



▲ ITINERARY 7 :

- Day 1 : Kathmandu to Shreemanjang
- Day 2 : Shreemanjang to Jorne Danda
- Day 3 : Jorne Danda to Lipe
- Day 4 : Lipe to Nautache
- Day 5 : Nautache to Munche
- Day 6 : Munche to Ukhanda
- Day 7 : Ukhanda to Kulmo Danda
- Day 8 : Kulmo Danda to Chyarpu
- Day 9 : Chyarpu to Baraha Pokhari
- Day 10 : Baraha Pokhari to Taxar Purano Duwar
- Day 11 : Taxar Purano Duwar to Kathmandu

▲ ITINERARY 8 :

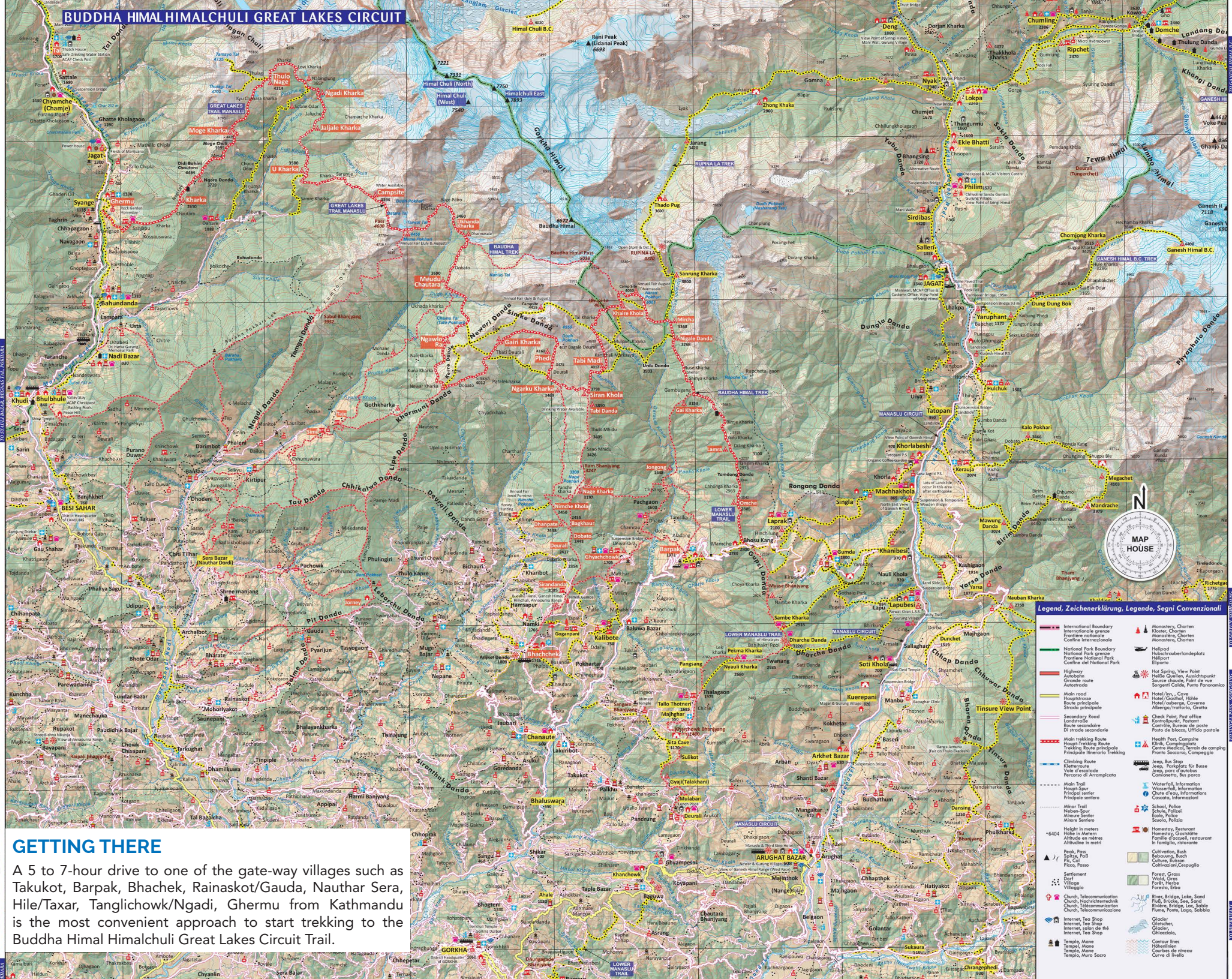
- Day 1 : Kathmandu to Nauthar Sera
- Day 2 : Nauthar Sera to Tanje
- Day 3 : Tanje to Mohane/Mesha Danda
- Day 4 : Mohane/Mesha Danda to Meme Pokhari
- Day 5 : Meme Pokhari to Kumlo Danda
- Day 6 : Kumlo Danda to Baraha Pokhari
- Day 7 : Baraha Pokhari to Purano Duwar/Taxar
- Day 8 : Purano Duwar/Taxar to Kathmandu

▲ ITINERARY 9 :

- Day 1 : Kathmandu to Ngadi/Bulbule
- Day 2 : Ngadi/Bulbule to Ludi
- Day 3 : Ludi to Baraha Pokhari
- Day 4 : Baraha Pokhari to Chhinkhola/Peace-hill
- Day 5 : Chhinkhola/Peace-hill to Kathmandu

▲ ITINERARY 10 :

- Day 1 : Kathmandu to Ngagi
- Day 2 : Ngagi to Sanjapu
- Day 3 : Sanjapu to Ngoro Danda
- Day 4 : Ngoro Danda to Thulagi Lake
- Day 5 : Thulagi Lake to Dahare
- Day 6 : Dahare to Tarakhola
- Day 7 : Tarakhola to Kathmandu



GETTING THERE

A 5 to 7-hour drive to one of the gate-way villages such as Takukot, Barpak, Bhachek, Rainaskot/Gauda, Nauthar Sera, Hile/Taxar, Tanglichowk/Ngadi, Ghermu from Kathmandu is the most convenient approach to start trekking to the Buddha Himal Himalchuli Great Lakes Circuit Trail.



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BUDDHA HIMAL HIMALCHULI GREAT LAKES CIRCUIT (BHHGLC)





ABOUT THE NEW TRAIL

A new trail, the Buddha Himal Himalchuli Great Lakes Circuit (BHHGLC), has been explored, developed, and promoted through a collaborative effort by the five local governments of Gorkha and Lamjung districts, along with the Trekking Agencies' Association of Nepal (TAAN). This initiative has received additional support from the Sustainable Tourism for Livelihood Recovery Project (STLRP), a joint program by the Nepal Tourism Board (NTB) and the United Nations Development Programme (UNDP).

Located in the southern and western Manaslu region of Gandaki Province, the trail passes through at least seven sacred natural lakes nestled in the lap of majestic mountain peaks, including Buddha Himal, Himalchuli, and Dr. Harka Peak. Meanwhile, the trail that passes through the well-known Barpak Sulikot and Ajirkot Rural Municipalities in Gorkha district also traverses the Dudhpokhari, Dordi, and Marsyangdi Rural Municipalities in Lamjung district.

The newly explored 16-day trekking trail offers visitors not only the long-awaited, pristine, road-free trekking experience in the Manaslu and Annapurna regions but also serves as a lower route of the globally renowned Great Himalaya Trail (GHT). The trail provides visitors and pilgrims with a unique opportunity to uncover, explore, and experience the hidden natural and cultural treasures of the southern and western Manaslu region. It features stunning landscapes, rich biodiversity, and the diverse cultural heritage of Gurung, Ghale, Tamang, Newar, Magar, Hill Brahmin/Chhetri, and Dalit communities.

KEY TOURIST ATTRACTIONS & USPS

Nestled between the renowned Manaslu and Annapurna regions, this area offers an unparalleled combination of natural beauty, rich biodiversity, and cultural heritage, remaining largely unexplored.

The trail offers a rich variety of natural and cultural features. It passes through at least seven sacred natural lakes, including Narad Pokhari, Dudh Pokhari, Nage Pokhari, Meme Pokhari, Ilam Pokhari, Barah Pokhari, and Thulago Tal. The trail also traverses five glacier-fed river valleys: Daraudi, Chepe, Dordi, Ngadi, and Marsyangdi. The diverse vegetation along the trail includes alpine grasslands and extensive Rhododendron forests. It supports important wildlife such as the Snow Leopard, Musk Deer, Blue Sheep, Himalayan Brown Bear, and Danfe. Many of the natural lakes, mountain peaks, and forests on this trail hold significant pilgrimage and spiritual value, enhancing the area's cultural richness.

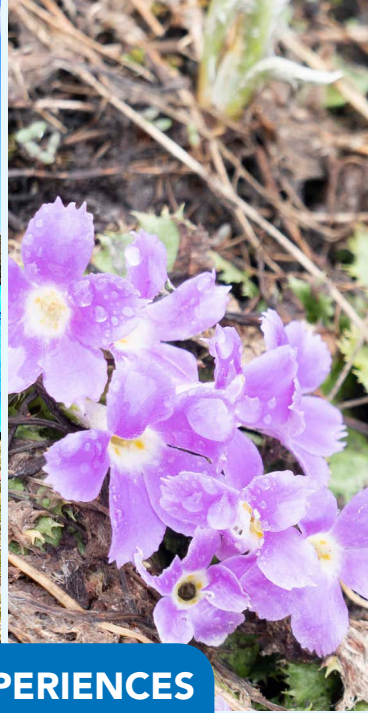
The trail also traverses several beautiful alpine rangelands that are significant for their biodiversity, livelihood, and scenic beauty. Notable rangelands include Mamche Kharka, Lamra Kharka, Gaikharka, Mircha, Dhupila, Tapi Madi, Mritu Madi, Gairikhrka, Ngarkhu Kharka, Ukhanda, U Kharka, Thulagi Kharka, Lovi Kharka, Mensa Kharka, and Moge Kharka.

Dharche Danda, Mamche Danda, Dhupi La, Ajirkot, Sirandanda, Nagepokhari, Lipe Lekh, Jorne, Ilampokhari, Damrang, Taxar, and Chitre are among the best locations for observing the region's natural beauty. These spots offer stunning views of forests, pasture lands, and mountain peaks. Notable high passes along the trail include Dhupi La, Kistapokhari Pass, Meme La, and Ngoro La.

The trail is home to at least seven ethnic mountain communities, including Gurung, Ghale, Tamang, Baram, Newar, Sherpa (from Ajirkot), and Hill Brahmin/Chhetri/Dalit.

Also regarded as the land of Gurung and Ghale, the trail traverses almost overlapping the historical Eastern migration route of the Gurung community as it can still be seen in its best preserved state in Barapak, Simjung, Ghyachok, Buddhasingh, Bhumlichowk, Pyarjung, Gauda, Bichour, Tanglichowk, Khichowk, Hile, Damrang, Simigaon, Sreemanjyang, Taxar, Chhinkhola, Taranche, Sanjapu, Germu, Syange etc. Ancestral route and sites of Gurung people such as Margashyos, Kankasthali. Historical places worth visiting in the route include Sulikot, Barpakkot, Simjungkot, Ajirkot, Shiran Danda Gadhi. Margasyo, Kangashthali are some of the ancestral places lying in the route.

Besides the sacred natural lakes, there are many temples, Bhumethan, monasteries, and sacred natural places of pilgrimage and spiritual values. Ajirkot Kalika Temple, Bhume Mandir, Sirandanda Himali Boudha Gomba, Ilamdevi Temple, Siddamai Temple, Koichhon Devi Temple, Mai Bhagavati Temple, Sreemanjyang Boudha Gomba, Parkyu Monastery, Barahdevi Temple, Bhirpustun Kalika Temple, Sanjapu Koichhon Devi Temple are some of the significant pilgrimage sites.



KEY TOURIST ACTIVITIES AND EXPERIENCES

BHHGLCT offers a range of activities and experiences, from soft and adventure trekking to pilgrimage and cultural tours. A visit to the BHHGLC trail offers visitors a unique and memorable experience, showcasing pristine natural environments, rich biodiversity, and an insight into the lifestyle and culture of the Gurung, Ghale, and Tamang communities, who are the predominant inhabitants of the region.

The 16-day main trail is ideal for those seeking an off-the-beaten-path trekking experience, combined with a variety of activities, including wilderness walks, soft and adventure trekking, ethno-biographical studies, cultural experiences, pilgrimage, spirituality, and wellness.

The trail offers an excellent route for camping-based trekking, taking you through lush green forests, alpine pasturelands, and breathtaking mountain panoramas. The trail offers a range of thrilling and exotic experiences, including adventure walking, peak climbing, glacier walks, animal and bird watching, Rhododendron and butterfly walks, marathons, canyoning, rock climbing, golfing, cycling, and honey hunting.

The gateway hubs and lower trail, known as the cultural trail, offer rewarding cultural experiences. Visitors can enjoy village walks, homestays, pilgrimages, and observe cultural dances, live craftsmanship, and historic sites such as forts, temples, monasteries, and caves. The trail also provides opportunities to witness shamanic performances, rituals, festive events, and engage in spiritual practices and meditation.

The region is an ideal place to experience vibrant cultural dances and folk songs, including Sati-Ghantu, Sorathi, Kauda, Tamang Selo, and Chudka.

Pilgrims and visitors can also enjoy visiting Ilam Pokhari Botanical Garden, Damrang Lake and Green Park, Shreemanjyang Tea Garden, Earthquake Memorial Park (Barpak), Harka Gurung Cremation Memorial Park (Tanglichowk), National Poet Madhav Prasad Ghimire Park in Bahun Danda, Captain Bhakti Thapa Park at Dhagaibesi, Martyr Dil Bahadur Ramtel Memorial Park, Deurali Park, Thamithan Kindergarten Park etc.

TOURIST SERVICES & FACILITIES

The local governments have already begun constructing essential tourist facilities along the main trail, including accommodation, trail improvements, and safety infrastructure.

The newly explored trail is currently designated for camping-based trekking, although basic home-stay and lodge accommodations are available in key gateway hubs such as Barapak, Bhachech, Gauda, Nauther Sera, Taxar, Ngadi, and Sanjapu.

Facilities like Dharmashalas, resting shelters, and Gothstays are available in many areas along the trail. Mobile and 3G internet connectivity is accessible only in the gateway hubs and their nearby regions. Approximately 40% of the major trail lacks mobile connectivity. Electricity and battery charging facilities are also limited to the gateway villages.

Basic medical facilities are available at the headquarters of Rural Municipalities (RMs), Ward Office centers, and along the trekking routes. In case of emergencies, evacuation can be arranged through the nearest Police Post.

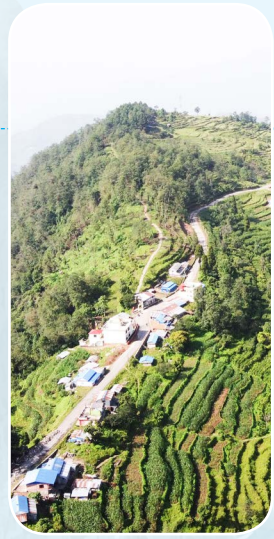
TREKKING ITINERARIES

The Buddha Himal Himalchuli Great Lakes Circuit Trail offers a range of itinerary options according to visitors' timeframe and preferences.

MAIN TRAIL ITINERARY

▲ ITINERARY 1:

- Day 1 : Kathmandu to Barpak Village
- Day 2 : Barpak Village to Lamra Kharka
- Day 3 : Lamra Kharka to Mircha Kharka
- Day 4 : Mircha Kharka to Naradpokhari/Khaire Khola
- Day 5 : Naradpokhari- Khaire Khola to Tapi Danda
- Day 6 : Tapi Mandi to Gairi Khara/Kistapokhari
- Day 7 : Gairi Kharka to Ngyamlo Ra
- Day 8 : Ngyamlo Ra to Ukhanda Kharka
- Day 9 : Ukhanda Kharka to Meme Pokhari
- Day 10 : Meme Pokhari to U Kharka/Jaljale
- Day 11 : U Kharka to Ngagi Kharka/Yak Kharka
- Day 12 : Exploration around Thulagi Lake
- Day 13 : Ngagi Kharka to Ngoro-La
- Day 14 : Ngoro-La to Sanjapu Village
- Day 15 : Sanjapu/Ghermu-Syange to Kathmandu



SUB-CIRCUIT TRAILS

▲ ITINERARY 2:

- Day 1 : Kathmandu to Takukot
- Day 2 : Takukot to Dharche Danda
- Day 3 : Dharche Danda to Barpak Village
- Day 4 : Barpak Village to Ghyachok
- Day 5 : Ghyachok to Bhacchek
- Day 6 : Bhacchek to Kathmandu

▲ ITINERARY 3:

- Day 1 : Kathmandu to Bhacchek
- Day 2 : Bhacchek to Ghyachok
- Day 3 : Ghyachok to Barpak Village
- Day 4 : Barpak Village to Dharche Danda
- Day 5 : Dharche Danda to Takukot
- Day 6 : Takukot to Kathmandu

▲ ITINERARY 4 :

- Day 1 : Kathmandu to Bhacchek
- Day 2 : Bhacchek to Nage Pokhari
- Day 3 : Nage Pokhari to Dudh Pokhari
- Day 4 : Dudh Pokhari to Tapimadi
- Day 5 : Tapimadi to Narad Pokhari
- Day 6 : Narad Pokhari to Mircha
- Day 7 : Mircha to Lamra Kharka
- Day 8 : Lamra Kharka to Barpak
- Day 09 : Barpak to Kathmandu

▲ ITINERARY 5 :

- Day 1 : Kathmandu to Rainaskot
- Day 2 : Rainaskot to Jorne Danda
- Day 3 : Jorne Danda to Lipe Phedi
- Day 4 : Lipe Phedi to Gairi Kharka
- Day 5 : Gairi Kharka to Sirankhola
- Day 6 : Sirankhola to Bhacchek
- Day 7 : Bhacchek to Kathmandu

▲ ITINERARY 6 :

- Day 1 : Kathmandu to Shreemanjyang
- Day 2 : Shreemanjyang to Jorne Danda
- Day 3 : Jorne Danda to Lipe
- Day 4 : Visiting around Lipe to Damrang
- Day 5 : Damrang to Nauthar
- Day 6 : Nauthar Sera to Kathmandu

