



The Great Himalaya Trail Itineraries



Content

Overview	3
Time in Country	3
Itineraries	3
Kanchenjunga Base Camp	4
Kanchenjunga to Makalu	5
Arun & Barun Valleys	6
Makalu Base Camp	7
Chamlang Circuit & Makalu Base Camp	8
Khumbu Circuit	9
Rolwaling Circuit	10
Helambu East Trek	11
Langtang Traverse	12
Ganesh Himal Trek	13
Manaslu Circuit Trek	14
Annapurna Circuit (short)	15

Overview

The Great Himalaya Trail (GHT) is a route marching across the whole Himalayan ranges from western to eastern Nepal. The entire route is available as a whole and lasts around 156 days.

Knowing that this kind of expedition is rarely taken, we also offer treks along the Great Himalaya Trail as section of the whole route. Those itineraries are all situated in Nepal and you will find their details thereafter.

Time in Country

The start dates refer to the arrival date in Kathmandu and the end date refers to the earliest you can book for your return flight home. When departing from Europe allow for an overnight flight to Kathmandu, but on the return it is possible to depart in the morning and arrive on the same day.

Private trips are welcomed if the scheduled dates do not fit, although we do require a minimum of three people in any team. We have our own office and guesthouse ready and waiting for any dates you may prefer.

Note: for the Great Himalaya Trail, we offer both the whole trail as a one trip expedition and section of the trail as shorter itineraries.

Itineraries

All of the following routes are section of the Great Himalaya Trail. To offer you a wider aspect of the area, some of the portions have been completed with shorts walks in the same place.

Legends:

- The trail marching on the GHT is indicated **in blue**
- The additional walks, also available on the full GHT, are **in green**

Kanchenjunga Base Camp

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day & Briefing in Kathmandu
- Day 3** – Kathmandu to Bhadrapur/Birantnagar by flight, then drive to Ilam
- Day 4** – Drive from Ilam to Taplejung (1820m)
- Day 5** – Taplejung (1820 m) to Mitlung (920m) 4h
- Day 6** – Mitlung (920m) to Chiruwa (1270m) 6h
- Day 7** – Chiruwa (1270m) to Sukethum (1575m) 5½h
- Day 8** – Sukethum (1576m) to Amjilosa (2308m) 6h
- Day 9** – Amjilosa (2308m) to Gyabla (2730m) 5h (or to Phale 3140m, extra 2h)
- Day 10** – Gyabla (2730m) to Ghunsa (3595m) 4½h
- Day 11** – Ghunsa (3595m) Restday
- Day 12** – Ghunsa (3595m) to Khangpachen (4050 m) 6h
- Day 13** – Khangpachen (4050 m) Restday
- Day 14** – Khangpachen (4050 m) to Lhonak (4780 m) 5h
- Day 15** – Lhonak (4780m) Restday
- Day 16** – Lhonak (4780m) to Kanchenjunga Base Camp (5143m) 4h
- Day 17** – Kanchenjunga Base Camp (5143m) Restday
- Day 18** – Kanchenjunga Base Camp (5143m) to Kangpachen (4050m) 4h
- Day 19** – Kangpachen (4050m) to Ghunsa (3595m) 3h
- Day 20** – Ghunsa (3595m) cross Sele/Sinion La (4290m) to Mani Bhuk (4290m) 4h
- Day 21** – Mani Bhuk (4290m) cross Mirgin la (4720 m) to Tseram (3870m) 4½h
- Day 22** – Tseram (3870m) to Torontan (2995m) 5h
- Day 23** – Torontan (2995 m) to Yamphudin (2080m) 6h
- Day 24** – Yamphudin (2080m) to Makmakhe (1785m) 3h
- Day 25** – Makmakhe (1785m) to Khare Vanjyang (2129m) 4h
- Day 26** – Khare Vanjyang (2129 m) to Lali Kharka (2265m) 4h
- Day 27** – Lali Kharka (2265m) to Taplejung (1820m) 4h
- Day 28** – Drive from Taplejung to Badrapur
- Day 29** – Fly from Badrapur to Kathmandu
- Day 30** – Spare day in Kathmandu
- Day 31** – Departure from Kathmandu



Kanchenjunga to Makalu

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day & Briefing in Kathmandu
- Day 3** – Kathmandu Bhadrapur/Birantnagar by flight, drive to Ilam
- Day 4** – Drive Ilam to Taplejung (1820m)
- Day 5** – Taplejung (1820m) to Mitlung (920m) 4h
- Day 6** – Mitlung (920m) to Chiruwa (1270m) 6h
- Day 7** – Chiruwa (1270m) to Sukethum (1575m) 5½h
- Day 8** – Sukethum (1576m) to Amjilosa (2308m) 6h
- Day 9** – Amjilosa (2308m) to Gyabla (2730m) 5h (or to Phale 3140m, extra 2h)
- Day 10** – Gyabla (2730m) to Ghunsa (3595m) 4½h
- Day 11** – Ghunsa (3595m) Restday
- Day 12** – Ghunsa (3595m) to Nango La Camp (4776 m) 5½h
- Day 13** – Nango La Camp (4776 m) to Yangma Khola (3430 m) 5h
- Day 14** – Yangma Khola (3430 m) to Olangchun Gola (3191 m) 4h
- Day 15** – Olangchun Gola (3191 m) to Pass Camp (4453 m) 7h
- Day 16** – Pass Camp (4453m) to Thudam (3556m) crossing the Lumbha Sambha pass (5159m) 7h
- Day 17** – Thudam (3556m) Restday
- Day 18** – Thudam (3556m) to Kharka (2700m) 7h
- Day 19** – Kharka (2700m) to Chyamtang (2187m) 5h
- Day 20** – Chyamtang (2187 m) to Hatia (1960m)
- Day 21** – Hatia (1960m) to Simma (1450m)
- Day 22** – Simma (1450m) to Num (1505m)
- Day 23** – Num (1505m) to Chichila (1850m)
- Day 24** – Drive from Chichila to Tumlingtar
- Day 25** – Fly from Tumlingtar to Kathmandu
- Day 26** – Spare day in Kathmandu
- Day 27** – Departure from Kathmandu



Arun & Barun Valleys

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day & Preparations in Kathmandu
- Day 3** – Fly from Kathmandu to Tumlingtar (400m) and drive to Chichila (1850m)
- Day 4** – Chichila (1850m) to Num (1505m)
- Day 5** – Num (1505m) to Simma (1450m)
- Day 6** – Simma (1450m) to Hatia (1960m)
- Day 7** – Hatia (1960m) to Hongon (2323m)
- Day 8** – Hongon (2323m) to Bakim Kharka (3020m) 3h
- Day 9** – Bakim Kharka (3020m) to Molun Pokhari (3954m) 4h
- Day 10** – Molun Pokhari (3954m) to Dhungge Kharka (3590m) 5h
- Day 11** – Dhungge Kharka (3590m) to Cave Camp (3115m) 3½h
- Day 12** – Cave Camp (3115m) to Kalo Pokhari (4192m) 5h
- Day 13** – Kalo Pokhari (4192m) to Kharka (4097m) 5h
- Day 14** – Kharka (4097m) to Yangla Kharka (3557m) 4h
- Day 15** – Yangla Kharka (3557m) to Dobate (3865m)
- Day 16** – Dobate (3865m) over Shipton/Keke La (4257m) to Khongma (3562m)
- Day 17** – Khongma (3562m) to Tashi Gaon (2065m)
- Day 18** – Tashi Gaon (2065m) to Num (1505m)
- Day 19** – Num (1505m) to Chichila (1850m)
- Day 20** – Drive from Chichila (1850m) to Tumlingtar (400m)
- Day 21** – Fly from Tumlingtar to Kathmandu
- Day 22** – Spare day in Kathmandu
- Day 23** – Departure from Kathmandu



Makalu Base Camp

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day & Preparations in Kathmandu
- Day 3** – Fly Kathmandu to Tumlingtar (400m) and drive to Chichila (1850m)
- Day 4** – Chichila (1850m) to Num (1505m)
- Day 5** – Num (1505m) to Seduwa (1530m)
- Day 6** – Seduwa (1530m) to Tashi Gaon (2065m)
- Day 7** – Tashi Gaon (2065m) to Khongma (3562m)
- Day 8** – Rest in Khongma (3562m)
- Day 9** – Khongma (3562m) over Shipton/Keke La (4257m) to Dobate (3865m)
- Day 10** – Dobate (3865m) to Yangri Kharka (3610m)
- Day 11** – Yangri Kharka (3610m) to Langmale Kharka (4400m)
- Day 12** – Langmale Kharka (4400m) to Makalu SE Base Camp (4800m)
- Day 13** – Day walk from SE Makalu Base Camp
- Day 14** – Makalu SE Base Camp (4800m) to Yangla Kharka (3557m)
- Day 15** – Yangla Kharka (3557m) to Dobate (3865m)
- Day 16** – Dobate (3865m) over Shipton/Keke La (4257m) to Khongma (3562m)
- Day 17** – Khongma (3562m) to Tashi Gaon (2065m)
- Day 18** – Tashi Gaon (2065m) to Num (1505m)
- Day 19** – Num (1505m) to Chichila (1850m)
- Day 20** – Drive from Chichila (1850m) to Tumlingtar (400m)
- Day 21** – Fly from Tumlingtar to Kathmandu
- Day 22** – Spare day in Kathmandu
- Day 23** – Departure from Kathmandu



Chamlang Circuit & Makalu Base Camp

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day & Preparations in Kathmandu
- Day 3** – Fly from Kathmandu to Tumlingtar (400m) and drive to Chichila (1850m)
- Day 4** – Chichila (1850m) to Num (1505m)
- Day 5** – Num (1505m) to Seduwa (1530m)
- Day 6** – Seduwa (1530m) to Tashi Gaon (2065m)
- Day 7** – Tashi Gaon (2065m) to Khongma (3562m)
- Day 8** – Rest in Khongma (3562m)
- Day 9** – Khongma (3562m) over Shipton/Keke La (4257m) to Dobate (3865m)
- Day 10** – Dobate (3865m) to Yangri Kharka (3610m)
- Day 11** – Yangla Kharka (3557m) to Langmale Kharka (4410m) 4h
- Day 12** – Langmale Kharka (4410m) to Makalu Base Camp (4870m) 4h
- Day 13** – Makalu Base Camp (4870m) Restday
- Day 14** – Makalu Base Camp (4870m) to Swiss Base Camp (5150m) 4h
- Day 15** – Swiss Base Camp (5150m) Restday
- Day 16** – Swiss Base Camp (5150m) to Sherpani Col Base Camp (5688m) 5h
- Day 17** – Sherpani Col Base Camp (5688m) to Baruntse Camp (6050m) crossing the Sherpani Col (6146m) 7h
- Day 18** – Baruntse Camp (6050m) to Honku Basin (5500m) crossing the West Col (6143m) 4h (See - <https://www.youtube.com/watch?v=9t16AFuRxQ0>)
- Day 19** – Honku Basin (5500m) to Amphu Labsta Base Camp (5527m) 5h
- Day 20** – Amphu Labsta Base Camp (5527m) Restday
- Day 21** – Amphu Labsta Base Camp (5527m) to Chhukung (4730m) crossing the Amphu Labsta La (5848m) 9h
- Day 22** – Chhukung (4730m) to Dingboche (4410m) 3h
- Day 23** – Dingboche (4410m) to Namche (3500m)
- Day 24** – Namche (3500m) to Lukla (2860m)
- Day 25** – Fly from Lukla to Kathmandu
- Day 26** – Spare day/ sightseeing in Kathmandu
- Day 27** – Departure from Kathmandu



Khumbu Circuit

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day, sightseeing and preparation in Kathmandu
- Day 3** – Fly from Kathmandu (1400m) to Lukla (2860m). Trek to Phakding (2610m)
- Day 4** – Phakding (2610m) to Namche Bazaar (3500m)
- Day 5** – Rest & acclimatisation day Namche Bazaar (3500m)
- Day 6** – Namche (3500m) to Deboche (3800m)
- Day 7** – Deboche (3800m) to Dingboche (4110m)
- Day 8** – Dingboche (4410m) Restday
- Day 9** – Dingboche (4410m) to Lobuche (4910m) 3½h
- Day 10** – Lobuche (4910m) to Gorak Shep (5140m)
- Day 11** – Gorak Shep (5140m) to Everest Base Camp (5364 m) and back to Lobuche (4910m) 4h
- Day 12** – Gorak Shep to Kala Pattar (Everest Viewpoint) (5550 m) 6h to Lobuche
- Day 13** – Lobuche (4910m) to Dzongla (4830 m) 5h
- Day 14** – Dzongla (4830m) to Dragnag (4700m) crossing Chola Pass (5420m) 6h
- Day 15** – Dragnag (4700m) to Gokyo (4790m) 6h
- Day 16** – Gokyo (4790m) Restday, climb Gokyo Ri Viewpoint) (5360 m)
- Day 17** – Gokyo (4790m) to Lumde (4368m) 7h
- Day 18** – Lumde (4368m) to Thame (3820m) 3h
- Day 19** – Thame (3820m) to Namche (3500m)
- Day 20** – Namche (3500m) to Lukla (2860m)
- Day 21** – Rest day in Lukla
- Day 22** – Fly from Lukla to Kathmandu
- Day 23** – Spare day/ sightseeing in Kathmandu
- Day 24** – Depart Kathmandu



Rolwaling Circuit

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day, sightseeing and preparation in Kathmandu
- Day 3** – Fly from Kathmandu (1400m) to Lukla (2860m). Trek to Phakding (2610m)
- Day 4** – Phakding (2610m) to Namche Bazaar (3500m)
- Day 5** – Rest & acclimatisation day Namche Bazaar (3500m)
- Day 6** – Namche (3500m) to Thame (3820m)
- Day 7** – Thame (3820m) to Pachemuche Tsho (4780m) 6½h
- Day 8** – Rest day in Pachemuche Tsho
- Day 9** – Pachemuche Tsho (4780m) to Tashi Labsta Camp (5665m) 6h
- Day 10** – Tashi Labsta Camp (5665m) Restday
- Day 11** – Tashi Labsta Camp (5665m) to Glacier Camp (4735m) crossing the Tashi Labsta La (5755m) 8h
- Day 12** – Glacier Camp (4735m) to Kabug (4820m) 5h
- Day 13** – Kabug (4820m) to Beding (3740m) 5h
- Day 14** – Beding (3740m) to Dokhang (2791m) 5h
- Day 15** – Dokhang (2791m) to Simigaon (2036m) 5h
- Day 16** – Simigaon (2036m) to Orangdanda (2029m) 7h
- Day 17** – Orangdanda (2029m) to Shingati (950m) & drive to Kathmandu
- Day 18** – Spare day / sightseeing in Kathmandu
- Day 19** – Departure from Kathmandu



Helambu East Trek

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day, sightseeing and preparation in Kathmandu
- Day 3** – Fly from Kathmandu to Jiri (1955m)
- Day 4** – Jiri (1930m) to Putchar Kharka (2341m) crossing pass at 2736m 7h
- Day 5** – Putchar Kharka (2341m) to Laduk (1790m) 5½h
- Day 6** – Laduk (1790m) to Bigu Gompa (2500 m) 8h
- Day 7** – Laduk (1790m) to Loting (1768 m) 7h
- Day 8** – Loting (1768m) to Bigu Gompa (2516 m) 4h
- Day 9** – Bigu Gompa (2516m) to Sano Jyandan (3127m) crossing the Tinsang La (3778m) 6h
- Day 10** – Sano Jyandan (3127m) to The Last Resort (1170m) 5h
- Day 11** – Drive from Last Resort to Kathmandu
- Day 12** – Spare day / Sightseeing in Kathmandu
- Day 13** – Departure from Kathmandu



Langtang Traverse

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day, sightseeing and preparation in Kathmandu
- Day 3** – Drive from Kathmandu to Last Resort (1170m)
- Day 4** – The Last Resort (1170m) to Listi (2260m) 5h
- Day 5** – Listi (2260m) to Shotang Kharka (3379m) 7h
- Day 6** – Shotang Kharka (3379m) to Chogomogor Kharka (3925m) 5h
- Day 7** – Chogomogor Kharka (3925m) to Kyansin (2520m) 5h
- Day 8** – Kyansin (2520m) to Tembathang (2160m) 5h
- Day 9** – Tembathang (2160m) to Chedupa Kharka (2513m) 7h
- Day 10** – Chedupa Kharka (2513m) Restday
- Day 11** – Chedupa Kharka (2513m) to Nemagchukpa Kharka (3578m) 4h
- Day 12** – Nemagchukpa Kharka (3578m) to Panch Pokhari (4074m) 5h
- Day 13** – Panch Pokhari (4074m) to Intermediary Camp (4273m) 4h
- Day 14** – Intermediary Camp (4273m) to Tin Pokhari (4255m) 4h
- Day 15** – Tin Pokhari (4255m) to High South Camp (4867m) 4½h
- Day 16** – High South Camp (4867m) Restday
- Day 17** – High South Camp (4867m) to High North Camp (4720m) crossing Tilman's pass (5308m) 7h
- Day 18** – High North Camp (4720m) to Kyangjin Gumpa (3830m) 7h
- Day 19** – Kyangjin Gumpa (3830m) Restday
- Day 20** – Kyangjin Gumpa (3830m) to Ghoratabela (3030 m) 6h
- Day 21** – Ghoratabela (3030m) to Syabru Besi (1503m) 5h
- Day 22** – Syabru Besi (1503m) to Dhunche (1966m)
- Day 23** – Drive from Dhunche to Kathmandu
- Day 24** – Spare day / Sightseeing in Kathmandu
- Day 25** – Departure from Kathmandu



Ganesh Himlal Trek

- Day 1** – Arrive Kathmandu
- Day 2** – Rest, sightseeing and preparation in Kathmandu
- Day 3** – Drive Kathmandu to Dhunche (1966m)
- Day 4** – Dhunche (1966m) to Syabru Besi (1503m)
- Day 5** – Syabru Besi (1503m) to Gatlang (2230m) 5h
- Day 6** – Gatlang (2230m) to Somsang (3258m) crossing the Khurpudada Pass (3710m) 6h
- Day 7** – Somsang (3258m) to Tipling (1890m) crossing Pansan Pass (3830m) 7h
- Day 8** – Tipling (1890m) to Lapa Khola (1285m) 6h
- Day 9** – Lapa Khola (1285m) to Nauban Kharka (2750m) crossing the Mangro Bhanjyang (2936m) 7h
- Day 10** – Nauban Kharka (2750m) to Khorlabesi (2100m) 8h
- Day 11** – Khorlabesi (2100m) to Kuerepani
- Day 12** – Kuerepani to Arughat (490m)
- Day 13** – Arughat (490m)- Kalikatang/Gorkha Palace (1313m) 7h
- Day 14** – Drive Gorkha to Kathmandu
- Day 15** – Spare day / Sightseeing Kathmandu
- Day 16** – Depart Kathmandu



Manaslu Circuit Trek

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day, sightseeing and preparation in Kathmandu
- Day 3** – Drive from Kathmandu to Arughat (490m)
- Day 4** – Arughat (490m) to Kuerepani
- Day 5** – Kuerepani to Jagat (1340m)
- Day 6** – Jagat (1340m) to Deng (1860m) 6h
- Day 7** – Deng (1860m) to Namrung (2630m) 6h
- Day 8** – Namrung (2630m) to Sama (3520m) 6h
- Day 9** – Sama (3520m) Restday
- Day 10** – Sama (3520m) to Samdo (3875m) 2½h
- Day 11** – Samdo (3875m) Restday
- Day 12** – Samdo (3875m) to Dharmasala (4460m) 3h
- Day 13** – Dharmasala (4460m) to Bimtang (3590m) crossing Larkya La (5160m) 7h
- Day 14** – Bimtang (3590m) to Dharapani (1860m) 7h
- Day 15** – Dharapani (1860m) to Jagat (1300m)
- Day 16** – Jagat (1300m) to Ngadi (920m)
- Day 17** – Drive from Ngadi to Kathmandu
- Day 18** – Spare day / Sightseeing in Kathmandu
- Day 19** – Departure from Kathmandu



Annapurna Circuit (short)

- Day 1** – Arrival in Kathmandu
- Day 2** – Rest day, sightseeing and preparation in Kathmandu
- Day 3** – Drive from Kathmandu to Ngadi (920m)
- Day 4** – Ngadi (920m) to Jagat (1300m)
- Day 5** – Jagat (1300m) to Dharapani (1860m)
- Day 6** – Dharapani (1860m) to Chame (2670m) 6h
- Day 7** – Chame (2670m) to Pisang (2675m) 5h
- Day 8** – Pisang (2675m) to Manang (3540m) 5h
- Day 9** – Manang (3540m) to Yak Kharka (4050m) 5h
- Day 10** – Yak Kharka (4050m) to Thorong Phedi (4450m) 4h
- Day 11** – Thorong Phedi (4450m) to Muktinath (3760m) crossing the Thorung La pass (5415m) 9h
- Day 12** – Muktinath (3760m) Restday / Spare day for Thorung La
- Day 13** – Muktinath (3760m) to Kagbeni (2810m) 5h
- Day 14** – Kagbeni (2810m) to Jomsom (2720m)
- Day 15** – Fly from Jomsom to Pokhara
- Day 16** – Fly from Pokhara to Kathmandu
- Day 17** – Spare day / Sightseeing in Kathmandu
- Day 18** – Departure from Kathmandu

