m**
High passes	Yaklay La 4,942 m · Gophula 4,430 m Jarila 4,729 m · Sinchela 5,000 m
Dzongkhags	Thimphu, Gasa
Protected area	Jigme Dorji National Park
Grade	Strenuous, high-altitude camping trek

LOCATION IN BHUTAN



Trek route in Thimphu and Gasa dzongkhags

HERITAGE AND CULTURE

Tango
Tango Goemba, a centre of Buddhist learning above the Thimphu valley, marks the start of the trek.

Barshong
Campsite beside the ruins of Barshong Dzong.

Lingzhi Yügyal Dzong (4,150 m)
Built in 1668 by the third Druk Desi, Chögyal Minjur Tenpa, to commemorate victory over a Tibetan invasion; it guarded the northern frontier. Damaged by earthquakes in 1897 and 2011, it was rebuilt and consecrated in October 2024.

Laya (3,800 m)
Home of the Layap, highland yak herders of Gasa known for their conical bamboo hats. By tradition, Zhabdrung Ngawang Namgyal entered Bhutan through Laya in 1616.

CAMPS AND PASSES ALONG THE ROUTE (IN TREKKING ORDER)


Tango
start


Barshong
3,677 m


Shodu
4,200 m



Yaklay La
pass 4,942 m


Chazhithang
3,998 m


Lingzhi
4,150 m


Chebisa
3,880 m


Gophula
pass 4,430 m


Dralum
4,725 m


Jarila
pass 4,729 m


Tshering Yangu
4,150 m


Sinchela
pass 5,000 m

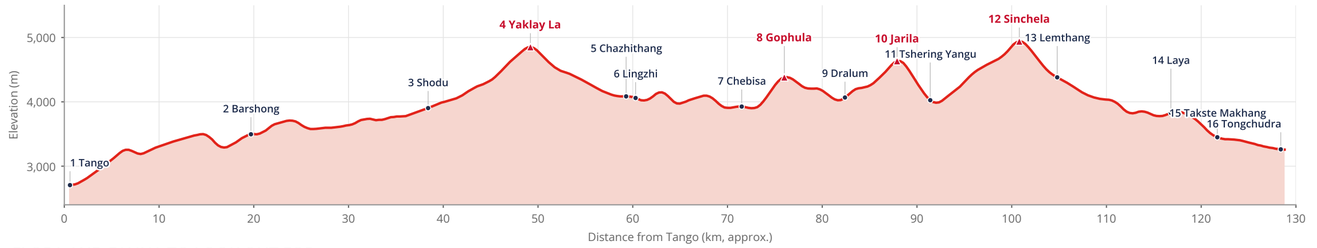

Lemthang
4,100 m


Laya
3,800 m


Takste Makhang
3,400 m


Tongchudra
finish 3,200 m

ELEVATION PROFILE



FLORA AND FAUNA TO LOOK OUT FOR


Rheum nobile
Noble rhubarb


Blue poppy
National flower


Himalayan marmot


Yak


Primula


Rhododendron


Vulture


Blue sheep
Bharal


Cordyceps
Yartsa goenbub


Picrorhiza
Medicinal herb


Nardostachys
Spikenard


Takin
National animal

LEGEND

Heritage
- Dzong
- Palace
- Dangrim
- Chorten
- Lhakhang
- Prayerwheel
- Spring
- Hotspring
- Waterfall
- Holy lake
- Traditional bridge
- Traditional village
- Nye boulder
- Nye cave
- Nye tree

Trail
- trail
- Connecting trail

Trekking Help
- Bridge
- Campsite
- Checkpost
- Dangerous point
- Drinking water
- Junction
- Network access
- Open spot
- Pass
- Picnic area
- Viewpoint

Base map
- Spot height (m)
- National highway
- Dzongkhag road
- Thromde road
- International boundary
- Dzongkhag boundary
- Gewog boundary
- Lake
- Contour (intermediate)
- Index contour

Profile / photo numbers
- Camp / village
- High pass

FOR THE TREKKER

Guided trekking	Bhutan follows a High Value, Low Volume tourism policy; trek with a licensed tour operator and certified guide.
National park	Camp only at designated sites, carry out all waste and keep a respectful distance from wildlife and yaks.
Plants & herbs	Do not collect plants, medicinal herbs or Cordyceps.
Altitude	Four passes above 4,400 m: acclimatise, drink water and descend if symptoms of altitude sickness appear.
Sacred sites	Respect lhakhangs, chortens and holy lakes; do not pollute or swim in lakes.
Communication	Mobile network only at points marked on the map; carry permits for checkposts.
Season	Best in spring (Apr–May) and autumn (Sep–Nov).

Trek route & waypoints: NLCS NSDI (handheld GPS, ±10 m); base map: NLCS topographic data.
Projection: DRUKREF 03 / Bhutan National Grid (EPSG:5266). Distances and altitudes are approximate.
Trails change with seasons and landslides; confirm conditions locally before departure.
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