



TREKKING ITINERARY

GHT Rolwaling Section, Lower Trail

EVEREST & ROLWALING	
DAY 1	Drive from Kathmandu to <u>Jiri</u> (1.930m) - about 7 hours **
DAY 2	Trek to <u>Putchar Kharka</u> (2.341m) via pass (2.736m) - about 7 hours walk
DAY 3	Trek to <u>Laduk</u> (1.790m) - about 5,5 hours walk
DAY 4	Trek to <u>Bigu Gompa</u> (2.500m) - about 8 hours walk
DAY 5	Trek to <u>Durumthali</u> (1.970m) via <u>Tinsang La</u> (3.310m) - about 9 hours walk
DAY 6	Trek to <u>Barabise</u> (870m) - about 3 hours walk, and drive to Kathmandu - about 4 hours by bus

TREKKING TIPS

TREKKING TIME	6 days
DIFFICULTY	Moderate
BEST SEASONS	Spring & Autumn
HIGHEST POINT	3.310m, Tinsang La
ACCOMMODATION	Teahouse / Home stay / Camping (tent recommended)
PERMITS NEEDED	TIMS

** Jiri

Jiri is a busy market town, with lots of shops and guesthouses.

CONTACT

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