

# 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

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)