

Nepal GHT Information Factsheet

We trekked the GHT in Nepal from October 2012 to February 2013, beginning near the Karnali River at Manma in Kalikot and ending at Chiya Bhanjyang on the Sikkim border. We followed the GHT High route as much as we were able to, given: the season, that we wanted to trek independently and did not want to buy expensive permits. In the event we stuck to the High route, with a few variations, from Phoksundo Tal to Solu Khumbu. The rest of our trek was either spent on the GHT Cultural route or random other low altitude trails.

This factsheet contains information which was correct at the time of our walk and which we hope will be useful for other trekkers both planning and in the process of similar treks in the Nepal Himalaya. Rules and regulations and facilities found in the mountains change very quickly in Nepal, so please let us know if any of the information below has become out of date.

Nepal Visas and Extensions for British Nationals

A 90 day visa at the border costs Brits U\$100. Arriving at a land border we didn't have USDs, so paid in Indian Rupees, which was more expensive (the equivalent of U\$125). Not sure if this was official or not. Paying in Nepali Rupees was also U\$125.

Obtaining 60 day visa extensions in Pokhara took 5 minutes and cost U\$2/day (payable in NRs). On top of this we also had to pay NRs500 each extra to get more than the officially-allowed 30 day extension.

Permits

Most permits we needed were easy to obtain in Kathmandu or Pokhara, though note that many offices are closed on Nepali public holidays, and there are A LOT of public holidays in Nepal. Prices below are per person and in either Nepali Rupees or USDs. For permits which can only be obtained through an agency, we employed the help of Bijay Rai from [Beauty Nepal Adventure](#) in Pokhara, and were very happy with the service he provided.

Note that the list of permits below is just those needed for the route we took. If following the full GHT High route there are a number of other necessary permits.

TIMS – \$20. We bought one of these for the whole trek. It was only checked in Langtang and Sagarmatha NPs, and the officials were satisfied with us only having the one TIMS to cross the country.

Lower Dolpa - \$10 per week (plus a \$50pp service charge to the agency which we were required to employ to obtain our permits from the Immigration Office). This permit was necessary for the stage from Juphal to Dho Tarap. It was checked at Sulighat.

Shey Phoksundo NP – NRs3000. Bought at the park office at Sulighat on the way to Phoksundo Tal.

Upper Dolpa – In the Immigration Office in Pokhara they said we didn't need this permit even though we told them we were trekking from Dho Tarap to Jomsom via Chharka Bhot. We now know that this section is in Upper Dolpa, so requires a \$500 per week permit plus an agency to obtain the permit for you. However, there were no checkpoints.

Annapurna – ACAP permit – NRs2000. Took 5 minutes to obtain at the ACAP office (near the tourist bus park) in Pokhara (NTB building in Kathmandu, near the City Bus Park). It's also possible to buy this permit once you are trekking in the ACAP region, but the price then is NRs4000. This permit was needed for the section from Jomsom to Dharapani.

Manaslu – MCAP permit – NRs2000, but only available from the office in Kathmandu (in the Nepal Tourism Board building). We had to pay a service charge for an agent to obtain it and have it sent to us in Pokhara.

You also need a \$70 per week permit from the Immigration Office in Pokhara or Kathmandu. We paid a \$50pp service charge to an agency to get the permit for us. Officially you are meant to go with a guide to this area, but we paid our agency some extra baksheesh to get round this.

There are apparently checkpoints in Dharapani, Sama, Namrung and Jagat, though we only saw the one in Jagat. Both these permits are needed in order to trek from Dharapani to Jagat.

Langtang NP – NRs3000. Bought in Dunche. Also possible to buy in Kathmandu (NTB building) for the same price. There are checks in Syabru Besi, Goratabela and Langtang on the way up the Langtang Valley. Officially we needed these permits from Dunche/Syabru Besi, up the Langtang Valley then over to Gosaikund and Sermathang, though we never had to show them outside the Langtang Valley.

Gaurishankar CAP – NRs2000. We bought in Laduk. Also available to buy in Kathmandu (NTB building) for the same price.

Sagarmatha NP – NRs3000. We bought at the NP Centre in Monjo, as we were leaving the park. It is the same price in Kathmandu (NTB building).

Trek Stats - summary

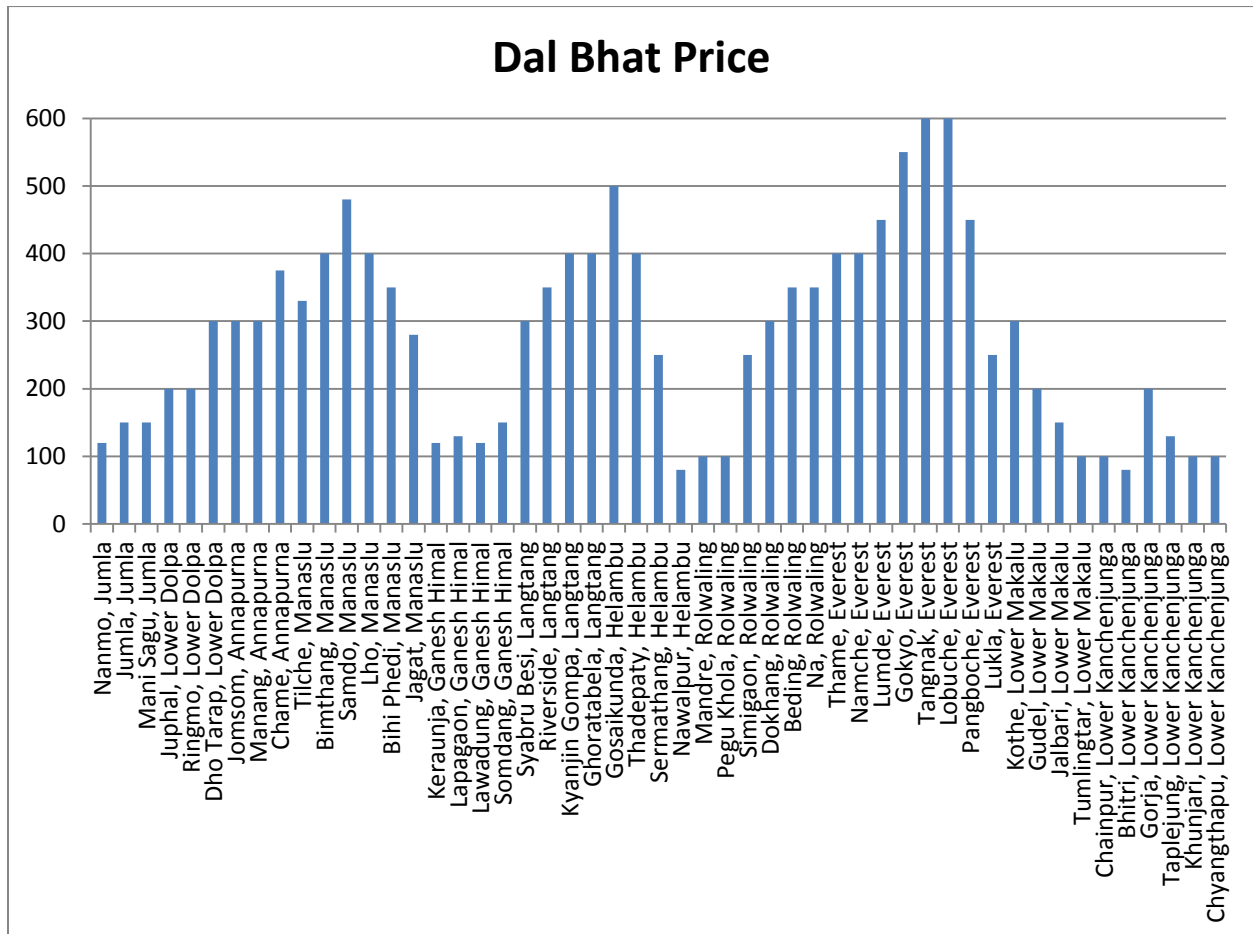
Here's how long each part of our trek took us:

Distances are measured with a GPS, time trekking is moving time and doesn't include stops; amount climbed is our best estimate based on spot heights from our GPS.

Section	Distance	Time trekking	Amount climbed	No. of walking days
Manma – Jumla (Kalikot/Jumla)	85km	21hrs	1,900m	3 days
Jumla – Juphal (Jumla/Lower Dolpa)	97km	26hrs	4,300m	4 days
Juphal – Dho Tarap (Lower Dolpa)	84km	25hrs	5,200m	5 days
Dho Tarap – Jomsom (Upper Dolpa)	111km	33hrs	5,300m	6 days
Jomsom – Dharapani (Annapurna)	99km	27hrs	3,800m	5 days
Dharapani – Jagat (Manaslu)	114km	31hrs	4,800m	5 days
Jagat – Syabru Besi (Ganesh Himal)	105km	36hrs	8,100m	6 days
Syabru Besi – Kyanjin Gomba (Langtang)	34km	10hrs	2,800m	2 days
Day trips from K. Gomba to Cherko Ri, Langshisa Kharka and Ganja La BC (Langtang)	41km	12hrs	2,200m	3 days
K. Gomba – Gosaikund (Langtang/Helambu)	46km	15hrs	3,200m	3 days
Gosaikund – Chautara (Helambu)	80km	24hrs	3,400m	4 days
Chautara – Simigaon (Helambu)	109km	36hrs	6,800m	6 days
Simigaon – Namche (Rolwaling/Solu Khumbu)	73km	27hrs	4,900m	7 days
Namche – Namche via 3 passes, Gokyo Ri and Kala Pathar (Solu Khumbu)	106km	36hrs	6,300m	8 days
Namche – Tumlingtar (Solu Khumbu/Lower Makalu)	133km	45hrs	7,000m	8 days
Tumlingtar – Chiya Bhanjyang (Lower Makalu/Kanchenjunga)	145km	46hrs	9,900m	8 days
Totals	1,462km	450hrs	79,900m	83 days

Prices

To give an idea of the relative costs of trekking in each region, here's a list of the dal bhat prices we either paid or saw on menus. Food (along with permits) are the major expenses on any independent trek in Nepal, and the price of dal bhat is reasonably representative of the price of food as a whole in each region. Accommodation is generally very cheap in tourist lodges and at basic lodges in the mountains (Rs100 for a double room is normal).



Supplies:

Almost all villages in Nepal have a small shop selling basic supplies: instant noodles, biscuits, chewing gum and rum. This limited selection soon becomes a bit boring, so it's a good idea to stock up on more interesting foodstuffs when possible. In non-touristy areas only the larger towns sell trekking food like muesli, porridge, Snickers, pasta and tuna. In touristy areas these items can be found in most lodges but generally they become much more expensive the moment you leave the bigger towns and head up to higher altitudes. Here are some good places to stock up on trekking food, with a rough idea of their price compared to Kathmandu prices. Note that it always pays to shop around in towns with a selection of shops – some places will charge you Nepali price, others will hope you don't know how much goods should cost and try and charge you far more.

As with dal bhat, there are 2 main factors affecting the price of supplies: 1) how touristy a place is; 2) how far it is from the nearest road.

Good places we found to stock up

Jumla: A decent selection of supplies available though few touristy products. Prices are a bit higher than in Kathmandu due to the cost of transport. As there are few tourists they aren't inflated.

Dolpa: Juphal is the only place we went to in Dolpa where we found trekking supplies. Prices are about double Kathmandu prices.

Annapurna: A good variety of supplies were available in Jomsom, Manang, Chame and these are reasonably priced - 30% more expensive than in Kathmandu is standard.

Manaslu: From Dharapani to Khorlabesi prices were high in every village. Even Jagat (where there was probably the best selection) which is only a day's walk from a road, prices were 200-300% Kathmandu price.

Ganesh Himal: As it's not touristy, there's not really anywhere you can find trekking food. Prices for basic foods are low.

Langtang: Syabru Besi and Dunche both have a good selection of trekking food at Kathmandu prices. The moment you start heading upvalley to Kyanjin Gumpa, or to Gosaikund prices double/triple.

Helambu: It's easy to find supplies at reasonable prices here as there are loads of villages and plenty of roads. Don't expect many trekking supplies in the less touristy areas.

Rolwaling: On the Friendship Highway, and in villages on the road from Charikot to Chhetchhet there is an ok selection of supplies. In the villages in the Rolwaling valley, supplies are quite basic and a bit expensive.

Solu Khumbu: Lukla or Namche have wide selections and prices are not that much higher than in Kathmandu. At higher altitudes everything is expensive, though the selection is good.

Lower Makalu: Tumlingtar has the best selection of trekking food, though still not that much.

Lower Kanchenjunga: Taplejung was by far the biggest town we went to in this area, with a good selection of trekking food at near-Kathmandu prices.

Internet

We found internet in the following towns:

- Jumla
- Juphal
- Jomsom
- Manang
- Syabru Besi
- Dunche
- Langtang
- Chautara
- Namche
- Lukla
- Chainpur
- Taplejung.

Tumlingtar was somewhere we were surprised not to find it.

ATMs

Towns we encountered ATMs in during our trek:

- Jomsom
- Syabru Besi – but count your notes as sometimes they get stuck in the machine and you have to reach up and fish them out.
- Dunche
- Namche

Beware when using ATMs in Nepal – it's the only country we've ever travelled in where we've had trouble with machines a) not giving us the correct amount of cash or b) not giving us any cash at all, but debiting our accounts nonetheless. Ex-pats in Nepal have told us this is a well-known problem.

The only advice we can give is to try and use ATMs which are attached to a bank, so you can go in and tell them if there's a problem; always count your notes when they're dispensed; and check your bank statements to see you haven't been wrongly debited. A number of people have told us Nabil Bank and Standard Chartered are two of the more reliable banks. We would recommend withdrawing all the cash you need for a trek in Kathmandu or Pokhara – relying on the ATMs in the mountains is risky.

We'd expected to find a few more ATMs during the trek – note there are none (as far as we know) in Jumla, Juphal, Manang, Lukla, Tumlungtar or Taplejung. Let us know if this changes!

Navigation

We used a variety of methods to navigate.

- Robin Boustead's [Nepal Trekking and the Great Himalaya Trail](#) was very useful, as were the [GPS waypoints from his website](#).
- Maps - 10 of which we bought in Nepal. Most were the 500 Series by Himalayan Map House/Nepa Maps. Though these were useful, they contained many errors, which led to us wasting a bit of time every now and then when in remote areas.
- When we were on small trails in populated areas we just asked local people the way.

As route finding was generally not difficult, a combination of the above was sufficient for the majority of our trek.

For 2 days from Na to Tashi Labsta we hired guides. This was the only part of our trek we felt like we needed someone to show us the way as the route was tricky to find, and with glaciers and rockfall around getting lost was potentially dangerous. We'd recommend taking guides from Na as far as Ngole Camp, below the final glacier, from where the trail to Thame becomes clear. Our guides left us above this glacier, telling us the trail was now obvious, - it wasn't and we spent a couple of hours going round in circles on the glacier trying to find the route.

Detailed Day by Day Stats

Day	From	To	Dist. (km)	Total Dist (km)	Time (mins)	Total Time (hrs)	Climb (m)	Total Climb (m)
1	Manma	Serabada	24.2	24.2	338	5.63	400	400
2	Serabada	Nanmo	27.2	51.4	422	12.67	1,000	1,400
3	Nanmo	Jumla	33.1	84.5	488	20.80	500	1,900
4	Rest day in Jumla		0	84.5	0	20.80	0	1,900
5	Jumla	Mani Sagu	24.5	109	370	26.97	1,000	2,900
6	Mani Sagu	Nr Chaurikot	21.9	130.9	355	32.88	1,250	4,150
7	Nr Chaurikot	Nr Balangra Lagna	23	153.9	401	39.57	1,300	5,450
8	Nr Balangra Lagna	Juphal	27.4	181.3	467	47.35	800	6,250
9	Rest day in Juphal		0	181.3	0	47.35	0	6,250
10	Juphal	Phoksundo Khola	28.2	209.5	431	54.53	1,250	7,500
11	Phoksundo Khola	Ringmo	15.7	225.2	272	59.07	1,100	8,600
12	Ringmo	Baga La HC	13.7	238.9	285	63.82	1,300	9,900
13	Baga La HC	Numa La HC	9.3	248.2	207	67.27	700	10,600
14	Numa La HC	Dho Tarap	16.7	264.9	298	72.23	850	11,450
15	Dho Tarap	Chap Chu	20.8	285.7	395	78.82	1,450	12,900
16	Chap Chu	Past Chharka Bhot	17.5	303.2	292	83.68	500	13,400
17	Past Chharka Bhot	Nulungsumdo Kharka	18	321.2	310	88.85	750	14,150
18	Nulungsumdo Kharka	Ghaldan Ghuldun Khola	16	337.2	309	94.00	850	15,000
19	Ghaldan Ghuldun Khola	Bhima Lojun La	17.5	354.7	323	99.38	1,300	16,300
20	Bhima Lojun La	Jomsom	23	377.7	331	104.90	400	16,700
21	Rest day in Jomsom		0	377.7	0	104.90	0	16,700
22	Rest day in Jomsom		0	377.7	0	104.90	0	16,700
23	Jomsom	Mesokanto La N HC	18.4	396.1	408	111.70	2,000	18,700
24	Mesokanto La N HC	Tilicho Tal	10.6	406.7	290	116.53	1,000	19,700
25	Tilicho Tal	Manang	22	428.7	326	121.97	400	20,100
26	Manang	Chame	33	461.7	393	128.52	300	20,400
27	Chame	Tilche	19.9	481.6	296	133.45	400	20,800
28	Tilche	Bimthang	20.3	501.9	365	139.53	1,700	22,500
29	Rest day in Bimthang		0	501.9	0	139.53	0	22,500
30	Bimthang	Samdo	21.9	523.8	464	147.27	1,600	24,100
31	Samdo	Lho	15.8	539.6	226	151.03	200	24,300
32	Lho	Bihi Phedi	24.4	564	338	156.67	500	24,800
33	Bihi Phedi	Jagat	27.1	591.1	371	162.85	500	25,300
34	Jagat	Keraunja	22.7	613.8	396	169.45	1,600	26,900
35	Keraunja	Nr Nauban Kharka	16.3	630.1	351	175.30	1,100	28,000
36	Nr Nauban Kharka	Lapagaon	12.5	642.6	323	180.68	1,300	29,300
37	Lapagaon	Lawadung	16.3	658.9	359	186.67	1,600	30,900
38	Lawadung	Somdang	13.4	672.3	344	192.40	1,800	32,700
39	Somdang	Syabru Besi	24	696.3	403	199.12	650	33,350
40	Rest day in Syabru Besi		0	696.3	0	199.12	0	33,350
41	Rest day in Syabru Besi		0	696.3	0	199.12	0	33,350
42	Syabru Besi	Riverside	17.6	713.9	316	204.38	1,600	34,950

43	Riverside	Kyanjin Gompa	16.2	730.1	300	209.38	1,200	36,150
44	Kyanjin Gompa	Cherko Ri	10.8	740.9	240	213.38	1,200	37,350
45	Kyanjin Gompa	Langshisa Kharka	25	765.9	360	219.38	450	37,800
46	Kyanjin Gompa	Ganja La BC	4.6	770.5	117	221.33	600	38,400
47	Ganja La BC	Ghoratabela	15.6	786.1	265	225.75	100	38,500
48	Ghoratabela	Dursagang	19.2	805.3	367	231.87	1,350	39,850
49	Dursagang	Gosaikunda	10.9	816.2	283	236.58	1,750	41,600
50	Gosaikunda	Thadepaty	15.2	831.4	335	242.17	700	42,300
51	Thadepaty	Sermathang	23.6	855	457	249.78	1,100	43,400
52	Sermathang	Nawalpur	24.8	879.8	384	256.18	1,000	44,400
53	Nawalpur	Chautara	16.5	896.3	240	260.18	600	45,000
54	Chautara	Nr Patichaur	16.5	912.8	341	265.87	1,400	46,400
55	Nr Patichaur	Mandre	16.6	929.4	390	272.37	1,500	47,900
56	Mandre	Marmin Jyandan	14.7	944.1	341	278.05	1,350	49,250
57	Marmin Jyandan	Pegu Khola	18.8	962.9	332	283.58	400	49,650
58	Pegu Khola	Orangdanda	25.7	988.6	435	290.83	1,150	50,800
59	Orangdanda	Simigaon	16.8	1005.4	300	295.83	1,000	51,800
60	Rest day in Simigaon		0	1005.4	0	295.83	0	51,800
61	Simigaon	Themlung Khola	13.1	1018.5	306	300.93	1,400	53,200
62	Themlung Khola	Beding	6.6	1025.1	131	303.12	600	53,800
63	Beding	Na	6.3	1031.4	122	305.15	500	54,300
64	Na	Noisy Knob Camp	14.1	1045.5	318	310.45	1,000	55,300
65	Noisy Knob Camp	Tashi Labsta HC	9.3	1054.8	243	314.50	1,050	56,350
66	Tashi Labsta HC	Thame	15.1	1069.9	330	320.00	150	56,500
67	Thame	Namche	8.9	1078.8	144	322.40	150	56,650
68	Rest day in Namche		0	1078.8	0	322.40	0	56,650
69	Namche	Lumde	18.9	1097.7	320	327.73	1,050	57,700
70	Lumde	Gokyo	11.9	1109.6	290	332.57	1,100	58,800
71	Snow day in Gokyo		0	1109.6	0	332.57	0	58,800
72	Gokyo	Gokyo Ri	4	1113.6	150	335.07	600	59,400
73	Gokyo	Tangnak	4.3	1117.9	98	336.70	100	59,500
74	Tangnak	Lobuche	16	1133.9	420	343.70	1,000	60,500
75	Lobuche	Kala Pathar (& return)	14.5	1148.4	230	347.53	900	61,400
76	Lobuche	Pangboche	19.6	1168	389	354.02	850	62,250
77	Pangboche	Namche	16.6	1184.6	291	358.87	700	62,950
78	Namche	Lukla	20	1204.6	317	364.15	500	63,450
79	Rest day in Lukla		0	1204.6	0	364.15	0	63,450
80	Rest day in Lukla		0	1204.6	0	364.15	0	63,450
81	Lukla	Taktor	14.2	1218.8	435	371.40	2,050	65,500
82	Taktor	Kothe	5.5	1224.3	122	373.43	200	65,700
83	Kothe	Nr Surke La	18.2	1242.5	437	380.72	1,350	67,050
84	Nr Surke La	Gudel	12	1254.5	273	385.27	700	67,750
85	Gudel	Jalbari	21.1	1275.6	412	392.13	1,650	69,400
86	Jalbari	Irkhuwa Khola	22	1297.6	397	398.75	300	69,700
87	Irkhuwa Khola	Tumlingtar	19.5	1317.1	289	403.57	300	70,000
88	Rest day in Tumlingtar		0	1317.1	0	403.57	0	70,000
89	Tumlingtar	Chainpur	19.8	1336.9	346	409.33	1,200	71,200
90	Sick day in Chainpur		0	1336.9	0	409.33	0	71,200

91	Chainpur	Bhitri	20.8	1357.7	347	415.12	1,000	72,200
92	Bhitri	Gorja	13.7	1371.4	330	420.62	1,250	73,450
93	Gorja	Taplejung	15.3	1386.7	302	425.65	1,150	74,600
94	Taplejung	Khunjari	17.3	1404	346	431.42	1,200	75,800
95	Khunjari	Sablakhu Bhanjyang	18.4	1422.4	393	437.97	1,300	77,100
96	Sablakhu Bhanjyang	Chyangthapu	15.8	1438.2	306	443.07	1,000	78,100
97	Chyangthapu	Chiya Bhanjyang and back	24.2	1462.4	450	450.57	1,800	79,900

Pass and Hill Heights

These were measured with a GPS and should be accurate to 30m.

Elevation (m)	Pass/Hill Name	Region
5,768	Tashi Labsta	Rolwaling/Solu Khumbu
5,642	Kala Pathar	Solu Khumbu
5,580	Junben La	Dolpa
5,510	Kongma La	Solu Khumbu
5,452	Mesokanto La North	Annapurna
5,406	Renjo La	Solu Khumbu
5,398	Chan La	Dolpa
5,379	Eastern Pass	Annapurna
5,362	Gokyo Ri	Solu Khumbu
5,356	Cho La	Solu Khumbu
5,321	Numa La South	Dolpa
5,174	Baga La	Dolpa
5,160	Larke La	Manaslu
4,993	Cherko Ri	Langtang
4,660	Lauribina Pass	Helambu
4,616	Zatrwa La	Solu Khumbu/Makalu
4,480	Bhima Lojun La	Annapurna
4,453	Panch Pokhari Pass	Makalu
3,910	Maure Lagna	Dolpa
3,894	Pansan Pass	Ganesh Himal
3,832	Balangra Lagna	Dolpa
3,731	Khurpudada Pass	Ganesh Himal
3,423	Tinsang La	Rolwaling
3,364	Salpa Pass	Makalu
3,114	Chiya Bhanjyang	Kanchenjunga
3,094	Myangal Bhanjyang North	Ganesh Himal
2,994	Gothichaur La	Jumla
2,934	Milke Danda Bhanjyang	Kanchenjunga
2,634	Deurali (nr Taplejung)	Kanchenjunga
2,349	Deorali	Helambu
2,127	Khande Bhanjyang	Kanchenjunga
1,595	Sablakhu Bhanjyang	Kanchenjunga

We only needed mountaineering equipment for:

- Tashi Labsta (13/1/13) – crampons, ice axes, pitons (x2), rope (70m), helmets.
- Cho La (22/1/13) – crampons, ice axes.