

Great Himalayan Trails - Itinerary

1. Day 1

Arrive in Kathmandu [1300 m / 4264 ft]

2. Day 2

Flight Kathmandu - Bhadrapur; drive to Tharpu; 7 hours

3. Day 3

Tharpu (1,300 m) - Chyangthapu (1,550 m); 30 km

4. Day 4

Chyangthapu (1,550 m) - Phalut/Simhalila Bhanjyang (3,450 m); 7 ½-8 hours

5. Day 5

Phalut (3,450 m) - Chyangthapu (1,550 m); 6 ½ hours

6. Day 6

Chyangthapu (1,550 m) - Limbuding (1250 m); 6 ½ hours

7. Day 7

Limbuding (1,250 m) – Orakpa (Warappa) (1,906 m); 8 hours

8. Day 8

Orakpa (1,906 m) - Thulo Phedi (3,155 m); 5 ½ hours

9. Day 9

Thulo Phedi (3,155 m) - Pathibhara temple (3,757 m); return (2 ½ hours) and Thulo Phedi (3,155 m) - Taplejung (1,800 m); 5 hours

10. Day 10

Taplejung (1800 m) to Dobhan (658 m) 3 hrs

11. Day 11

Dobhan (658 m)- Gorcha (2013m) 4 ½ hrs

12. Day 12

Gorcha (2013 m)-Deurali Banjyang (2800 m) 4 hrs

13. Day 13

Deurali Banjyang (2800 m)-Nundhaki (1540 m) 6 hrs

14. Day 14

Nundhaki (1540 m)-Bhanjyang Pucha (824 m) 5 hrs

15. Day 15

Bhanjyang Pucha (824 m)-Khadbari (1041 m) 6 hrs

16. Day 16

Khadbari (1041 m)- Majuwadanda (800 m) 5 hrs

17. Day 17

Majuwadanda (800 m)-Salpa Phedi (1530 m) 8 hrs

18. Day 18

Salpa Phedi (1530 m)-Sanam (2834 m) crossing the Salpa Pass (3340 m) 8 hrs

19. Day 19

Sanam (2834 m)-Khiraule (2535 m) 8 hrs

20. Day 20

Khiraule (2535 m)-Sibuche (2800 m) crossing the Surke La/Charakot Pass (3070 m) 7 hrs

21. Day 21

Sibuche (2800 m)-Paiya (2767 m) crossing the Narkung La/Chaduk La (3161 m) and Kari La (3059 m) 7 hrs

22. Day 22

Paiya (2767 m)-Lukla (2840 m) 4 hrs

23. Day 23

Lukla (2840 m)-Kharikhola (2007 m) 8 hrs

24. Day 24

Kharikhola (2007 m)- Ringmu (2739 m) crossing the Taksindu La (3062 m) 8 hrs

25. Day 25

Ringmu (2739 m)-Sete (2538 m) crossing the Lamjura La (3532 m) 9 ½ hrs

26. Day 26

Sete (2538 m)-Deurali (2700 m)7 hrs

27. Day 27

Deurali (2700 m)-Jiri (1930 m) 6 hrs

28. Day 28

Jiri (1930 m) - Puchar Kharka (2341 m) crossing pass at 2736 m 7 hrs

29. Day 29

Puchar Kharka (2341 m) - Laduk (1790 m) 5 ½ hrs

30. Day 30

Laduk (1790 m) - Bigu Gompa (2500 m) 8 hrs

31. Day 31

Bigu Gompa (2505 m) - Durumthali (1970 m) crossing the Tinsang La (3310 m) 9 hrs

32. Day 32

Durumthali (1970 m) - Barabise (870 m) 3 hrs

33. Day 33

Barabise (870 m)-Jalbire (830 m) 8 hrs

34. Day 34

Jalbire (830 m)-Khobre (2435 m) 8 hrs

35. Day 35

Khobre (2435 m)-Pokhare Banjang (1575 m) 9 hrs

36. Day 36

Pokhare Banjang (1574 m)-Gyalthung (985 m) 2 hrs

37. Day 37

Gyalthung (985 m)-Samundratar (915 m) crossing the Gul Bhanjyang (2111 m) 8 hrs

38. Day 38

Samundratar (915 m)-Betrawati (605 m) 9 hrs

39. Day 39

Betrawati (605 m) - Bungtang (1294 m) 4 hrs

40. Day 40

Bungtang (1294 m) - Chautara (1591 m) 5 ½ hrs (Manaslu and Ganesh Himal Section)

41. Day 41

Chautara (1591 m)-Arugath (490 m) 8 ½ hrs

42. Day 42

Arugath (490 m)- Kalikatang/Gorkha Palace (1313 m) 7 hrs

43. Day 43

Kalikatang/Gorkha Palace (1313 m)-Gorkha (1075 m) 1 hr free day Gorkha

44. Day 44

Gorkha (1075 m)-Appipal (1140 m) 7 hrs

45. Day 45

Appipal (1140 m)-Paudi (520 m) 6 hrs

46. Day 46

Paudi (520 m)-Besisahar (810 m) 7 hrs

47. Day 47

Besisahar (810 m)-Ghalegaun (2078 m) 6 hrs (Annapurna Section)

48. Day 48

Ghalegaun (2078 m)-Pasgaun (1650 m) 6 hrs

49. Day 49

Pasgaun (1650 m)-Yangjakot (1450 m) 9 hrs

50. Day 50

Yangjakot (1450 m)-Sikles (1945 m) 6 hrs

51. Day 51

Sikles (1945 m)- Ghalekharka (1674 m) 6 hrs

52. Day 52

Ghalekharka (1674 m)- Lwang (1440 m) 5 hrs

53. Day 53

Lwang (1440 m)-Ghandruk (2040 m) 7 hrs

54. Day 54

Ghandruk (2040 m)-Ghorepani (2885 m) 6 ½ hrs

55. Day 55

Ghorepani (2885 m)-Poonhill (3193)- Tikot (2278 m) 1 ½ + 3 hrs

56. Day 56

Tikot (2278 m)-Beni (850 m) 4 hrs

57. Day 57

Beni (850 m)-Darbang (1100 m) 6 ½ hrs

58. Day 58

Darbang (1105 m)-Lamsung (2160 m) 8 hrs

59. Day 59

Lamsung (2160 m)- Chhentung(2950 m) crossing the Jalja La (3386 m) 8 hrs

60. Day 60

Chhentung(2950 m)-Thakur (3309) crossing 2 passes (3691 m and 4160 m) 9 ½ hrs

61. Day 61

Thakur (3309 m)-Guibang (2768 m) 7 hrs

62. Day 62

Guibang (2768 m)-Campsite Sen Khola (3979 m) 7 hrs

63. Day 63

Campsite Sen Khola (3996 m)-Campsite Purpang, Saure Khola (4065 m) 5 hrs

64. Day 64

Campsite Purpang, Saure Khola (4065 m)-Dunai (2096 m) crossing the Jang La (4519 m) 10 hrs (Dolpa Section)

65. Day 65

Dunai (2096 m) to Chhepka (2838 m) 6 hrs

66. Day 66

Chhepka (2838 m) to Chunuwar/Amchi Hospital (3130 m) 6 hrs

67. Day 67

Chunuwar/Amchi Hospital (3130 m) to Ringmo/Phoksundo Lake (3608 m) 3 hrs

68. Day 68

Free morning Ringmo/Phoksundo Lake (3608 m) and to Chunuwar (3130 m) 2 hrs

69. Day 69

Chunuwar (3130 m) to Kageni (2228 m) 6-7 hrs

70. Day 70

Kageni (2228 m)-Liku (2405 m) 6 hrs

71. Day 71

Liku (2405 m)-Kaigaon (2642 m) crossing the Balangra Lagna pass (3822 m) 8 ½ hrs (Rara & Jumla Section)

72. Day 72

Kaigaon (2642 m)-Chotra (3103 m) crossing the Maure Lagna pass (3900 m) 9 hrs

73. Day 73

Chotra (3103 m)-Jumla (2350 m) 9 hrs

74. Day 74

Jumla (2350 m)-Nauri Ghat (2700 m) crossing the Daphe Lakh (3900 m) 7 hrs

75. Day 75

Nauri Ghat (2700 m)-Jhyarigaon (2672 m) crossing the Ghurchi lagna pass (3447 m) 8 ½ hrs

76. Day 76

Jhyarigaon (2672 m)-Rara Lake (2986 m) 2 ½ hrs

77. Day 77

Rara Lake (2986 m)-Ratapani (1431 m) 9 hrs (Far West Section)

78. Day 78

Ratapani (1431 m)-Kolti (1390 m) 7 hrs

79. Day 79

Kolti (1390 m)-Martadi (1591 m) 10 hrs

80. Day 80

Martadi (1591 m)-Koth (1962 m) 6 hrs

81. Day 81

Koth (1962 m)-Tuti (2020 m) crossing the Bateli Bhanjyang pass (3232 m) 8 ½ hrs

82. Day 82

Tuti (2020 m)-Chainpur (1290 m) 4 hrs

83. Day 83

Chainpur (1290 m)-Jhota (979 m) 6 ½ hrs

84. Day 84

Jhota (979 m)-Jhapa (1185 m) 9 hrs

85. Day 85

Jhapa (1185 m)-Sela (988 m) crossing the pass at Ganayi Khan (2126 m) 8 ½ hrs

86. Day 86

Sela (988 m)- Gogani (1357 m) crossing Siptikhan Danda (2094 m) 8 hrs

87. Day 87

Gogani (1357 m)-Darchula (890) via Dhalek (2139 m) 5 ½ hrs

88. Day 88

Dharchula to Dhangandhi by bus (20 hrs)

89. Day 89

Flight Dhangandhi-Kathmandu

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