



## Section Three

# Potential Trails

## Trails per Development Region

This section gives a description of potential trekking routes (main and side trails) of the proposed GHT and includes additional information regarding peak seasons for trekking.

### MID WESTERN DEVELOPMENT REGION

HUMLA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Limi Valley Circuit	Fly from Nepalgunj - Simikot - Muchu - Yari Hilsa - (Gateway to Mt Kailash) - Halji - Limi - Palilagna - (Via Kermi or Hepka) - Simikot	This is one of the more adventurous and difficult treks back to Simikot from Hilsa. Limi is the only VDC in Humla that lies in the trans-Himalayan zone. This is a difficult route to trek since no facilities are available throughout the trail. To go through this trail, experience and good equipment is needed.
	Changla Valley Circuit	Fly from Nepalgunj - Simikot - Muchu - Yari - Hilsa - (Gateway to Mt Kailash) - Halji - Limi - Kharching - Raling Gumpa - Simikot	
Alternative routes	Mt Saipal Circuit	Fly from Nepalgunj - Simikot - Muchu - Pujya - Sain - Gumba - Thali - Chhipra (near Simikot)	
	Kailash Pilgrimage Route	Simikot - Yari - Hilsa - (option via Limi Valley) - Lake Mansarovar & Mt Kailash in Tibet, (China) - Hilsa - Simikot	This trip is mostly regarded as a pilgrimage trek.

MUGU			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Rara Trek Simikot - Jumla	Simikot - Chhipra - Yakhu - Maragaon - Rimi - (Via Gamgadhi or Rara Lake) - Pina - Bhulbule - Chauth - Riyan - Patmara - Jumla	The trek from Simikot to Jumla via Mugu is a spectacular one. Rara Lake, the focal point of Rara National Park, is one of the most attractive destinations in western Nepal. The route is very much 'off-the-beaten-track' and affords glimpses of cultures and scenery very different from the rest of Nepal.

JUMLA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Jumla - Simikot Trek	Fly to Jumla - Sinja Valley - Ulthugaon - Thimichaur - Riyan - Chauth - Bhulbule - Rara Lake - Gamgadhi - Dharma - Simikot OR Fly to Jumla - Sinja Valley - Baregaon - Laduk - Okharpata - Rara National Park - Rara Lake - Gamgadhi - Dharma - Simikot	This area is one of the least inhabited trekking routes giving a feel for the natural environment of Nepal. The trekking route has not been heavily travelled yet.

DOLPA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Dolpa Experience Circuit	Dunai - Jiyalas - Hanke - Ringmo - Phoksundo Tal - Kharba - Dho - Thore - Chharka Bhot - Sangda Bhanjyang - Sangda - Phalla - Jomsom	The trail starts in the tropical Mayagdi Valley, crosses several high passes before getting to Tichurong and the Buddhist enclave of Dho. Then it continuous till the famous Phoksundo Lake.
	Lower Dolpo Trek	Nepalgunj to Juphal by flight & trek to Dunai - Ankhe - Somdu - Phoksundo - Sallaghari - Yak Kharka - Shey Gompa - Saldang Yak Kharka - Thaksema - Dhotarap - River side - Odar - Eklebhatti - Dunai - Juphal flight to Nepalgunj	
Alternative routes	Upper Dolpa Trek	Nepalgunj to Juphal by flight Dunai - Hanke Check Post - Reji - Ringmo (Shey-Phoksundo Lake) - Rest day - Silver Forest - Sehula Bhanjyang (Ngondala) Base camp - Shey Gompa - Saldang - Rest day - Sibbu - Jenjla La Base Camp - Se La Base Camp - Dho Tarap - Big Cave - Lahini - Tarakot - Heute Ghar - Dunai - Juphal - Nepalgunj	
	Dare Devil's Trail	Fly to Jumla - Sinja Valley - Ulhugaon - Thimichaur - Riyan - Chauth - Bhulbule - Rara Lake - Gamgadhi - Tirpa - Kharki - Bangi - Jhonpala - Shey Gompa - Phuksundo Tal/Numa La - Dho	This trail is a very strenuous one. It will take approximately 3 weeks. For this trek, experience and good equipment is needed.
	Other short trails	Dunai - Tarakot - Shatar - Bantargaon - Kolagaon - Kkotgaon - Mukutgad - Marpha - Jomsom Dunai - Tarakot - Shatar - Bantargaon - Kolagaon - Kkotgaon - Mukutgad - Sangda - Bhanjyang - Sangde - Phalla - Jomsom	

WESTERN DEVELOPMENT REGION

MUSTANG			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Jomsom - Muktinath Trek	Fly to Jomsom - Lupra - Eklebhatti - Muktinath - Thorungla Pass - Thorung Phedi - Manang	The trek normally continues from Jomsom via Eklebhatti up to Muktinath (famous pilgrimage site for both Buddhists and Hindus).
	Lo Manthang Trek	Jomsom - Kagbeni - Chele - Geling-Charang - Lo Manthang - Ghami via Gekar - Samar - Kagbeni - Jomsom - Pokhara	The trek to Upper Mustang is a rare privilege. The trek continues till the ancient walled fortress city of Lo Manthang. Same trail is followed to head back towards Jomsom via Muktinath.
Alternative routes	Other short trek	Jomsom - Marpha - Tukche - Kobang - Lete - Ghassa - Tatopani	

MANANG			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Nar Phu Trek	Fly to Humde - Nar or Pisang - Chame - Bagarchhap - Dharapani - Ghermu - Thulobesi - Bahundanda - Khudi - Basisahar	The trek to Nar and Phu provides magnificent views of Kangaru Himal, Ratna Chuli. This trek allows trekkers to experience living cultures. Besides the Kangla Pass (5200 m), which links Nar to the Nyeshang valley, the most direct route from Kathmandu to Nar Phu is along the Marshyangdi river.
	Tilicho Lake Trek	Jomsom - Kagbeni - Muktinath - Thorung La Pass - Thorong Phedi - Yak Kharka - Khansar - Tilicho Lake - Tilicho Base Camp - Manna - Pisang - Manang	This trek provides the spectacular experience of Lake Tilicho, which has great religious significance for the Hindus. The lake collects the glacial melt of the entire northern slopes of Annapurna and Thorong Peak.
Alternative routes	Other side trail	Humde - Nar or Chame - Nar - Kyang - Phugaon - Naru - Tashi Lakpa Gaomba	

GORKHA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Gorkha Trek	Besisahar - Bahundanda - Ghermu - Dharapani - Karche - Larkya - Lho - Lhi - Bihi - Lukuwa - Arughat - Gorkha - Besisahar	This is a popular trek from Gorkha or Trisuli Bazaar to Buri Gandaki. It passes through a deep precipitous valley to the contrasting world of Sama, crossing snow-covered Larkya La before descending to the Marsyangdi Khola. This trek leads very close to the Tibetan border. It is considered the most difficult trek because of narrow/steep trails and high altitudes (5,213 m).
		OR Gorkha - Arughat - Dhunche - Yarsa - Keraunja - Sathigaon - Somdang - Gatlang - Goljung - Syabrubesi - Lama otel - Ghodatabela - Langtang - Jugal Himal - Kyanjin Gumpa - Tilmans Pass (difficult) - Panch Pokhai - Bhairab Kund - Tabgaon - Balephi - Barabise	

CENTRAL DEVELOPMENT REGION<sup>a</sup>

RASUWA			
Trekking areas	Trek	Routes	Brief description of the route
Major trails	Langtang Trek	Kathmandu - Dhunche/Syabrubesi - Thulo Syabru - Lama Hotel - Langtang - Kyanjin Gomba - Lama Hotel - Bridhdim-Syabrubesi - Kathmandu	To return from Langtang an alternative route via Ganja La Pass could be also taken.
	Langtang - Helambu Trek	Kathmandu - Dhunche - Syabru Village - Lama Hotel - Langtang Village - Kyanjin Gomba - Langtang Village - Lama Hotel - Syabru Village - Sing Gomba - Gosaikunda - Ghopte Cave - Melamchi Gaun - Tarke Ghyang - Sermathang - Melamchi Bazaar - Kathmandu	
Alternative routes	Gosaikunda Trek	Kathmandu - Dhunche - Chandanbari - Lauribina - Gosaikunda - Chandanbari - Dhunche - Kathmandu	Gosaikunda is a sacred lake and is a "mini trek" by itself. It can be done in four days. Gosaikunda is one of the most popular pilgrimage destinations for Hindus and Buddhists. Because the trail involves a rapid ascent to a high elevation (4,380 m) it is best done after acclimatising in Langtang or Helambu.
	Tamang Heritage Trail	Kathmandu - Dhunche/Syabrubesi - Goljung - Gatlang - Tatopani - Thuman - Bridhim - Syabrubesi or Langtang trek - Kathmandu	Tourism activities in this trail include: a village walk, cultural performance, a natural hot spring bath, etc. The accommodation facilities have been recently developed. The trail may end at Bridhim village or follow the Langtang trek from Bridhim village via Kyanjin.

SINDHUPALCHOWK			
Trekking areas	Trek	Routes	Brief description of the route
Major trails	Helambu Circuit	Syabru - Sing Gomba - Gosaikunda - Ghopte Cave - Melamchi Gaun - Tarke Ghyang - Sermathang - Melamchi Bazaar - Kathmandu	There are many variations possible for trekking in Helambu. The circuit starting in Melamchi Pul and ending at Sundarijal is the most recommended.
	Panch Pokhari Trek	Kathmandu to Chautara - Gairi or Nikunja - Kamikharka - Pauwa - Hille - Narsing Pati - Panch Pokhari (Lake) - Chhimti - Tipini - Melamchi Pul - Bazaar - Kathmandu	
Alternative routes	Ganja La Pass Camping Trek	Ganjala Pass - Surya Kunda - Gosaikunda/ Melamchi Gaon - Tarkigang - Sermathang - Tapgaon - Bhairabkund - Panch Pohari - Jugal Himal - Kyanjin Gomba	The route to Ganja La starts above the settlement at Kyangjin Gomba in the Langtang Valley. The pass is clearly visible from Kyangjin, just to the east of the peak of Naya Kanga. The trail follows a small valley before reaching the glaciated pass where the use of ropes, crampons and ice axes may be necessary.

<sup>a</sup> There is no table for Dhading as information is not available.

DOLAKHA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Rolwaling Trek	Barhabise - Dolangsa - Thingsangla Pass - Bigu - Loting - Laduk - Yarsa - Orang - Chhetchet - Simigaon - Riman - Beding - Na- Kabuk - Tsho Rolpa - Tashi Lapsa - Thyangboche - Thame - Khusug - Syangboche - Namche - Lukla	The trek heads to Tashi Lapsa, the most difficult pass of this region. After crossing the pass, trekkers can go to Thame, Namche and Lukla. From Thame, one can trek to the Everest Base Camp and then fly out to Kathmandu from Lukla.
	Tashi Lapcha Expedition	Barabise - Dolangsa - Thingsangla - Bigu - Loting - Laduk - Mabu - Kalpokhari - Yahlung La - Kubuk - Tsho Rolpa - Tashi Lapcha - Thyangboche - Thame - Khusug - Syangboche - Namche - Lukla	
Alternative routes	Other side trail	Barabise - Charikot - Jiri - Junbesi - Rapcha - Jubin - Lukla - Dudh Pokhari - Tamku - Mantewa - Seduwa - Num - Manebhanjyang - Khandbari - Tumlingtar	
	Other side trail	Barabise - Charikot - Jiri - Junbesi - Rapcha - Jubing - Chheskan - Gudel - Sonam - Salpapass - Dobhane - Tamku - Mantewa - Chhoyan - Seduwa - Num - Mure - Manebhanjyang - Khandbari	

## EASTERN DEVELOPMENT REGION

SOLUKHumbu			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Everest Base Camp Trek	Piguti - Manthale - Simigaon - Cyalche - Beding - Tsho Rolpa - Trambau - Parchamo - Thengpo - Thame - Khumjung - Pangboche - Lobuche - Gorakshep - climb up to Kalapathar Base Camp and back Gorakshep - Gorakshep - Everest Base Camp - Gorakshep - Lobuche - Dingboche - Tyangboche - Namche Bazaar - Lukla	The normal goal of the Everest trek is reaching Everest Base Camp, but as Mt Everest cannot be seen from the base camp, most trekkers climb to Kalapathar or trek to Gokyo Ri. There is a good view of Everest from these view points. This area also offers high passes, superb mountain views, beautiful lakes and the possibilities to experience the Sherpa culture.
	Culture Trek	Chyalsa - Kaku - Basa - Nunthala - Dudhkunda - Takshindu - Ringmo - Phaplu	This trek gives visitors an opportunity to discover and interact with the local Khaling Rai and Sherpa people. Here one can experience rugged landscapes, a variety of flora and fauna and beautiful villages.

Continued

SOLUKHUMBU CONTINUED			
Trekking areas	Trek	Route	Brief description of the route
Alternative routes	Pikey Peak Trek	Phaplu - Salleri - Chayalsa - Naya Bazaar - Bhitakharka - Merandi - Kerung - Patale - Chagesthan - Sigane - Jhapre - Bhulbhule - Lama Mane - Pikey Base Camp - Jase Bhanjyang - Lamjura Pass - Taktor - Junbesi - Thuptencholing/ Benighat - Salleri	
	Dudh Kunda Trek	Phaplu - Salleri - Chalsa - Kaku - Bedachaur - Khastap - Thulodhunga - Nunthala - Taksindu Pass	The Dudh Kunda - Khaling Rai Trek takes you through dense forests of rhododendron and a variety of wildlife.
	Namche Bazaar - Kalapathar	Namche Bazaar - Tengboche - Pangboche - Dingboche/ Pheriche - Lobuche - Kalapathar	
	Namche Bazaar - Gokyo Peak	Namche Bazaar - Khumjung/ Khunde - Dole - Manchem - Gokyo - Gokyo Peak - Thaknak - Phortse - Pangboche	

SANKHUWASABHA			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Makalu Trek	Khandbari - Num - Seduwa - Tashi Gaon - Kauma - rest day - Mumbuk - Ripock Kharka - Makalu Base Camp Excursion - Ripock Kharka - Mumbuk - Kauma - Tashi Gaon - Num - Chichira - Khandbari - Tumlingtar	This varied trek leads east from Lukla or Phaplu, over the Salpa Pass and into Tumlingtar. Upon proceeding eastwards, a traditional village can be explored. The lush forests abound in wildlife and birds species. From the Salpa Pass, there are sweeping Himalayan views.
Alternative routes	Makalu Base Camp	Tumlingtar - Handbari/ Manebhanjyang - Chichila - Mudeor Num - Seduwa - Hedana - Tashigaon - Hatiya - Dobato - Yangle/ Nhe Kharka - Merek - Makalu Base Camp - Lukla - Phakting - Namche - Syangboche	
	Salpa Pass Trek	Lukla - Puiyan - Pangum - Najing - Bung - Sonam - Phedi - Gothebazaar - Kattikeghat - Tumlingtar	
	Mera Peak Trek	Lukla - Chutanga - Chhetrawa - Kothe - Thagnag - Khare (Mera Peak Base Camp)	Mera Peak is one of the most popular of Nepal's 18 trekking peaks. For the trekkers, the trek from Lukla through the Sherpa country of the remote Inkhu Valley is an unforgettable experience. It offers superb scenery and abundant wildlife. Other important places are Khandbari Bazaar and Chainpur Bazaar, which are considered business centres of the district.

TAPLEJUNG			
Trekking areas	Trek	Route	Brief description of the route
Major trails	Rhododendron Trail (AKA Tinjure Milke Jaljale Trail)	Fly Tumlingtar - Khandbari - Manebhanjyang - Chichila - Mure - Num - Hedana - Bedi - Paha Khola - Jaljale Himal - Panch Pokhari - Tankhu - Serup - Hellok - Gopla - Ghunsa - Nembe Pokhari - Maipeni - Lampharesm - Sapalakhu - Siman - Suketar - Taplejung	The long trek to the lap of Kangchenjunga goes through some of the country's richest and most pristine forests. The return route heading west passes through villages of Taplejung. Panoramic views of Everest, Makalu and Kangchenjunga can be seen on the easy walk down to the road head.
	Olangchungola Circuit	Tumlingtar - Khandbari - Manebhanjyang - Chichila - Mure - Num - Hedana - Bedi - Pahakhola - Jaljale Himal - Panch Pokhari - Tanku - Serup - Hellok - Tattoma - Olangchungola - Ramte - Ghunsa - Nembe - Pokhari	
Alternative routes	Kangchenjunga Base Camp Trek	Taplejung by bus/air Kande Bhanjyang - Yamphudin - Tseram - Ramche - Ghunsa - Kambachen - Lhonk - Kangchenjunga Base Camp - Kambachen - Ghunsa - Gepla - Amjilassa - Sekhathum - Chirwa - Bamboo - Filim - Taplejung	
	Pathibara Pilgrimage Trek		The Pathibara Pilgrimage Trek takes only three to four days. The best time to visit is from March to June, and from September to November. The temple attracts Bengalis from India every year.



## Trekking Seasons per Region

The following table gives an overview of the peak seasons for trekking in the different regions and districts.

### PEAK SEASONS PER REGION

REGION AND DISTRICT	TIME
<b>Mid Western Region (Karnali)</b> <b>Humla, Mugu, Jumla, Dolpa</b>	Spring and autumn, northern parts also suitable for summer treks Lower Dolpa and Upper Dolpa June to September
<b>Western Region</b> <b>Mustang, Manang, Gorkha</b>	Spring and autumn Unlike other parts of Nepal, even the monsoon months are ideal to visit Upper Mustang.
<b>Central Region (Ganesh Himal)</b> <b>Dhading, Rasuwa, Sindhupalchok, Dolakha</b>	Between September and May
<b>Eastern Region (Everest and Kangchenjunga)</b> <b>Solukhumbu, Sankhuwasabha, Taplejung</b>	Spring and autumn



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