

## TREKKING ITINERARY

### GHT Upper Trail, Full Traverse

| KANCHENJUNGA SECTION |  |
|----------------------|--|
| DAY 1                | Fly from Kathmandu to Bhadrapur / Birantnagar, drive to Ilam                                   |
| DAY 2                | Drive to <u>Taplejung</u> (1.820m)   |
| DAY 3                | Trek to <u>Mitlung</u> (920m) - about 4 hours  |
| DAY 4                | Trek to <u>Chiruwa</u> (1.270m) - about 6 hours  |
| DAY 5                | Trek to <u>Sukethum</u> (1.575m) - about 5,5 hours   |
| DAY 6                | Trek to <u>Amjilosa</u> (2.308m) - about 6 hours   |
| DAY 7                | Trek to <u>Gyabla</u> (2.730m) - about 5 hours (or to <u>Phale</u> (3.140m) - extra 2 hours)   |
| DAY 8                | Trek to <u>Ghunsa</u> (3.595m) - about 4,5 hours   |
| DAY 9                | Rest day at Ghunsa   |
| DAY 10               | Trek to <u>Khangpachen</u> (4.050m) - about 6 hours  |
| DAY 11               | Rest day at Khangpachen  |
| DAY 12               | Trek to <u>Lhonak</u> (4.780m) - about 5 hours   |
| DAY 13               | Rest day at Lhonak   |
| DAY 14               | Trek to <u>Kanchenjunga Base Camp</u> (5.143m) - about 4 hours                                 |
| DAY 15               | Rest day at Kanchenjunga Base Camp   |
| DAY 16               | Trek to <u>Khangpachen</u> (4.050m) - about 4 hours  |
| DAY 17               | Trek to <u>Ghunsa</u> (3.595m) - about 3 hours   |
| DAY 18               | Trek to <u>Nango La Camp</u> (4.776m) - about 5,5 hours  |
| DAY 19               | Trek to <u>Yangma Khola</u> (3.430m) - about 5 hours   |
| DAY 20               | Trek to <u>Olangchun Gola</u> (3.191m) - about 4 hours   |
| DAY 21               | Trek to <u>Pass Camp</u> (4.453m) - about 7 hours  |
| MAKALU BARUN SECTION |  |
| DAY 22               | Trek to <u>Thudam</u> (3.556m) crossing the <u>Lumbha Sambha Pass</u> (5.159m) - about 7 hours |
| DAY 23               | Rest day at Thudam   |
| DAY 24               | Trek to <u>Kharka</u> (2.700m) - about 7 hours   |
| DAY 25               | Trek to <u>Chyamtang</u> (2.187m) - about 5 hours  |
| DAY 26               | Trek to <u>Hongon</u> (2.323m) - about 5 hours   |
| DAY 27               | Trek to <u>Bakim Kharka</u> (3.020m) - about 3 hours   |
| DAY 28               | Trek to <u>Molun Pokhari</u> (3.954m) - about 4 hours  |
| DAY 29               | Trek to <u>Dhungge Kharka</u> (3.590m) - about 5 hours   |
| DAY 30               | Trek to <u>Cave Camp</u> (3.115m) - about 3,5 hours  |

#### CONTACT

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| DAY 31   | Trek to <u>Kalo Pokhari</u> (4.192m) - about 5 hours  |
| DAY 32   | Trek to <u>Kharka</u> (4.097m) - about 5 hours  |
| DAY 33   | Trek to <u>Yangla Kharka</u> (3.557m) - about 4 hours   |
| DAY 34   | Trek to <u>Langmale Kharka</u> (4.410m) - about 4 hours   |
| DAY 35   | Trek to <u>Makalu Base Camp</u> (4.870m) - about 4 hours  |
| DAY 36   | Rest day at Makalu Base Camp  |
| DAY 37   | Trek to <u>Swiss Base Camp</u> (5.150m) - about 4 hours   |
| DAY 38   | Rest day at Swiss Base Camp   |
| <b>EVEREST &amp; ROLWALING SECTION (Everest)</b>   |   |
| DAY 39   | Trek to <u>Sherpani Col Base Camp</u> (5.688m) - about 5 hours  |
| DAY 40   | Trek to <u>Baruntse Camp</u> (6.050m) crossing the <u>Sherpani Col</u> (6.146m) - about 7 hours                             |
| DAY 41   | Trek to <u>Honku Basin</u> (5.500m) crossing the <u>West Col</u> (6.143m) - about 4 hours                                   |
| DAY 42   | Trek to <u>Amphu Labsta Base Camp</u> (5.527m) - about 5 hours  |
| DAY 43   | Rest day at Amphu Labsta Base Camp  |
| DAY 44   | Trek to <u>Chhukung</u> (4.730m) crossing the <u>Amphu Labsta La</u> (5.848m) - about 9 hours                               |
| DAY 45   | Trek to <u>Dingboche</u> (4.410m) - about 3 hours   |
| DAY 46   | Rest day at Dingboche   |
| DAY 47   | Trek to <u>Lobuche</u> (4.910m) - about 3,5 hours   |
| DAY 48   | Trek to <u>Gorak Shep</u> (5.140m) with side trip to <u>Kala Pattar</u> (5.550m) = <i>Everest Viewpoint</i> - about 6 hours |
| DAY 49   | Trek to <u>Everest Base Camp</u> (5.364m) and back to Lobuche   |
| DAY 50   | Trek to <u>Dzongla</u> (4.830m) - about 5 hours   |
| DAY 51   | Trek to <u>Dragnag</u> (4.700m) crossing the <u>Chola Pass</u> (5.420m) - about 6 hours                                     |
| DAY 52   | Trek to <u>Gokyo</u> (4.790m) - about 6 hours   |
| DAY 53   | Rest day at Gokyo / <i>climb Gokyo Ri (Everest and Cho Oyu Viewpoint)</i> (5.360m)  |
| DAY 54   | Trek to <u>Lumde</u> (4.368m) - about 7 hours   |
| DAY 55   | Trek to <u>Thame</u> (3.820m) - about 3 hours   |
| DAY 56   | Trek to <u>Pachermuche Tsho</u> (4.780m) - about 6,5 hours  |
| DAY 57   | Trek to <u>Tashi Labsta Camp</u> (5.665m) - about 6 hours   |
| DAY 58   | Rest day at Tashi Labsta Camp   |
| DAY 59   | Trek to <u>Glacier Camp</u> (4.735m) crossing the <u>Tashi Labsta La</u> (5.755m) - about 8 hours                           |
| <b>EVEREST &amp; ROLWALING SECTION (Rolwaling)</b> |   |
| DAY 60   | Trek to <u>Kabug</u> (4.820m) - about 5 hours   |
| DAY 61   | Trek to <u>Beding</u> (3.740m) - about 5 hours  |
| DAY 62   | Trek to <u>Dokhang</u> (2.791m) - about 5 hours   |

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| <b>DAY 63</b>                             | Trek to <u>Simigaon</u> (2.036m) - about 5 hours  |
| <b>DAY 64</b>                             | Trek to <u>Orangdanda</u> (2.029m) - about 7 hours  |
| <b>DAY 65</b>                             | Trek to <u>Loting</u> (1.768m) - about 7 hours  |
| <b>DAY 66</b>                             | Trek to <u>Bigu Gompa</u> (2.516m) - about 4 hours  |
| <b>DAY 67</b>                             | Trek to <u>Sano Jyandan</u> (3.127m) crossing the <u>Tinsang La</u> (3.778m) - about 6 hours        |
| <b>LANGTANG &amp; HELAMBU SECTION</b>     |   |
| <b>DAY 68</b>                             | Trek to <u>The Last Resort</u> (1.170m) - about 5 hours   |
| <b>DAY 69</b>                             | Rest day at The Last Resort   |
| <b>DAY 70</b>                             | Trek to <u>Listi</u> (2.260m) - about 5 hours   |
| <b>DAY 71</b>                             | Trek to <u>Shotang Kharka</u> (3.379m) - about 7 hours  |
| <b>DAY 72</b>                             | Trek to <u>Chogomogor Kharka</u> (3.925m) - about 5 hours   |
| <b>DAY 73</b>                             | Trek to <u>Kyansin</u> (2.520m) - about 5 hours   |
| <b>DAY 74</b>                             | Trek to <u>Tembathang</u> (2.160m) - about 5 hours  |
| <b>DAY 75</b>                             | Trek to <u>Chedupa Kharka</u> (2.513m) - about 7 hours  |
| <b>DAY 76</b>                             | Rest day at Chedupa Kharka  |
| <b>DAY 77</b>                             | Trek to <u>Nemagchukpa Kharka</u> (3.578m) - about 4 hours  |
| <b>DAY 78</b>                             | Trek to <u>Panch Pokhari</u> (4.074m) - about 5 hours   |
| <b>DAY 79</b>                             | Trek to <u>Intermediary Camp</u> (4.273m) - about 4 hours   |
| <b>DAY 80</b>                             | Trek to <u>Tin Pokhari</u> (4.255m) - about 4 hours   |
| <b>DAY 81</b>                             | Trek to <u>High South Camp</u> (4.867m) - about 4,5 hours   |
| <b>DAY 82</b>                             | Rest day at High South Camp   |
| <b>DAY 83</b>                             | Trek to <u>High North Camp</u> (4.720m) crossing <u>Tilman's Pass</u> (5.308m) - about 7 hours      |
| <b>DAY 84</b>                             | Trek to <u>Kyangjin Gompa</u> (3.830m) - about 7 hours  |
| <b>DAY 85</b>                             | Rest day at Kyangjin Gompa  |
| <b>DAY 86</b>                             | Trek to <u>Ghoratabela</u> (3.030m) - about 6 hours   |
| <b>DAY 87</b>                             | Trek to <u>Syabru Besi</u> (1.503m) - about 5 hours   |
| <b>DAY 88</b>                             | Trek to <u>Gatlang</u> (2.230m) - about 5 hours   |
| <b>DAY 89</b>                             | Trek to <u>Somdang</u> (3.258m) crossing the <u>Khurpudada Pass</u> (3.710m) - about 6 hours        |
| <b>DAY 90</b>                             | Trek to <u>Tipling</u> (1.890m) crossing the <u>Pansan Pass</u> (3.830m) - about 7 hours            |
| <b>MANASLU &amp; GANESH HIMAL SECTION</b> |   |
| <b>DAY 91</b>                             | Trek to <u>Lapa Khola</u> (1.285m) - about 6 hours  |
| <b>DAY 92</b>                             | Trek to <u>Nauban Kharka</u> (2.750m) crossing the <u>Mangro Bhanjyang</u> (2.936m) - about 7 hours |
| <b>DAY 93</b>                             | Trek to <u>Kerauja</u> (2.074m) - about 7,5 hours   |
| <b>DAY 94</b>                             | Trek to <u>Jagat</u> (1.340m) - about 7 hours   |

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| <b>DAY 95</b>                          | Trek to <u>Deng</u> (1.860m) - about 6 hours  |
| <b>DAY 96</b>                          | Trek to <u>Namrung</u> (2.630m) - about 6 hours   |
| <b>DAY 97</b>                          | Trek to <u>Sama</u> (3.520m) - about 6 hours  |
| <b>DAY 98</b>                          | Rest day at Sama  |
| <b>DAY 99</b>                          | Trek to <u>Samdo</u> (3.875m) - about 2,5 hours   |
| <b>DAY 100</b>                         | Rest day at Samdo   |
| <b>DAY 101</b>                         | Trek to <u>Dharmasala</u> (4.460m) - about 3 hours  |
| <b>DAY 102</b>                         | Trek to <u>Bimtang</u> (3.590m) crossing the <u>Larkya La</u> (5.160m) - about 7 hours  |
| <b>DAY 103</b>                         | Trek to <u>Dharapani</u> (1.860m) - about 7 hours   |
| <b>ANNAPURNA &amp; MUSTANG SECTION</b> |   |
| <b>DAY 104</b>                         | Trek to <u>Chame</u> (2.670m) - about 6 hours   |
| <b>DAY 105</b>                         | Trek to <u>Pisang</u> (2.675m) - about 5 hours  |
| <b>DAY 106</b>                         | Trek to <u>Manang</u> (3.540m) - about 5 hours  |
| <b>DAY 107</b>                         | Trek to <u>Yak Kharka</u> (4.050m) - about 5 hours  |
| <b>DAY 108</b>                         | Trek to <u>Thorong Phedi</u> (4.450m) - about 4 hours   |
| <b>DAY 109</b>                         | Trek to <u>Muktinath</u> (3.760m) - crossing the <u>Thorung La</u> (5.415m) - about 9 hours                                   |
| <b>DAY 110</b>                         | Rest day at Muktinath   |
| <b>DAY 111</b>                         | Trek to <u>Kagbeni</u> (2.810m) - about 5 hours   |
| <b>DAY 112</b>                         | Trek to <u>Yak Kharka</u> (3.478m) - about 5 hours  |
| <b>DAY 113</b>                         | Trek to <u>Santa</u> (3.777m) crossing the <u>Bhima Lojun La</u> (4.460m) - about 8 hours                                     |
| <b>DOLPA SECTION</b>                   |   |
| <b>DAY 114</b>                         | Trek to <u>Ghalden Ghuldun Khola Camp</u> (4.247m) - about 6 hours  |
| <b>DAY 115</b>                         | Rest day at Ghalden Ghuldun Khola Camp  |
| <b>DAY 116</b>                         | Trek to <u>Nulungsumda Kharka</u> (4.987m) crossing the <u>Jungben La</u> (5.550m) & <u>Niwas La</u> (5.120m) - about 8 hours |
| <b>DAY 117</b>                         | Rest day at Nulungsumda Kharka  |
| <b>DAY 118</b>                         | Trek to <u>Chharka Bhot</u> (4.302m) - about 8 hours  |
| <b>DAY 119</b>                         | Rest day at Chharka Bhot  |
| <b>DAY 120</b>                         | Trek to <u>Chap Chu</u> (4.320m) - about 4 hours  |
| <b>DAY 121</b>                         | Trek to <u>Dho Tarap</u> (3.944m) crossing the <u>Chan La</u> (5.378m) - about 8 hours  |
| <b>DAY 122</b>                         | Trek to <u>Numa La Base Camp</u> (4.440m) - about 2,5 hours   |
| <b>DAY 123</b>                         | Trek to <u>Danigar</u> (4.512m) crossing the <u>Numa La</u> (5.309m) - about 7 hours  |
| <b>DAY 124</b>                         | Trek to <u>Ringmo / Phoksundo Lake</u> (3.641m) crossing the <u>Baga La</u> (5.169m) - about 9 hours                          |
| <b>DAY 125</b>                         | Rest day at Ringmo / Phoksundo Lake   |
| <b>DAY 126</b>                         | Trek to <u>Phoksundo Khola Camp</u> (3.630m) - about 5 hours  |
| <b>DAY 127</b>                         | Trek to <u>Campsite</u> (3.750m) - about 3 hours  |
| <b>DAY 128</b>                         | Trek to <u>Pass Camp</u> (4.717m) - about 5 hours   |

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|---------------------------------|---|
| <b>DAY 129</b>                  | Trek to <u>Shey Gompa</u> (4.343m) crossing the <u>Nagdala La</u> (5.350m) - about 6 hours            |
| <b>DAY 130</b>                  | Rest day at Shey Gompa  |
| <b>DAY 131</b>                  | Trek to <u>Bhijer</u> (3.850m) - about 7 hours  |
| <b>DAY 132</b>                  | Trek to <u>Pho</u> (4.087m) crossing the <u>Yambur La</u> (4.813m) - about 8,5 hours                  |
| <b>DAY 133</b>                  | Trek to <u>Pung Kharka</u> (4.650m) crossing the <u>Nyingma Gyanzen La</u> (5.563m) - about 8,5 hours |
| <b>DAY 134</b>                  | Trek to <u>Chyandi Khola</u> (4.830m) crossing the <u>Yala La</u> (5.414m) - about 6 hours            |
| <b>DAY 135</b>                  | Trek to <u>Takla Khola</u> (3.785m) - about 7 hours   |
| <b>DAY 136</b>                  | Trek to <u>Thajuchaur</u> (4.050m) - about 7 hours  |
| <b>DAY 137</b>                  | Trek to <u>Shilenchaura Kharka</u> (2.945m) - about 6 hours   |
| <b>DAY 138</b>                  | Trek to <u>Tiyar</u> (2.418m) - about 6 hours   |
| <b>DAY 139</b>                  | Trek to <u>Mangri</u> (1.950m) - about 4 hours  |
| <b>DAY 140</b>                  | Trek to <u>Gamgadhi</u> (2.095m) - about 4 hours  |
| <b>RARA &amp; JUMLA SECTION</b> |   |
| <b>DAY 141</b>                  | Trek to <u>Rara Lake</u> (2.980m) - about 4 hours   |
| <b>DAY 142</b>                  | Rest day at Rara Lake   |
| <b>DAY 143</b>                  | Trek to <u>Gamgadhi</u> (2.095m) - about 4 hours  |
| <b>DAY 144</b>                  | Trek to <u>Bam</u> (2.700m) - about 5 hours   |
| <b>DAY 145</b>                  | Trek to <u>Jogimara</u> (3.005m) - about 7 hours  |
| <b>DAY 146</b>                  | Trek to <u>Piplan</u> (1.700m) - about 5 hours  |
| <b>DAY 147</b>                  | Trek to <u>Apsia Lek</u> (3.195m) - about 6 hours   |
| <b>DAY 148</b>                  | Trek to <u>Punkha Khola</u> (3.010m) - about 4 hours  |
| <b>DAY 149</b>                  | Trek to <u>River Camp</u> (2.100m) - about 6 hours  |
| <b>HUMLA SECTION</b>            |   |
| <b>DAY 150</b>                  | Trek to <u>Simikot</u> (2.985m) - about 7 hours   |
| <b>DAY 151</b>                  | Trek to <u>Dharapuri</u> (2.300m) - about 4 hours   |
| <b>DAY 152</b>                  | Trek to <u>Kermi</u> (2.670m) - about 3 hours   |
| <b>DAY 153</b>                  | Trek to <u>Yalbang</u> (3.020m) - about 5 hours   |
| <b>DAY 154</b>                  | Trek to <u>Thumkot</u> (3.380m) - about 5 hours   |
| <b>DAY 155</b>                  | Trek to <u>Yari</u> (3.700m) - about 5 hours  |
| <b>DAY 156</b>                  | Trek to <u>Hilsa</u> (3.720m) - crossing the <u>Nara La</u> (4.620m) - about 6 hours                  |
|                                 | From Hilsa back to Simikot or continue to <u>Mount Kailash</u> in Tibet (China)                       |

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**DREAM NEPAL**



**TRAVEL & TOURS**

### **TREKKING TIPS**

|                |                                      |
|----------------|--------------------------------------|
| TREKKING TIME  | 156 days                             |
| DIFFICULTY     | Strenuous                            |
| BEST SEASONS   | Spring & Autumn                      |
| START          | Taplejung                            |
| FINISH         | Hilsa                                |
| HIGHEST POINT  | 6.146m, Sherpani Col                 |
| ACCOMMODATION  | Camping (few Teahouses / Home stays) |
| PERMITS NEEDED | Trekking Permits, TIMS, etc.         |

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