



Art Nepal Treks & Expedition Pvt. Ltd.

Great Himalayan Trail – 148 Days Adventure

Itinerary – Great Himalayan Trail (148 Days Adventure)

Day 01: Arrival in Kathmandu

On your very first day in Nepal, our team will warmly receive you upon your arrival at Tribhuvan International Airport. After completing airport formalities, you will be comfortably transferred to your hotel in Kathmandu by private vehicle. The drive is short but gives your first glimpse of the busy and colorful city life of Nepal's capital.

Once you check in and rest for a while, you can explore nearby cultural and tourist hubs such as Thamel and Basantapur Durbar Square. These areas are full of life, with traditional shops, cafes, temples, and street markets that reflect the rich heritage of Kathmandu Valley.

In the evening, a special welcome dinner featuring authentic Nepali cuisine will be served. This is a great opportunity to meet your trekking team and get brief information about the upcoming adventure.

You will spend the night comfortably in a hotel in Kathmandu, preparing for the journey ahead.

- **Max. Altitude:** 1300m
- **Accommodation:** Hotel
- **Time:** 1 hour
- **Meals:** Welcome Dinner
- **Walking Distance:** 5.5km
- **Transport:** Car / Jeep

Day 02: Fly Kathmandu – Bhadrapur, Drive to Illam (3,636m, 5 hours)

After breakfast, we take an early morning flight from Kathmandu to Bhadrapur. The flight takes around 50 minutes and offers breathtaking aerial views of the Himalayan range

stretching across eastern Nepal. Snow-capped peaks gradually fade as we descend toward the lowland Terai region.

Upon landing in Bhadrapur, we begin a scenic drive toward Illam. The journey gradually climbs through rolling hills, tea gardens, and small settlements, giving you a peaceful introduction to eastern Nepal's landscapes.

Illam is widely known for its lush tea plantations and cool climate. The hills covered with green tea bushes create a refreshing and calming atmosphere after the flight and drive.

We will spend the night in Illam, relaxing and preparing for the trekking journey ahead.

- **Max. Altitude:** 3,636m
- **Accommodation:** Lodge
- **Time:** 5 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 03: Illam – Taplejung (1820m, 4–5 hours)

After an early breakfast in Illam, we continue our journey by vehicle toward Taplejung. The drive passes through winding hill roads, small villages, forests, and terraced farmland.

Taplejung lies in a region rich in biodiversity and cultural diversity. As we approach, the surroundings become more natural and peaceful, offering a strong sense of entering the Himalayan foothills.

Upon arrival, you can take short walks around the town and observe local life, traditions, and landscapes that reflect the lifestyle of eastern Nepal's hill communities.

We stay overnight in Taplejung, resting before the trekking phase begins.

- **Max. Altitude:** 1820m
- **Accommodation:** Lodge
- **Time:** 4–5 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 04: Taplejung – Mitlung (4 hours walk)

Today marks the official start of our trekking journey. After breakfast, we leave Taplejung and begin walking toward Mitlung. The trail gradually descends through rural landscapes and fertile farmland.

Along the way, you will pass through terraced fields where locals grow seasonal crops and vegetables. The environment becomes warmer and more humid as we move lower in elevation.

The trail may include muddy and uneven sections, especially during descent, requiring careful steps. Despite this, the scenery remains peaceful and culturally rich.

We reach Mitlung after approximately four hours of walking and set up camp or lodge for the night.

- **Accommodation:** Lodge
- **Time:** 4 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 05: Mitlung – Chiruwa (1270m, 6–7 hours)

After breakfast, we continue trekking toward Chiruwa. The trail includes both ascents and descents, making the day moderately challenging.

We follow the banks of Tamor River, passing through forested trails and small settlements. The region is historically significant and believed to be connected with ancient Kirati heritage.

After several hours of trekking, we begin a steady climb toward Chiruwa village. The final stretch offers beautiful views of the surrounding hills and river valleys.

We arrive at Chiruwa and spend the night in a peaceful mountain setting.

- **Max. Altitude:** 1270m
- **Accommodation:** Hotel
- **Time:** 6–7 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

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Day 06: Chiruwa – Sukathum (1576m, 6 hours)

We start the day with breakfast and begin our trek toward Sukathum. The trail passes through dense forests, river valleys, and natural landscapes.

This section of the route is known for occasional landslides, so caution is important while walking. Depending on trail conditions, alternative paths may be used.

As we move forward, the scenery becomes more dramatic with waterfalls, rocky cliffs, and deep gorges adding adventure to the journey.

We reach Sukathum after around six hours of walking and rest for the night in a lodge.

- **Max. Altitude:** 1576m
 - **Accommodation:** Lodge
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
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Day 07: Sukathum – Amjilosa (2308m, 6 hours)

After breakfast, we begin a steady ascent toward Amjilosa. The trail becomes more rugged and remote as we enter deeper forest zones.

We walk through dense vegetation, crossing rivers and gorges. Waterfalls and natural sounds make the journey both refreshing and adventurous.

Although the trail is physically demanding, the surrounding natural beauty keeps motivation high throughout the day.

We reach Amjilosa by evening and stay overnight in a local lodge.

- **Max. Altitude:** 2308m
 - **Accommodation:** Lodge
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 08: Amjilosa – Kyapra (2730m, 6 hours)

Today's trek takes us from Amjilosa to Kyapra. The trail passes through dense forest and gradually ascends into higher altitude terrain.

The route includes sections near Ghunsa Khola and passes through quieter landscapes with fewer settlements. The walking is relatively stable compared to previous days.

Some parts may be slippery, so careful walking is necessary, especially during forested sections.

We arrive in Kyapra and stay overnight in a lodge.

- **Max. Altitude:** 2730m
 - **Accommodation:** Lodge
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 09: Kyapra – Ghunsa (3595m, 6 hours)

After breakfast, we continue toward Ghunsa. The trail becomes more scenic with blooming rhododendrons, pine forests, and alpine vegetation.

On the way, we pass Phale village, a Tibetan-influenced settlement known for local handicrafts and cultural heritage. The final stretch toward Ghunsa is surrounded by beautiful mountain views and peaceful forest trails. We arrive in Ghunsa and stay overnight in a comfortable lodge.

- **Max. Altitude:** 3595m
- **Accommodation:** Lodge
- **Time:** 6 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 10: Rest Day at Ghunsa

Today is a rest and acclimatization day in Ghunsa. After several days of trekking, this break helps your body adjust to higher altitude conditions.

You can explore the village, interact with local communities, and enjoy the traditional Sherpa culture. Short walks around the village are highly recommended.

The peaceful environment, surrounded by mountains and forests, makes Ghunsa an ideal place for relaxation.

We stay overnight in Ghunsa preparing for the next section of the trail.

- **Max. Altitude:** 3595m
- **Accommodation:** Lodge
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 11: Ghunsa – Kangbachen (4050m, 6–7 hours)

After breakfast in Ghunsa, we begin our trek toward Kangbachen. The trail gradually rises as we leave the village behind and enter a more remote alpine environment. The path is surrounded by natural beauty, including forests, open valleys, and distant snow-covered peaks.

As we continue walking, the scenery becomes more dramatic with wildflowers, rocky trails, and occasional views of glaciers. The route is peaceful yet physically demanding due to steady elevation gain. This section of the trail is one of the most scenic parts of the journey.



By the time we approach Kangbachen, the landscape turns more rugged and high-altitude. We finally reach the settlement and rest for the night in a mountain lodge surrounded by Himalayan wilderness.

- **Max. Altitude:** 4050m
 - **Accommodation:** Lodge
 - **Time:** 6–7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 12: Kangbachen – Lhonak (4780m, 6–7 hours)

Today's trek begins early as we head toward Lhonak. The trail becomes more challenging as altitude increases and oxygen levels begin to drop. The environment becomes more barren, with fewer trees and more rocky terrain. The journey is filled with wide mountain views, glacier formations, and strong winds that are common at this elevation. Although the walk is demanding, the scenery offers constant motivation with its raw Himalayan beauty.

By late afternoon, we reach Lhonak, a remote high-altitude settlement near glacier regions. We settle into a lodge and rest overnight.

- **Max. Altitude:** 4780m
 - **Accommodation:** Lodge
 - **Time:** 6–7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 13: Lhonak – Kanchenjunga Base Camp (5143m, 7 hours)

After breakfast, we begin one of the most exciting days of the trek as we head toward Kanchenjunga Base Camp. The trail follows glacier landscapes and rocky moraine paths.

As we move higher, the air becomes thinner and the terrain more rugged. The views of surrounding peaks, glaciers, and ice formations become increasingly breathtaking. The final ascent requires careful movement due to loose rocks and steep sections.

Upon reaching Kanchenjunga Base Camp, we are rewarded with stunning panoramic views of the Himalayas. After spending time at the base camp, we set up tents and stay overnight.

- **Max. Altitude:** 5143m
 - **Accommodation:** Tent
 - **Time:** 7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 14: Retreat to Ghunsa

After experiencing the magnificent Kanchenjunga Base Camp, we begin our return journey back to Ghunsa. The descent feels easier physically but still requires careful walking due to rocky and uneven terrain.

The landscape once again opens into valleys, rivers, and alpine forests. As we lose altitude, breathing becomes easier and energy levels improve.

We arrive in Ghunsa by evening and rest in a familiar lodge environment, enjoying the comfort of lower elevation.

- **Accommodation:** Lodge
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 15: Rest Day at Ghunsa

This day is reserved for rest and acclimatization after the high-altitude expedition. Ghunsa offers a peaceful environment ideal for recovery and cultural exploration.

You may explore nearby trails, visit local homes, or interact with the Tibetan-influenced community. The village provides insight into traditional Himalayan mountain life.

This rest day also helps prepare the body for the next challenging sections of the Great Himalayan Trail.

- **Max. Altitude:** 3595m
 - **Accommodation:** Lodge
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 16: Ghunsa – Nango La Camp (4776m, 5 hours)

After breakfast, we leave Ghunsa and begin our ascent toward Nango La Camp. The trail climbs steadily through alpine terrain and open landscapes.

The path includes river crossings, forest sections, and gradual uphill walking. As we gain altitude, vegetation becomes sparse and views expand across distant peaks.

We arrive at Nango La Camp by afternoon and set up tents in a high mountain environment.

- **Max. Altitude:** 4776m
- **Accommodation:** Tent
- **Time:** 5 hours

- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 17: Nango La Camp – Yangma Kola (3440m, 5 hours)

Today we cross Nango La pass early in the morning if conditions allow. The pass offers incredible panoramic views of the surrounding Himalayan ranges.

After crossing the pass, we descend into a beautiful valley shaped like a natural bowl. The trail then continues through forests and riverbanks leading toward Yangma Kola.

We reach Yangma Kola and set up camp for the night in a peaceful natural setting.

- **Max. Altitude:** 3440m
- **Accommodation:** Tent
- **Time:** 5 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 18: Yangma Kola – Olangchun Gola (3191m, 8 hours)

After breakfast, we begin a long trekking day toward Olangchun Gola. The trail passes through remote landscapes and forested sections with gradual ascents and descents.

Olangchun Gola is historically a trading point between Nepal and Tibet, giving it cultural and economic significance. The settlement is small but rich in tradition.

We arrive after approximately eight hours of walking and set up camp for the night.

- **Max. Altitude:** 3191m
- **Accommodation:** Tent
- **Time:** 8 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 19: Rest Day at Olangchun Gola

Today is a rest day in Olangchun Gola. After continuous trekking, this break helps with recovery and acclimatization.

You can explore the village, observe local culture, and enjoy the peaceful mountain surroundings. The area reflects a strong blend of Tibetan and Himalayan traditions.

This rest day also prepares the body for upcoming high passes and remote trail sections.

- **Max. Altitude:** 3191m
 - **Accommodation:** Tent
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 20: Olangchun Gola – Upper Langmale (3893m, 7 hours)

We leave Olangchun Gola after breakfast and continue toward Upper Langmale. The trail passes through forests of pine and rhododendron and open wilderness areas.

The path includes gradual climbs and occasional stone-marked trails used by locals. The natural environment remains untouched and very peaceful.

We reach Upper Langmale and set up camp for the night in a remote alpine setting.

- **Max. Altitude:** 3893m
- **Accommodation:** Tent
- **Time:** 7 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 21: Upper Langmale – Pass Camp (4747m, 6 hours)

After breakfast at Upper Langmale, we begin our trek toward Pass Camp. The trail gradually ascends through remote Himalayan wilderness where human settlements become extremely rare. The route is surrounded by alpine vegetation, rocky terrain, and wide mountain valleys that open up as we gain altitude.

As we continue climbing, the environment becomes colder and more rugged, with fewer trees and stronger winds. The trail runs alongside natural landscapes shaped by glaciers and high-altitude weather conditions. By late afternoon, we reach Pass Camp and settle into tents in a quiet mountain setting.

- **Duration:** 6 hours
- **Trek Distance:** Approx. 10–12 km
- **Max. Altitude:** 4747m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 22: Pass Camp – Chaurikharka (4595m)

Today we move toward Chaurikharka, one of the more demanding sections of the Great Himalayan Trail. The route includes a high crossing near Lumba Sumba Peak (around 5200m) with steep ascents and descents that require careful walking and good stamina.

After crossing the high point, we descend gradually toward Chaurikharka. The trail offers dramatic views of snow-covered peaks and remote valleys. By the time we reach camp, the landscape becomes slightly more sheltered, and we settle for the night in tents.

- **Duration:** 6–7 hours
 - **Trek Distance:** Approx. 11–13 km
 - **Max. Altitude:** 4595m
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 23: Chaurikharka – Thudam (3500m, 7 hours)

After breakfast, we descend from Chaurikharka toward Thudam. The trail initially moves through rugged high-altitude terrain before gradually entering more forested and lower regions. The descent is long but scenic, with changing landscapes throughout the day.

Along the way, the route splits, and we take the path leading to Thudam. The trail passes through quiet valleys and remote wilderness areas. We arrive at Thudam by evening and rest in a tented camp.

- **Duration:** 7 hours
 - **Trek Distance:** Approx. 12–14 km
 - **Max. Altitude:** 3500m
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 24: Thudam – Kharka (2877m, 6 hours)

Today's journey follows the Chujung Khola valley as we move toward Kharka. The trail is surrounded by dense forest and offers views of the Makalu region's distant peaks. The route is peaceful but remote, requiring steady walking and attention.

This section is also known for occasional wildlife sightings, including rare species like red pandas. As we descend further, the air becomes warmer and vegetation denser. We set up camp near Kharka for the night.

- **Duration:** 6 hours
 - **Trek Distance:** Approx. 10–12 km
 - **Max. Altitude:** 2877m
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 25: Kharka – Chyamtang (2229m, 5–6 hours)

After breakfast, we continue toward Chyamtang through forested trails filled with rhododendron and mixed vegetation. The path includes several ascents and descents, making the journey moderately challenging but visually rewarding.

We cross a suspension bridge over the Arun River before a final uphill climb toward Chyamtang village. The settlement is culturally rich and surrounded by beautiful hills. We stay overnight in a tented camp.

- **Duration:** 5–6 hours
- **Trek Distance:** Approx. 10–11 km
- **Max. Altitude:** 2229m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 26: Chyamtang – Lomi Village

Today we trek from Chyamtang to Lomi Village through a descending trail that gradually leads into a more inhabited region. The path crosses small passes and river valleys before reaching the Arun River.

The journey offers a mix of forest scenery and rural landscapes, with fewer steep climbs compared to previous days. By evening, we arrive at Lomi Village and set up camp near the settlement.

- **Duration:** 5–6 hours
- **Trek Distance:** Approx. 9–11 km
- **Max. Altitude:** Approx. 2200m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

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Day 27: Lomi – Hongon (2323m, 6–7 hours)

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After breakfast, we leave Lomi Village and begin our trek toward Hongon. The trail gradually exits the Kanchenjunga region, entering quieter and less explored areas. The path is mostly moderate with occasional uphill and downhill sections.

We walk through forests, small ridges, and scattered settlements. The journey is long but steady, offering peaceful surroundings and cultural transitions along the way. We arrive in Hongon by evening and rest in tents.

- **Duration:** 6–7 hours
- **Trek Distance:** Approx. 11–13 km
- **Max. Altitude:** 2323m

- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 28: Hongon – Bakim Kharka / High Camp (3020m, 6 hours)

Today's trek begins with a steady climb toward High Camp. The trail includes steep ridge sections and a minor pass at around 2710m. The ascent is physically demanding but rewarding with expanding mountain views.

As we gain altitude, the landscape becomes more open and scenic. Forests gradually give way to alpine terrain. We reach High Camp by afternoon and set up tents in a remote highland area.

- **Duration:** 6 hours
- **Trek Distance:** Approx. 10–12 km
- **Max. Altitude:** 3020m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 29: High Camp – Molun Pokhari (3954m)

We continue our journey toward Molun Pokhari, a sacred high-altitude lake region. The trail includes rocky terrain, forest paths, and sections with stone cairns used as navigation markers.

After reaching open ridges, we descend toward the lake area. The scenery becomes stunning with views of the Arun River valley and surrounding peaks. Since camping near the lake is restricted or unsuitable, we set up camp in a nearby valley.

- **Duration:** 6–7 hours
- **Trek Distance:** Approx. 11–13 km
- **Max. Altitude:** 3954m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 30: Molun Pokhari – Dhunge Kharka (2980m, 5 hours)

After breakfast, we descend from Molun Pokhari toward Dhunge Kharka. The trail initially involves steep climbs followed by long descents through mixed terrain. The route crosses small streams and alpine landscapes.

We continue walking through narrow ridges and forest sections before reaching a lower valley area. The terrain becomes more stable as we approach Dhunge Kharka, where we set up camp for the night.

- **Duration:** 5 hours
- **Trek Distance:** Approx. 9–10 km
- **Max. Altitude:** 4200m (pass crossing point en route)
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 31: Dhunge Kharka – Khola Kharka (7 hours)

After an early breakfast, we leave Dhunge Kharka and begin trekking toward Khola Kharka. The trail continues through remote Himalayan wilderness where paths are less defined and nature feels completely untouched. The journey involves a mix of gradual ascents and descents, passing through forested sections, narrow ridges, and open valleys that offer continuous variation in landscape.

As we move deeper into the trail, the surroundings become quieter and more isolated, with very few signs of human settlement. The rhythm of walking is steady, and the natural environment dominates the experience with its raw beauty. By late afternoon, we arrive at Khola Kharka, where we set up camp in a peaceful alpine setting surrounded by mountains and open sky.

- **Duration:** 7 hours
- **Trek Distance:** Approx. 12–14 km
- **Max. Altitude:** Approx. 3200–3400m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 32: Khola Kharka – Cave Camp (3900m, 7 hours)

Today's trek begins from Khola Kharka toward Cave Camp, and the trail becomes noticeably more rugged and adventurous. We walk through forest sections, narrow cliffside paths, and riverbank trails that require careful movement. The natural environment is rich and untouched, offering a deep sense of wilderness throughout the journey.

As we continue gaining elevation, the terrain becomes steeper and the air noticeably cooler. The trail gradually transitions from forested areas into rocky high-altitude landscapes. After several hours of steady ascent, we reach Cave Camp and settle into tents in a remote mountain environment.

- **Duration:** 7 hours
- **Trek Distance:** Approx. 11–13 km
- **Max. Altitude:** 3900m

- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 33: Cave Camp – Kalo Pokhari (4100m, 6 hours)

After breakfast, we continue our ascent toward Kalo Pokhari, a sacred high-altitude lake area known for its dark-colored waters and spiritual significance. The trail includes both uphill climbs and steep descents, making it physically demanding but extremely scenic.

The landscape becomes more alpine and open, with fewer trees and more rocky terrain. We pass through ridges and high valleys, with panoramic views appearing at multiple points along the route. By afternoon, we reach Kalo Pokhari and set up camp nearby in a safe and suitable location.

- **Duration:** 6 hours
- **Trek Distance:** Approx. 10–12 km
- **Max. Altitude:** 4100m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 34: Kalo Pokhari – Grazing Kharka (3960m)

Today we trek from Kalo Pokhari toward Grazing Kharka, moving through a mix of steep descents and gradual ridgelines. The trail passes through open alpine terrain where grazing fields are occasionally used by yaks and livestock during seasonal movement.

As we descend, the landscape becomes slightly softer but remains high-altitude and remote. The environment is peaceful, with wide views of valleys and surrounding peaks. We finally reach Grazing Kharka and establish our camp in a traditional highland grazing area.

- **Duration:** 5–6 hours
- **Trek Distance:** Approx. 9–11 km
- **Max. Altitude:** 4100m (starting point)
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 35: Grazing Kharka – Yangla Kharka (3557m, 7 hours)

After breakfast, we continue toward Yangla Kharka through a beautiful trail filled with dense forest sections, flowing streams, and open alpine meadows. The descent is gradual at first, followed by gentle ascents that keep the trek physically engaging.

The route follows the Barun Khola valley, offering stunning natural views and a peaceful walking experience surrounded by greenery and river landscapes. By evening, we arrive at Yangla Kharka, where we rest in a quiet camping site near the river.

- **Duration:** 7 hours
 - **Trek Distance:** Approx. 12–14 km
 - **Max. Altitude:** 3557m
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 36: Yangla Kharka – Langmale Kharka (4400m, 5 hours)

Today's trek involves a steady ascent toward Langmale Kharka. The trail becomes more alpine and open as we gain altitude, with fewer trees and more expansive mountain views. The environment feels more remote and raw, with yaks occasionally seen grazing in highland pastures.

The walking duration is relatively shorter but more intense due to altitude gain. The final stretch offers beautiful views of surrounding peaks and valleys. We reach Langmale Kharka and set up camp in a high-altitude grazing area.

- **Duration:** 5 hours
 - **Trek Distance:** Approx. 8–10 km
 - **Max. Altitude:** 4400m
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Accommodation:** Tent
-

Day 37: Rest Day for Acclimatization (4400m)

This day is dedicated to acclimatization, which is essential due to increasing altitude and thinner air. The body needs time to adjust, and this rest helps reduce the risk of altitude-related issues in the coming higher sections of the trek.

During the day, we can take short walks around Langmale Kharka, explore nearby ridges, or simply rest in the camp. The surroundings are peaceful, with vast mountain views and grazing animals adding to the natural atmosphere of the region.

- **Max. Altitude:** 4400m
 - **Accommodation:** Tent
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 38: Langmale Kharka – Makalu Base Camp (4870m)

After proper acclimatization, we continue toward Makalu Base Camp. The trail becomes more dramatic with glacier views, rocky moraines, and wide-open Himalayan landscapes. This section is one of the most visually powerful parts of the entire Great Himalayan Trail.

As we approach the base camp, the scenery becomes dominated by towering peaks including Makalu, Everest region giants, and surrounding ridgelines. Reaching Makalu Base Camp is a major milestone of the journey, offering an unforgettable Himalayan panorama. We set up camp and rest overnight.

- **Duration:** 6–7 hours
- **Trek Distance:** Approx. 10–12 km
- **Max. Altitude:** 4870m
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Accommodation:** Tent

Day 39: Rest Day for Acclimatization (Makalu Base Camp)

This second acclimatization day at Makalu Base Camp is extremely important for recovery and adjustment to high altitude conditions. The thin air and extreme environment require rest to ensure safety and strength for the return or onward journey.

During the day, trekkers can explore nearby glacier viewpoints, take short walks around the base camp, or simply enjoy the powerful Himalayan scenery. The view of Makalu and surrounding peaks creates one of the most memorable experiences of the entire expedition.

- **Max. Altitude:** 4870m
- **Accommodation:** Tent
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 40: Makalu Base Camp – Swiss Base Camp, 5150m, 5–6 hours

From Makalu Base Camp, the journey continues deeper into the high alpine wilderness as we move towards Swiss Base Camp. This section of the trail feels even more remote and raw, with towering ice walls, massive glaciers, and dramatic mountain landscapes surrounding the route. The path is not a traditional trekking trail anymore; instead, it becomes a challenging alpine traverse where navigation depends heavily on reading the terrain, especially across moraine fields and unstable rocky zones. Every step brings you closer to the giant Himalayan peaks that dominate the skyline.

The final approach to Swiss Base Camp is particularly adventurous, requiring careful movement across large boulders and uneven glacial terrain. As we get closer, the proximity to the 8000-meter giants creates an overwhelming sense of scale and isolation. Camping here is a truly rare Himalayan experience, as you are surrounded by some of the world's

highest peaks in complete wilderness. The night is spent under extreme high-altitude conditions, making this one of the most memorable camps of the entire expedition.

Facts:

- Duration: 5–6 hours
- Trek Distance: N/A (glacial terrain)
- Altitude: 5150 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 41: Rest Day for Acclimatization

This day is reserved completely for acclimatization, which is extremely important before continuing towards even higher and more technical sections of the Great Himalayan Trail. At this altitude, the body needs time to adjust to reduced oxygen levels, and resting here helps reduce the risk of altitude sickness. The surrounding environment of Swiss Base Camp also offers a perfect natural setting for recovery and observation of the high mountain ecosystem.

During the rest period, the team will focus on hydration, light movement, and mental preparation for the upcoming ascent towards Sherpani Col Base Camp. Even though it is a rest day, short exploration around the campsite can be done depending on weather and physical condition. This pause ensures safety and strength for the demanding alpine crossings ahead.

Facts:

- Duration: Rest day
- Trek Distance: None
- Altitude: 5150 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 42: Swiss Base Camp – Sherpani Col Base Camp, 5700m, 6–7 hours

Leaving Swiss Base Camp, the trail becomes more technical and demanding as we head towards Sherpani Col Base Camp. The route follows glacial valleys where the Barun and Makalu glaciers dominate the landscape. The terrain is heavily influenced by ice formations, loose rocks, and shifting moraine, making progress slow and careful. This is one of the most isolated and wild sections of the entire expedition.

As we move forward, the valley gradually opens up to reveal breathtaking views of distant Himalayan giants, including Everest and Lhotse on clear days. The combination of high altitude, glacier crossings, and boulder hopping makes this day physically and mentally challenging. Reaching Sherpani Col Base Camp feels like entering a high mountain world where nature is untouched and powerful.

Facts:

- Duration: 6–7 hours
- Trek Distance: N/A (glacier + moraine trail)
- Altitude: 5700 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

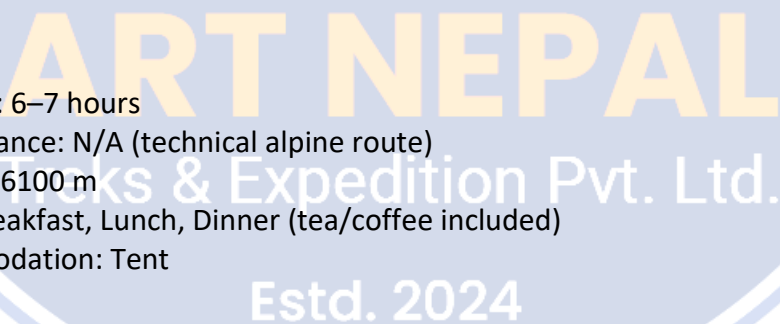
Day 43: Sherpani Col – Baruntse High Camp, 6100m, 6–7 hours

Today's journey is one of the most demanding and technical sections of the entire Great Himalayan Trail. The route from Sherpani Col to Baruntse High Camp involves crossing steep glacier slopes, rocky walls, and exposed ridges. The climb requires rope support and careful coordination, as the terrain is unstable and heavily glaciated. Every section of the trail demands full attention and slow, controlled movement.

After crossing the challenging high wall and ascending toward East Col, the route continues across icy terrain before reaching the Baruntse plateau. From here, another long traverse leads to the final campsite at Baruntse High Camp. The environment is extremely remote, cold, and dramatic, with close-up views of massive Himalayan peaks. This camp is located in one of the highest and most isolated zones of the trek.

Facts:

- Duration: 6–7 hours
- Trek Distance: N/A (technical alpine route)
- Altitude: 6100 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent



Day 44: Baruntse High Camp – Honku Basin, 4–5 hours

From Baruntse High Camp, the trail descends carefully towards the Honku Basin, crossing the West Col at 6143 meters. This section transitions from harsh alpine terrain into a wider glacial valley system. The descent requires caution as snow, ice, and loose rock combine to create unpredictable footing. The surrounding views remain dramatic, with towering peaks and deep glacier-carved landscapes.

As we enter the Honku Basin, the environment becomes slightly more open, revealing a series of glacial lakes known locally as Panch Pokhari. The valley provides a peaceful contrast to the previous technical climbs, offering a relatively calmer camping environment. This area is remote, quiet, and surrounded by pristine natural beauty.

Facts:

- Duration: 4–5 hours
- Trek Distance: N/A (glacier descent)
- Altitude: Approx. 5700m → lower basin
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 45: Hinku Basin – Amphu Labtsa Base, 5400m, 5 hours

After breakfast, the trek continues towards Amphu Labtsa Base Camp, located strategically between the Honku and Imja valleys. The trail gradually ascends through rocky and icy terrain, with increasing exposure to high winds and glacial landscapes. The route is remote and rugged, requiring steady pacing and careful navigation through moraine fields and alpine slopes.

Upon reaching Amphu Labtsa Base, the surroundings open to dramatic mountain views, including Ama Dablam and other iconic peaks of the Everest region. This campsite serves as the final preparation point before the challenging Amphu Labtsa crossing. The atmosphere is both intense and rewarding, as the expedition moves deeper into the heart of the Himalayas.

Facts:

- Duration: 5 hours
- Trek Distance: N/A (alpine approach)
- Altitude: 5400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 46: Rest Day at Amphu Labtsa Base 2024

This day is dedicated to full rest and preparation before the challenging Amphu Labtsa crossing. At this altitude, proper acclimatization is crucial to ensure safety during the upcoming technical pass. The team focuses on equipment checks, rope training, and physical recovery while staying at the base camp.

The surrounding landscape offers a calm yet powerful Himalayan atmosphere, with views of glaciers and surrounding peaks. Short walks around the campsite may be done depending on weather conditions. This rest day plays a critical role in ensuring a safe and successful crossing ahead.

Facts:

- Duration: Rest day
- Trek Distance: None
- Altitude: 5400 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 47: Amphu Labtsa – Chukung, 4730m, 10–12 hours

This is one of the longest and most technical trekking days of the expedition. The journey begins with a steep and challenging ascent followed by a technical descent involving rope-assisted sections. Snow-covered slopes, icy ridges, and glacial crossings dominate the terrain, requiring full focus and careful movement throughout the day.

After crossing Amphu Labtsa, the route gradually descends into the Imja Valley, where the landscape becomes more open and less extreme. The final approach to Chukung brings relief after a long and demanding day. This village offers a safe and comfortable environment after one of the toughest sections of the entire trail.

Facts:

- Duration: 10–12 hours
- Trek Distance: N/A (technical pass crossing)
- Altitude: 4730 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 48: Chukung – Kongma La – Lobuche, 4930m, 5–7 hours

From Chukung, the route heads towards Kongma La Pass, one of the high passes of the Everest region. The trail involves steep ascents, rocky moraine sections, and glacier crossings. The climb to Kongma La is physically demanding but offers incredible panoramic views of surrounding peaks and valleys.

After crossing the pass, the trail descends toward Lobuche through icy and rocky terrain. The landscape gradually shifts from high alpine wilderness to a more established trekking route near the Everest trail system. Lobuche provides a resting point in the heart of the Khumbu region.

Facts:

- Duration: 5–7 hours
- Trek Distance: N/A (high pass route)
- Altitude: 5535 m → 4930 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 49: Lobuche – Dzongla, 5420m, 5 hours

The trail from Lobuche to Dzongla follows a quieter and more remote path compared to the main Everest route. The terrain includes glacial sections and rocky paths with gradual elevation gain. Ama Dablam and other peaks remain visible throughout the journey, enhancing the scenic experience.

Dzongla is a peaceful high-altitude campsite located away from the main trekking crowds. It serves as an important transitional point before heading towards Cho La Pass. The environment here is cold, quiet, and surrounded by dramatic mountain scenery.

Facts:

- Duration: 5 hours
- Trek Distance: N/A
- Altitude: 5420 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 50: Dzongla – Cho La Pass – Thangnak, 4700m, 7 hours

This day involves crossing the famous Cho La Pass, one of the major high passes of the Everest region. The ascent is steep and often icy, requiring careful footing and sometimes rope support. The pass offers breathtaking views of surrounding Himalayan peaks and glaciers.

After crossing Cho La, the descent towards Thangnak follows a glacier and rocky terrain. The trail gradually becomes easier as you approach the Gokyo valley system. Thangnak serves as a resting point before reaching the Gokyo region.

Facts:

- Duration: 7 hours
- Trek Distance: N/A
- Altitude: 5368 m → 4700 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 51: Thangnak – Gokyo, 4750m, 3 hours

From Thangnak, the trail gently moves towards the beautiful Gokyo valley, following the edge of the massive Ngozumpa Glacier, one of the largest glaciers in the Himalayas. The journey is relatively shorter compared to previous days, but the landscape remains dramatic with icy moraine fields, glacial debris, and wide-open mountain scenery. As you walk forward, the terrain slowly transitions from rugged alpine paths to a more serene high-altitude valley environment.

Approaching Gokyo, the sight of turquoise glacial lakes becomes increasingly visible, creating one of the most stunning visual experiences of the entire trek. The village of Gokyo sits peacefully beside the lake system, surrounded by towering snow peaks. This destination feels like a hidden Himalayan paradise, offering both natural beauty and a sense of calm after challenging mountain passes.

Facts:

- Duration: 3 hours
- Trek Distance: N/A (glacier-side trail)
- Altitude: 4750 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

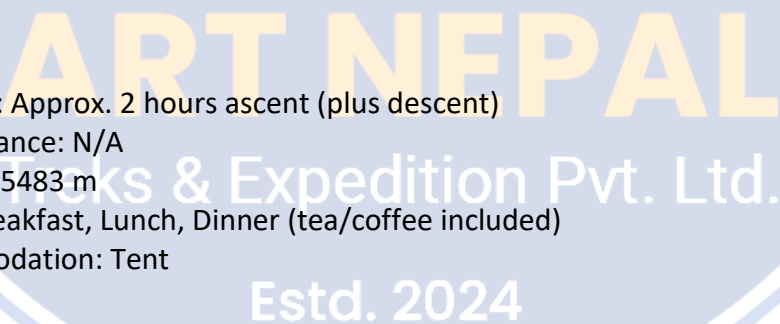
Day 52: Gokyo – Gokyo Ri, 5483m

Today is dedicated to the iconic ascent of Gokyo Ri, one of the most famous viewpoints in the Everest region. The climb begins early in the morning and gradually ascends steeply above Gokyo village. As the altitude increases, the air becomes thinner, but the panoramic views start opening up dramatically in all directions. The trail is rocky and steep, requiring steady pacing and endurance.

From the summit of Gokyo Ri, the reward is extraordinary. You are surrounded by a 360-degree panorama of Himalayan giants including Everest, Lhotse, Makalu, Cho Oyu, and many surrounding peaks. Below, the Ngozumpa Glacier stretches endlessly, forming a breathtaking frozen landscape. After spending time at the summit, the descent returns to Gokyo for an overnight stay.

Facts:

- Duration: Approx. 2 hours ascent (plus descent)
- Trek Distance: N/A
- Altitude: 5483 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent



Day 53: Gokyo – Renjo La Pass – Lungden, 4500m, 7 hours

Leaving Gokyo behind, the trail moves towards the challenging Renjo La Pass. The ascent is steep and demanding, but it offers increasingly spectacular views of the Gokyo Lakes and surrounding Himalayan peaks. As you climb higher, the landscape becomes more rugged and remote, with wind-swept ridges and rocky terrain dominating the path.

After crossing Renjo La Pass at 5354 meters, the descent leads into the quieter valley of Lungden. The trail down is long but rewarding, with shifting scenery from icy slopes to

greener alpine terrain. Lungden is a traditional Sherpa settlement, offering a peaceful atmosphere after a demanding high-altitude crossing.

Facts:

- Duration: 7 hours
- Trek Distance: N/A (high pass crossing)
- Altitude: 5354 m → 4500 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 54: Lungden – Thame, 3820m, 3 hours

From Lungden, the trail descends steadily towards Thame, passing through beautiful Sherpa settlements and ancient Himalayan landscapes. The walk is comparatively easier, allowing you to enjoy the cultural richness of the region. Traditional stone houses, prayer flags, and monasteries begin to appear more frequently, reflecting the deep Buddhist heritage of the Khumbu region.

Thame is one of the most culturally significant Sherpa villages, known for its monastery and long history of mountaineering legends. The village sits peacefully on a hillside, surrounded by towering peaks and glacial valleys. This stop offers a perfect combination of cultural immersion and rest before continuing towards the lower regions.

Facts:

- Duration: 3 hours
- Trek Distance: N/A
- Altitude: 3820 m
- Meal: Breakfast, Lunch, Dinner (tea/coffee included)
- Accommodation: Tent

Day 55: Thame – Parchemuche Tsho (4780m), 6.5 hours

From Thame, the trail towards Parchemuche Tsho begins with a gradual ascent through traditional Sherpa settlements and high Himalayan valleys that are deeply rooted in Buddhist culture and mountain heritage. The route steadily climbs away from the village landscapes into more isolated alpine terrain where vegetation becomes sparse and the environment increasingly raw. As trekkers gain elevation, the air turns thinner and colder, while the surrounding views open up to distant ridgelines and snow-covered peaks that dominate the skyline. The journey is both physically demanding and visually rewarding, offering a transition from cultural villages to remote high-altitude wilderness.

As the trail continues, the approach to Parchemuche Tsho becomes more dramatic, with rocky sections, moraine ridges, and glacial-fed streams marking the path. The lake itself lies in a remote high basin, surrounded by rugged mountain formations that reflect beautifully in its still waters under clear conditions. Camping near the lake offers a peaceful yet

extreme high-altitude experience, where silence, wind, and altitude define the atmosphere. The setting feels untouched and sacred, making it one of the more memorable alpine camps of the journey.

Facts:

- Max Altitude: 4780m
- Accommodation: Tent
- Time: 6.5 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 56: Parchemuche Tsho – Cave Camp (5665m), 5.5 hours

Leaving Parchemuche Tsho, the trail to Cave Camp becomes noticeably more rugged and remote as trekkers enter higher alpine terrain with increasing exposure to wind, rock, and glacier influence. The path gradually ascends through rocky ridges and moraine fields where navigation requires careful attention due to uneven surfaces and changing trail visibility. The environment becomes more extreme as altitude increases, with oxygen levels dropping and physical effort becoming significantly more demanding with every step.

As the journey continues upward, the surroundings shift into a stark high-mountain landscape where vegetation completely disappears and only rock, ice, and snow dominate the scenery. Cave Camp is located in a dramatic high-altitude setting that feels deeply isolated and raw, offering shelter in a naturally formed rugged environment. The campsite is often exposed to cold winds and shifting weather conditions, making it a true high-expedition style camping experience in the heart of the Himalayas.

Facts:

- Max Altitude: 5665m
- Accommodation: Tent
- Time: 5.5 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 57: Rest Day at Cave Camp (Acclimatization)

This rest day at Cave Camp is essential for acclimatization before entering even more technical and glaciated terrain ahead. At this extreme altitude, the body requires time to adapt to reduced oxygen levels, and this pause helps reduce the risk of altitude-related complications. The surrounding landscape remains harsh and dramatic, with towering rock formations and icy sections creating a powerful high-altitude atmosphere.

Trekkers may take short, controlled walks around the camp area to maintain circulation while allowing the body to recover. The environment is quiet, remote, and physically

intimidating, reinforcing the seriousness of the expedition ahead. This day serves as a critical preparation phase before crossing glacier terrain in the following sections of the route.

Facts:

- Max Altitude: 5665m
- Accommodation: Tent
- Time: Rest day
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: None

Day 58: Cave Camp – Trakarding Glacier (4735m), 8 hours

From Cave Camp, the route towards Trakarding Glacier involves a demanding traverse through high alpine and glacial terrain, often requiring navigation across ice gullies, rocky ascents, and unstable moraine sections. The trek begins gradually but quickly becomes more technical as trekkers approach the glacier zones, where footing becomes uncertain and the landscape increasingly dominated by ice and fractured rock. Weather conditions play a major role in the difficulty of the day, with cold winds and potential snow adding to the challenge.

As the trail continues, the environment transitions fully into a glacier system where movement requires caution and endurance. The sheer scale of the surrounding ice formations creates an overwhelming sense of remoteness, with deep crevasses and frozen surfaces shaping the terrain. Camping at Trakarding Glacier places trekkers directly within a high-altitude glacial world, offering a raw and powerful Himalayan expedition experience.

Facts:

- Max Altitude: 4735m
- Accommodation: Tent
- Time: 8 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 59: Trakarding Glacier – Kabug (4820m), 4.5 hours

From Trakarding Glacier, the trail towards Kabug begins with a gradual movement away from the harsher glacial core into slightly more stable alpine terrain. Although the overall elevation remains extremely high, the walking conditions become comparatively less technical than the previous day. The route still demands caution, as trekkers move across rocky moraine sections and uneven glacial debris shaped by centuries of ice movement. The surrounding environment remains stark and powerful, with massive mountain walls and glacier remnants defining the landscape.

As the trek continues, the sense of isolation persists, but the terrain slowly opens into broader high-altitude valleys where movement becomes slightly more manageable. Kabug serves as a temporary high camp surrounded by rugged Himalayan formations and cold winds that sweep across the exposed slopes. The campsite reflects the rawness of high-altitude trekking, where simplicity and endurance define the experience more than comfort.

Facts:

- Max Altitude: 4820m
 - Accommodation: Tent
 - Time: 4.5 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 60: Kabug – Beding (3740m), 5 hours

The descent from Kabug to Beding marks a noticeable shift in terrain as trekkers gradually move away from extreme alpine zones into lower, more vegetated valleys. The trail descends through rocky paths and alpine slopes, with the environment slowly transforming from barren high-altitude landscapes into areas where rhododendron and pine forests begin to reappear. The air becomes denser as elevation decreases, making breathing easier compared to previous high camps.

As the route continues, traditional Himalayan settlements begin to re-emerge, signaling a return to culturally rich landscapes. Beding is a well-known Sherpa village that sits in a beautiful valley setting surrounded by dramatic mountain backdrops. The village offers a peaceful atmosphere after days of harsh terrain, making it an ideal place for recovery and rest.

Facts:

- Max Altitude: 3740m
 - Accommodation: Tent
 - Time: 5 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 61: Rest Day at Beding

This rest day in Beding allows trekkers to recover physically after several days of demanding alpine and glacier trekking. The lower altitude compared to previous camps provides a natural recovery environment where the body can regain strength and adjust comfortably. The surrounding village atmosphere, combined with mountain views, creates a peaceful and culturally immersive setting.

During the day, trekkers can explore the village, interact with local communities, and observe traditional Sherpa lifestyles rooted in high Himalayan living. The presence of monasteries, stone houses, and terraced landscapes adds cultural depth to the journey. This pause is essential before continuing into the next long descent phase of the expedition.

Facts:

- Max Altitude: 3740m
 - Accommodation: Tent
 - Time: Rest day
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: None
-

Day 62: Beding – Dokhang (2791m), 6 hours

From Beding, the trail to Dokhang continues its descent through increasingly lush landscapes where vegetation becomes more prominent and the harsh alpine environment slowly fades. The route follows river valleys and forested sections, offering a refreshing change after high-altitude exposure. The sound of flowing streams and the presence of greenery make the trek feel lighter and more relaxed compared to previous days.

As trekkers continue downward, the trail becomes more culturally connected, passing through small settlements and natural resting points along the way. Dokhang is situated near a stream in a peaceful valley environment, making it an ideal camping location surrounded by natural calmness. The descent also helps the body recover significantly after prolonged high-altitude strain.

Facts:

- Max Altitude: 2791m
 - Accommodation: Tent
 - Time: 6 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 63: Dokhang – Simigaon (2036m), 5 hours

The journey from Dokhang to Simigaon continues through descending forest trails filled with rhododendron, oak, and agricultural landscapes. As altitude drops further, the environment becomes warmer and more hospitable, with terraced fields and rural settlements appearing along the route. The trail is less physically demanding, allowing trekkers to enjoy the natural surroundings more comfortably.



Simigaon is a picturesque village known for its agricultural lifestyle, where locals depend on farming and animal husbandry. The village sits on a ridge offering beautiful views of surrounding valleys and distant mountain ranges. The cultural richness combined with natural beauty makes it a relaxing stop after several days of high-altitude trekking.

Facts:

- Max Altitude: 2036m
- Accommodation: Tent
- Time: 5 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 64: Simigaon – Bigu Gompa (2516m)

From Simigaon, the trail ascends slightly towards Bigu Gompa, marking a transition into a culturally significant Buddhist region. The route passes through forested ridges and small rural pathways where prayer flags and chortens begin to reappear. The climb is moderate but steady, offering scenic views of surrounding hills and valleys.

Bigu Gompa is a peaceful monastic settlement that holds spiritual importance for the region. The village is calm and less commercialized, providing an authentic Himalayan cultural experience. It marks the end of the Rolwaling section of the Great Himalayan Trail, making it a meaningful milestone in the journey.

Facts:

- Max Altitude: 2516m
- Accommodation: Tent
- Time: Not specified
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

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Day 65: Rest Day at Bigu Gompa

This rest day at Bigu Gompa is dedicated to recovery and cultural exploration after completing the Rolwaling section of the trek. The peaceful monastery environment provides a calming atmosphere where trekkers can rest both physically and mentally. The lower altitude and spiritual setting make it an ideal place for reflection and rejuvenation.

Trekkers can explore nearby villages, interact with monks, and observe traditional Buddhist practices. The surrounding landscape of hills and forests adds to the serenity of the experience. This day also prepares the body for the upcoming transition into the next major trekking section.

Facts:

- Max Altitude: 2516m
- Accommodation: Tent
- Time: Rest day
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: None

Day 66: Bigu Gompa – Tinsang-La Pass (3778m) – Dolangsa (2489m), 7 hours

From Bigu Gompa, the trail gradually ascends through remote hillside settlements and forested ridges as the journey enters a more rugged and less-traveled section of the Great Himalayan Trail. The path leading toward Tinsang-La Pass involves steady climbing through mixed terrain where rhododendron, oak, and pine forests dominate the lower slopes before giving way to more open alpine ridgelines. The ascent is long and physically engaging, with traditional chortens and prayer flags marking the route as it winds through culturally rich mountain landscapes.

After crossing Tinsang-La Pass, the trail begins a long descent toward Dolangsa, where the environment becomes noticeably milder and more settled. The views from the pass are wide and dramatic, offering glimpses of the Gauri Shankar range and surrounding Himalayan valleys. The descent requires careful footing as the trail passes through steep forest sections before finally reaching Dolangsa, a quiet village setting ideal for overnight camping.

Facts:

- Max Altitude: 3778m
- Accommodation: Tent
- Time: 7 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

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Day 67: Dolangsa – The Last Resort (1170m), 6 hours

The trek from Dolangsa to The Last Resort begins with a gradual descent through hillside trails and small rural settlements leading toward the lower river valleys. The route passes through terraced farmland, suspension bridges, and forested sections before reaching Barhabise, where the landscape shifts dramatically into warmer low-altitude terrain. The change in climate becomes more noticeable as humidity increases and vegetation becomes denser.

From Barhabise, a short drive leads to The Last Resort, a well-known adventure destination situated near the Bhoté Koshi River. The journey ends in a contrasting environment compared to the high mountains, offering comfort, rest, and recreational activities. The resort area provides a relaxed atmosphere after weeks of trekking in remote alpine regions.

Facts:

- Max Altitude: 1170m
- Accommodation: Resort/Tent (as per itinerary)
- Time: 6 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified



Day 68: The Last Resort – Sherpa Gaun (2500m), 6 hours

Leaving The Last Resort, the trail gradually ascends again into mid-hill regions, transitioning from river valleys back into forested mountain terrain. The route follows rural paths, passing through small settlements and agricultural land where locals practice traditional farming. The climb is steady but manageable, offering a balanced trekking experience after the lower-altitude break.

As the ascent continues, the environment becomes cooler and more scenic, with panoramic views of surrounding hills and distant Himalayan ranges. Sherpa Gaun is a culturally rich village known for its traditional lifestyle and warm hospitality. The settlement provides a peaceful overnight stop surrounded by natural beauty and cultural authenticity.

Facts:

- Max Altitude: 2500m
- Accommodation: Tent
- Time: 6 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 69: Sherpa Gaun – Nautale Kharka (3415m), 7 hours

From Sherpa Gaun, the trail ascends steadily into higher forested regions dominated by rhododendron, oak, and juniper vegetation. The path is long and continuous, requiring endurance as trekkers move deeper into the Himalayan mid-hills. Along the way, traditional grazing areas and seasonal herder shelters begin to appear, reflecting the pastoral lifestyle of the region.

As elevation increases, the views become more expansive, with glimpses of distant snow-capped peaks and deep river valleys below. Nautale Kharka is an open high pasture area used by herders, offering a wide and exposed camping environment surrounded by alpine landscapes. The campsite feels remote and peaceful, ideal for overnight stay under clear mountain skies.

Facts:

- Max Altitude: 3415m
- Accommodation: Tent
- Time: 7 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 70: Nautale Kharka – Kyangsing (2425m), 6 hours

The descent from Nautale Kharka to Kyangsing begins through dense forest trails filled with oak and pine trees, creating a cooler and shaded trekking environment. The route is well-defined but includes gradual downhill sections that require steady pacing. As trekkers descend, the air becomes warmer and more humid, signaling a return to lower elevations.

Kyangsing is a small settlement located in a forested valley area, surrounded by natural greenery and traditional grazing land. The village offers a calm atmosphere after a long day of descent, with basic camping facilities and natural surroundings that highlight rural Himalayan life.

Facts:

- Max Altitude: 2425m
- Accommodation: Tent
- Time: 6 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 71: Kyangsing – Tembathang (2180m), 7 hours

From Kyangsing, the trail continues descending and traversing through mixed forest terrain, including bamboo groves, rhododendron belts, and oak woodlands. The path alternates between gentle climbs and descents, making the trek rhythmically varied and physically engaging. Small settlements and terraced fields appear intermittently along the way.

As the journey progresses, the landscape becomes more inhabited and culturally active, with traditional hillside farming communities visible along the route. Tembathang is a quiet rural settlement surrounded by forests and hills, offering a peaceful camping environment with a strong connection to local village life.

Facts:

- Max Altitude: 2180m
- Accommodation: Tent
- Time: 7 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 72: Tembathang – Nosyampati (3600m), 6 hours

The trail from Tembathang begins with a steep and continuous ascent through dense forests and rugged hillside terrain. The route passes through bamboo sections, alpine woods, and rhododendron forests, gradually gaining altitude as trekkers move toward higher ridges. The

climb is physically demanding but rewarding due to the changing landscapes and increasing mountain visibility.

As elevation rises, the vegetation thins and opens into alpine meadows near Nosyampati, a high ridge area with limited water sources and exposed camping conditions. The views from here include the Jugal Himal range and surrounding peaks, making it a scenic but remote high-altitude stop.

Facts:

- Max Altitude: 3600m
 - Accommodation: Tent
 - Time: 6 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 73: Nosyampati – Panchpokhari (4070m), 5 hours

From Nosyampati, the trail ascends toward the sacred Panchpokhari lakes, a region of deep religious significance for Hindu and Buddhist pilgrims. The path climbs through rocky ridges and alpine terrain, with increasingly open views of surrounding Himalayan landscapes. The air becomes thinner and colder as trekkers approach higher elevations.

Panchpokhari is a cluster of five sacred lakes located in a high mountain basin, surrounded by dramatic peaks and spiritual atmosphere. The site is both culturally important and visually stunning, offering a powerful combination of natural beauty and religious significance. Camping near the lakes provides a serene high-altitude experience.

Facts:

- Max Altitude: 4070m
 - Accommodation: Tent
 - Time: 5 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 74: Panchpokhari – Intermediary Camp (4273m), 4 hours

The trek from Panchpokhari to Intermediary Camp involves steady uphill walking through high alpine terrain where vegetation becomes sparse and the environment increasingly exposed. The trail follows ridge lines and moraine sections, requiring consistent endurance and careful footing. The surrounding landscape remains rugged and spiritually significant.

Intermediary Camp is located in a remote high-altitude zone, serving as a transitional stop before higher mountain passes. The campsite is exposed to wind and cold temperatures but offers wide views of surrounding Himalayan peaks and valleys, making it a strategically important overnight halt.

Facts:

- Max Altitude: 4273m
- Accommodation: Tent
- Time: 4 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 75: Intermediary Camp – Tin Pokhari (4255m), 4 hours

From Intermediary Camp, the trail toward Tin Pokhari continues through high alpine terrain where the landscape remains rugged and exposed. The path is characterized by gradual ascents and uneven rocky sections that require steady pacing and careful movement. As trekkers progress, the surroundings open into wide high-altitude basins with sparse vegetation and scattered moraine formations shaped by ancient glacial activity. The cold wind and thin air become more noticeable, emphasizing the altitude gain and the remoteness of the route.

Tin Pokhari is located in a secluded high-mountain setting where small alpine water bodies and rocky terrain define the landscape. The campsite offers a quiet and isolated environment surrounded by Himalayan ridges and distant snow-covered peaks. The simplicity of the terrain, combined with extreme altitude conditions, makes this a physically demanding yet visually striking camping location.

Facts:

- Max Altitude: 4255m
- Accommodation: Tent
- Time: 4 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified



Day 76: Tin Pokhari – High Camp (4666m), 5 hours

The trail from Tin Pokhari to High Camp gradually climbs through increasingly rocky and alpine terrain where the landscape becomes more barren and exposed. The ascent is steady, with occasional steep sections that test endurance and balance. As elevation increases, the air becomes thinner, and trekkers begin to feel the intensity of high-altitude movement more strongly. The environment is dominated by rock formations, moraine ridges, and distant glacier views.

High Camp is situated in a stark and elevated location that serves as a preparation point for the upcoming pass crossing. The campsite is fully exposed to mountain winds and cold temperatures, with limited natural shelter. Despite the harshness, the views of surrounding Himalayan ranges make it a dramatic and memorable overnight stop.

Facts:

- Max Altitude: 4666m
 - Accommodation: Tent
 - Time: 5 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 77: High Camp – Tilman Pass (5308m) – Moraine Camp (4580m), 7 hours

This is one of the most challenging and technical days of the entire trek as the route crosses Tilman Pass, a high-altitude mountain pass surrounded by glacial and rocky terrain. The ascent toward the pass involves steep climbing over unstable moraine, snow patches, and rocky ridges where progress is slow and physically demanding. Weather conditions play a critical role, and the cold, wind, and altitude make this section particularly intense.

After reaching Tilman Pass, the trail descends carefully over glacial terrain toward Moraine Camp. The descent requires caution due to loose rocks and icy sections, with continuous attention needed for safe footing. Moraine Camp lies in a high-altitude glacial basin surrounded by rugged mountain formations, offering a remote and challenging camping experience in extreme Himalayan conditions.

Facts:

- Max Altitude: 5308m
 - Accommodation: Tent
 - Time: 7 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 78: Moraine Camp – Langshisa Kharka (4285m), 5 hours

From Moraine Camp, the trail descends gradually into Langshisa Kharka through alpine valleys and glacially carved landscapes. The route is still remote and rugged but less technically demanding than the previous day. Trekkers move across rocky trails, open meadows, and moraine fields shaped by glacial retreat. The environment slowly becomes more stable as altitude decreases.

Langshisa Kharka is a high alpine grazing area surrounded by towering peaks and expansive valleys. The campsite offers a slightly more open and scenic environment, with views of glaciers and surrounding Himalayan ridges. It serves as a transitional resting point between high pass terrain and lower valley routes.

Facts:

- Max Altitude: 4285m
 - Accommodation: Tent
 - Time: 5 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 79: Langshisa Kharka – Kyanjing Gompa (3830m), 6 hours

The trail from Langshisa Kharka to Kyanjing Gompa follows glacial valleys and icy terrain with sections of loose soil and rocky paths. The descent becomes more noticeable as trekkers move toward a more established settlement area. The route offers dramatic views of surrounding peaks, including Langshisa Ri and Dorje Lakpa, which dominate the skyline throughout the journey.

Kyanjing Gompa is a well-known village in the Langtang region, rich in cultural heritage and Buddhist influence. The settlement is surrounded by towering mountains and glaciers, creating one of the most scenic environments in the entire trek. The village provides a sense of civilization after long days in remote alpine wilderness.

Facts:

- Max Altitude: 3830m
 - Accommodation: Tent
 - Time: 6 hours
 - Meals: Breakfast, Lunch, Dinner (with tea/coffee)
 - Trek Distance: Not specified
-

Day 80: Kyanjing Gompa – Lama Hotel (3030m)

From Kyanjing Gompa, the trail descends through the Langtang valley following riverbanks, forested paths, and traditional trekking routes. The environment gradually becomes greener and more forested as altitude decreases, with rhododendron and pine forests replacing the barren alpine landscape. The descent is long but steady, offering a more relaxed trekking experience.

Lama Hotel is a popular resting point along the Langtang trail, surrounded by dense forest and river sounds. The atmosphere is calm and sheltered, providing a comfortable stop after

the high-altitude sections of the journey. It marks a significant descent back into lower Himalayan terrain.

Facts:

- Max Altitude: 3030m
- Accommodation: Tent
- Time: Not specified
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 81: Lama Hotel – Syabru Besi (1503m), 6 hours

The trail from Lama Hotel to Syabru Besi continues descending through lush forested landscapes, passing through small villages and river crossings along the way. The air becomes warmer and more humid as trekkers move closer to lower elevations. The path is well-established and frequently used, making it less technical but still long and tiring due to continuous descent.

Syabru Besi is a key gateway town in the Langtang region, located near river valleys and surrounded by green hills. It offers a return to more developed settlements, marking the transition from remote trekking zones to accessible road-connected areas.

Facts:

- Max Altitude: 1503m
- Accommodation: Tent
- Time: 6 hours
- Meals: Breakfast, Lunch, Dinner (with tea/coffee)
- Trek Distance: Not specified

Day 82: Syabru Besi – Ganesh Link – Gatlang, 2238m, 4 hours

Leaving the river valley settlement of Syabrubesi, the trail begins transitioning into the culturally rich and less-traveled Ganesh region. The path gradually climbs through terraced hillsides, small rural settlements, and forested ridges, offering a clear shift from the Langtang landscape into the mid-hill terrain of central Nepal. The journey is relatively shorter but marked by steady ascent and changing scenery.

As we move closer to Gatlang, the trail becomes more culturally immersive, passing through traditional Tamang villages and open hillside landscapes. Gatlang itself is a beautifully preserved settlement where stone houses, prayer flags, and terraced fields define the environment. The village provides a peaceful and culturally rich camping experience, marking the beginning of the Ganesh Himal section.

Facts

- Max Altitude: 2238m
 - Accommodation: Tent
 - Time: 4 hours
 - Meals: Breakfast, Lunch and Dinner with coffee/tea
-

Day 83: Gatlang – Somdang, 3258m, 6 hours

From Gatlang, the trail ascends steadily into higher alpine terrain, entering dense rhododendron and mixed forests as we gain elevation. The path includes a combination of gradual climbs and steeper sections, eventually leading toward Khurpu Dada Pass, which offers expansive views of surrounding ridgelines and distant Himalayan ranges. The environment becomes quieter and more remote as we progress.

After crossing the pass, the trail descends into a more secluded valley leading toward Somdang. This settlement lies in a tranquil mountain basin surrounded by forested slopes and alpine terrain. The campsite here provides a calm resting point after a long day of trekking through varied terrain and elevation gain.

Facts

- Max Altitude: 3258m
 - Accommodation: Tent
 - Time: 6 hours
 - Meals: Breakfast, Lunch and Dinner with coffee/tea
-

Day 84: Somdang – Tipling, 1890m, 7 hours

Leaving Somdang, the trail descends gradually through dense forests filled with rhododendron, oak, and pine, creating a rich and vibrant natural corridor. The route is long and continuously undulating, with alternating descents and gentle climbs that pass through scattered agricultural fields and forested ridges. The air becomes warmer as elevation drops.

Approaching Tipling, the landscape opens into cultivated farmland and rural settlements. Tipling is a traditional village where agriculture plays a central role in daily life, with terraced fields stretching across the hillsides. The campsite here offers a comfortable lower-altitude rest after several days in high mountain terrain.

Facts

- Max Altitude: 1890m
- Accommodation: Tent
- Time: 7 hours
- Meals: Breakfast, Lunch and Dinner with coffee/tea

Day 85: Tipling – Lapa Khola, 1285m, 6 hours

From Tipling, the trail continues descending deeper into the mid-hill valleys, following forested paths and small rural tracks. The journey includes a mix of gentle descents and short uphill sections as we move through increasingly green and humid landscapes. Streams and small river crossings add rhythm to the descent.

As we reach Lapa Khola, the environment becomes noticeably warmer and more tropical compared to previous days. The river valley setting provides a peaceful campsite surrounded by dense vegetation and natural water flow. This marks a significant descent phase in the overall trek, transitioning out of higher Himalayan terrain.

Facts

- Max Altitude: 1285m
- Accommodation: Tent
- Time: 6 hours
- Meals: Breakfast, Lunch and Dinner with coffee/tea

Day 86: Lapa Khola – Nauban Kharka, 2750m

After leaving the peaceful banks of Lapa Khola, the trail gradually begins to gain elevation as we move deeper into the mid-hill wilderness. The morning walk starts early, following narrow forest paths surrounded by dense vegetation, small ridgelines, and occasional open clearings that reveal distant valleys. The ascent is steady but continuous, and the terrain shifts between soft forest soil, rocky sections, and minor uphill climbs that demand consistent pacing.

As the day progresses, the landscape becomes more remote and less inhabited, offering a raw Himalayan trekking experience. The final stretch toward Nauban Kharka opens into grazing land surrounded by forested hills, making it a natural camping location. The quietness of the area, combined with the altitude gain, creates a peaceful overnight stop ideal for rest and recovery before the next long trekking sections.

Max. Altitude: 2750m

Accommodation: Tent

Time: 7 hours

Meals: Breakfast, Lunch and Dinner with coffee/tea

Walking Distance: —

Day 87: Nauban Kharka – Kerauja, 2074m

Today's journey begins with a descent and gradual traverse through forested ridges, slowly transitioning from higher alpine terrain into more settled rural landscapes. The trail passes through thick vegetation, scattered human settlements, and terraced fields, giving a glimpse of traditional mountain life in the remote hills. The long walking hours require steady rhythm as the path continuously shifts between climbs and downhill sections.

As we approach Kerauja, the environment becomes more culturally rich, with small villages and farmland replacing dense forest. Kerauja is a remote settlement in the Upper Gorkha region, offering insight into traditional livelihoods and rural Himalayan culture. The campsite here provides a peaceful stop surrounded by hills and farmland, making it a refreshing end to a long trekking day.

Max. Altitude: 2074m

Accommodation: Tent

Time: 8 hours

Meals: Breakfast, Lunch and Dinner with coffee/tea

Walking Distance: —

Day 88: Kerauja – Khorla Besi, 2074m

Leaving Kerauja, the trail continues through a mix of forest paths and hillside tracks, gradually connecting into the broader Manaslu–Annapurna linkage route. The walk includes steady ascents and descents, with river crossings and ridge walks that make the journey both physically engaging and visually rewarding. The trail becomes more defined as we move closer to more frequently traveled routes.

Khorla Besi marks an important transition point into more established trekking corridors. The village atmosphere, combined with views of surrounding hills and river valleys, offers a sense of re-entry into more structured trail systems. The campsite here provides a comfortable resting point before entering deeper sections of the Manaslu region.

Max. Altitude: 2074m

Accommodation: Tent

Time: 8 hours

Meals: Breakfast, Lunch and Dinner with coffee/tea

Walking Distance: —

Day 89: Khorla Besi – Jagat, 1340m

The descent from Khorla Besi toward Jagat follows the river valley, gradually moving into lower elevations with warmer temperatures and denser settlements. The trail is carved alongside the riverbanks, crossing suspension bridges, rocky paths, and forested sections.

The sound of flowing water accompanies much of the walk, making the journey steady but immersive.

As we arrive at Jagat, we enter a key checkpoint village on the Manaslu Circuit route. The settlement is known for its stone-built houses, traditional architecture, and welcoming trekking atmosphere. This area marks a clear entry into regulated trekking regions, and the campsite here provides a structured and comfortable overnight stay.

Max. Altitude: 1340m

Accommodation: Tent

Time: —

Meals: Breakfast, Lunch and Dinner with coffee/tea

Walking Distance: —

Day 90: Jagat – Philim, 1570m (4 hours)

Today's trek is relatively shorter and more rhythmic, following the Budhi Gandaki valley trail upward toward Philim. The path includes gradual ascents, river crossings, and well-defined trekking routes lined with prayer flags and small settlements. The trail is scenic, with terraced fields and hillside views accompanying most of the journey.

Philim is a well-known Gurung village that offers a blend of cultural richness and natural beauty. The village is surrounded by hills and river valleys, creating a peaceful trekking stop. Upon arrival, the campsite is set near the river, offering a relaxing environment after a shorter trekking day.

Max. Altitude: 1570m

Accommodation: Tent

Time: 4 hours

Meals: Breakfast, Lunch and Dinner with coffee/tea

Walking Distance: —

Day 91: Philim – Deng, 1860m

Leaving Philim, the trail gradually ascends through a mix of forested ridges and river-side paths, following the Budhi Gandaki valley deeper into the Manaslu region. The walk begins with gentle climbs before transitioning into more rugged terrain, where narrow trails cut through pine and rhododendron forests. Suspension bridges and small settlements appear intermittently, adding variation to the long trekking hours.

As we move closer to Deng, the landscape becomes more culturally Tibetan in influence, with prayer flags, chortens, and traditional stone houses beginning to appear. The village is surrounded by hills and forested slopes, offering a quiet and remote atmosphere. Deng serves as a significant stop before entering higher Himalayan terrain.

- **Max. Altitude:** 1860m
 - **Accommodation:** Tent
 - **Time:** 5–6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 92: Deng – Namrung, 2630m

Today's journey begins with a steady ascent from Deng, crossing several suspension bridges and climbing through dense forests of pine and rhododendron. The trail becomes more demanding with continuous uphill sections, passing through small settlements and terraced landscapes. The Budhi Gandaki river remains a constant companion, guiding the route through the valley.

As we approach Namrung, the environment transforms into a distinctly Tibetan-influenced cultural zone. Mani walls, prayer wheels, and traditional villages reflect the rich heritage of the region. Namrung offers breathtaking views of surrounding peaks and serves as a major acclimatization point before entering higher elevations.

- **Max. Altitude:** 2630m
 - **Accommodation:** Tent
 - **Time:** 7–8 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 93: Namrung – Shyala, 3520m

The trek from Namrung begins with a steady climb through beautiful alpine forests and traditional villages. The trail gradually opens up, revealing wider mountain views and increasing exposure to high-altitude terrain. Prayer flags, chortens, and stone settlements become more frequent as we gain elevation.

Shyala is a stunning high-altitude village surrounded by panoramic views of Himalchuli, Ngadi Chuli, and other towering peaks. The open landscapes and yak pastures give a strong Himalayan atmosphere. This campsite provides an unforgettable sunset and sunrise experience in the upper Manaslu region.

- **Max. Altitude:** 3520m
- **Accommodation:** Tent
- **Time:** 6 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 94: Shyala – Samdo, 3875m

Today's trail moves deeper into the high Himalayan zone as we leave Shyala behind. The path traverses glacial moraines, alpine valleys, and dry landscapes with dramatic mountain backdrops. The terrain becomes more open and rugged, reflecting the transition into a harsher but visually striking environment.

Samdo is a traditional Tibetan refugee village located near the Nepal–Tibet border region. The village offers incredible views of Manaslu and surrounding peaks, along with a strong cultural Tibetan influence. It is an important acclimatization point before crossing high passes ahead.

- **Max. Altitude:** 3875m
- **Accommodation:** Tent
- **Time:** —
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 95: Rest Day – Samdo

This rest day is essential for acclimatization as the altitude increases significantly in the coming sections. The body needs time to adjust to thinner air and prepare for high passes such as Larkya La. Resting here also helps prevent altitude-related complications.

During the day, short hikes around Samdo can be done to aid acclimatization. The surrounding landscapes offer excellent views of glaciers, mountains, and yak grazing fields. The village itself provides insight into traditional high-altitude life.

- **Max. Altitude:** 3875m
- **Accommodation:** Tent
- **Time:** —
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 96: Samdo – Larkye Base Camp, 4460m

Leaving Samdo, the trail ascends steadily toward Larkye Base Camp, passing through barren alpine landscapes and glacial streams. The terrain becomes increasingly rugged, with fewer signs of vegetation and more exposure to wind and cold conditions. The climb is gradual but physically demanding due to altitude gain.

Larkye Base Camp sits at the foot of the famous Larkya La Pass. The area is remote and dramatic, surrounded by icy ridges and towering peaks. This campsite prepares trekkers for one of the most challenging high-pass crossings ahead.

- **Max. Altitude:** 4460m
 - **Accommodation:** Tent
 - **Time:** 4 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 97: Larkye La – Bimtang, 3590m

This is one of the most challenging and rewarding days of the entire trek as we cross Larkye La Pass. The ascent is long, steep, and demanding, often covered in snow and ice depending on conditions. From the top, breathtaking views of Himlung Himal, Kang Guru, and Annapurna II reward the effort.

After crossing the pass, a long descent leads down to Bimtang through glacial valleys and alpine terrain. The landscape gradually softens as we descend into greener surroundings. Bimtang offers a peaceful campsite surrounded by mountains and glaciers.

- **Max. Altitude:** 3590m
 - **Accommodation:** Tent
 - **Time:** 8–10 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 98: Bimtang – Dharapani, 1865m

The trail from Bimtang descends through lush forests, river valleys, and traditional settlements. The environment changes dramatically from alpine cold to warm, forested landscapes. The Marsyangdi River accompanies the route as we move deeper into the Annapurna region.

Dharapani is a key junction point on the Annapurna Circuit, marking a transition into more developed trekking infrastructure. The village offers comfortable camping conditions and a vibrant trekking atmosphere.

- **Max. Altitude:** 1865m
 - **Accommodation:** Tent
 - **Time:** 7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 99: Dharapani – Khodo, 2675m

Today's trek involves a gradual ascent through forested trails, suspension bridges, and scattered villages. The route becomes more culturally rich as we move through Gurung and Tibetan-influenced settlements. The climb is steady but rewarding with changing landscapes.

Khodo lies within the Annapurna region and serves as a peaceful mountain stop. Surrounded by hills and forests, it offers a quiet camping environment after a long day of trekking.

- **Max. Altitude:** 2675m
- **Accommodation:** Tent
- **Time:** 6 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 100: Khodo – Pisang, 2675m

The trail continues through the Annapurna Circuit route with moderate ascents and scenic mountain views. The walk passes through pine forests, small settlements, and open valleys with dramatic Himalayan scenery. The air becomes drier and more alpine as we progress.

Pisang is a well-known village in the Annapurna region offering stunning views of Annapurna II and surrounding peaks. The village is culturally rich and provides a comfortable camping environment.

- **Max. Altitude:** 2675m
- **Accommodation:** Tent
- **Time:** 7 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 101: Pisang – Manang, 3540m

The trek from Pisang to Manang begins with a steady ascent into a more arid and high-altitude landscape. The trail offers two route options, but both gradually climb through pine forests, open valleys, and traditional stone villages. As we move higher, the scenery becomes increasingly dramatic, with wide views of Annapurna II, III, and Tilicho Peak dominating the skyline.

Manang is a culturally rich Himalayan settlement known for its Tibetan-influenced lifestyle, monasteries, and stunning mountain surroundings. The village serves as a major acclimatization hub on the Annapurna Circuit. Upon arrival, the atmosphere is peaceful yet vibrant with trekkers and locals sharing the same high-altitude space.

- **Max. Altitude:** 3540m
- **Accommodation:** Tent

- **Time:** 4 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 102: Manang – Yak Kharka, 4050m

Leaving Manang, the trail gradually climbs through dry alpine terrain with sparse vegetation and open yak grazing fields. The path follows a steady uphill gradient, passing through small huts and seasonal settlements used by herders. The air becomes thinner as we gain altitude, requiring a slow and steady pace.

Yak Kharka is a peaceful high-altitude pasture area surrounded by rugged mountains. It is commonly used as a resting and acclimatization point before heading toward Thorong La. The wide landscapes and silence of the region make it a calm yet powerful Himalayan experience.

- **Max. Altitude:** 4050m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 103: Yak Kharka – Thorong High Camp, 4700m

The trail today becomes more demanding as we ascend toward Thorong High Camp. The route includes steady climbs across rocky terrain and high-altitude pastures. The landscape becomes increasingly barren, with fewer signs of vegetation and more exposure to wind and cold.

Thorong High Camp sits just below the famous Thorong La Pass. The environment is harsh but strategically important for preparing the final pass crossing. The surrounding views of snow-covered peaks create a dramatic high-mountain setting.

- **Max. Altitude:** 4700m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 104: Thorong High Camp – Muktinath, 5416m

This is one of the most challenging and rewarding days as we cross Thorong La Pass early in the morning. The ascent is steep, cold, and physically demanding due to high altitude and thin air. However, reaching the pass rewards us with breathtaking panoramic views of the Annapurna and Dhaulagiri ranges.

After crossing the pass, a long descent leads down to Muktinath, a sacred pilgrimage site for both Hindus and Buddhists. The change in landscape is dramatic, shifting from icy high passes to dry Mustang-like terrain. Muktinath offers spiritual significance and relief after a long trekking day.

- **Max. Altitude:** 5416m
- **Accommodation:** Tent
- **Time:** 9 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 105: Rest Day – Muktinath

This rest day is important after crossing Thorong La Pass and descending from extreme altitude. The body needs recovery time after intense physical exertion and rapid elevation changes. It also helps stabilize breathing and energy levels.

Muktinath is a spiritually significant site with ancient temples, natural springs, and a peaceful mountain atmosphere. Trekkers can explore the temple complex and nearby villages while enjoying the unique cultural blend of Mustang and Hindu traditions.

- **Max. Altitude:** 5416m
- **Accommodation:** Tent
- **Time:** —
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 106: Muktinath – Goat Kharka via Kagbeni, 2810m

From Muktinath, the trail descends through the Kali Gandaki valley, passing Kagbeni, a historic gateway to Upper Mustang. The landscape becomes dry and desert-like, contrasting sharply with earlier alpine environments. The route passes ancient monasteries, traditional villages, and river crossings.

Goat Kharka is a remote grazing area where we set up camp for the night. The surroundings are quiet and open, offering views of the Mustang landscape and distant peaks. It is a peaceful stop after a long descending journey.

- **Max. Altitude:** 2810m

- **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 107: Goat Kharka – Santa, 3778m

Today's trek involves significant ascent as we climb away from the Kali Gandaki valley into remote high ridges. The trail passes through rugged cliffs, narrow gullies, and occasional cave-like formations. The terrain becomes more isolated and physically demanding.

Santa is a high-altitude camping area surrounded by dramatic ridgelines and wilderness. The location offers a raw Himalayan experience with minimal human settlement and expansive views of surrounding valleys.

- **Max. Altitude:** 3778m
 - **Accommodation:** Tent
 - **Time:** 7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 108: Santa – Ghalden Ghuldun Khola, 4247m

The trail continues through steep ascents and rocky terrain, requiring careful movement through narrow ridges and gullies. The route is remote and challenging, with limited flat sections. The high-altitude environment becomes colder and more exposed.

Ghalden Ghuldun Khola is a beautiful alpine campsite located near streams and juniper forests. The area is peaceful yet wild, offering a true wilderness camping experience in the upper Himalayan region.

- **Max. Altitude:** 4247m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 109: Ghalden Ghuldun Khola – Lalinawar Khola, 4800m

The trek becomes more demanding as we move through high ridges and unstable terrain. The path includes continuous ups and downs with exposure to strong winds and high-altitude conditions. The landscape is stark and rugged.

Lalinawar Khola is a remote high camp area with dramatic views of surrounding valleys. The environment is harsh but visually striking, offering a deep wilderness experience.

- **Max. Altitude:** 4800m
- **Accommodation:** Tent
- **Time:** 4 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 110: Lalinawar Khola – Nulungsunda Kharka, 4987m

Today's route crosses high mountain passes including Jungben La and Niwas La. The terrain is extremely demanding with steep ascents, rocky ridges, and high exposure. Weather conditions play a crucial role in the difficulty of the day.

Nulungsunda Kharka is a high-altitude grazing area surrounded by vast Himalayan wilderness. The campsite offers wide panoramic views of distant peaks and deep valleys, marking another remote and challenging stage of the Great Himalayan Trail.

- **Max. Altitude:** 4987m
- **Accommodation:** Tent
- **Time:** 7 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 111: Nulungsunda Kharka – Chharka Bot, 4302m

Leaving the remote high grazing lands of Nulungsunda Kharka, the trail gradually descends and traverses toward the culturally rich settlement of Chharka Bot. The route is comparatively more manageable than previous high-altitude crossings, but still requires steady pacing as we move through rugged valleys, minor ridgelines, and open alpine terrain. The landscape slowly transitions from barren high ridges to more inhabited valleys.

As we approach Chharka Bot, the village appears as a fortified Himalayan settlement surrounded by dramatic mountain walls and open river valleys. The area reflects traditional Tibetan-influenced architecture and lifestyle, offering a rare glimpse into isolated mountain living. The campsite here provides a peaceful overnight stop before continuing deeper into the western Himalayan routes.

- **Max. Altitude:** 4302m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 112: Rest Day – Chharka Bot

This rest day is essential for recovery after continuous high-altitude trekking and long walking stages. The body gets time to adapt, especially before entering more remote and demanding western sections of the Great Himalayan Trail. Proper rest here helps maintain strength and reduces altitude-related fatigue.

Chharka Bot is a culturally rich village where trekkers can observe traditional lifestyles, stone-built houses, and local farming practices. The surrounding valleys and hills offer short exploration walks, making it a meaningful acclimatization stop in an isolated Himalayan setting.

- **Max. Altitude:** 4302m
 - **Accommodation:** Tent
 - **Time:** —
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 113: Chharka Bot – Chap Chu, 4320m

From Chharka Bot, the trail heads westward through rugged terrain, following river valleys and crossing small tributaries over natural stepping stones. The path alternates between gentle ascents and uneven rocky sections, requiring careful footing and steady rhythm throughout the day. The route becomes increasingly remote and less frequented.

Chap Chu is a high-altitude camping area surrounded by open landscapes and glacial-fed streams. The region feels wild and untouched, offering complete isolation and deep Himalayan wilderness experience. The campsite is peaceful and exposed, reflecting the raw beauty of the western trail.

- **Max. Altitude:** 4320m
 - **Accommodation:** Tent
 - **Time:** 7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 114: Chap Chu – Maran, 4350m

Today's journey includes a steady ascent toward Maran, crossing ridges and high mountain passes including Chan La. The trail offers wide Himalayan views from elevated points, with dramatic valleys and distant snow peaks visible along the way. The climb is gradual but sustained, demanding endurance and altitude awareness.

Maran lies in a high alpine zone with open terrain and grazing areas. The surroundings are peaceful and exposed, with panoramic mountain scenery dominating the horizon. The campsite here provides a strong sense of remoteness and elevation.

- **Max. Altitude:** 4350m
 - **Accommodation:** Tent
 - **Time:** 8 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 115: Maran – Nungmala Base Camp, 4440m

Leaving Maran, the trail continues through high-altitude terrain with steady climbing and occasional rocky sections. The path is demanding but visually rewarding, offering uninterrupted views of snow-covered peaks and wide Himalayan valleys. The air becomes thinner as elevation increases.

Nungmala Base Camp sits beneath towering ridges, surrounded by glaciers and snow-clad mountains. The environment is cold and dramatic, providing a classic high-Himalayan camping experience. This stop is crucial before moving toward higher pass crossings ahead.

- **Max. Altitude:** 4440m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 116: Nungmala Base Camp – Bagala Base Camp, 4400m

The trail today involves short but steady transitions between ridges and alpine valleys as we approach Bagala Base Camp. The terrain includes both uphill and downhill sections, with rocky paths and exposed high-altitude landscapes dominating the route. The journey remains physically engaging throughout.

Bagala Base Camp lies at the base of Bagala Pass, surrounded by steep slopes and open mountain terrain. The campsite is exposed but strategically positioned for the upcoming pass crossing. The atmosphere is quiet and remote, ideal for preparation.

- **Max. Altitude:** 4400m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 117: Bagala Base Camp – Temche, 3900m

Today we cross Bagala Pass, one of the key high points of this section. The ascent is challenging with steep climbing, but the summit rewards us with breathtaking Himalayan views stretching across multiple ranges. After the pass, a long descent begins through alpine ridges and open valleys.

Temche is a high grassland area often used for grazing, surrounded by rolling hills and mountain views. The campsite offers a softer landscape compared to previous rugged sections, providing relief after a demanding pass crossing.

- **Max. Altitude:** 3900m
- **Accommodation:** Tent
- **Time:** 7 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 118: Temche – Ringmo, 3641m

The trail from Temche descends gradually through pine forests and alpine vegetation. The path becomes more defined as we move toward lower elevations, with occasional village encounters and open hillside views. The walking pace is moderate and steady.

Ringmo is a peaceful settlement surrounded by forests and hills. The village provides a calm atmosphere with natural beauty and traditional rural life. It is a comfortable stop before deeper western route transitions.

- **Max. Altitude:** 3641m
- **Accommodation:** Tent
- **Time:** 4 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

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Day 119: Rest Day – Ringmo

This rest day is important to prepare for the upcoming high passes and long trekking stretches toward the western Himalayan section. It allows full physical recovery and acclimatization after continuous trekking and elevation changes.

Ringmo offers a quiet environment with pine forests, hillside views, and rural surroundings. Short exploration walks help maintain mobility while enjoying the peaceful mountain atmosphere.

- **Max. Altitude:** 3641m

- **Accommodation:** Tent
 - **Time:** —
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 120: Ringmo – Kharka, 4300m

From Ringmo, the trail ascends again into higher alpine terrain as we move toward the far-western region. The route involves continuous climbing through forested ridges and open highlands, with increasing exposure to wind and altitude.

Kharka is a remote high grazing area surrounded by vast open landscapes and mountain views. The campsite reflects the wild nature of the western Himalayas, offering solitude and raw natural beauty.

- **Max. Altitude:** 4300m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 121: Kharka – Kagmara High Camp, 5070m

The trek today moves deeper into remote terrain as we climb toward Kagmara High Camp. The route leaves main trails and enters isolated high valleys and ridges. The ascent is steady and demanding due to increasing altitude and reduced oxygen levels.

Kagmara High Camp sits beneath high mountain ridges and acts as a key staging point for Kagmara Pass. The environment is cold, exposed, and highly scenic, offering views toward remote Himalayan ranges and deep valleys.

- **Max. Altitude:** 5070m
 - **Accommodation:** Tent
 - **Time:** 4–5 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 122: Kagmara High Camp – Kagmara Pass – Descent Camp, 4200m

Today is a major pass-crossing day as we traverse Kagmara La at high altitude. The climb is steep and physically demanding, but the summit provides spectacular panoramic views of the surrounding Himalayan ranges, valleys, and remote landscapes. Weather conditions play a key role in difficulty.

After crossing the pass, we descend toward a lower alpine zone and set up camp at a suitable location. The descent offers relief after a challenging ascent, with changing scenery and slightly easier terrain.

- **Max. Altitude:** 4200m
 - **Accommodation:** Tent
 - **Time:** 6–7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 123: Kagmara Pass – Hurikot, 3010m

The trail descends steadily from high alpine terrain into more forested and habitable zones. The path includes long downhill sections, river crossings, and gradual transitions into lower elevations. The environment becomes warmer and greener.

Hurikot is a settlement area where the landscape begins to feel more accessible and less extreme compared to previous high-altitude sections. It provides a comfortable resting point after a long descent day.

- **Max. Altitude:** 3010m
 - **Accommodation:** Tent
 - **Time:** 8 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
 - **Walking Distance:** —
-

Day 124: Hurikot – Nauli Ghot, 3400m

Today's trek involves a mix of ascent and forest ridge walking as we move toward Nauli Ghot. The trail passes through pine and rhododendron forests with occasional open viewpoints. The climb is steady and long but manageable.

Nauli Ghot is a high pasture area surrounded by forested hills and mountain views. The campsite provides a peaceful and scenic environment as we approach the final stages of the Great Himalayan Trail journey.

- **Max. Altitude:** 3400m
- **Accommodation:** Tent
- **Time:** 8 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea
- **Walking Distance:** —

Day 125: Nauli Ghot – Kudigaon, 3300m, 8 hours

Leaving Nauli Ghot early in the morning, the trail gradually unfolds through a series of side valleys, dense forest corridors, and undulating ridgelines that define this remote section of the Great Himalayan Trail. The walk is long and rhythm-based, with alternating climbs and gentle descents that pass through untouched wilderness. As we progress deeper, the vegetation becomes thicker in places, and the route increasingly reflects the raw, less-traveled character of the region. The continuous forest cover provides shade and solitude, making the journey immersive despite the long trekking hours.

As we continue toward Kudigaon, the trail begins to feel more connected to the Rara National Park corridor, where ecological diversity becomes more visible in flora and occasional wildlife presence. The final stretch involves steady walking through natural forest paths before reaching the settlement zone of Kudigaon. The campsite is established in a quiet and open area, allowing for rest after a demanding full-day trek in the wilderness.

- **Max. Altitude:** 3300m
 - **Accommodation:** Tent
 - **Time:** 8 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 126: Kudigaon – Jumla, 7 hours

Today's journey begins with a steady departure from Kudigaon, following rugged trails that gradually transition from deep forest zones into more open terrain and human settlements. The route passes through scattered villages and agricultural land, reflecting a gradual shift from wilderness trekking to culturally rich highland communities. The path is a mix of ascents and descents, but overall slightly more manageable compared to previous days, allowing for a steady walking rhythm.

As we approach Jumla, the landscape becomes more developed with visible signs of habitation, terraced fields, and traditional hillside settlements. The arrival in Jumla marks an important transition point in the journey, where trekkers can feel the blend of remote mountain culture and accessible infrastructure. The campsite is set in a suitable open area for overnight rest.

- **Accommodation:** Tent
 - **Time:** 7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 127: Rest day at Jumla

This rest day at Jumla provides a crucial opportunity for physical recovery after several continuous days of long trekking across remote and demanding terrain. The body is given time to relax, muscles recover, and energy levels are restored in preparation for the

upcoming stages of the trek. It is also an important mental pause, allowing trekkers to reflect and reset before continuing deeper into western Nepal's rugged landscapes.

Jumla itself offers a unique cultural atmosphere with its hillside settlements, agricultural surroundings, and traditional lifestyle. Trekkers may explore the local environment lightly, interact with residents, or simply rest in camp. This acclimatization day ensures readiness for the next phase of the journey toward Khaligaon and beyond.

- **Accommodation:** Tent
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 128: Jumla – Khaligaon, 8 hours

Leaving Jumla, the trail quickly returns to remote trekking conditions as we ascend and descend through a series of ridges, forested slopes, and scattered rural pathways. The route becomes increasingly rugged, especially as we move away from the main settlement zone. Weather conditions can also begin to shift here, with early signs of monsoon moisture making the terrain slightly more challenging.

The journey to Khaligaon is long but rewarding, passing through quiet wilderness sections where human presence becomes rare again. As we gain elevation and cross natural ridgelines, the surrounding views open up into vast rolling hills and distant valleys. The campsite is set in a secure open area suitable for overnight camping.

- **Accommodation:** Tent
 - **Time:** 8 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 129: Khaligaon – Bulbule, 8 hours

The trek from Khaligaon begins with steady movement through forested hills and traditional rural landscapes. The trail alternates between moderate climbs and descents, passing through pine and rhododendron forests that create a rich natural environment. Along the way, small settlements and terraced fields appear, giving brief insight into local mountain life.

As we descend toward Bulbule, the landscape becomes more cultivated and green, with increasing signs of agriculture and village life. The long walking hours eventually lead us to a comfortable camping area in Bulbule, where the terrain becomes more open and suitable for rest after a demanding day.

- **Accommodation:** Tent
- **Time:** 8 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 130: Bulbule – Rara Lake, 3010m

Today is one of the most visually rewarding days of the entire journey as we make our way toward the iconic Rara Lake. The trail gradually leads into Rara National Park, where dense forests, wildlife zones, and alpine scenery begin to dominate the surroundings. As we approach the lake area, the anticipation builds with every step through forested trails and gentle ridges.

Reaching Rara Lake reveals a breathtaking landscape of deep blue water surrounded by dense pine forests and rolling hills. The calmness of the lake contrasts beautifully with the long trekking journey that leads here. Wildlife such as musk deer or Himalayan birds may occasionally be spotted, making the experience even more immersive. The campsite is set near the lakeside, offering a peaceful overnight stay.

- **Max. Altitude:** 3010m
- **Accommodation:** Tent
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 131: Rara Lake – Karnali Riverside Camp, 4 hours

Leaving the serene beauty of Rara Lake, the trail descends gradually through forested paths toward Gamgadhi and surrounding settlement zones. The route is shorter today but still involves steady downhill trekking through mixed terrain, including forest tracks and village pathways. The change from alpine lake environment to river valley landscape is noticeable throughout the journey.

As we reach the Karnali River corridor, the scenery opens up significantly, with wide riverbanks and flowing water guiding the final stretch toward the campsite. The riverside setting provides a peaceful environment for rest and recovery, marking a softer trekking day compared to previous stages.

- **Accommodation:** Tent
- **Time:** 4 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 132: Karnali Riverside Camp – Bam, 2700m, 5–6 hours

The trail from Karnali Riverside Camp begins with a suspension bridge crossing over the river, followed by a gradual ascent into forested hills. The path becomes more rugged as we climb, with rocky sections and steep segments that require steady pacing. The surroundings are filled with pine forest and natural wilderness.

As we continue toward Bam, the landscape alternates between forest corridors and small river crossings. The descent into Bam leads to a quieter valley settlement surrounded by natural vegetation. The campsite is established in a calm environment suitable for overnight rest.

- **Max. Altitude:** 2700m
 - **Accommodation:** Tent
 - **Time:** 5–6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 133: Bam – Jogimara, 3005m, 6 hours

Today's trek begins with gradual ascent from Bam through hillside trails that cut across forested slopes and scattered rural paths. The route passes through small ridges and forest sections dominated by pine and mixed vegetation. The terrain is steady but involves consistent climbing throughout the day.

As we approach Jogimara, the landscape becomes more open with occasional views of surrounding valleys and hillsides. A small tea point may appear along the way, offering a brief rest before the final stretch. Jogimara provides a suitable camping area surrounded by natural terrain.

- **Max. Altitude:** 3005m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 134: Jogimara – Piplan, 1700m, 7 hours

From Jogimara, the trail descends gradually through a combination of ridges and forested pathways, passing through villages and agricultural land. The route offers changing scenery, from dense vegetation to open terraced fields, reflecting a transition toward lower elevations.

As we near Piplan, the descent becomes more pronounced, passing through schools, settlements, and cultivated areas. The presence of local life increases significantly, offering a cultural contrast to previous remote sections. The campsite is set in a village area suitable for overnight stay.

- **Max. Altitude:** 1700m
 - **Accommodation:** Tent
 - **Time:** 7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 135: Piplan – Apsia Lekh, 3200m, 7–8 hours

Leaving Piplan, the trail immediately begins a strong ascent through hillside villages such as Korka and Nimagaon. The route climbs steadily through mixed forests and rural pathways, gradually entering higher alpine terrain. The trek is physically demanding due to continuous elevation gain.

As we approach Apsia Lekh, pine forests dominate the landscape, and the air becomes noticeably cooler. The campsite is located in an elevated open ridge area with wide views of surrounding valleys. This marks another high-altitude camping stage in the journey.

- **Max. Altitude:** 3200m
- **Accommodation:** Tent
- **Time:** 7–8 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 136: Apsia Lekh – Punkha Khola, 6 hours

The final day in this section begins with a steady traverse across ridgelines and forested sections, gradually descending toward river valleys. The trail is a mix of ups and downs, requiring consistent effort while offering continuous natural scenery. Dense forest and open ridge views alternate throughout the walk.

As we descend toward Punkha Khola, the sound of flowing water becomes more prominent, signaling the approach to the riverside camp. The environment becomes greener and more humid, and the campsite is located near the riverbank in a peaceful natural setting ideal for recovery.

- **Accommodation:** Tent
- **Time:** 6 hours
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 137: Punkha Khola – River Camp, 6 hours

Leaving Punkha Khola, the trail immediately begins to gain elevation through steep and demanding sections that lead into higher Kharka terrain. The path is rugged and continuously ascending in parts, requiring steady pacing and focus as we move deeper into a more remote high-altitude corridor. As we climb, the landscape opens occasionally, offering distant views toward the north where Simikot can be seen faintly on clear days, reminding us of the vastness of the region we are traversing.

The route becomes more varied as we approach higher ridgelines, eventually reaching a point where a significant climb above 4000 meters is followed by a gradual descent toward Yanchu Khola. This combination of ascent and descent makes the day physically engaging and demanding. Finally, we reach River Camp, located in a peaceful valley setting near flowing water, where we set up tents and rest after a long and challenging trekking day.

- **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 138: River Camp – Simikot, 2900m, 6.5 hours

From River Camp, the day begins with a steady climb toward Dhurpa village, passing through a mix of forested trails and open hillside sections. The route gradually transitions into more inhabited terrain, where small settlements and agricultural patches begin to appear. As we descend toward Kharpunath and move through the Kudila Khola valley, the landscape becomes more culturally active, offering glimpses of rural Himalayan life along the trail.

The final approach to Simikot includes a mix of suspension bridges, small tea shops, and winding hillside paths that reflect the importance of this route as a regional connection point. As we gain proximity to Simikot, the terrain becomes more structured and accessible. We arrive in Simikot by late afternoon and set up camp for the night, marking a key settlement milestone in the journey.

- **Max. Altitude:** 2900m
 - **Accommodation:** Tent
 - **Time:** 6.5 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 139: Simikot – Kermu, 2300m, 6 hours

Leaving Simikot, the trail descends gradually through cultivated landscapes filled with terraced fields of wheat and potatoes, along with small hillside villages that reflect the agricultural lifestyle of the region. The path is moderately easy compared to previous high-altitude sections, allowing for a more relaxed trekking rhythm while still covering significant distance.

As we continue toward Kermu, the route passes through ridges, village clusters, and forest edges that provide a balanced mix of natural and cultural scenery. The descent becomes more noticeable as we approach lower elevations, eventually reaching Kermu, where we set up camp for the night in a calm rural environment surrounded by farmland and hillside views.

- **Max. Altitude:** 2300m
 - **Accommodation:** Tent
 - **Time:** 6 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 140: Kermu – Shinjungma, 6–7 hours

From Kermu, we leave the main trekking corridor and begin following a more remote and less-traveled route toward Shinjungma. The trail becomes increasingly isolated, passing through rugged hillside terrain, forest patches, and small open valleys. The sense of remoteness increases significantly, with fewer signs of habitation and more exposure to natural wilderness.

The journey is steady but long, with a combination of gradual climbs and uneven terrain that requires careful navigation. As we move deeper into the remote sections, the landscape becomes more dramatic and untouched. We eventually reach Shinjungma, where we set up camp in a quiet and isolated setting, preparing for the higher altitude days ahead.

- **Accommodation:** Tent
 - **Time:** 6–7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 141: Shinjungma – Talung, 4380m, 6–7 hours

Today's trek begins with a steady ascent from Shinjungma as we move toward higher alpine terrain. The trail gradually becomes more demanding as elevation increases, passing through barren slopes, rocky sections, and high ridgelines that define the approach toward the Tibetan border region. The air becomes thinner, and the environment more austere as we climb higher.

As we continue toward Talung, the landscape opens into wide high-altitude expanses with distant views of snow-covered peaks exceeding 5000 meters. The final stretch requires sustained effort due to altitude gain, but the dramatic scenery makes the climb rewarding. We arrive at Talung and establish camp in a high-altitude environment exposed to expansive Himalayan views.

- **Max. Altitude:** 4380m
 - **Accommodation:** Tent
 - **Time:** 6–7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 142: Talung – Jang, 3990m, 6–7 hours

From Talung, we begin a gradual descent toward Jang while still traversing high-altitude terrain near the Tibetan border. The trail includes undulating ridges and open alpine landscapes, offering continuous views of distant peaks and vast mountain valleys. The walking conditions remain demanding due to altitude, even as the terrain slightly eases.

As we approach Jang, the landscape becomes more defined with occasional signs of settlement and travel routes used by local communities. The descent is steady but long, requiring consistent pacing. Upon reaching Jang, we set up camp and rest after another full day in high-altitude wilderness.

- **Max. Altitude:** 3990m
 - **Accommodation:** Tent
 - **Time:** 6–7 hours
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 143: Return to Hilsa, 2300m

Today marks a significant transition as we begin the return journey toward Hilsa, gradually descending from high alpine terrain back into lower valleys. The trail follows established paths along the border region, with a noticeable change in climate and vegetation as we lose elevation. The descent brings physical relief after several high-altitude trekking days.

As we approach Hilsa, the environment becomes warmer and more hospitable, with increased human activity and settlement presence. Reaching Hilsa feels like entering the closing phase of the expedition, marking the near completion of the Great Himalayan Trail journey. We set up camp and rest overnight.

- **Max. Altitude:** 2300m
 - **Accommodation:** Tent
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 144: Rest day at Hilsa

This rest day at Hilsa is dedicated to recovery and reflection after an extensive and challenging trekking journey across multiple Himalayan regions. The body is given time to rest fully, while the mind adjusts to the completion of one of the world's longest trekking traverses. It is also an important buffer day before the final movements toward departure logistics.

Hilsa offers a quiet border-town atmosphere where trekkers can relax, interact locally, and prepare for travel arrangements ahead. The surrounding environment provides a calm backdrop for recovery and final preparations before concluding the expedition.

- **Max. Altitude:** 2300m
 - **Accommodation:** Tent
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 145: Trek to the end of Great Himalayan Trail

Today we complete the final trekking section of the Great Himalayan Trail traverse. The route marks the official endpoint of this long expedition, symbolizing the completion of an extraordinary journey across Nepal's most remote and diverse mountain landscapes. The walk is emotional and reflective, as it represents the final steps of a months-long adventure.

The trail itself is relatively short compared to previous days, but carries immense significance. As we reach the endpoint, there is a strong sense of achievement, marking the successful completion of one of the most challenging trekking routes in the world. The evening is spent celebrating this milestone.

- **Accommodation:** Lodge
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 146: Drive Kermu, 2300m

After completing the trekking phase, we transition into road travel by jeep, moving toward Kermu. The drive follows rugged mountain roads that wind through valleys and hillside terrain, offering one final chance to observe the landscapes that defined the journey. The change from trekking to driving provides physical relief and time to reflect.

Upon arrival in Kermu, we settle into lodge accommodation and rest after the long expedition. The environment is more comfortable and accessible, marking the gradual return from remote trekking life to connected settlements.

- **Max. Altitude:** 2300m
 - **Accommodation:** Lodge
 - **Meals:** Breakfast, Lunch and Dinner with coffee/tea
-

Day 147: Kermu – Simikot

From Kermu, we return toward Simikot, retracing part of the route through familiar landscapes and villages. The journey feels different now, as it carries a sense of completion rather than exploration. The road and trail combination allows for easier movement compared to earlier trekking days.

Upon reaching Simikot, we take time to celebrate the successful completion of the Great Himalayan Trail. The evening is marked by shared meals, stories, and reflection on the entire expedition, honoring the effort and endurance required to complete such a journey.

- **Accommodation:** Lodge
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

Day 148: Fly Simikot – Nepalgunj – Kathmandu, 1330m

Today we conclude the Great Himalayan Trail journey with flights from Simikot to Nepalgunj, followed by a connecting flight to Kathmandu. As we fly over forests, rivers, and mountain ranges, the landscape below serves as a final reminder of the vast terrain covered during the expedition. The aerial views of the Himalayas provide a powerful and emotional closure to the journey.

Upon arrival in Kathmandu, the expedition formally ends. The evening is spent celebrating the completion of the Great Himalayan Trail, sharing memories and experiences of one of the most remarkable trekking adventures in the world.

- **Max. Altitude:** 1330m
- **Accommodation:** Flight / Hotel (Kathmandu)
- **Meals:** Breakfast, Lunch and Dinner with coffee/tea

