Great Himalayan Trail Trek

DURATION: 34 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Challenging

Accommodation Lodge/Tea House /Camping /Home stay

Max Height 5215 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane/Jeep /Car

Duration 34 Days

Meals included Brekfast,Lunch,Dinner Days

Best season:
March -May/September - November

Trip Overview

The Great Himalayan Trail Trek is the most adventurous camping trek offering stunning views of mountains, landscapes, flora, fauna, and culture unchanged by the modern world. GHT is a 1700 km long trekking tail passing east to west through the Himalayas. **It takes 90 to 150 days to complete this trial**. Along the trail, you will see all the mountains scaling more than 8000m. The mountains seen include Everest 8848m, Lhotse 8516m, Kanchenjunga 8586m, Makalu 8485m, Cho Oyu 8150m, Manaslu 8156m, Dhaulagiri 8167m, Annapurna I 8051m, and thousands of snow-capped peaks. Apart from the world's highest mountains the trail also offers a rare privilege to discover the ancient Nepalese tradition and culture unchanged by the modern time. The trek is considered very difficult and is recommended for those who want to push up to the limits of physical endurance. The trails pass through the following national parks, Makalu, Sagarmatha, Gaurishankar, Langtang, Manaslu, and Annapurna giving the trekkers the most rewarding trekking trip on the planet.

The trail is accompanied by beautiful villages, farms, forests, streams, falls, glaciers, and magnificent landscapes. The highest altitude on the trails is at Sherpani Col 6150m. The trail is divided into nine sections they are Kanchenhjuna – Makalu, Everest – Rolwaling, Langtang – Helambu, Ganesh Himal – Manaslu, Annapurna -Mustang, Dolpa, Rara – Jumla – Mugu, Humla and the Far West. The eastern section of the GHT offers sights of the highest mountains while the western section offers timeless land of valleys, barren hills, and very less populated villages. There are high chances to spot rare animals like Red Panda and Snow Leopard on the GHT trek. **Great Himalayan trail trek Trekkers** can observe a wide range of forests including conifers, broadleaf deciduous forests, rare alpine shrubs, and medicinal plants. The GHT trek can be considered an exploratory trek. The trek gives memory to cherish for a lifetime. If you are looking for the next beautiful and daring adventure holiday, then **GHT is the trek to do**.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 ARIVAL IN kATHMANDU (1400m)

1400 m

You will be met by a representative of Mount Adventure Holidays and transferred to the hotel. The remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5 pm. Today you have a full day to explore Kathmandu's bustling streets and significant landmarks. You may wish to start by exploring the city's two most important World Heritage Listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and an important cremation site; and Boudhanath, the largest Buddhist stupa in Nepal and the most sacred Tibetan Buddhist shrine outside of Tibet. Alternatively you could wander through the markets and shops of the busy Thamel precinct or explore some more of the city's significant sites such as Swayambhunath (Monkey Temple) or the World Heritage Listed plazas of Patan, Bhaktapur or Durbar Square.

Day 2 FLIGHT FROM KATHMANDU TO BHADRAPUR - 45 MINUTES FLIGHT THEN DRIVE TO TAPLEJUNG (1820 M)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Plane & Jeep | 1820 m

Early in the morning we take our flight to Bhadrapur from Kathmandu with the scenic view of the Eastern region. After 45 minutes of flight we reach the Bhardrapur airport then we will take a car/jeep from Bhadrapur for Illam/Taplejunga which will take Approx 8 hours of drive. We will stop in the beautiful tea garden of Illam also known as the garden of Nepal for our lunch. After our Lunch, we will decent upward from Illam for our overnight stay in Taplejung

Day 3 TAPLEJUNG TO HELLOK (1740 M) DRIVE BY PRIVATE JEEP

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Jeep | 1740 m

Today we will head towards the Mitlung/Sinuwa by crossing the small river over the suspension bridge. Then our trail descends down to Tamor Riverwalk through villages and terraced fields. Some irregular villages give us an opportunity to meet local people. Upon arriving at Tamor River, we follow some narrow trails close to the river. Then a gradual uphill trail through the terraced fields and few houses take to the village of Hellok.

Day 4 HELLOK TO YASANG (2800 M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2800 m

Today we will trek to Mamasik from Hellok our third day and we will decent upward slope with beautiful and friendly local people. Small tea breaks give us plenty of opportunities to encounter with local people and have a look over beautiful houses and local domestic animals. We will walk along the Simbuwa Khola in our way to Mamasik and we spend our overnight in Mamasik.

Day 5 YASANG TO TORTONG (2995 M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2995 m

Today we march gradually ascending and following the Sibuwa river and cross the river again to our left side. A short steep uphill walk takes us to a bit high and keeps the distance with Sibuwa River. We walk through the rhododendron and bamboo bushes and thick forest to reach Tortong and we can enjoy with the wild animals like Red Panda, Wild Boar, Bear, Musk Deer, wild birds, and other different wild animals in our way and we will stay in Tortong for the overnight.

Day 6 TORTONG TO CHERAM (3870 M)

5 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3870 m

Today we will trek through the trail of the dense forest of beautiful bamboo and rhododendron which is accompanied by the river. After that we will walk along the Simbuwa Khola gradually uphill then after some time we will reach Cheram for the overnight stay.

Day 7 CHERAM TO RAMCHE (3870 M)

4 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3870 m

From Ramche, we walk further up the valley. We then follow a stream before climbing on the moraine top until confronted by Kanchenjunga's southern face. We walk further ahead for a glimpse of the Jannu Himal. We continue our trek further towards the Oktang Monastery. From here, we climb further up and reach the Yalung Base Camp. The views from the base camp are extraordinary. Kumbakarna (Jannu), Nyukla Lachung, and other Himalayan peaks are close by. We descend and spend the night at Cheram.

Day 8 CHERAM TO SELE LA (4290M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4290 m

We begin our trek after breakfast. We cross four passes today beginning with Sinelapche Bhanjyang. After crossing the pass we continue to Mirgin La pass. We continue trekking and reach the Sinon La pass which is not very far. From here, we ascend to Sele La pass. There are prayer flags strung across one of the steeper sections of the trail which is very near to the Sele La pass. We cross the pass. Overnight in Sele La.

Day 9 SELE LA TO GHUNSA (3,595M)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3595 m

We begin our trek after breakfast. We walk towards the north with Tangbgharma Danda nearby. We reach a chorten marked by prayer flags which marks the start of a steep trail. We descend through rhododendron, birch and pine forests before reaching Ghunsa. It is a beautiful village of houses with Day.

Day 10 REST AND EXPLORATION DAY IN GHUNSA

Breakfast, Lunch & Dinner | Tea House | 3595 m

Ghunsa is a beautiful settlement of Sherpa people with their beautiful culture and lifestyle, so we will take a day off for the rest in Ghunsa and explore the beautiful Ghunsa. We will visit the Monastery, Juniper and incense factory with antique shops of handmade carpets. Ghunsa is the gateway of North and the South Base camp of Kanchenjunga.

Day 11 GHUNSA TO NAGO-LA CAMP (4775 m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4775 m

We start the trek early morning From Ghunsa we descend the main trail alongside the Ghunsa Kola until we meet a junction in the trail, from here we ascend to a series of summer grazing pastures (Khaka) where we will camp for the night.

Day 12 NANGO-LA PASS TO OLANGCHUNG GOLA (4820m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4820 m

An early start this morning will give us the best opportunity for clear views during our crossing of the Nango La. Once over the pass, we descend to a bowl-shaped valley. We stay on the northern side of the river and enter the thick forest to Yangma Kola and our camp for the night. Olangchung Gola is one of the most important centers for trade between Nepal and Tibet in this region. Most commonly exports to Tibet include grain, sugar, cigarettes, and cotton thread which are exchanged for Tibetan salt, carpets, and wool.

Day 13 TREK OLANGCHUNG GOLA TO UPPERLANGMALE KHARKA (3890 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3890 m

The trek from today onwards will pass through complete wilderness. The trek passes through pine and rhododendron forests. After a walk of two and a half hours, we reach a place called Jadak (3630m) for lunch. Then we walk of another valley towards Lumba Samba three hours on rhododendron and mixed forests take us to our camping site at Upper Lang male.

Day 14 TREK UPPER LANGMALE TO PASS CAMP (4750 m)

8 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4750 m

The trek can be interesting today as snow leopards have been sighted numerous times from this trek. The trek runs along the small riverside lies dense rhododendron forest. After a walk of about three hours, we reach Tangchetar (4200m) for lunch.

Day 15 TREK PASS CAMP TO YAK KHARKA (4590 m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4590 m

This would be the most difficult yet most memorable day of this trek. Today the trek will pass through the Lumba Sumba Pass (5200m). It is better to start early as it will be difficult to cross the passing afternoon. After a walk of about four and a half hours from Pass Camp, we reach the Lumba Sumba Pass which offers panoramic Himalayan views of eastern Nepal including Kanchenjunga, Jannu Himal and Makalu ranges.

Day 16 TREK YAK KHARKA TO THUDAM (3500 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3500 m

The trek is downhill from Yakkharka as we arrive at civilization after a tiring walk for three days. A walk of about 6 hours takes us to Thudam for the village. Thudam is a small isolated village with around 30 houses of Sherpa people.

Day 17 TREK THUDAM TO YAK KHARKA (2875 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2875 m

Today the trek runs along the bank of Chujung Khola. The trail offers a panoramic view of peaks in the Makalu range. On the way, you will see a lot of small bushes and bamboo groves – the best habitat for the red panda. After walking through many ups and downs we reach to Kharka for the camp tonight.

Day 18 TREK YAK KHARKA TO CHYAMTHANG (2230 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2230 m

The trail passes through dense rhododendron forest. As there are no villages on the way and also there are numerous side trails. After a walk of about three hours from Kharka, we reach a place called Chaurikharka for lunch. From Chaurikharka, we can clearly see Chyamtang, Arun River. After lunch, the trail heads downhill for about three hours until we reach Arun River. After crossing the suspension bridge over the Arun, the trek is uphill for about an hour until Chyamthang.

Day 19 TREK CHYAMTHANG TO HONGON (2100m).

Breakfast, Lunch & Dinner | Tea House | Walking | 2100 m

We are very much back in warmer climes today and the forest is alive with bird song as we traverse around above the north bank of the Arun River. We pass through several small villages of the Chepuwa district and these have a mix of Rai and Bhotia inhabitants. We also cross several tributary rivers on suspension bridges and in one or two places we get views of Makalu away to the north-west. At our lunch stop in the village of Gimber we have more spectacular views of the Makalu range. The afternoon’s walk is relatively short and easy along a good trail to the Bhotia village of Hongon (2100m).

Day 20 TREK HONGON TO BAKIM KHARKA / HIGH CAMP (3040 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3040 m

A short but challenging day with some steep ridge climbs and a minor pass crossing (2710m). In the beginning, climb to Chhurpi pass and bit gentle up and down arrived another hill, and starts to climb down to Dhugge Kharka via Tip Pokhari. Still, we will walk through a bamboo forest to gentle down an hour and gentle climb up to and bit down to Saldin Kharka.

Day 21 TREK BAKIM TO MOLUN POKHARI (3954m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 3954 m

Today is all the way climb up to Molun Pokhari, at the beginning walk throw jungle and later we arrived alpine zone. Molun Pokhari is a beautiful place that is very close to the China border with a panoramic landscape view.

Day 22 TREK MOLUN POKHARI TO SALDIN KHARKA (3209m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 3209 m

In the beginning, climb to Chhurpi pass and bit gentle up and down arrived another hill, and starts to climb down to Dhugge Kharka via Tip Pokhari. Still, we will walk through the bamboo forest to gentle down an hour and gentle climb up to and bit down to Saldin Kharka. Saldin Kharka is the place

local people bring their cow in the summertime.

Day 23 TREK SALDIM / DHUNGGE KHARKA TO KALO POKHARI (4190m)

8 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4190 m

Today is a bit hard day and a bit tricky. The trail, in the beginning, climb down, flowing the river and take a left and arrived Saldin Khola. After crossing SaldinKhola start climbing up to Nava Odar, till Nava Odar, we walk through the deep jungle after that start alpine area. There is a bit landslide rocky trail around Nava Odar. After Nava Odar starts the steep climb up to Batase Dada and bit strain to another campsite and start another pass. After this pass, the trail is up and down to Kalo Pokhari

Day 24 TREK KALO POKHARI TO KSHAM KESA (3565m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 3565 m

Today we will pass two passes; at beginning gently climb up till Afthero dada and climb steeply down to landslide area. This is a difficult area and starts the climb to ThuloSuntali. Getting ThuloSuntali, we steep climb down to Barun River, which is the holy river in Hindu culture. Flowing north bank of Barun River arrived at our campsite with a view of Mt. Makalu.

Day 25 TREK KSHAM TO LANGMALE KHARA (4432m)

7 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4432 m

We flow to the north bank of Barun River crossing Langmale and Todas. We will see Shiva Dhara holy cave and Amaphujung, too, on the way. From Langmale we have a view of Tutsi and Salding mountain range.

Day 26 TREK LANGMALE KHARKA TO MAKALU BASE CAMP (4,870m)

6 Hrs | Breakfast, Lunch & Dinner | Camping | Walking | 4870 m

Today is the day we make it to the Base Camp. From Langmale Kharka we make our way up to Shershong and eventually to Makalu Base Camp. The trail is flat with icy glaciers and snow-clad mountains accompanying us. Mount Makalu comes into view as we approach Shershong. As we make our way to the camp, we get to soak in the majestic Himalayan panorama surrounding us. Overnight at Makalu Base Camp.

Day 27 EXPLORE MAKALU BASE CAMP (4870m)

Breakfast, Lunch & Dinner | 4870 m

The Base Camp is a rocky barren place with the large Braun Glacier beyond it. From here we can see the magnificent south face of Makalu and the complete panorama of Everest and Lhotse. We can explore the surrounding lakes, glaciers and go for a short trek up where we may celebrate our accomplishment at the camp itself.

Day 28 TREK MAKALU BASE CAMP TO YANGRI KHARKA (3575m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3575 m

We descend down from the base camp and take our last glimpse of Makalu before turning the corner and heading back. On our way down, we pass through Shershong, Langmale Kharka, Merek and descend down the valley finally stopping at Yangri Kharka.

Day 29 YANGRI KHARAKA TO DOBATE (3844m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3844 m

We will take a south bank of Barun River till Jyathhe Odar and start to climb up to Dobate. Throw the trail we can see mt. Makalu and other mountain and valley views. The path is a perfect stone step all the way. Yangri Kharka we descend through rock falls, green forests and valley, making our way towards Dobate. We follow the river banks of Barun as we descend down the trail.

Day 30 TREK DOBATE TO KHONMA-LA TO (3615m) VIA KELE (4185m) & SHEPTEM-LA PASS (4261m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 4261 m

We will do two passes today. At the beginning, climb up to Keke-la 4185m pass and down to Thulo Pokhari and again climb up to Sheptem-la 4261m and all the way down to Khongma via ridge and with panoramic Kanchenjunga mountain view, Chamlang, Tutsemt. Mt. Makalu. South of beautiful

landscape views down. We start the trek with a steep climb from Dobate to Mumbuk (Nambuk) and through a forest of firs and rhododendrons. We then cross the Keke La, Tutu La (Shipton's Pass) and Kauma La en route. Next, we descend to Khongma Danda again. Overnight in Khongma Danda.

Day 31 TREK KHONGMA-LA TO SEDUWA (1604m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1604 m

Today is bit longer Days, at beginning steep down by stone step trail and walk through deep jungle to Tashi Gaun 1st village after Hunggon. The trail continues down to Seduwa crossing different communities one the way. You can see farming over here, including cardamom.

Day 32 TREK SEDUWA TO NUM (1548m) DRIVE BACK TO KHADBARI

4 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking & Jeep | 1548 m

We leave Seduwa and trek through lush forests towards Num. after num we drive to Khatbari Along the Tumlingtar approx 5 hour .overnight stay Tumlingtar.

Day 33 TUMLINGTAR – KATHMANDU

Breakfast, Lunch & Dinner | Hotel | Plane & Car | 1400 m

We fly back to Kathmandu after our long trek in the mountains. We can rest and relax throughout the day at our hotel or get in touch with our loved ones.

Day 34 KATHMANDU FINAL DEPATURE

It’s your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We’ll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home. At this time, we’ll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Meals during the trek
- Guesthouse, tea house, and camping during the trek
- Government licensed, experienced English speaking guide
- One porter per two people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes
- One trekking map per person
- Kanchenjunga And Makalu permit and conservation fee

- Surface transportation
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- First aid kit
- Domestic flight tickets KTM–BDR/Suketar and Tumlingtar to Kathmandu

Cost Excludes

- Travel and rescue insurance
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Nepal entry visa
- Tips for guide, porter, and driver
- Optional trips and sightseeing if extended
- Excess baggage charges (if you have more than 20 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)

Trip Map