Great Himalaya Trail

ght the full traverse






trip highlights

- **Trek the entire** length of Nepal's Great Himalaya Trail
- Experience the diversity of cultures and landscapes of the Himalaya
- See all of Nepal's 8000m peaks including Everest, Makalu & Annapurna
- Cross the high passes of Sherpani Col, Amphu Labsta and Tashi Labsta
- Revel in the bustle of Kathmandu and visit Pashupatinath and the giant Buddhist stupa at Boudhanath
- Enjoy a fully supported camping based trek including three hearty meals per day prepared by our cooks



Trip Duration	152 days	**Trip Code:** SOG5068
Grade	Intermediate Mountaineering Expedition	
Activities	Trekking, Mountaineering & technical pass crossings	
Summary	147 day trek, 6 nights hotel, 145 nights camping	

welcome to World Expeditions

Thank you for your interest in our GHT the Full Traverse trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

why travel with World Expeditions?

World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. A highlight of trekking with World Expeditions in the Everest region is the development of our unique eco friendly private permanent campsites. You will enjoy a full service trek including 3 wholesome meals each day prepared to the highest standards of hygiene and served in our heated dining rooms where you are welcome to relax on cushioned seating at the end of each trekking day. Our tented accommodation is in locally made, head high tents with comfortable camp beds, and we supply you with high quality 4 season, down sleeping bags in your trek pack. Bathrooms in our camps comprise of composting toilets and convenient wash basins. In the main villages we stay in handpicked eco lodges, and in Kathmandu we use an excellent centrally located 4 star hotel. You can be sure that when booking a World Expeditions trek in Nepal there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more about our sustainable travel practices and philosophies in these trip notes.

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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

trip dates

important notes

fast facts

Countries Visited:
Nepal

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is not available for this trip.

Leader:
Experienced English speaking mountaineering guide

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

the great himalaya trail

The Nepal section of the GHT [1700kms] offers a kaleidoscope of experiences and World Expeditions is proud to have been able to offer this range of commercial treks since 2011. The trail, which can be undertaken in one continuous trek of 150 days, will traverse the country from east to west. Acknowledging that most of us simply don't have the luxury of this sort of time for our adventures, we've crafted seven loop treks which can be combined with link treks to make up the full traverse. The beauty of each is that they all offer something completely different, but importantly, by joining one of the GHT treks, you will be helping us achieve our vision of sharing the benefit of tourism dollars with isolated communities that currently receive little to no income from this source. We employ porters and support staff from these various regions, purchase our food goods from these villages and of course, travellers will delight in the opportunity to purchase traditional handicrafts from these communities. This is responsible tourism in practice as it addresses wealth disparity and helps to reduce poverty. This is an opportunity to experience some of the least visited, most exciting hidden corners of Nepal where you will be struck with awe and wonder at the scale and grandeur of the land. Be part of something truly unique and special by becoming one of the few to have walked the Great Himalayan Trail.

the trip

This is your opportunity to be one of the few people ever to walk the full length of Nepal's Great Himalaya Trail in one continuous trek. The 152 day trek commences in the far east in the Kanchenjunga region where the world's third highest peak stretches skyward, and traverses the country to the high plateaus on the Tibetan borderlands in the far west. Along this 1700km trail you'll encounter some of the wildest and most remote mountain environments imaginable. You'll see all of Nepal's 8000 metre peaks, cross tens of passes ranging from moderate to challening and witness villages where the culture has remained intact for centuries. It's a trek that should only be considered by those with extensive trekking and mountaineering experience, a high level of fitness and a flexible approach as there will be the need to adapt to a range of situations throughout the trek. We are sure the challenges of this full length GHT trek will be countered with immense satisfaction and a truly unforgettable lifelong memory.

During this trek there will be sections where the trail is very rugged or ill-defined. Space in some camp sites will also be very limited. It may be necessary to make changes to the itinerary at any time due to unforeseen circumstances such as adverse weather, snow or trail conditions, river water levels, or group movement. Your trip leader will advise any changes should this occur. All participants on the GHT should be flexible and open minded. The GHT should be seen as exploratory in the true sense of the word.

The Australian Himalayan Foundation is dedicated to helping the people of the Himalaya achieve their goals through supporting and overseeing education, health, cultural and environmental projects. With a $100 donation for every booking on the GHT World Expeditions will help support sustainable tourism development in regions less frequented by trekkers. For full information please refer to www.australianhimalayanfoundation.org.au.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU (1330M)
DAY 3	FLY BHADRAPUR (2420M). DRIVE TO ILAM. APPROX. 5HRS DRIVE.
DAY 4	DRIVE TO TAPLEJUNG (1820M). DRIVE APPROX. 4-5HRS.
DAY 5	TO MITLUNG (1542M) WALK APPROX. 4 HRS.
DAY 6	TO CHIRUWA (1270M), WALK APPROX. 6-7HRS.
DAYS 7-8	TO SUKATHUM (1576M) WALK APPROX. 6HRS, & AMJILOSA (2308M) WALK APPROX. 6HRS.

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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Intermediate Mountaineering Expedition

To consider undertaking this trek participants should be competent and self sufficient in the outdoors and have experience in multi day trekking at altitude. Prior mountaineering experience is highly recommended. The terrain will involve low to moderate angle snow slopes and traveling on crevassed glaciers. Experience using ice axe and crampons is preferred as well as a very high level of fitness.Group numbers are limited due to the nature of the terrain and size of campsites on many of the link sections.To join the GHT Full Traverse you will need prior experience trekking at altitude, a solid background in outdoor activities and basic mountaineering skills.

DAYS 9-11	TO GYABLA (2730M), WALK APPROX. 6HRS, AND TO GHUNSA (3595M), WALK APPROX. 6HRS.
DAY 12	TO KANGPACHEN (4050M), WALK APPROX. 6-7HRS.
DAY 13	TO LHONAK (4780M), WALK APPROX. 6-7HRS.
DAY 14	KANCHENJUNGA BASE CAMP (4050M), WALK APPROX. 7HRS.
DAYS 15-16	RETURN TREK TO GHUNSA
DAY 17	TO NANGO LA CAMP (4776M), WALK APPROX. 5.5HRS.
DAYS 18-20	CROSS NANGO LA (4776M) TO YANGMA KOLA (3430M/ 5HRS) & OLANGCHUN GOLA (3191M/ 8HRS).
DAYS 21-23	COMMENCE SANKU LINK OF THE GHT FROM OLANGCHUN GOLA TO PASS CAMP (4453M)
DAY 24	CROSS LUMBHA SAMBHA LA TO THUDAM (3556M), WALK APPROX 6HRS.
DAYS 25-27	TO CHYAMTANG (2187M)
DAY 28	TO HONGON (2323M), WALK APPROX. 6-7HRS.
DAY 29	TO BAKIM KHARKA/ HIGH CAMP (3020M), WALK APPROX. 6HRS.
DAYS 30-35	TO MOLUN POKHARI (3954M/5HRS), DHUNGE KHARKA (2980M/7HRS), SALDIM KHOLA OR KHOLA KHARKA & ADVENTURE PASS CAMP (3900M/7HRS), KALO POKHARI (4100M/6HRS), GRAZING KHARKA (3960M/7HRS)
DAY 36	TREK TO YANGLA KHARKA (3557M), WALK APPROX. 5-6HRS
DAYS 37-38	TREK TO LANGMALE KHARKA (4400M / 5HRS) & REST/ACCLIMATISATION DAY
DAYS 39-40	TO MAKALU BASE CAMP (4870M), REST/ACCLIMATISATION DAY.
DAYS 41-42	TO SWISS BASE CAMP (5150M/5-6HRS)
DAYS 43-44	TO SHERPANI COL BASE CAMP (5700M/6-7HRS), CROSS SHERPANI COL (6180M) TO BARUNTSE HIGH CAMP (WEST COL @ 6100M), WALK APPROX. 10-12HRS
DAYS 45-47	CROSS WEST COL TO HONKU BASIN & AMPHU LABSTA BASE (5400M)
DAY 48	CROSS AMPHU LABSTA (5845M) TO CHUKUNG (4730M), APPROX. 10-12 HRS.
DAYS 49-50	TREK TO DINGBOCHE (4360M), DZONGLA (4843M)
DAY 51	CROSS CHO LA TO GOKYO (4759M)
DAY 52	AT GOKYO, ASCEND GOKYO RI (5483M)
DAY 53	TREK TO RENJO LA HIGH CAMP, WALK APPROX. 4HRS.
DAY 54	CROSS RENJO LA TO TARANGA (4368M/6.5HRS)
DAY 55	TO THAME (3820M/3HRS).
DAYS 56-58	TO PARCHEMUCHE TSHO (4780M/ 6.5HRS) & CAVE CAMP (5665M/ 5.5HRS).
DAY 59	CROSS TASHI LABSTA (5760M) TO TRAKARDING GLACIER (4735M), WALK APPROX. 7.5HRS.
DAYS 60-61	TO KABUG (4820M/ 4.5HRS) & BEDING (3740M/ 5HRS).
DAYS 62-63	TO DOKHANG (2791M/ 5.5HRS) & SIMIGAON (2036M/ 5HRS).
DAYS 64-66	TREK DOWN VALLEY TO BIGU GOMPA (2516M).
DAYS 67-69	TO KATHMANDU (1330M)
DAY 70	RESUME GHT, LANGTANG LINK. TREK TO LISTI (2260M), WALK APPROX. 4HRS.
DAY 71	TO CHAGAM (2705M/ 5HRS), CHOGORMOGOR KHARKA (3924M/ 4HRS)
DAYS 72-73	TO SHOTANG KHARKA (2820M/ 6HRS), & NYASIM KHOLA CAMP (1460M/ 4.5HRS)
DAY 74	TO KHARKA (3600M/ 5HRS)
DAYS 75-76	TO PANCH POKHARI (4074M/ 3-4HRS), & REST DAY.
DAYS 77-78	TO TIN POKHARI (4255M/ 6HRS)
DAYS 79-80	CROSS TILMAN PASS (5308M/ 6HRS) TO NORTH HIGH CAMP (4720M/ 7HRS).
DAY 81	TO KYANGJIN GOMPA (3830M), APPROX. 7HRS.
DAYS 82-83	TO LAMA HOTEL (3030M/7 HRS) & SYABRU BESI (1503M/ 6 HRS).
DAY 84	GANESH LINK. TO GATLANG (2238M), WALK APPROX. 4.5HRS.
DAYS 85-86	TO SOMDANG (3258M/ 6HRS) & TIPLING (1890M/ 7HRS).

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technical grading

Intermediate

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAYS 87-89	TO LAPA KHOLA (1258M/ 5.5HRS), NAUBAN KHARKA (2750M/ 7HRS), & KERAUJA (2074M/ 7.5HRS).
DAYS 90-91	TO KHORLA BESI & JAGAT (1340M), WALK APPROX. 6.5HRS.
DAY 92	TO PHILIM (1570M), WALK APPROX. 4HRS.
DAY 93	TO DENG (1860M), WALK APPROX. 5-6HRS.
DAY 94	TO NAMRUNG (2630M), WALK APPROX. 7-8HRS.
DAY 95	TO SHYALA (3520M), WALK APPROX. 6HRS.
DAYS 96-97	TO SAMDO (3875M), WALK APPROX. 5HRS & REST DAY.
DAY 98	TO LARKYE BASE CAMP (4460M), WALK APPROX. 4HRS.
DAY 99	CROSS LARKYE LA (5140M) TO BIMTANG (3590M) 8-10HRS.
DAY 100	TO DHARAPANI (1865M), WALK APPROX. 7HRS.
DAY 101	TO KHODO (2675M), WALK APPROX. 6HRS.
DAYS 102-103	TO PISANG (2675M/ 7HRS) & MANANG (3540M/ 4HRS).
DAY 104	TO YAK KHARKA (4050M), WALK APPROX. 6HRS.
DAY 105	TO THORONG HIGH CAMP (4700M), WALK APPROX. 6HRS.
DAYS 106-107	CROSS THORONG LA (5380M) TO MUKTINATH, WALK APPROX. 9HRS, & REST DAY.
DAY 108	TO GOAT KHARKA VIA KAGBENI (2810M), WALK APPROX. 6HRS.
DAY 109	TO SANTA (3778M), WALK APPROX. 7HRS.
DAY 110	TO GHALDEN GHULDUN KHOLA (4247M), WALK APPROX. 6HRS.
DAYS 111-114	TO LALINAWAR KHOLA (4800M/ 4HRS). CROSS JUNGBEN LA (5550M) & NIWAS LA (5120M) TO NULUNGSUNDA KHARKA (4987M/ 7HRS) & CHHARKA BHOT (4302M/ 6HRS). REST DAY.
DAYS 115-117	TO CHAP CHU (4320M/ 7HRS), MARAN (4350M/ 8HRS), AND NUNGMALA BASE CAMP (4440M/ 6HRS).
DAYS 118-121	TO BAGALA BASE CAMP (4400M/ 6HRS), TEMCHE (3900M/ 7HRS), RINGMO (3641M/ 4HRS) & REST DAY.
DAY 122	TO KHARKA (4300M), WALK APPROX. 5.5HRS.
DAYS 123-125	TO KAGMARA HIGH CAMP (5070M/ 4-5HRS), KAGMARA PASS (OTHER SIDE OF BASE CAMP (4200M/ 6-7HRS) & HURIKOT (3010M/ 8HRS).
DAYS 126-127	TO NAULI GHOT (3400M/ 8HRS) & KUDIGAON (3300M/ 8HRS).
DAYS 128-131	TO JUMLA, WALK APPROX. 7HRS; REST DAY; TO KHALIGAON, WALK APPROX. 8HRS & DAB (BULBULE), WALK APPROX. 8 HRS.
DAYS 132-133	TO RARA LAKE (3010M/ 8HRS), REST DAY.
DAY 134	KARNALI RIVERSIDE CAMP, WALK APPROX. 4HRS.
DAY 135	TO BAM (2700M), WALK APPROX. 5-6HRS.
DAY 136	TO JOGIMARA (3005M), WALK APPROX. 6HRS.
DAY 137	TO PIPLAN (1700M), WALK APPROX. 7HRS.
DAY 138	TO APSIA LEKH (3200M), WALK APPROX. 7-8HRS.
DAY 139	TO PUNKHA KHOLA, WALK APPROX. 6HRS.
DAY 140	TO RIVER CAMP, WALK APPROX. 5.5HRS.
DAY 141	TO SIMIKOT (2900M), WALK APPROX. 6.5HRS.
DAY 142	TO DHARAPORI (2300M), WALK APPROX. 5HRS.
DAYS 143-144	TO SALLI KHOLA & MUCHU (2920M), WALK APPROX. 6-7 HRS.
DAYS 145-146	TO YARI (4100M), WALK APPROX. 4-5HRS; & THE TIBETAN BORDER AT HILSA, WALK APPROX. 7 HRS.
DAYS 147-150	RETURN TO SIMIKOT (2910M).
DAY 151	TO NEPALGUNJ & KATHMANDU BY AIR (1330M).
DAY 152	TRIP CONCLUDES KATHMANDU

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additional deposits required

This trip requires an additional deposit of $2000 AUD (paid in your local currency at the current rate of exchange) which is non-refundable. This payment is required at the time of booking together with our normal per person deposit. This prepayment should not be viewed as an additional cost. We recommend you take out travel insurance at the time of booking.

what's included

- 151 breakfasts, 144 lunches and 145 dinners including all meals on trek valued at US$6615
- AUD$100 donation to the Australian Himalayan Foundation
- airport transfers
- expert high altitude mountaineering guide & trekking guides
- flights Kathmandu/Biratnagar/Suketar & Nepalgunj/Kathmandu US$519 approx
- expert bilingual guide and group medical kit
- accommodation in Kathmandu at the Radisson hotel
- trek pack including sleeping bag, down or fibre filled jacket and insulated mat valued at $500
- souvenir World Expeditions kit bag
- climbing pack including ice axe, crampons, harness and helmet
- safety equipment including high altitude chamber and satellite phone
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment and porter's insurance
- sightseeing and site entry fees in Kathmandu

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: NIL

DAY 2 In Kathmandu (1330m)

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Swayambhunath, Durbar

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Square, Patan or Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

meals: B

DAY 3 Fly Bhadrapur (2420m). Drive to Ilam. Approx. 5hrs drive.

Bhadrapur is situated in the terai, south east of Lukla. The flight from Kathmandu takes approx. 50 minutes and affords views of the entire trek and the Himalaya from Kanchenjunga to Langtang. Overnight hotel.

meals: B,L,D

DAY 4 Drive to Taplejung (1820m). Drive approx. 4-5hrs.

We plan to drive to Taplejung. Flights can sometimes be delayed due to mountain weather and so flexibility and patience may be required. The Kanchenjunga region is home to Sherpa, Limbu, Rai and Gurung people, and Taplejung is the gateway to the region and a lively place, especially for the Saturday market.

meals: B,L,D

DAY 5 To Mitlung (1542m) walk approx. 4 hrs.

The trails throughout the lower sections of the Kanchenjunga region pass through fertile valleys that typically produce up to three crops per year. We pass by crops of rice, millet, potatoes, cauliflower and green vegetables. Gradually heading in a northerly direction the trail steepens after a few hours before a final descent of 350 metres on a muddy trail to Mitlung. Overnight camp.

meals: B,L,D

DAY 6 To Chiruwa (1270m), walk approx. 6-7hrs.

The trail ascends and descends steadily for approx. 4 hours as we make our way towards the Tamor Khola and the valley floor at Nagadin.This area is significant to the history of Nepal and is where the first Kirati warriors originate from. The Kirati were the first who attempted to unite all the Himalayan Kingdoms into a single sovereign state.There is a final ascent into Chiruwa, a village tucked away between a steep hillside and the river. Overnight camp.

meals: B,L,D

DAYS 7-8 To Sukathum (1576m) walk approx. 6hrs, & Amjilosa (2308m) walk approx. 6hrs.

The stage from Chiruwa to Sukathum passes through varied landscapes such as cardamom fields and dense forests. This area does experience landslides and we will need to check in with the National Park check post before Taplechok before proceeding, if there have been recent landslides we may need to take an alternative trail.

The stage from Sukathum to Amjilosa is a challenging day. After crossing the suspension bridge outside Sukathum we enter dense forest once again until the valley narrows into steep gorge country.The sound of the river is deafening and waterfalls cascade down either side of the gorge.Great care needs to be taken on this section of the trek. Our final approach to Amjilosa is a series of steep switchbacks which ease after a few hours with another hour of easier gradient before reaching Amjilosa.

meals: B,L,D

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DAYS 9-11 To Gyabla (2730m), walk approx. 6hrs, and to Ghunsa (3595m), walk approx. 6hrs.

The valley begins to widen on the stage to Gyabla, and rather than climbing up and down it is a more gradual and steady ascent until we reach the outskirts of the pretty village of Gyabla.

The stage to Ghunsa marks a change in the scenery with rhododendron, camellias and azaleas along the trail. We pass by the village of Phale, a Tibetan refugee settlement where it is possible to purchase handicrafts and homemade rugs from the locals - please mind your luggage allowance!

The final approaches to Ghunsa travel along pretty trails through conifer and pine forest. Ghunsa sits within the valley in a striking setting of steep cliffs and waterfalls above. Day 11 is our first rest day of the trek and may be spent at your leisure.

meals: B,L,D

DAY 12 To Kangpachen (4050m), walk approx. 6-7hrs.

The stage to Kangpachen is arguably the most spectacular day on trek. We pass through meadows full with wildflowers in the spring time, and we will pass through forests of rhododendron and pine with a backdrop of impressive mountain scenery. We are early in the season, and so conditions should be expected to be cold and there will most likely be snow on the ground, depending on the winter, there may be substantial snow cover when we are at higher altitudes and this may slow our progress over the coming days. Once we reach the terminal moraine of the Kanchenjunga glacier we traverse a hillside and descend to Kangpachen.

meals: B,L,D

DAY 13 To Lhonak (4780m), walk approx. 6-7hrs.

Today will be another challenging day and an early start is needed. We climb lateral moraine for an hour before reaching a landslide section with large boulders which we must pass through at a steady pace. The trail then climbs steeply to the top of a section of lateral moraine and then eases off before arriving in Lhonak.

meals: B,L,D

DAY 14 Kanchenjunga Base Camp (4050m), walk approx. 7hrs.

The mountain views on this stage of our trek are stunning as we make our way along the lateral moraine to base camp. Climbing gently for 2 hours we then cross a steep section of loose rock for another hour before a further gentle climb of another hour before arriving in base camp. For those feeling enthusiastic there may be options for side walks in the area.

meals: B,L,D

DAYS 15-16 Return trek to Ghunsa

Taking two days we retrace our steps back to Ghunsa. The return journey offers a different perspective of the mountain views and stunning surrounds.

meals: B,L,D

DAY 17 To Nango La Camp (4776m), walk approx. 5.5hrs.

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.

meals: B,L,D

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DAYS 18-20 Cross Nango La (4776m) to Yangma Kola (3430m/ 5hrs) & Olangchun Gola (3191m/ 8hrs).

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 thick forest to Yangma Kola and our camp for the night.

Day 19 - A relatively short day to Olangchun Gola. Olangchun Gola is one of the most important centres 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 20 - Rest Day in Olangchun Gola.

meals: B,L,D

DAYS 21-23 Commence Sanku link of the GHT from Olangchun Gola to Pass Camp (4453m)

Commence Sanku link of the GHT from Olangchun Gola to Pass Camp (4453m). The Great Himalaya Trail crosses the rugged wilderness of the Lumbha Sambha to the Makalu region. From Olangchun Gola we head in a northerly direction, crossing the Tamor Khola and travelling up the Dingsamba Khola. The trail then ascends through rhododendron forest to a valley and then another smaller valley beyond gained by climbing over a rock band.

meals: B,L,D

DAY 24 Cross Lumbha Sambha La to Thudam (3556m), walk approx 6hrs.

Today we gain magnificent views of the Lumbha Sambha as we climb to the crest of a saddle, the trail here is faint and often undefined due to snow.We traverse below a peak and to another saddle and then make our crossing of the Lumbha Sambha (5159m). From here there are views of Jannu and Makalu to the east. From the pass we descend to the northwest.

meals: B,L,D

DAYS 25-27 To Chyamtang (2187m)

The trail to Chyamtang is at times hard to follow due to thick overgrowth. We descend to the Medokchheje Khola before the trail climbs and we follow the west fork. The trail is scrambly in places as we contour around ridges to a small pass before descending through forest to a small kharka where we make an overnight camp.The following day we cross another minor pass and finally descend and cross the Arun Nadi to arrive in the friendly Lhomi village of Chyamtang where we will spend a welcome rest day.

meals: B,L,D

DAY 28 To Hongon (2323m), walk approx. 6-7hrs.

Back on the main trail it is an easy walk to Hongon. Here we will leave the Kanchenjunga region and enter the next region and GHT stage which is Makalu.

meals: B,L,D

DAY 29 To Bakim Kharka/ High Camp (3020m), walk approx. 6hrs.

A short but challenging day with some steep ridge climbs and a minor pass crossing (2710m).

meals: B,L,D

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DAYS 30-35 To Molun Pokhari (3954m/5hrs), Dhunge Kharka (2980m/7hrs), Saldim Khola or Khola Kharka & Adventure Pass Camp (3900m/7hrs), Kalo Pokhari (4100m/6hrs), Grazing Kharka (3960m/7hrs)

For five further days we continue towards the Makalu Barun National Park. At times the trail will be steep and rocky with some scrambling sections and challenging climbs. We will skirt around the picturesque Molun Pokhari (lake) and head south and south east crossing rivers, sometimes via logs, and penetrating thick rhododendron forest. These days on the trail are challenging as this area is not often travelled and there may be very limited space for camp sites.

meals: B,L,D

DAY 36 Trek to Yangla Kharka (3557m), walk approx. 5-6hrs

Eventually we emerge into the valley bottom and continue along the easier main trail to Makalu base camp and Yangla Kharka.Great rock walls tower above as we make our way through the enormous U-shaped valley. Snowy peaks are the stunning backdrop to this valley often referred to as the Yosemite of the Himalaya, this is a magnificent and exciting place to be and it is here that we will meet up with the Everest & Makalu via Sherpani Col group who have trekked in from Tumlingtar.

meals: B,L,D

DAYS 37-38 Trek to Langmale Kharka (4400m / 5hrs) & rest/acclimatisation day

It is a short trekking day to Langmale Kharka to aid acclimatisation,we take in the impressive mountain scenery found in this area.Great rock walls tower above as we make our way through the enormous U-shaped valley. Snowy peaks are the stunning backdrop to this valley often referred to as the Yosemite of the Himalaya, and it is a magnificent place to spend a well deserved rest day.

meals: B,L,D

DAYS 39-40 To Makalu Base Camp (4870m), rest/acclimatisation day.

Makalu Base Camp affords stunning views of its south face, with the south buttress of Makalu offering views of Baruntse (7220m), Everest and Lhotse. The Hillary and French base camps are far up the glacier, past Barun Pokhari, and these are now the traditional base camps used by climbing parties to Makalu. An optional walk from BC is a spectacular climb up grassy slopes to the top of the ridge. At the 5250m mark there is an outstanding view of Everest, Lhotse and Lhotse Shar as well as both the south-east and north ridges of Everest, along with the Kangshung Face and the South Col. Makalu looms above the ridge to the north.

meals: B,L,D

DAYS 41-42 To Swiss Base Camp (5150m/5-6hrs)

The second half of trek to Swisse BC is tricky and involves boulder hopping as we follow the Barun Glacier directly beneath Makalu enormous west face.

Swisse Base Camp is situated amongst the moraine in a sandy spot directly opposite the mighty West Pillar on Makalu. Very few campsites a this close to one of these 8000m giants. We have a full day set aside to rest and acclimatise and will aim to reach a vantage point above camp with a (weather permitting) great view of Everest and the fabled Kangshung Face.

meals: B,L,D

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DAYS 43-44 To Sherpani Col Base Camp (5700m/6-7hrs), cross Sherpani Col (6180m) to Baruntse High Camp (West Col @ 6100m), walk approx. 10-12hrs

We have allowed 2 days to position ourselves for the crossing of the Sherpani & West Cols. Depending on our group movement and progress we may need to be flexible on our approach. As we near the Sherpani Col base camp the trail is much less defined and with more boulder hopping, and now that we are climbing high cloud may obscure the trail. We camp high at the snout of the glacier at 5688m with the Sherpani Col 3 hours above us. If conditions are favourable and the group are moving at a good pace we may attempt to make the crossing of both Cols in a day, but in all likelihood we'll be camping at Baruntse C1 on the West Col @ 6100m on the first night and descending the Col to the Honku valley the next day. Although these are the most demanding days of our trek, we are deep in the Himalaya and the massive scale of the mountains around us are an awesome sight to behold. There will be sections of roped up travel and abseiling, and our Sherpa guides and mountaineering leader will manage the coming days as snow and weather conditions dictate.

meals: B,L,D

DAYS 45-47 Cross West Col to Honku Basin & Amphu Labsta Base (5400m)

After our crossings are completed we descend into the Honku valley nearby five large glacial lakes which sprawl out before us. They are known as Panch Pokhari (five lakes). The Amphu Labsta pass is situated immediately at the head of the valley to our right and is basically the low point on the ridge between the Honku and the Imja valleys. For this day or so we are in the Honku. A new vista of peaks span out before us including Ama Dablam to the distant west, and many unnamed peaks. Amphu Labsta Base Camp is set close to the rocks that lead up to the pass. On these stages we ask that members be flexible and co-operative. Camps will be set where conditions allow, and your leader will keep you advised as to each days plan.

meals: B,L,D

DAY 48 Cross Amphu Labsta (5845m) to Chukung (4730m), approx. 10-12 hrs.

An alpine start for our pass crossing. Ferrying across all our loads together with all party members, crew, porters and members takes time. The approach to the pass from the Honku is deceptive. Facing east and southward there is much more sun and little snow, just a collection of rocks that gradually lead up to the gap we travel through. On the north facing side we find steep slopes of snow that we must take care to descend by fixed ropes to the snow basins below and subsequent moraine and alpine valley beyond. The views from this 5845m pass crossing to the peaks of Khumbu are unmatched. Any spare moment whilst we are climbing and descending will allow us to appreciate the spectacle of the peaks of the region.

meals: B,L,D

DAYS 49-50 Trek to Dingboche (4360m), Dzongla (4843m)

Day 23 brings us to Dingboche and our comfortable private permanent campsite. Over the past week we have made crossings of some of the most challenging terrain found in the Himalaya. From our camp we have excellent views of Nuptse, Lhotse, Chukung Peak and Imja Tse (6189m) are had from both in the valley or from the ridge above the camp. Massive glaciers drape beneath cliffs that soar up to 3,500 metres in this dramatic valley. The following day we proceed to Dzongla, another spectacularly situated camp, on our way to our next pass, the Cho La.

meals: B,L,D

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DAY 51 Cross Cho La to Gokyo (4759m)

The views today are magnificent as we leave the Everest watershed and enter that of Cho Oyu, the sixth highest mountain in the world. The crossing involves a steep scramble up rock boulders and then a walk across the gently ascending, snow-covered glacier that caps the pass, the views of the route ahead, and of the glacier itself, are breathtaking. We descend steep boulder strewn slopes to the Gokyo valley below. This is a valley of turquoise lakes and great glaciers. For the first part of the descent there are discernible paths that zigzag down the mountainside – slippery in snow! The ground then levels out and the path all but disappears as we hop across a field of boulders. Finally we climb a gentle slope to the top, from where it's all downhill, following a narrow river valley all the way to its base at Dragnag, a small Sherpa settlement nestled beneath great rock walls, just a stone's throw from the Ngozumba Glacier. Continuing on we reach Gokyo in the late afternoon.

meals: B,L,D

DAY 52 At Gokyo, ascend Gokyo Ri (5483m)

The steady and unrelenting ascent of Gokyo Ri will take around two hours. You will be elated when you reach the summit with its spectacular view. Probably the most comprehensive view of 8,000 metre peaks in Nepal, many people consider it to be Nepal's best. Surrounding us are Cho Oyu (8153m), (a mountain that defeated a British Expedition of climbers, including Hillary, in their lead-up to their successful assault of Everest), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt Everest (8848m). Hundreds of other unnamed peaks fill the scene, whilst below us the Ngozumba Glacier, the largest in Nepal, stretches through the valley. The striking colour of the lakes below completes the picture. The only way to get a better view of the entire Everest region would be to climb an 8,000 metre peak! Although further from Everest than Kala Pattar, the traditional viewing point, here we see more of the mountain and enjoy a more relaxed environment to view the peak.

meals: B,L,D

DAY 53 Trek to Renjo La high camp, walk approx. 4hrs.

We trek around Gokyo Lake to set up our wilderness camp below the Renjo La pass ready for our crossing tomorrow.

meals: B,L,D

DAY 54 Cross Renjo La to Taranga (4368m/6.5hrs)

The crossing of the Renjo La Pass will be exciting and relatively straight forward. The landscape is progressively that of the Tibetan Valleys beyond the border. There is a chance we will meet Tibetan Traders descending from the Nangpa La pass that leads through the Himalayas from Tibet with their caravans of woolly yaks laden with goods. Overnight camp at Taranga.

meals: B,L,D

DAY 55 To Thame (3820m/3hrs).

We turn south and down valley towards Lukla for our return to Kathmandu. There are Sherpa villages to be explored as we descend the gorge. We will spend the night at the pretty village of Thame with its spectacular monastery. We will bid farewell to the Makalu team as we continue on with the Rolwaling team.

meals: B,L,D

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DAYS 56-58 To Parchemuche Tsho (4780m/ 6.5hrs) & Cave Camp (5665m/ 5.5hrs).

We will spend two days on our approach to the Tashi Labsta. Our first night will be spent by the lake (Parchemuche Tsho) in a picturesque setting. We will be monitoring the weather conditions at this stage to be prepared for our pass crossing. Cave camp is set high and puts us in a good position to asses conditions for our Tashi Labsta crossing.

meals: B,L,D

DAY 59 Cross Tashi Labsta (5760m) to Trakarding Glacier (4735m), walk approx. 7.5hrs.

The weather, snow and glacier conditions will play a large part in how difficult the route will be. We climb up steadily through several rock and ice gullies to reach the pass where we are treated with a superb new vista of mountains. Few of these peaks have been climbed, nor do they have a formal name, and they are not open to foreigners. It is one of the least accessible parts of the Nepal Himalaya. Tengi Ragi Tau and Pharchamo tower above and mark the gap to the pass; both are captivating in their form with their sheer ice and rock faces. We need to make a long, steady trek along the rock/snow and descend crevassed snow slopes to the Trakarding glacier. There are several sections that usually require some scrambling on rock and ice, and if necessary we will fix a rope as a handrail. Our staff will work closely with team members to make a safe passage for all. The pass achieved, we enjoy the thrill of where we are, sandwiched between two fabulous regions and mountain ranges. Overnight camp on the Trakarding glacier.

meals: B,L,D

DAYS 60-61 To Kabug (4820m/ 4.5hrs) & Beding (3740m/ 5hrs).

The stages to Beding are pleasant,and we will trek through rhododendron, pine and juniper forest whilst travelling by the riverside. There is also an abundance of bird-life. Day 21 - At Bedding we enjoy a rest day; this is a good opportunity to catch up on clothes washing.

meals: B,L,D

DAYS 62-63 To Dokhang (2791m/ 5.5hrs) & Simigaon (2036m/ 5hrs).

As we descend into warmer conditions and lush surrounds the walking becomes much easier now that we are fit and fully acclimatised. We will overnight in Dokhang where there is a spacious campsite by a small stream.

The following day we continue through forest and pass by waterfalls on our way to Simigaon. Simigaon village is rich with terraces of wheat, barley and millet; and people busily tending fields and livestock to make a living for themselves. It is a pleasant camp on a sharp ridge at the top of the village offering superb sunset and sunrise views of Gauri Shankar.

meals: B,L,D

DAYS 64-66 Trek down valley to Bigu Gompa (2516m).

Bigu Gompa is the exit point for our Rolwaling GHT stage. Bigu is a Sherpa village, and Bigu Gompa is a nunnery dedicated to Avalokiteshwara, the all seeing, all knowing remover of obstacles. If visiting the nunnery, please note that a small donation is considered appropriate.

meals: B,L,D

DAYS 67-69 To Kathmandu (1330m)

We transfer from Bigu Gompa by road back to Kathmandu and the Radisson Hotel for 3 days of rest and relaxation. Although we have built in ample acclimatization

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and intermittent rest days into the GHT itinerary, a trek involving 145 days of almost continuous trekking is an extremely challenging undertaking and punishing to the body. Accordingly these days should be taken as a recuperation period and key to completing the GHT. These days are based on single accommodation with breakfast only included.

meals: B

DAY 70 Resume GHT, Langtang link. Trek to Listi (2260m), walk approx. 4hrs.

Leaving the Last Resort we trek to Listi. The trail climbs a steep hillside as we ascend to Baldun and then continue on to Listi where there is a Hindu Temple on the ridge above.

meals: B,L,D

DAY 71 To Chagam (2705m/ 5hrs), Chogormogor Kharka (3924m/ 4hrs)

The coming days are quite challenging as the trail continues to climb for a further 3 days with a total altitude gain of 2900 metres. Bhairav Kund is one of the most sacred lakes in Nepal and is an old pilgrim trail. We will camp by the lake at an old dharamsala.

meals: B,L,D

DAYS 72-73 To Shotang Kharka (2820m/ 6hrs), & Nyasim Khola Camp (1460m/ 4.5hrs)

We have two big days of descent ahead on our trek to Balephi Khola, before beginning our ascent to Hille Bhanjyang and on to Panch Pokhari where we will meet our Langtang & Tilman Pass group who will be entering via Chautara.

meals: B,L,D

DAY 74 To Kharka (3600m/ 5hrs)

We continue along the ridge climb with fabulous views east and west of a chain of mountains that form a natural border with Tibet. W.H. Tilman was the first European to explore this region in 1949, and very few have ever retraced his footsteps.

meals: B,L,D

DAYS 75-76 To Panch Pokhari (4074m/ 3-4hrs), & rest day.

Panch Pokhari is named after 5 holy ponds and thousands of pilgrims climb to the sacred Panch Pokhari Lakes during the monsoon. There is a Mahadev Temple located here and from the top of Panch Pokhari we gain views of the Jugal Himal and Rolwaling. Next day we will take a rest.

meals: B,L,D

DAYS 77-78 To Tin Pokhari (4255m/ 6hrs)

We are now well above the treeline as we make a short climb from Panch Pokhari to the ridgeline and continue north crossing spurs and basins until we descend into a valley and a final climb to Tin Pokhari.

meals: B,L,D

DAYS 79-80 Cross Tilman Pass (5308m/ 6hrs) to north high camp (4720m/ 7hrs).

There are two routes through the lower rocky section of the pass and it will depend on conditions as to which one we choose to ascend. This is quite a challenging pass and there will be loose rock and scree to negotiate. Once we reach a steep rock face after the initial climb we traverse to the left and climb directly onto the snowfield of the pass. The pass is to the northwest of the snowfield. We then descend a steep snow slope and rocky gullies,care should be take here as the gullies can be icy.

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We may fix a handline and your leader will advise the plan after assessing the conditions. The pass crossing will be a long day of approx. 7-9 hours. We camp at the northern shore of a lake.

meals: B,L,D

DAY 81 To Kyangjin Gompa (3830m), approx. 7hrs.

We are now approaching the main Langtang Trail to Kyangjin Gompa where there are many teahouses. There is a nearby cheese factory that is well worth a visit and of course a visit to the Gompa. There is a viewpoint on a hill to the north of Kyangjin Gompa with prayer flags adorning the summit, and time permitting this is a great vantage point also worth the effort.

meals: B,L,D

DAYS 82-83 To Lama Hotel (3030m/7 hrs) & Syabru Besi (1503m/ 6 hrs).

We are now travelling along the clearly marked main trail of the Langtang trek. Following the river we wind through many teahouses and small villages to Syabru Besi where we will spend a rest day.

meals: B,L,D

DAY 84 Ganesh Link. To Gatlang (2238m), walk approx. 4.5hrs.

We are now travelling on the Ganesh link of the GHT on our way to the Manaslu and Annapurna regions.

meals: B,L,D

DAYS 85-86 To Somdang (3258m/ 6hrs) & Tipling (1890m/ 7hrs).

Leaving Gatlang we enter pine and rhododendron forest until we reach 3100 metres where there is a large kharka and campsite, we continue on from here where we meet up with a road which we follow whilst traversing a steep hillside to another kharka. Here we take a small trail which leads us over the Khurpu Dada Pass (3710m) before heading west and descending to Somdang. The following day we continue our descent through rhododendron forest and terraced fields to Tipling.

meals: B,L,D

DAYS 87-89 To Lapa Khola (1258m/ 5.5hrs), Nauban Kharka (2750m/ 7hrs), & Kerauja (2074m/ 7.5hrs).

For the following three days we trek through dense forest climbing to minor ridge tops and descending into open basins. In four days time we reach a milestone - day 90 and we will meet with the Manaslu & Annapurna group at Jagat.

meals: B,L,D

DAYS 90-91 To Khorla Besi & Jagat (1340m), walk approx. 6.5hrs.

Today is a relatively long day and we will combine with our GHT Manaslu & Annapurna trek at Jagat. We are now two thirds of the way through the Full Traverse and our cooks may prepare a special meal tonight to celebrate the occasion!

meals: B,L,D

DAY 92 To Philim (1570m), walk approx. 4hrs.

A day of relatively easy ups and downs as we follow the river upstream. We cross a number of tributaries before arriving at our camp beside the river at Philim.

meals: B,L,D

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DAY 93 To Deng (1860m), walk approx. 5-6hrs.

Continuing on, we occasionally have to trek high above the river to skirt around narrow gorges that prohibit a path. The trail takes us through pine forest scattered with rhododendron. We make our way to the lower trail which again follows the Buri Gandakhi below the Gurung village of Ngak and camp an hour's walk past Deng.

meals: B,L,D

DAY 94 To Namrung (2630m), walk approx. 7-8hrs.

We climb initially and then descend to cross a suspension bridge to the opposite bank. There are more riverside undulations and mani walls and chortens may be seen, signs of the distinctly Tibetan territory into which we are entering. The valley trail keeps to the northern bank below the village of Bih. Bih is known for its family of master stone carvers and along the trail today we see flat stones carved with intricate figures and stupas. Just past Bih we catch glimpses of the Shringi Himal and continue along the northern bank of the Buri Gandakhi until we reach the dominantly Tibetan village of Ghap for lunch. We then continue up through the forest densely vegetated with pine and birch to our jungle camp amongst the trees just before Namrung.

meals: B,L,D

DAY 95 To Shyala (3520m), walk approx. 6hrs.

We descend to cross the Damonan Khola then ascend again along a narrow path through the forest to Namrung with its check post then continue through the forest path past small Tibetan villages towards Ligaon. It is likely that we will encounter our first yak today and there is also a troop of monkeys who often come down to the river here to drink. We have uninterrupted views behind us of Ganesh III and IV and Baudha Peak and to our right the Kutang Himal stands high as the natural border between Nepal and Tibet. Before us our first real mountain panorama opens up with the peaks of Himalchuli (7893m), Peak 29 (7871m) and finally Manaslu (8163m).

meals: B,L,D

DAYS 96-97 To Samdo (3875m), walk approx. 5hrs & rest day.

The trail takes us into wilder territory as we skirt around some glacial moraine then descend to the riverbed. Excellent views of the peak of Manaslu today. We soon reach the Tibetan Refugee village of Samdo, a wild place with a substantial village of some 200 permanent residents.

meals: B,L,D

DAY 98 To Larkye Base Camp (4460m), walk approx. 4hrs.

After a couple of stream crossings, the Larkye Glacier appears on the opposite bank. We steadily climb, skirting around the Sarka Khola to camp at a small brick hut at the base of the Larkye La (pass).

meals: B,L,D

DAY 99 Cross Larkye La (5140m) to Bimtang (3590m) 8-10hrs.

Soon after setting off today the unique shape of Larkye Peak becomes visible. The trail upwards is very gradual but at this altitude we take our time. It takes us approximately 5 hours to reach the pass, with the last section becoming quite steep but it is well worth the effort. The mountain vista to the west is incredible - Himlung Himal (7126m), Chap Himal, Gyaji Kang, Kang Guru (6981m) and Annapurna II

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(7937m). The descent from the pass is very steep across ice and scree as we follow the glacier. Progress is slow and careful but eventually we enter the valley of the Burdin Khola and continue to Bimtang and our camp for the night.

meals: B,L,D

DAY 100 To Dharapani (1865m), walk approx. 7hrs.

The trail now basically follows the Marsyangdi downstream, before entering a pristine forest of pine and rhododendron which during the spring months puts on a brilliant display of colour. This is another day to ensure you have plenty of film in your day packs as the views of the Himlung and Manaslu Himal are again spectacular. Today we reach a milestone - day 100!

meals: B,L,D

DAY 101 To Khodo (2675m), walk approx. 6hrs.

We have now crossed from the Manaslu region into the Annapurna region. The trail we follow today climbs over steep forest ridges and crosses the river before reaching Chame, the administrative headquarters of the Manang District. We pass many mani walls with Mayu Prayer wheels - typical of villages in this region. The trail continues through the forest and after rounding a bend, we will view Paungda Danda rock face, a tremendous curved slab of rock rising more than 1500m from the river. We also gain excellent views of Annapurna 2 to the south and Pisang Peak to the north east. After crossing a suspension bridge we climb over a ridge and descend to the valley floor.

meals: B,L,D

DAYS 102-103 To Pisang (2675m/ 7hrs) & Manang (3540m/ 4hrs).

Trekking along the traditional Annapurna Circuit we make our way to Pisang, a cluster of houses with the main village about 150m uphill. Day 104 sees us gradually ascend about 200m towards Manang's airstrip at Hongde. Our campsite is about 40 min walk from here. This is one of the most beautiful camping sites of the trip facing towards Annapurna 4 and 3.

meals: B,L,D

DAY 104 To Yak Kharka (4050m), walk approx. 6hrs.

A superb day! After breakfast, we head off winding around contours gaining ever more impressive views of Annapurna 3 and Gangapurna before we reach the Josang Valley and the camp site at Yak Kharka.

meals: B,L,D

DAY 105 To Thorong High Camp (4700m), walk approx. 6hrs.

A short but strenuous day as we continue up the valley and cross the Jorsang Khola on a small cantilevered bridge before edging our way around loose scree slopes to finally reach a couple of ramshackle tea-shops at the foot of the awesome Thorong La. An early night is advised as we have a big day tomorrow.

meals: B,L,D

DAYS 106-107 Cross Thorong La (5380m) to Muktinath, walk approx. 9hrs, & Rest Day.

A long, arduous day rewarded with unsurpassed views. We set out from Phedi before daybreak in order to reach the top of the pass before late morning and avoid the notorious Thorong winds. The first section up the pass is steep and it's slow going. The trail winds around seemingly endless switchbacks with each "false top" leading on to another ridge. Finally we see the massive prayer-flag-covered cairn which

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marks the top. From here the views back over the entire Annapurna Range and across to Mustang and western Tibet are unbelievable. The cold up here soon has us heading down to Muktinath. It is a very weary group of trekkers who hit the sack that night. A day of Himalayan highs in every sense of the word! We will meet the group of GHT Upper Dolpo Traverse in Muktinath.

meals: B,L,D

DAY 108 To Goat Kharka via Kagbeni (2810m), walk approx. 6hrs.

Entering the main Kali Gandaki valley we take a short cut that avoids the road to Kagbeni. Kagbeni once marked the Nepal / Tibet border and it is the official entry to the Mustang region. Within the village is the old Gompa, and at the northern edge of the village lies the remains of the old fort. We will take a rest day here, and then proceed to Kharka and into the Dolpo region, whilst those on the Manaslu & Annapurna Traverse will proceed to Jomsom and back to Kathmandu via Pokhara. From Kagbeni we head south through the village and cross a suspension bridge to a series of steep switch backs that lead to a grassy plateau. From here we follow the main trail leading to a Kharka. Dolpo People - "West of the upper Kali Gandaki, at around 4000 metres, lies the remote area of Dolpo. Surrounded by mountains over 6000m, this landscape can only be successfully inhabited by tough, hardy people. The people of Dolpo do not have a tribal name, like Sherpas, or a district name, like Lopa. There are 25 or 30 villages spread over an area of about 1300 square kilometres. The Dolpo people are very hospitable and kind, and grow most of the crops they need, as well as keeping yaks, sheep and goats for meat, wool and milk products, or to be sold or traded. Their houses are built of rough stone and all huddled together, as though trying to gain warmth and comfort from each other. This often makes the villages look like forts. Their traditional 'fancy' dress for women includes a striking headdress made of two rectangular brass plates with edges that turn up over the top and back of the head. These headdresses are adorned with coral and turquoise and often represent the wealth of the family. They marry by choice or arrangement, and follow Buddhism and Bon. The 1998 movie 'Caravan' (also called 'Himalaya') was shot here and told the tale of the now defunct salt caravans. You can still find locals in villages such as Saldang who appeared in the film." - from the guide book "Nepal Trekking & The Great Himalaya Trail" by Robin Boustead.

meals: B,L,D

DAY 109 To Santa (3778m), walk approx. 7hrs.

Today is a challenging day and we must cross two passes on our way to Santa. We set out early and climb a hillside where the gradient increases as we enter a gully and pass by some caves before reaching a watercourse. We meet the main trail once again from Phalyak and make our first pass crossing at 4306m. Continuing west we contour through basins before crossig the Bhima Lojun La (4460m). Traversing for 1 -2 hours we reach a spur where we descend into a large ravine and cross a scree slope to Santa.

meals: B,L,D

DAY 110 To Ghalden Ghuldun Khola (4247m), walk approx. 6hrs.

We follow the trail through two gullies before reaching a series of switchbacks to Jhansye (4195m).The trail now levels out as we cross a hillside and then make a descent to Kyalunpa Khola where we cross a wooden bridge and head west to a narrow gully. Our campsite set in juniper trees is gained by climbing up a steep gully.

meals: B,L,D

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DAYS 111-114 To Lalinawar Khola (4800m/ 4hrs). Cross Jungben La (5550m) & Niwas La (5120m) to Nulungsunda Kharka (4987m/ 7hrs) & Chharka Bhot (4302m/ 6hrs). Rest day.

In the coming days we make two challenging pass crossings above 5000 metres. From the top of the Jungben La we gain magnificent views to the south of Hidden Valley and Dhaulagiri can be seen. The following day we cross the Niwas La and make an easy descent to Nulungsumda Kharka where we camp at the confluence of the Malun and Thasan Kholas. The trek to Chharka Bhot is a relatively easy day and we will spend a rest day here. Chharka Bhot is a centuries old fortified village and a great place to spend another well earned rest day.

meals: B,L,D

DAYS 115-117 To Chap Chu (4320m/ 7hrs), Maran (4350m/ 8hrs), and Nungmala Base Camp (4440m/ 6hrs).

Heading west from Chharka Bhot we descend to the Chharka Tulsi Khola. Whilst travelling alongside the river we are forced to make a few crossings back and forth. We then make a short climb before descending to a minor tributary and crossing on stepping stones. Another climb of 45 minutes brings us to Chap Chu and our camp for the night. Our trekking day to Maran sees us crossing the Chan La (5378m), it is an easy gradient to the pass and we are now fit and acclimatised. From the top the views are stunning and we get a sense of the scale of the dramatic mountain scenery around us. From the pass we descend a series of switch backs to the valley before ascending to a ridge that sits above the Sheru Khola to our south. Once we reach a chorten we head down to the Tarpi Khola valley and on to Maran. An hour from Maran is the large trading village of Dho Tarap. Above the village is the Ribum Gompa nunnery and Regu Chorten, and time permitting we will make a visit. Today's trek is relatively easy going to our campsite at a roofless Nungmala Base Camp at 4440m.

meals: B,L,D

DAYS 118-121 To Bagala Base Camp (4400m/ 6hrs), Temche (3900m/ 7hrs), Ringmo (3641m/ 4hrs) & Rest day.

Leaving the dharamsala we are now well on our way to Ringmo and the stunning Phoksumdo Lake. We travel over the Numala La to a picturesque campsite at Danigar. This area is dominated by Norbung Kang (6085m). The following day will find us descending to Temche, a large grassy kharka, where animals are often kept. The trek to Ringmo is a stunning day and we enter pine forest before arriving at Ringmo. Phoksumdo Lake is a few minutes beyond Ringmo and is undoubtedly one of the most beautiful places in the Himalaya.

meals: B,L,D

DAY 122 To Kharka (4300m), walk approx. 5.5hrs.

We now have a 6 day trek to reach Jumla where we will meet up with the Rara Lake group travelling in from Kathmandu.We are in Nepal's far west region, where the tourism infrastructure is in its infancy and services very basic.

meals: B,L,D

DAYS 123-125 To Kagmara High camp (5070m/ 4-5hrs), Kagmara Pass (Other side of Base Camp (4200m/ 6-7hrs) & Hurikot (3010m/ 8hrs).

Some challenging days ahead as we branch off from the main trail and shortcut to Rara. We cross the 5115 metre Kagmara La, a splendid pass crossing with stunning

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panoramic views.On our approach the valley narrows and we pass a series of waterfalls before we climb onto the moraine. We make a high camp before crossing over and down to Mauriya Phedi and Chotra.

meals: B,L,D

DAYS 126-127 To Nauli Ghot (3400m/ 8hrs) & Kudigaon (3300m/ 8hrs).

We are literally 25 days from the finish of the Nepal section of the Great Himalaya Trail. We traverse towards Rara National Park, and the views here are stunning as we pass side valleys and make our way closer to the last stage of this epic trek.

meals: B,L,D

DAYS 128-131 To Jumla, walk approx. 7hrs; Rest Day; to Khaligaon, walk approx. 8hrs & Dab (Bulbule), walk approx. 8 hrs.

Today we will reach Jumla and join with the Rara Lake & Yari Valley trek group who are arriving from Kathmandu. Due to flight problems for the groups that will join us and a much needed rest day for us, we will have a full day's rest. We will continue towards Khaligaon and Bulbule before we reach Rara Lake. We are now nearing the main monsoon season, and so rain fall and wet conditions should be expected on this section of our journey.

meals: B,L,D

DAYS 132-133 To Rara Lake (3010m/ 8hrs), Rest day.

Rara is Nepal's largest lake and is surrounded by the protected forests of Rara National Park in the Karnali district. There is an abundance of wildlife in this area including musk deer, leopard, ghoral, tahr, Himalayan black bear, and the rare red panda. The water of the lake is crystal clear and the area is a stunning place of natural beauty. We will spend a rest and acclimatisation day here. The Great Himalaya Trail has 2 options in the far west - 1) From Gamgadhi to Simikot and the Yari Valley 2) Cross country from Rara Lake to Kolti and Chainpur and on to the Mahakali Nadi (river) in India. We will travel the Gamgadhi to Simikot and Yari route, as this route travels closer to the centre of the Great Himalaya Range. There is yet to be a crossing found to the Mahakali Nadi, which is further to the west, therefore our finishing point for the GHT is currently Simikot after trekking north to Yari.

meals: B,L,D

DAY 134 Karnali Riverside Camp, walk approx. 4hrs.

Leaving our idyllic rest stop at Rara Lake we descend to Gamgadhi, taking a left turn in the bazaar before continuing another 40 minutes to the Karnali bridge. Another 4 hours brings us to Bala and then a further 1.5 hours to Karnali.

meals: B,L,D

DAY 135 To Bam (2700m), walk approx. 5-6hrs.

We cross the suspension bridge from Karnali and climb a steep, rocky trail, trending left until we crest a ridge at 2180 metres. We descend to a small river and then another climb brings us through fields and pine forest to a ridge and then a traverse to Bam village.

meals: B,L,D

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DAY 136 To Jogimara (3005m), walk approx. 6hrs.

We follow a trail which contours around hillsides until we reach a stream at Ghachaur. Here we begin a climb to the pass which should take approximately 3.5 hours, from the top it is an easy descent to a pretty campsite by a stream. There is a teashop close by which is 15 minutes before reaching Jogimara.

meals: B,L,D

DAY 137 To Piplan (1700m), walk approx. 7hrs.

We make an easy short ascent from Jogimara to a ridge at 3120 metres before a longer descent of 500 metres to a small stream before climbing again, crossing a landslide area. From here we have views of the lower valley and the village of Rimi. We make a long traverse to Deuri, passing by a school before descending to Darma village. Continuing through the village we drop down through a series of steep switchbacks to the main trail by the riverside, and then crossing a suspension bridge over the Humla Karnali and finally a short climb to Piplan.

meals: B,L,D

DAY 138 To Apsia Lekh (3200m), walk approx. 7-8hrs.

We continue trekking through the traditional villages of Nimagaon and Korka climbing a series of switchbacks and crossing a basin between ridges before halting at a stream for our lunch break. Climbing once again to the village of Puma we take a right fork and and ascend more switchbacks in pine forest to Apsia Lekh.

meals: B,L,D

DAY 139 To Punkha Khola, walk approx. 6hrs.

Today we have magnificent views of Saipal and surrounding valleys as we follow a contouring trail to Kallas. From here we descend to the river and then climb an easy trail to a ridge and descend once more to the Rodikot Khola.A further climb of 1.5 hours brings us to our campsite beside the Punkha Khola.

meals: B,L,D

DAY 140 To River Camp, walk approx. 5.5hrs.

We start with a big climb of 500 metres through steep switchbacks to a kharka at 3512 metres. From here we continue climbing, gaining views north to Simikot and also to the south. We climb to over 4000 metres today before a very steep descent to the Yanchu Khola. We have a few camping options, and there will more than likely be some livestock grazing in the valley.

meals: B,L,D

DAY 141 To Simikot (2900m), walk approx. 6.5hrs.

Depending on weather conditions today may be hot and dusty as there is little shade along the trail. We descend for 15 minutes or so alongside the river before an easy gradient climb to Durpa village and a further descent to the pilgrimage site of Kharpunath. Continuing on another 30 minutes we turn into the Kudila Kola valley. From here we ascend to some teashops and cross a metal bridge before the final set of switchbacks which lead us to Simikot.

meals: B,L,D

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DAY 142 To Dharapori (2300m), walk approx. 5hrs.

We travel through many villages and fields of buckwheat and potatoes, cross rivers and climb ridges. It is a particularly pretty area with many small communities dotted along our trail. The gradient levels out before Dharapori and we finally pass through walnut and apricot groves before arriving at our camp for the night.

meals: B,L,D

DAYS 143-144 To Salli Khola & Muchu (2920m), walk approx. 6-7 hrs.

Leaving Dharapori we cross over the river and trek along the north side towards Muchu. We pass by waterfalls and shepard camps and although reasonably challenging it is a pleasant and interesting trek.

meals: B,L,D

DAYS 145-146 To Yari (4100m), walk approx. 4-5hrs; & the Tibetan border at Hilsa, walk approx. 7 hrs.

We pass below the Gompa and through orchards and fields before gaining a ridge, dropping into a ravine and climbing up the other side. There are good views of the upper valley from here. We continue on descending and crossing ridges until we make a final climb to Yari. Yari is a compact settlement with a police post, which is the last in Nepal, and customs office.The main crops of this area are millet,barley, wheat, buchwheat, potatoes and radishes.To the west of Yari is the Sarpa La, a route into Tibet. This is the final destination of our trek in the far west of Nepal, and marks the end of our traverse of the Nepal Himalaya.

meals: B,L,D

DAYS 147-150 Return to Simikot (2910m).

We retrace our steps back to Simikot, and the end of our epic trek across the Nepal Great Himalaya Trail.There are sure to be big celebrations with our crew tonight, and some well deserved pats on the back after completing a very long walk in the Himalaya!

meals: B,L,D

DAY 151 To Nepalgunj & Kathmandu by air (1330m).

This morning we fly to Kathmandu, a thrilling flight over forests, fields and villages, with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure. There are many fine restaurants in Kathmandu, and there will be a final group dinner organised tonight to celebrate our trek along the Great Himalaya Trail.

meals: B,D

DAY 152 Trip concludes Kathmandu

After breakfast arrangements cease unless further ones have been made. Those people departing by aircraft will be transferred to the airport and assisted with check-in procedures.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- → Chitwan Safari
- → Kathmandu to Delhi

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- → Ancient Varanasi & the Ganges
- → Ancient City of Lhasa

requirements for members

We expect all participants on this expedition to have prior experience trekking at altitude. Mountaineering experience is preferred but not essential.

am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of

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the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

In order to operate the Great Himalaya trail in one continuous push, we are forced to begin in February, when conditions are cold and end in July, when the monsoon is moving over Nepal. Our journey runs from east to west, to best utilise the seasons and conditions, as the western reaches of Nepal are known to experience the monsoon after it has swept across the eastern areas. The beginning of our full traverse travels through the beautiful Kanchenjunga region, which experiences considerable precipitation in the winter months, and so snow and cold conditions should be expected during your trek in this area. At the tail end of the traverse we are well and truly moving into the monsoon, and so wet and steamy conditions should be expected. We are well equipped for all conditions, and it is important that you follow your gear list closely and make sure you are also well prepared for the rigors of this challenging trek.

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meals on trek

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you $45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.
Every day is different but here is a sample of one days menu on the trail:
Breakfast
Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water
Lunch
Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water
Dinner
Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

mountain flights

The flights to and from Kathmandu, provide a spectacular journey that allows you to appreciate the mountains you will trek beneath over the upcoming weeks. The flights between Kathmandu and Bhadrapur are rarely affected by weather and are fairly dependable. The 50 minute flight offers views over the entire trek and the Kangchenjunga Himalaya to Langtang.

The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

exclusive eco-comfort camps

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house

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trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our exclusive eco-comfort camps provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fuelled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our exclusive eco-comfort camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping treks and consistently receive feedback that overwhelmingly supports this. Finally, our camping treks employ many local people – a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one of more of these locations.

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wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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what you carry

In your pack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip balm etc. On pass crossings you may need to carry extra equipment such as crampons, ice-axe, harness and sleeping bag, please ensure you use a pack of minimum size 55 litres to accommodate extra gear if needed.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

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*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more then 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources. By joining a trek with World Expeditions you are supporting a sustainable trekking service, rather than depleting natural resources. Camping, rather than staying in tea houses, ensures we can fulfill this.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

covid-19 requirements for travellers

Your safety and well-being continues to be our utmost priority as you plan and then depart on your active holiday. Since the outbreak of COVID-19 we have evolved our operating protocol to build in additional measures on our existing safety and risk mitigation strategies. We've seen the incredible success of the vaccination program in our operational bases around the globe and new found freedoms a high level of vaccination brings. On that basis, it is our requirement that you are fully vaccinated in order to join this trip. Please refer to our website for full details of our vaccination policy. Before you travel make sure you understand and follow all airline and destination requirements related to travel, mask wearing, testing, or quarantine, which may differ from your own country's requirements. If you do not follow your destination or transit countries' requirements, you may be denied entry and required to return to your home country. Keeping up to date with individual countries requirements and restrictions can be difficult as policies are changing daily. The following website is a useful resource https://www.iatatravelcentre.com/world.php. Please contact us if you have any questions and we will do our best to answer in relation to current conditions.

visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu),

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however, to speed up arrival processes, it is easier to obtain your visa prior to departure. The details for the various options available to you are outlined below:

Visa issued by a Nepalese Diplomatic Mission prior to your departure from home -

Queues are common during peak tourist arrival times, especially at the visa application counters. In order to skip the bulk of the queues you are able in many cases to apply for your visa at your nearest Nepalese diplomatic mission. The location and contact details of your nearest mission can be found at https://nepalembassy.gov.np. Visa fees are often comparable to that paid on arrival though you will need to consider the courier costs associated in sending your passport to and from the appropriate mission. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and depart Nepal within six months of the date of issue of the visa. There is an online form for completion which is then printed and presented with your passport and payment to the relevant mission for visa issuance. The online form can be sourced at https://nepaliport.immigration.gov.np/onlinevisa-mission/application and there is a handy user manual which can be downloaded from the site to guide you through the process. Should you prefer, World Expeditions can arrange your visa for you, noting there are costs associated with courier fees to do so. Let us know if you'd like us to assist with your visa.

Visa Application submitted Pre-arrival, with visa issued on arrival -

There is an official online application portal (https://nepaliport.immigration.gov.np/) that allows you to submit and print your application prior to arrival (note this can only be completed a maximum 15 days prior) which removes the need to carry passport photographs as the electronic versions of your image are supplied as part of the process. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Visa Application submitted on arrival -

If you opt to obtain your visa on arrival and have not prefilled the online form as noted above, join the queues to a row of computers and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take screenshot of your final application, then join the queue to pay for your visa (officials will need to sight the screenshot of your application). You will need to pay the application fee for which cash is recommended and will be issued with a receipt. The preferred payment is USD however AUD, CAD and GBP will also be accepted at the exchange rate of the day.

Visa costs are:

US$30 – 15 days

US$50 – 30 days

US$125 – 90 days

Proceed to the immigration desk with your screenshot of the online application, receipt, two passport sized photographs (note these may soon be replaced with electronic versions however carrying passport photos is always advisable) and passport for processing and visa issuance.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

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World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

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