

# Great Himalaya Trail

## Trip Overview

Great Himalaya Trail is an adventurous trail in Nepal across Nepal's Himalaya range which includes a total length of roughly 1700 kilometers from east to west of Nepal. This trail also call GHT in short cut and known as GHT Nepal. It is one of the world's longest trekking trails. GHT covers the established trekking trails along the foot of the Himalaya range and crosses many passes as well. There are 2 routes; Great Himalaya Trail High Route (Upper) and Great Himalaya Trail Low Route (Lower) in the GHT in Nepal.

The Great Himalayan Trail in Nepal mainly focuses on the Upper route which is the most technical & adventure trail in the world. The trail crosses many high passes and glaciers. The upper route starts from Mt.Kanchenjunga Base Camp (Pangpema) 5143m in the East and ends at the Tibetan (China) border Hilsa 3642m in the West (nowadays planning to end GHT at Mt. Api Base Camp in the far west Mountain of Nepal). It is a great chance to see 8 of the 14 above 8000m mountains including world's highest mountain Sagarmatha (Everest) 8848 m. Upper route takes around 122 days to complete in 1 season, and it takes around 62 days each to complete in 2 seasons. The route also crosses 2 passes above 6000m and 14 passes above 5000m including 5562m Daldong peak. From an adventure point of view, it can be considered as the longest adventurous trail in the world. It is a great attraction for the tourists who are fond of adventurous destinations.

GHT is a long and rough adventurous trekking trail however there is an alternative route for the ones who love to experience cultural trek. There is an option of choosing a lower route. The lower route passes through the mid-hills of Nepal with average altitude being 2000 meters above sea level. There are many passes too. This route is about 1500 kilo-meters and takes roughly about 120 days to complete the trek. This trek can be refreshing as one can blend in with nature and enjoy the diverse yet beautiful landscapes.

The Great Himalaya trail starts from Kanchenjunga base camp in the east part of Nepal (Kanchenjunga Himal range) and continues west to Hilsa through Himalaya range. Mt Kanchenjunga is the 3rd highest Mountain in the world. After Kanchenjunga Base camp, the trail leads to Mahalangur Himal range crossing Lumba Sumba, Makalu Base Camp, Sherpeni Col, West Col and Amphu Labtsa High passes, where stand the world's 1st, 4th, 5th & 6th highest mountain called Mt. Sagarmatha, Mt. Lhotse, Mt. Makalu and Mt. Cho-Oyu continuously. Those phases of the Great Himalaya trail are technically difficult and have high risk as well. Here, one requires climbing experience, knowledge and a climbing guide is also necessary. After Mahalangur Himal range, the trail leads to Rolwaling, Jugal and Langtang Himal Range, crossing Chola, Renjo, Tashi Labtsa and Tilman High Pass where a climbing guide is required at each pass.

With some low elevation and typical culture and village, GHT trail leads to Gaurisankhar and Manaslu Himal Range. Mt. Manaslu is one of the mountains above 8000 m. After Larkya pass, the trail leads to Annapurna and Damodar Himal range where you will cross Thorong La Pass. Mt. Annapurna is another 8000 m above mountain. The GHT trail heads toward Dolpo region with a stunning view of landscapes. On the way one can witness the amazing view of Mt. Dhaulagiri which is another mountain above 8000m. The trail continues to Mugu Region which is wild and filled with adventures. After Mugu, the trail leads to Humla, the last part of GHT in western Nepal.

The Great Himalaya Trail is an amazing trail with a lot of experiences and immense adventure. Here one can experience mountain climbing, glacier walk, typical and local culture, jungle walk along with exposure to various stunning landscapes, vegetation, flora and fauna. Those who are looking for

all in one, the Great Himalaya Trail is one of the best journeys to experience.

The Great Himalaya Trail is a trekking route across Nepal which includes a total length of roughly 1700 kilometers from east to west in Nepal Himalaya. It is one of the longest adventurous highest altitude trekking trails in the world. GHT covers the established trekking trails along the foot of the Himalayan range and crosses many passes as well. There are 2 routes Upper and Lower in the GHT. The Great Himalaya Trail mainly focuses on the Upper route which is a technical & adventurous trail and crosses many high passes on the trail. The upper route passes from Kanchenjunga in the East to the Tibetan (China) border Hilsa 3642m in the West (nowadays talking to end GHT at Mt. Api in the far west Mountain of Nepal). It is a great chance to see 8 of the 14th above 8000m mountain including world's highest mountain Sagarmatha (Everest) too. Upper route takes around 122 days to complete this trek in 1 season and it takes around 62 days each to complete in 2 seasons. The route also crosses 2 passes above 6000m and 14th passes above 5000m including Daldong 5562m peak. From an adventure point of view, it can be considered as the longest adventurous trail in the world. It is a great attraction for the tourists who are fond of adventurous destinations.

As GHT is a long and rough trekking trail, there is an alternative route for the ones who love to trek. There is an option of choosing a lower route. The lower route passes through the mid-hills of Nepal with average altitude being 2000 meters above sea level. There are many passes too. This route is about 1500 kilometers and takes roughly about 120 days to complete the trek. This trek can be refreshing as one can blend in with nature and enjoy the diverse yet beautiful landscapes.

The spectacular Annapurna Circuit is one of the most popular trekking routes in Nepal. The Annapurna Circuit does provide an extremely close encounter with Himalayan terrain and extremely beautiful views of Annapurna Mountain range, Gangapurna, Tilicho, Chulurenge and Mt. Manaslu. Moreover, comfortable lodges and teahouses are within walking distance.

## **Trip Highlights**

## **Trip Itinerary**

**Day 01:**

## **Cost Includes**

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