



## TREKKING ITINERARY

### GHT Lower Trail, Full Traverse

KANCHENJUNGA SECTION	
DAY 1	Fly from Kathmandu to Bhadrapur / Biratnagar, drive to <u>Ilam</u> - about 3 hours
DAY 2	Drive to <u>Tharpu</u> / <u>Medibung</u> - about 7 hours
DAY 3	Trek to <u>Khirlabote</u> - about 6 hours
DAY 4	Trek to <u>Chyangthapu</u> - about 6 hours
DAY 5	Trek to <u>Phedi</u> - about 7 hours
DAY 6	Trek to <u>Phalut</u> (3.602m) - about 7 hours
DAY 7	Trek to <u>Chiya Bhanjyang</u> crossing <u>Simhalila Bhanjyang</u> - about 6 hours
DAY 8	Trek to <u>Chyanthapu</u> - about 6 hours
DAY 9	Trek to <u>Khirlabote</u> - about 6 hours
DAY 10	Trek to <u>Sablakhu Bhanjyang</u> - about 6 hours
DAY 11	Trek to <u>Tellok</u> (1.500m) - about 6 hours
DAY 12	Trek to <u>Suketar</u> (2.420m) - about 6 hours
DAY 13	Trek to <u>Dobhan</u> (658m) - about 8 hours
MAKALU BARUN SECTION	
DAY 14	Trek to <u>Gorcha</u> (2.013m) - about 4,5 hours
DAY 15	Trek to <u>Deurali Banjyang</u> (2.800m) - about 6 hours
DAY 16	Trek to <u>Nundhaki</u> (1.540m) - about 6 hours
DAY 17	Trek to <u>Bhanjyang Pucha</u> (824m) - about 5 hours
DAY 18	Trek to <u>Khadbari</u> (1.041m) - about 6 hours
DAY 19	Trek to <u>Majuwadanda</u> (800m) - about 5 hours
EVEREST & ROLWALING SECTION	
DAY 20	Trek to <u>Salpa Phedi</u> (1.530m) - about 8 hours
DAY 21	Trek to <u>Sanam</u> (2.834m), crossing the <u>Salpa Pass</u> (3.340m) - about 8 hours
DAY 22	Trek to <u>Khiraule</u> (2.535m) - about 8 hours
DAY 23	Trek to <u>Sibuche</u> (2.800m), crossing the <u>Surke La / Charakot Pass</u> (3.070m) - about 7 hours
DAY 24	Trek to <u>Paiya</u> (2.767m), crossing the <u>Narkung La / Chaduk La</u> (3.161m) and <u>Kari La</u> (3.059m) - about 7 hours
DAY 25	Trek to <u>Lukla</u> (2.840m) - about 4 hours
DAY 26	Trek to <u>Kharikhola</u> (2.007m) - about 8 hours

#### CONTACT

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DAY 27	Trek to <u>Ringmu</u> (2.739m), crossing the <u>Taksindu La</u> (3.062m) - about 8 hours
DAY 28	Trek to <u>Sete</u> (2.538m), crossing the <u>Lamjura La</u> (3.532m) - about 9,5 hours
DAY 29	Trek to <u>Deurali</u> (2.700m) - about 7 hours
DAY 30	Trek to <u>Jiri</u> (1.930m) - about 6 hours
DAY 31	Trek to <u>Putchar Kharka</u> (2.341m), crossing pass at 2.736m - about 7 hours
DAY 32	Trek to <u>Laduk</u> (1.790m) - about 5,5 hours
DAY 33	Trek to <u>Bigu Gompa</u> (2.500m) - about 8 hours
DAY 34	Trek to <u>Durumthali</u> (1.970m), crossing the <u>Tinsang La</u> (3.310m) - about 9 hours
<b>LANGTANG &amp; HELAMBU</b>	
DAY 35	Trek to <u>Barabise</u> (870m) - about 3 hours
DAY 36	Trek to <u>Jalbire</u> (830m) - about 8 hours
DAY 37	Trek to <u>Khobre</u> (2.435m) - about 8 hours
DAY 38	Trek to <u>Pokhare Banjang</u> (1.575m) - about 9 hours
DAY 39	Trek to <u>Gyalthung</u> (985m) - about 2 hours
DAY 40	Trek to <u>Samundratar</u> (915m), crossing the <u>Gul Bhanjyang</u> (2.111m) - about 8 hours
DAY 41	Trek to <u>Betrawati</u> (605m) - about 9 hours
DAY 42	Trek to <u>Bungtang</u> (1.294m) - about 4 hours
<b>MANASLU &amp; GANESH</b>	
DAY 43	Trek to <u>Chautara</u> (1.591m) - about 5,5 hours
DAY 44	Trek to <u>Arugath</u> (490m) - about 8,5 hours
DAY 45	Trek to <u>Kalikatang / Gorkha Palace</u> (1.313m) - about 7 hours
DAY 46	Trek to <u>Gorkha</u> (1.075m) - about 1 hour / <i>Free Day Gorkha</i>
DAY 47	Trek to <u>Appipal</u> (1.140m) - about 7 hours
DAY 48	Trek to <u>Paudi</u> (520m) - about 6 hours
DAY 49	Trek to <u>Besisahar</u> (810m) - about 7 hours
<b>ANNAPURNA SECTION</b>	
DAY 50	Trek to <u>Ghalegaun</u> (2.078m) - about 6 hours
DAY 51	Trek to <u>Pasgaun</u> (1.650m) - about 6 hours
DAY 52	Trek to <u>Yangjakot</u> (1.450m) - about 9 hours
DAY 53	Trek to <u>Sikles</u> (1.945m) - about 6 hours
DAY 54	Trek to <u>Ghalekharka</u> (1.674m) - about 6 hours

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<b>DAY 55</b>	Trek to <u>Lwang</u> (1.440m) - about 5 hours
<b>DAY 56</b>	Trek to <u>Ghandruk</u> (2.040m) - about 7 hours
<b>DAY 57</b>	Trek to <u>Ghorepani</u> (2.885m) - about 6,5 hours
<b>DAY 58</b>	Trek to <u>Poon Hill</u> (3.193m) - about 1,5 hours, <u>Tikot</u> (2.278m) - about 3 hours
<b>DAY 59</b>	Trek to <u>Beni</u> (850m) - about 4 hours
<b>DAY 60</b>	Trek to <u>Darbang</u> (1.100m) - about 6,5 hours
<b>DAY 61</b>	Trek to <u>Lamsung</u> (2.160m) - about 8 hours
<b>DAY 62</b>	Trek to <u>Chhentung</u> (2.950m), crossing the <u>Jalja La</u> (3.386m) - about 8 hours
<b>DAY 63</b>	Trek to <u>Thakur</u> (3.309m), crossing 2 passes (3.691m and 4.160m) - about 9,5 hours
<b>DAY 64</b>	Trek to <u>Guibang</u> (2.768m) - about 7 hours
<b>DAY 65</b>	Trek to Campsite <u>Sen Khola</u> (3.979m) - about 7 hours
<b>DAY 66</b>	Trek to Campsite <u>Purpang, Saure Khola</u> (4.065m) - about 5 hours
<b>DOLPA SECTION</b>	
<b>DAY 67</b>	Trek to <u>Dunai</u> (2.096m), crossing the <u>Jang La</u> (4.519m) - about 10 hours
<b>DAY 68</b>	Trek to <u>Chhepka</u> (2.838m) - about 6 hours
<b>DAY 69</b>	Trek to <u>Chunuwar / Amchi Hospital</u> (3.130m) - about 6 hours
<b>DAY 70</b>	Trek to <u>Ringmo / Phoksundo Lake</u> (3.608m) - about 3 hours
<b>DAY 71</b>	Free morning at Ringmo / Phoksundo Lake, trek to <u>Chunuwar</u> - about 2 hours
<b>DAY 72</b>	Trek to <u>Kageni</u> (2.228m) - about 6 to 7 hours
<b>DAY 73</b>	Trek to <u>Liku</u> (2.405m) - about 6 hours
<b>RARA &amp; JUMLA</b>	
<b>DAY 74</b>	Trek to <u>Kaigaon</u> (2.642m), crossing the <u>Balangra Lagna Pass</u> (3.822m) - about 8,5 hours
<b>DAY 75</b>	Trek to <u>Chotra</u> (3.103m), crossing the <u>Maure Lagna Pass</u> (3.900m) - about 9 hours
<b>DAY 76</b>	Trek to <u>Jumla</u> (2.350m) - about 9 hours
<b>DAY 77</b>	Trek to <u>Nauri Ghat</u> (2.700m), crossing the <u>Daphe Lekh</u> (3.900m) - about 7 hours
<b>DAY 78</b>	Trek to <u>Jhyarigaon</u> (2.672m), crossing the <u>Ghurchi Lagna Pass</u> (3.447m) - about 8,5 hours
<b>DAY 79</b>	Trek to <u>Rara Lake</u> (2.986m) - about 2,5 hours

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FAR WEST SECTION	
DAY 80	Trek to <u>Ratapani</u> (1.431m) - about 9 hours
DAY 81	Trek to <u>Kolti</u> (1.390m) - about 7 hours
DAY 82	Trek to <u>Martadi</u> (1.591m) - about 10 hours
DAY 83	Trek to <u>Koth</u> (1.962m) - about 6 hours
DAY 84	Trek to <u>Tuti</u> (2.020m), crossing the <u>Bateli Bhanjyang Pass</u> (3.232m) - about 8,5 hours
DAY 85	Trek to <u>Chainpur</u> (1.290m) - about 4 hours
DAY 86	Trek to <u>Jhota</u> (979m) - about 6,5 hours
DAY 87	Trek to <u>Jhapa</u> (1.185m) - about 9 hours
DAY 88	Trek to <u>Sela</u> (988m), crossing the pass at Ganayi Khan (2.126m) - about 8,5 hours
DAY 89	Trek to <u>Gogani</u> (1.357m), crossing <u>Siptikhan Danda</u> (2.094m) - about 8 hours
DAY 90	Trek to <u>Darchula</u> (890m) via <u>Dhalek</u> (2.139m) - about 5,5 hours
DAY 91	Drive to Dhangandhi by bus - about 20 hours
DAY 92	Fly back from Dhangandhi to Kathmandu

## TREKKING TIPS

TREKKING TIME	92 days
DIFFICULTY	Moderate
BEST SEASONS	All Seasons
START	Simhalila Bhanjyang
FINISH	Darchula
HIGHEST POINT	4.519m, Jang La Pass
ACCOMMODATION	Teahouses / Home stays / Camping (tent needed)
PERMITS NEEDED	Trekking Permit Dolpa, TIMS, ACAP

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