



## TREKKING ITINERARY

### GHT Far West Section, Lower Trail

#### FAR WEST NEPAL

- DAY 1** Flight Kathmandu to Nepalgunj
- DAY 2** Flight Nepalgunj to Surkhet-Talcha Airport and walk to Rara Lake (2.986m) - about 2 hours walk
- DAY 3** Trek to Ratapani (1.431m) - about 9 hours walk
- DAY 4** Trek to Kolti (1.390m) - about 7 hours walk
- DAY 5** Trek to Martadi (1.591m) - about 10 hours walk
- DAY 6** Trek to Koth (1.962m) - about 6 hours walk
- DAY 7** Trek to Tuti (2.020m) via Bateli Bhanjyang Pass (3.232m) - about 8,5 hours walk
- DAY 8** Trek to Chainpur (1.290m) - about 4 hours walk
- DAY 9** Trek to Jhota (979m) - about 6,5 hours walk
- DAY 10** Trek to Jhapa (1.185m) - about 9 hours walk
- DAY 11** Trek to Sela (988m) via Ganayi Khan Pass (2.126m) - about 8,5 hours walk
- DAY 12** Trek to Gogani (1.357m) via Sipti Pass (2.094m) - about 8 hours walk
- DAY 13** Trek to Darchula (890m) via Dhalek (2.139m) - about 5,5 hours walk
- DAY 14** From Dharchula to Dhangandhi by bus - about 20 hours drive
- DAY 15** Flight from Dhangandhi to Kathmandu

#### TREKKING TIPS

- TREKKING TIME 15 days
- DIFFICULTY Moderate
- BEST SEASONS Spring & Autumn
- HIGHEST POINT 3.232m, Bateli Bhanjyang Pass
- ACCOMMODATION Teahouses / Camping (tent recommended)
- PERMITS NEEDED TIMS, Rara National Park Entrance Fee

#### CONTACT

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