

THE NEPAL ADVENTURE

GRAND NEPAL HIMALAYAN TRAVERSE:

Discover five of Nepal's classic regions
in a 52 day journey through the Himalaya.

Kathmandu to
Pokhara in

52
days

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Gosaikunda region

ADVENTURE BEGINS WITH A FIRST STEP.

This traverse links five of Nepal's classic trekking regions into one continuous journey – from the forested ridges above Kathmandu, over the sacred lakes of Gosaikunda, through the remote Ganesh Himal and Gangajamuna corridor, around the Manaslu Circuit, and finally along the Annapurna Circuit into the Annapurna Sanctuary before descending to Pokhara.



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03

THE ROUTE

Five Himalayan chapters

15

THE CAMPAIGN

Small steps, lasting habits

05

DAY BY DAY

The complete 52-day itinerary

21

PLAN YOUR JOURNEY

Price, inclusions and practical details

52 DAYS ACROSS NEPAL.

From the forested ridges above Kathmandu to the Annapurna Sanctuary, five classic trekking regions connect into one continuous journey.

52

DAYS

5,416 m

HIGHEST PASS

€11,000

PER PERSON

01**Langtang and Gosaikunda****05**

Days 1-11 · Forest ridges and sacred lakes

Lauribina Pass area · Gosaikunda 4,380 m

02**Ganesh Himal and Ruby Valley****07**

Days 12-21 · Sertung, Ri and Gangajamuna

Pangsang Pass · Camping throughout this section

03**Manaslu Circuit****09**

Days 22-32 · The Budhi Gandaki Valley

Larkya La 5,106-5,160 m

04**Annapurna Circuit****11**

Days 33-42 · High passes and Mustang villages

Thorong La 5,416 m

05**Annapurna Base Camp****13**

Days 43-52 · Poon Hill and the Annapurna Sanctuary

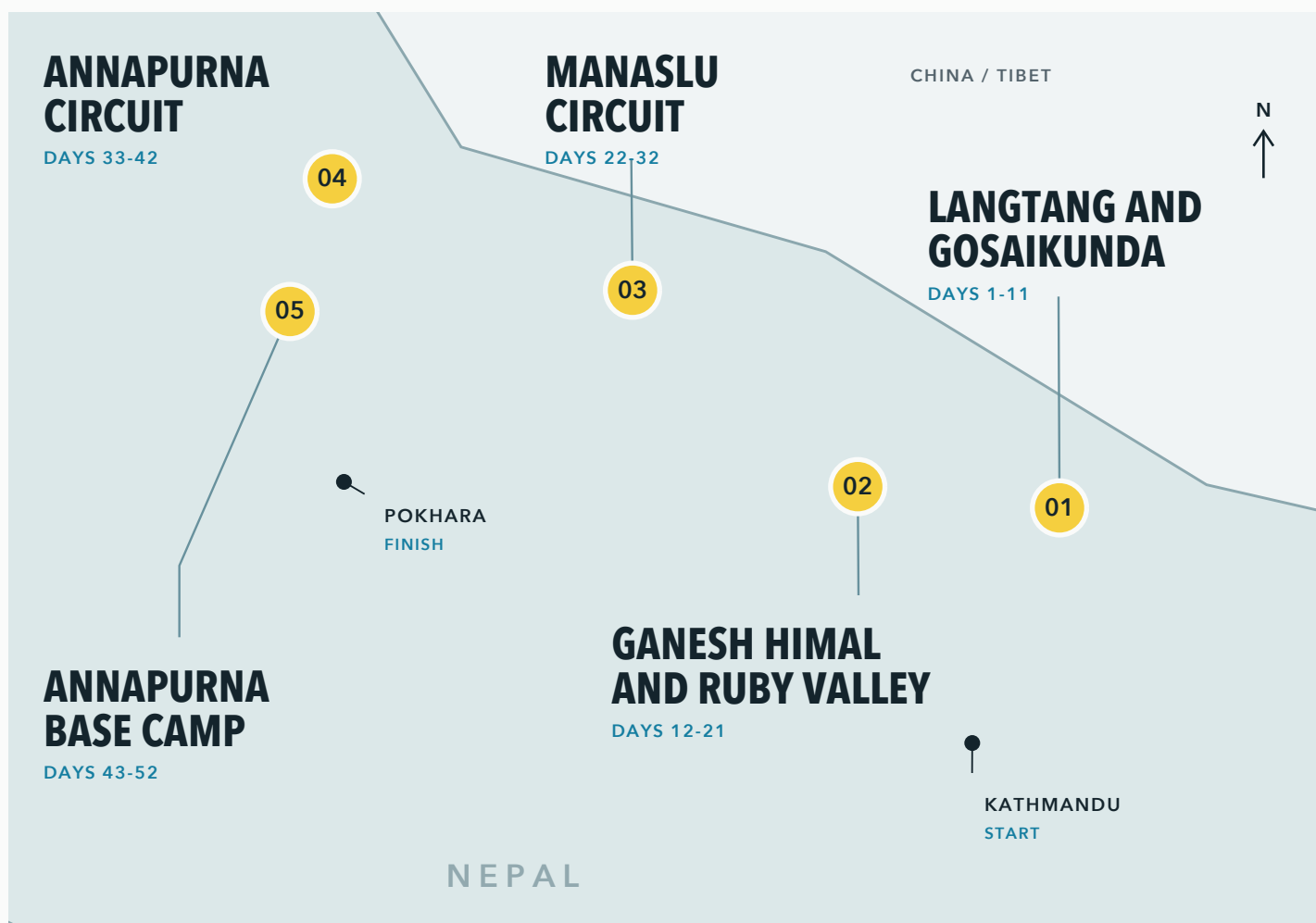
Annapurna Base Camp 4,130 m

PUT THE JOURNEY IN PERSPECTIVE

FIVE REGIONS. ONE GRAND TRAVERSE.

From Kathmandu to Pokhara, the journey threads through the heart of Nepal's Himalaya.

REGION ENLARGED BELOW



Five numbered sections, in itinerary order. Markers show approximate regional locations, not exact trails or regional boundaries.

ORIENTATION MAP ONLY - NOT FOR NAVIGATION

Map: Natural Earth. Regional context: Nepal Tourism Board. Itinerary: supplied brochure.

LANGTANG AND GOSAIKUNDA



Climb through forest and Tamang villages to the high country of Gosaikunda, then follow the Langtang Valley to Kyanjin Gumpa.

01 Kathmandu / Sundarimal / Chisapani

14-15 km | 5-6 hrs | 2,165 m

Drive from Kathmandu to Sundarimal and enter Shivapuri National Park. The trail climbs steadily through forest and traditional villages to the hilltop settlement of Chisapani, with its sweeping mountain views.

Overnight: Chisapani

02 Chisapani / Pati Bhanjyang / Gulbhanjyang

11-12 km | 5-6 hrs | 2,140 m

A ridge walk through Pati Bhanjyang and forest trails, passing small Tamang villages and rolling hillsides en route to Gulbhanjyang.

Overnight: Gulbhanjyang

03 Gulbhanjyang / Kutumsang / Thadepati

13-15 km | 6-7 hrs | 3,690 m

A steady climb through rhododendron and pine forest via Kutumsang, gaining the high ridge at Thadepati.

Overnight: Thadepati

04 Thadepati / Ghopte / Lauribina / Gosaikunda

17-19 km | 8-9 hrs | 4,380 m

One of the toughest days of the trek: a rugged highland crossing via Ghopte and Lauribina, reaching the sacred alpine lake of Gosaikunda.

Overnight: Gosaikunda

05 Gosaikunda / Cholangpati/Dhunge Trail / Thulo Syabru

15-18 km | 7-8 hrs | 2,210 m

A long, dramatic descent from the alpine Gosaikunda region through forest to Thulo Syabru.

Overnight: Thulo Syabru

FOREST RIDGES. SACRED LAKES.



ON THE ROUTE

KYANJIN GOMPA 3,865 m

An acclimatization day and optional panoramic hikes.

06 Thulo Syabru / Bamboo / Lama Hotel

10-13 km | 5-6 hrs | 2,470 m

Enter the Langtang Valley proper, following the river through forest via Bamboo to Lama Hotel.

Overnight: Lama Hotel

07 Lama Hotel / Ghoda Tabela / Langtang Village

14 km | 6-7 hrs | 3,430 m

Climb through dense forest to Ghoda Tabela as the valley opens to reveal spectacular mountain scenery, continuing to Langtang Village.

Overnight: Langtang Village

08 Langtang Village / Kyanjin Gompa

7 km | 3-4 hrs | 3,865 m

A shorter, steady climb through yak pastures and traditional settlements of the upper valley to Kyanjin Gompa.

Overnight: Kyanjin Gompa

09 Kyanjin Gompa - Acclimatization Day

4-7 hrs | 3,865 m

Rest and acclimatize, with an optional hike to Kyanjin Ri or Tserko Ri for panoramic views of Langtang Lirung and the surrounding peaks.

Overnight: Kyanjin Gompa

10 Kyanjin Gompa / Langtang / Ghoda Tabela / Lama Hotel

18-21 km | 6-7 hrs | 2,470 m

Retrace the Langtang Valley trail back down through Langtang Village and Ghoda Tabela to Lama Hotel.

Overnight: Lama Hotel

11 Lama Hotel / Bamboo / Pahiro / Syabrubesi

10-13 km | 5-6 hrs | 1,460-1,500 m

Continue the descent through forest via Bamboo and Pahiro to Syabrubesi.

Overnight: Syabrubesi

GANESH HIMAL AND RUBY VALLEY

Gatlang, Pangsang Pass, Sertung, Ri and Gangajamuna connect remote village trails. Days 12-21 are camping only.

12 Syabrubesi / Bahun Danda / Gatlang

14-15 km | 6-7 hrs | 2,337 m

Leave Syabrubesi and climb to the traditional Tamang village of Gatlang, rich in culture and hillside views.

Overnight: Gatlang

13 Gatlang / Parvati Kunda / Yuri Kharka / Somdang

~17 km | 7-8 hrs | 3,271 m

Trek through forest and highland terrain, passing the sacred lake of Parvati Kunda and Yuri Kharka en route to Somdang.

Overnight: Somdang

14 Somdang / Pangsang Pass / Tipling

14-17 km | 7-8 hrs | 2,078-2,500 m

Cross the remote, scenic Pangsang Pass with spectacular Himalayan views before descending to Tipling.

Overnight: Tipling

15 Tipling / Adha Khola / Sertung

8-12 km | 4-6 hrs | ~1,900-2,000 m

Continue through the remote Ganesh Himal region to the important traditional village of Sertung.

Overnight: Sertung

16 Sertung / Neber / Tir / Rachyet

10-12 km | ~5 hrs | 1,775 m

Follow local trails through Neber and Tir deeper into the traditional settlements of the Ganesh Himal region, reaching Rachyet Gaon.

Overnight: Rachyet

THE QUIETER TRAILS OF NEPAL



ON THE ROUTE

CAMPING COUNTRY 10 days

Days 12-21 are camping only,
through remote rural Nepal.

17 Rachyet / Laphchyat / Lapa / Khading

~12 km | ~6 hrs | 2,025 m

A remote stretch with limited tourist infrastructure and strong local character, continuing through Laphchyat and Lapa to Khading Gaon.

Overnight: Khading

18 Khading / Chyamchat / Kutawal / Tawal / Ri

~14 km | 5-6 hrs | 1,450-1,550 m

Descend through Chyamchat, Kutawal and Tawal into lower, warmer terrain, reaching Ri Gaon.

Overnight: Ri

19 Ri / Phulkharka / Gangajamuna Area

12-15 km | 5-6 hrs | ~1,300 m

Continue toward Phulkharka and the Gangajamuna area, linking the Ganesh Himal/Ruby Valley route to the Lower Manaslu region.

Overnight: Phulkharka / Gangajamuna Area

20 Phulkharka / Gangajamuna / Tinsure Area

10-15 km | 5-6 hrs | ~1,300-1,800 m

Continue through the Gangajamuna region's villages and rural landscapes toward the Tinsure area.

Overnight: Gangajamuna / Tinsure Area

21 Gangajamuna / Baseri/Budhathum / Arkhet

~15-20 km | 6-7 hrs | ~600-1,100 m

Descend via Baseri/Budhathum to Arkhet; depending on trail and road conditions, this stage may combine walking with local transport.

Overnight: Arkhet

MANASLU CIRCUIT

Follow the Budhi Gandaki through gorges and suspension bridges to alpine villages. Acclimatization stages lead toward Larkya La.

22 Arkhet / Soti Khola / Machha Khola

~15-20 km | 5-7 hrs | ~870-930 m

Join the Budhi Gandaki Valley and connect with the Lower Manaslu trekking corridor.

Overnight: Machha Khola / Soti Khola

23 Machha Khola / Khorlabesi / Tatopani / Dovan / Jagat

~22 km | 6-7 hrs | 1,340-1,410 m

Follow the Budhi Gandaki River through dramatic gorges and across suspension bridges via Khorlabesi, Tatopani and Dovan to Jagat.

Overnight: Jagat

24 Jagat / Philim / Pewa / Deng

~19-20 km | 6-7 hrs | 1,860 m

Enter the Manaslu Conservation Area proper; the landscape gradually shifts as the trail passes Philim and Pewa en route to Deng.

Overnight: Deng

25 Deng / Rana / Bihi / Ghap / Namrung

17-20 km | 6-8 hrs | 2,630 m

A demanding, beautiful stage through increasingly high terrain via Rana, Bihi and Ghap to the important settlement of Namrung.

Overnight: Namrung

26 Namrung / Lho / Shyala

10-15 km | 5-6 hrs | 3,500 m

The landscape turns distinctly alpine. Pass through Lho, with its strong Tibetan Buddhist culture, to the spectacular village of Shyala.

Overnight: Shyala

27 Shyala / Samagaon

8-10 km | 3-4 hrs | 3,530 m

A shorter day with magnificent views of Manaslu as the valley opens toward the high Himalaya.

Overnight: Samagaon

INTO THE HIGH HIMALAYA



ON THE ROUTE

LARKYA LA

5,106-5,160 m

A major pass crossing, followed by the descent to Bhimtang.

28 Acclimatization at Samagaon

3-5 hrs | 3,530 m

Rest day, with an optional excursion toward Pungyen Monastery or a Manaslu viewpoint, conditions permitting.

Overnight: Samagaon

29 Samagaon / Samdo

8 km | 3-4 hrs | 3,875 m

Continue along the high Himalayan trail into increasingly barren, dramatic terrain.

Overnight: Samdo

30 Samdo / Dharamsala / Larkya Phedi

6-7 km | 3-4 hrs | 4,460 m

A short but essential acclimatization stage, preparing for the following day's crossing of Larkya La.

Overnight: Dharamsala / Larkya Phedi

31 Dharamsala / Larkya La / Bhimtang

15-23 km | 9-11 hrs

High point: Larkya La 5,106-5,160 m

The major crossing of the Manaslu Circuit. An early start over Larkya La, followed by a dramatic descent to Bhimtang.

Overnight: Bhimtang

32 Bhimtang / Gowa / Tilije / Dharapani

20-24 km | 7-8 hrs | 1,860-1,963 m

A long forested descent via Gowa and Tilije to Dharapani, where the Manaslu and Annapurna trekking routes meet.

Overnight: Dharapani

ANNAPURNA CIRCUIT



Climb from the Marsyangdi Valley into the high settlements around Manang, then cross the highest pass of the traverse into Mustang.

33 Dharapani / Danaque / Timang / Chame

15-16 km | 5-6 hrs | 2,670 m

Join the Annapurna Circuit, following the Marsyangdi Valley via Danaque and Timang, with fine mountain views, to Chame.

Overnight: Chame

34 Chame / Upper Pisang / Pisang

14-17 km | 5-6 hrs | 3,200 m

The landscape grows drier as the trail climbs toward Pisang; the Upper Pisang route offers strong views of Annapurna II.

Overnight: Pisang

35 Pisang / Ngawal/Manang / Manang

16 km | 6-7 hrs | 3,540 m

Continue up the Marsyangdi Valley through the high settlements of the Annapurna region to Manang.

Overnight: Manang

36 Acclimatization at Manang

3-5 hrs | 3,540 m

A necessary rest day before heading toward Thorong La, with optional hikes to the Gangapurna area or Ice Lake.

Overnight: Manang

37 Manang / Gunsang / Yak Kharka

10-11 km | 4-5 hrs | 4,050-4,110 m

Gain elevation steadily via Gunsang; vegetation thins as the trail enters the high-altitude zone.

Overnight: Yak Kharka

ACROSS THORONG LA



AI-generated landscape impression

ON THE ROUTE

THORONG LA

5,416 m

The highest pass of the entire traverse.

38 Yak Kharka / Ledar / Thorong Phedi

7-8 km | 4-5 hrs | 4,450-4,600 m

A short, important high-altitude stage via Ledar, arriving at Thorong Phedi to prepare for the pass crossing.

Overnight: Thorong Phedi

39 Thorong Phedi / Thorong La / Muktinath

15-17 km | 8-10 hrs

High point: Thorong La 5,416 m

A very early start for the highest pass of the traverse, descending afterward to the sacred pilgrimage site of Muktinath.

Overnight: Muktinath

40 Muktinath / Kagbeni / Jomsom / Marpha

~20-22 km | 6-7 hrs | 2,670 m

Descend through the dramatic Mustang landscape via Kagbeni and Jomsom to the picturesque Thakali village of Marpha.

Overnight: Marpha

41 Marpha / Tukuche / Kalopani/Lete

~15-18 km | 6-7 hrs | ~2,500 m

Continue south through the Kali Gandaki Valley via Tukuche to Kalopani/Lete.

Overnight: Kalopani / Lete

42 Kalopani/Lete / Ghasa / Tatopani

~18-22 km | 6-7 hrs | 1,190 m

Descend through Ghasa into the warmer lower Kali Gandaki Valley to Tatopani, known for its hot springs.

Overnight: Tatopani

ANNAPURNA BASE CAMP



Poon Hill, village trails and the Annapurna Sanctuary bring the final chapter together, before the return through the foothills to Pokhara.

43 Tatopani / Ghara / Shikha / Ghorepani

~17 km | 7-8 hrs | 2,850-2,860 m

Leave the Kali Gandaki Valley and climb through Ghara and Shikha into the Annapurna foothills, reaching Ghorepani.

Overnight: Ghorepani

44 Ghorepani / Poon Hill / Deurali / Banthanti / Tadapani

~10-12 km | 5-7 hrs | 2,630 m

An early hike to Poon Hill for sunrise views, then on through Deurali and Banthanti to Tadapani.

Overnight: Tadapani

45 Tadapani / Chuile / Kimrong Khola / Ghandrung Area / Chhomrong

~8-10 km | 5-6 hrs | 2,170 m

Descend through Chuile, cross the Kimrong Khola, and pass the Ghandrung area en route to Chhomrong, gateway to Annapurna Base Camp.

Overnight: Chhomrong

46 Chhomrong / Sinuwa / Bamboo

~9-10 km | 5-6 hrs | 2,310 m

Drop to the Chhomrong Khola, climb through Sinuwa into the Modi Khola Valley, and continue through forest to Bamboo.

Overnight: Bamboo

47 Bamboo / Dovan / Himalaya / Deurali

~8-10 km | 5-6 hrs | 3,200-3,230 m

Continue up the forested Modi Khola Valley via Dovan and Himalaya to Deurali.

Overnight: Deurali

SUNRISE TO SANCTUARY



ON THE ROUTE

BASE CAMP 4,130 m

An amphitheatre of Himalayan peaks, reached on Day 48.

48 Deurali / Machhapuchhre Base Camp / Annapurna Base Camp

~7-8 km | 5-6 hrs | 4,130 m

Trek through the alpine Annapurna Sanctuary via Machhapuchhre Base Camp to reach Annapurna Base Camp, ringed by some of the Himalaya's most dramatic peaks.

Overnight: Annapurna Base Camp

49 Annapurna Base Camp / MBC / Deurali / Himalaya / Bamboo / Jhinu Danda

~18-20 km | 7-9 hrs | 1,780 m

A long early-start descent via MBC, Deurali, Himalaya and Bamboo to Jhinu Danda, with its welcome natural hot springs.

Overnight: Jhinu Danda

50 Jhinu Danda / New Bridge / Landruk

~7-9 km | 4-5 hrs | 1,565 m

Continue through the lower Annapurna foothills via New Bridge to the Gurung village of Landruk.

Overnight: Landruk

51 Landruk / Pothana / Dhampus

~15-17 km | 5-6 hrs | 1,650 m

Trek through traditional villages and forest via Pothana to Dhampus, with final Himalayan views before dropping toward the Pokhara Valley.

Overnight: Dhampus

52 Dhampus / Phedi / Pokhara

~8-10 km | 3-4 hrs | ~820 m

The final walking stage to Phedi, followed by a road transfer to Pokhara - marking the end of the Grand Nepal Himalayan Traverse.

Finish: Pokhara

WALKING FOR HEALTH CAMPAIGN

Small steps, lasting habits

Modern routines can leave too little space for movement. We believe a simple, affordable activity can help people build healthier lives and reconnect with their communities.

THE GOAL

Bring walking and health awareness to high schools and municipalities across Nepal.

THE VISION

Make walking a daily habit, a culture and a movement for a healthier Nepal and world.

THE CAMPAIGN

Walking for Health is a proposed nationwide movement, with young people at its heart.

THE OBJECTIVES

Inspire active lives, connect communities, create walking-friendly places and sustain the movement.

20%

Nepal Tibet Trekking PVT. LTD will dedicate 20% of the profit from it's business directly to the Walking For Health Campaign.

THE ADVENTURE HAS A PURPOSE.

Walking for Health is a proposed nationwide health-awareness campaign initiated by Nepal Tibet Trekking Pvt. Ltd. We want to reach young people, families, teachers and local communities where healthy habits can take root early.



STARTING IN NEPAL

Walking is already part of daily life for many people in Nepal. Its mountains, hills, villages and cities offer an inspiring place to begin.

Our vision

Make walking a culture, a habit and a community movement for a healthier Nepal and, eventually, a healthier world.

Walking is simple, natural and accessible to almost everyone. It supports physical fitness and mental well-being and offers a positive alternative to a sedentary lifestyle.

ONE STEP TODAY FOR A HEALTHIER TOMORROW

A HEALTHIER EVERYDAY LIFE

THE OBJECTIVES.

01 MOVE MORE

Promote regular walking and physical activity, and reduce sedentary habits and excessive dependence on technology.

02 START YOUNG

Help school students understand healthy lifestyles and encourage better food and daily lifestyle choices.

03 MAKE WALKING EASIER

Encourage municipalities to develop walking-friendly communities.

04 BUILD CONNECTIONS

Bring schools, municipalities, health professionals and communities together.

05 KEEP IT GROWING

Build an international support network and a sustainable financial model for the movement.

WHERE THE CAMPAIGN BEGINS

GET THE WHOLE COMMUNITY WALKING.

We propose awareness programmes in high schools and public programmes with municipalities and local governments across Nepal.



WALK TOGETHER. GROW TOGETHER.

AI-generated image

01 / THE SCHOOL CAMPAIGN

HEALTHY HABITS START EARLY

Health, lifestyle and physical activity sessions would sit alongside student interaction, community walks and healthy-lifestyle challenges.

Teachers and parents can participate, with health professionals as guest speakers. Educational materials, social-media campaigns and municipality involvement would help the message travel further.

02 / WALK FOR HEALTH DAY

A COMMUNITY ON THE MOVE

Students, teachers, families, senior citizens, health professionals, local government and community organisations can join a walking event.

Municipalities can promote walking routes, public walking areas, community exercise spaces, healthy-lifestyle programmes and regular walks, with a long-term aim of a local Walking for Health programme.

A COMMITMENT THROUGH TOURISM

YOUR JOURNEY. A WIDER POSSIBILITY.

20%

OF TRAVEL-BUSINESS PROFIT

Nepal Tibet Trekking Pvt. Ltd. will dedicate 20% of the profit from its travel business directly to the Walking for Health Campaign.

WHAT THE CONTRIBUTION SUPPORTS

- School awareness and municipality programmes.
- Community walking events and educational materials.
- Health-awareness campaigns and youth participation.
- Communication, promotion and future health initiatives.

We want a sustainable model that helps the movement grow without relying entirely on donations. Tourism can create both economic and social value.

AI-generated landscape impression · Manaslu region

nepaltibettrekking.com

PARTNERSHIP AND SUPPORT

HELP THE NEXT STEP HAPPEN.

We welcome health, wellness, tourism, education and community-development organisations; companies supporting CSR, employee wellness, youth or sustainable development; individuals and philanthropists; schools and educational networks; and health professionals.



01 SPONSOR A PROGRAMME

Fund a school, municipality or community activity, or contribute through direct sponsorship and CSR.

02 SHARE YOUR EXPERTISE

Doctors, physiotherapists, nutritionists, fitness and mental-wellness professionals, public-health experts, trainers, educators, speakers and walkers can contribute.

03 EQUIP AND AMPLIFY

Provide walking-related education and awareness materials; support television, newspaper, digital and social-media coverage.

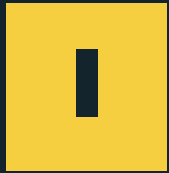
04 GIVE YOUR TIME

Volunteer as an individual or organisation, or become an international ambassador for the campaign.

FROM NEPAL TO THE WORLD

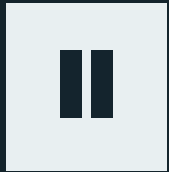
A MOVEMENT WITH ROOM TO GROW.

We begin locally, with the ambition to connect this movement with people and organisations around the world.



BEGIN IN NEPAL

High schools, municipalities and communities.



BUILD A NATIONAL NETWORK

Schools, municipalities, health professionals, organisations and volunteers.



CONNECT INTERNATIONALLY

Health, education, corporate and community partners.



SHARE A GLOBAL MESSAGE

Walk for Health. Walk for Life.

WALK FOR HEALTH. WALK FOR LIFE.

GRAND NEPAL HIMALAYAN TRAVERSE

PLAN YOUR JOURNEY.

€11,000

PER PERSON / 52 DAYS

Kathmandu to Pokhara



Days 12-21 are camping only. The journey includes acclimatization days at Kyanjin Gompa, Samagaon and Manang, and demanding high-pass stages. The longest stated walking day is 9-11 hours.

INCLUDED

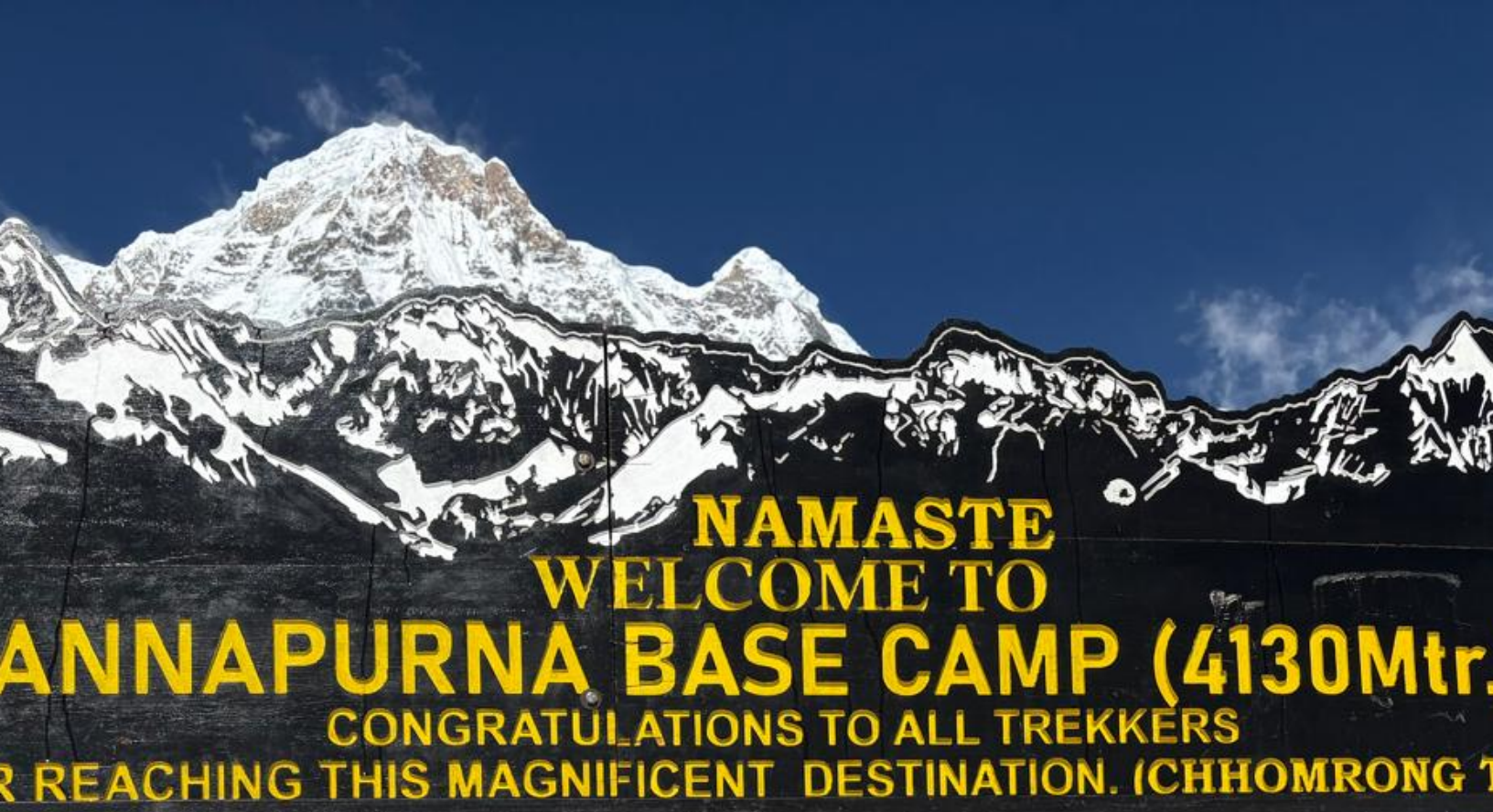
Accommodation, food, guide, permits and overland transport. Limited satellite calls in the camping walking area. The programme also lists interviews, photography and video for media.

EXCLUDED

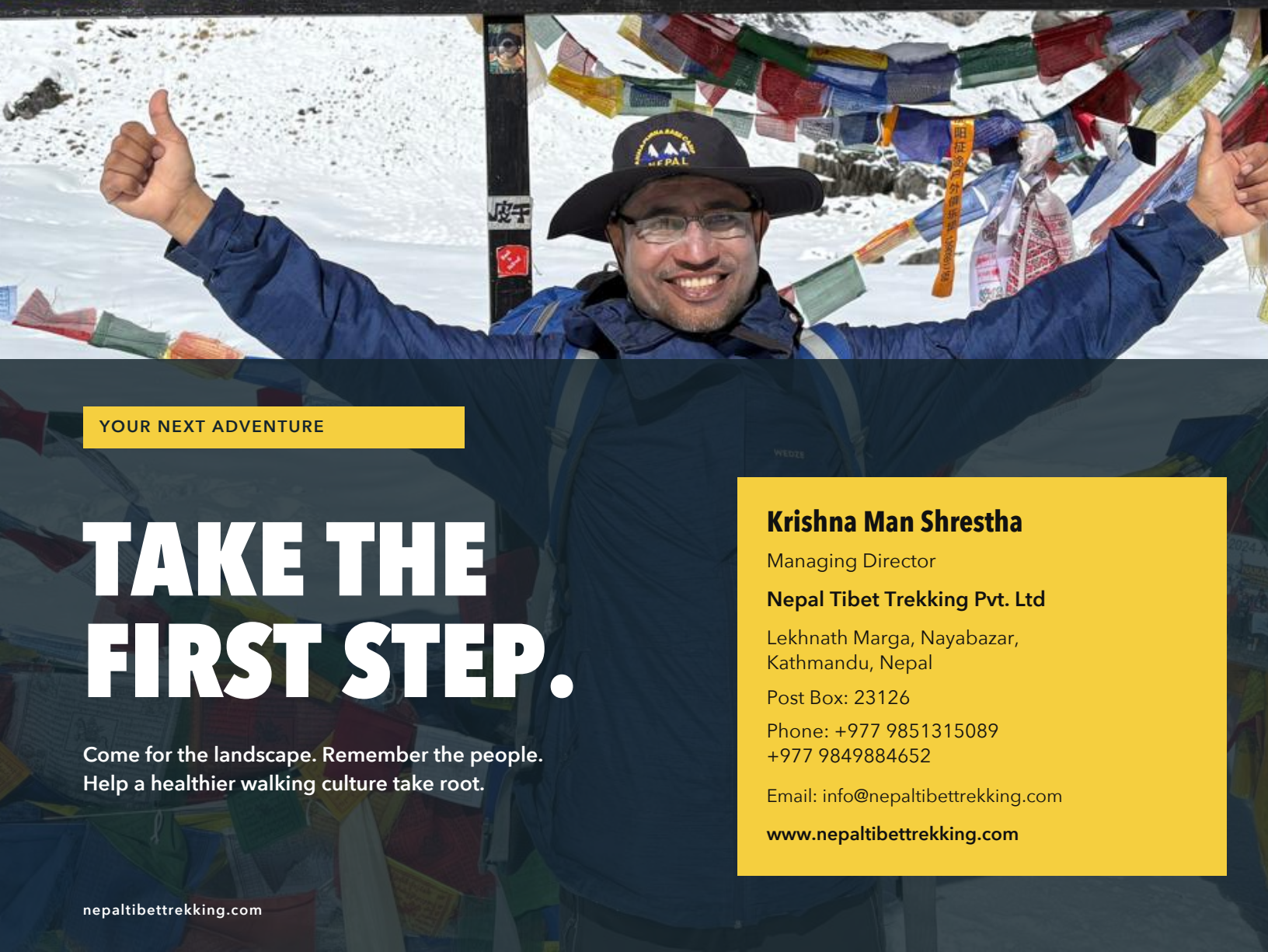
Lunch and dinner in Kathmandu and Pokhara, except the welcome and farewell dinners. Drinking water in lodge areas, cold drinks and alcoholic drinks.

BEFORE YOU BOOK

Discuss the departure, accommodation arrangements and full travel terms with Nepal Tibet Trekking Pvt. Ltd. Daily distances, walking times and elevations are indicative. Local trail and road conditions may affect the route; Day 21 may combine walking and local transport.



**NAMASTE
WELCOME TO
ANNAPURNA BASE CAMP (4130Mtr.)**
CONGRATULATIONS TO ALL TREKKERS
FOR REACHING THIS MAGNIFICENT DESTINATION. (CHHOMRONG T)



YOUR NEXT ADVENTURE

**TAKE THE
FIRST STEP.**

Come for the landscape. Remember the people.
Help a healthier walking culture take root.

Krishna Man Shrestha

Managing Director

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