

TRAIL PROFILE REPORT

Buddha Himal Himalchuli Great Lakes Circuit Trail

Gorkha and Lamjung District

Gandaki Province, Nepal

Submitted to



Barpak Sulikot Rural Municipality, Gorkha
Ajirkot Rural Municipality, Gorkha
Dudhpokhari Rural Municipality, Lamjung
Dordi Rural Municipality, Lamjung
Marsyangdi Rural Municipality, Lamjung

Submitted by



Trekking Agencies Association of Nepal (TAAN)

Maligaon Kathmandu, Nepal

Technical Support



Nepal Tourism Board/United Nations Development Programme
Sustainable Tourism for Livelihood Recovery Project (STLRP)

Chaitra 2080 (March 2024)

Salient Features of the Trail Profile Report

1	Title of Project	Trail Profile Report
2	Name of Trail	Buddha Himal Himalchuli Great Lakes Circuit Trail
3	District	Gorkha and Lamjung
4	Key Locations	Barpak, Mamche Danda, Gaikharka, Naradpokhari, Tapimadi, Dudhpokhari, Gairikharka, Ukhanda, Meme Pokhari, Thulagi Lake, Sanjapu etc.
5	Study Period	Ashad 2080 to Chaitra 2080
6	Executing Municipalities	<ul style="list-style-type: none"> i. Barpak Sulikot RM, Gorkha ii. Ajirkot RM, Gorkha iii. Dudhpokhari RM, Lamjung iv. Dordi RM, Lamjung v. Marsyangdi RM, Lamjung
7	Funding	Partnership funding from Respective Rural Municipalities and TAAN. Additional funding from NTB/UNDP-STLRP
8	Methodology Used	Stakeholders consultation, Field Exploration, Literature review, GPS tracking, Photography, Videography, Key Informant Interview, Focus Group Discussion
9	Type of Trail	No-road Camping and Tea House Lodge Trail
10	Length of Trail	157.73 km
11	Duration of trek	5 to 17 days
12	Unique Selling Points (USPs)	<ul style="list-style-type: none"> – No-road alternative Trail in Manaslu and Annapurna region. – Trekking through the ancestral route and homeland of the Gurung and Ghale ethnic community. – New trekking trail traversing through the pristine forest and rangelands with at least 7 sacred lakes, 3 Mountain Peaks and 5 River corridors. – A destination with beautiful hill-stations, Sheep caravans and hydro-power stations.
13	Key Tourism Attractions-Natural	<ul style="list-style-type: none"> – 3 Mountain Peaks, including Buddha Himal, Himalchuli, Dr. Harka Peak. – At least 7 pristine and sacred lakes, including Naradpokhari, Dudhpokhari, Nagepokhari, Ilampokhari, Memepokhari, Barahapokhari, Thulagi. – 5 River corridors and associated landscapes: Daraudi, Chepe, Dordi, Ngadi, Marsyangdi. – Lush green forests, including vast blocks of Rhododendron forests – Mesmerizing landscapes of alpine pasturelands, including Gaikharka, Tapimadi, Memekharka, Ngadikharka. – High passes and view points, including Rupina La, Dhupi La, Kistapokhari Pass, Ngoro Pass etc. – Rich faunal diversity with flagship mammals, plants and birds, including Musk Deer, Clouded Leopard, Snow Leopard etc. – Rich floral diversity, including high medicinal plants, rhododendron, alpine pasture grasses and flowering plants
14	Key Tourism	– Sacred pilgrimage lakes, including Naradpokhari, Dudhpokhari,

	Attractions-Cultural	<ul style="list-style-type: none"> – Memepokhari, Barahapokhari, Thulagi, Ilampokhari etc. – Home to the culturally rich Gurung, Ghale and other ethnic communities. – Ancestral route and sites of Gurung people such as Markeshwo, Kankasthali. – Colourful and vibrant culture, including folk-songs and dances such as Sati-Ghantu, Sorathi, Kauda, Tamang Selo, Chudka etc. – Traditional lifestyle and organic food.
15	Key Tourism Activities	<ul style="list-style-type: none"> – Soft trekking, adventure trekking and mountaineering. – Pilgrimage, yoga, retreat and wellness – Hiking, leisure visits, village tour and homestay experiences. – Adventure sports activities: Honey hunting, rock climbing, canyoning, biking. – Wilderness walks, birdwatching and biodiversity study. – Hydro-tourism, agri-tourism, Goth-stay experience.
16	Selected Trail Packages & Itineraries	<ul style="list-style-type: none"> i. Buddha Himal Himalchuli Great Lakes Circuit Trail (Main Trail) ii. Arughat-Takukot-Dharchedanda-Barpak-Ajirkot Sub-circuit (Lower) iii. Ajirkot- Dudhpokhari-Naradpokhari-Barpak Sub-circuit (Upper) iv. Rainaskot-Gauda-Ilampokhari-Dudhpokhari-Nagepokhari-Bhacchek Sub-circuit v. Sreemanjyang-Okhari-Jorney-Ilampokhari-Lipe-Damrang-Nauthar Sub-circuit vi. Nauthar-Simi Tanje- Meme Pokhari- Barahapokhari- Chitre-Taxar Sub-circuit vii. Ngadi-Tarachowk-Ludi-Barahapokhari-Chitre-Chhinkhola/Peacehill-Bulbule Sub-circuit viii. Ngadi-Bahundanda-Sanjapu-Ngoro Danda- Thulagi- Dahare-Tarachowk- Ngagi Sub-circuit
17	Trail Profile Report Preparation Team	<ul style="list-style-type: none"> Field Coordinator: Mr. Dhan Bahadur Gurung Team Leader & Tourism Expert: Ram Chandra Sedai Environment and NRM Expert: Dr. Roshan Sherchan Civil Engineer: Krishna Gautam Cultural Heritage Expert: Man Raj Gurung Inclusive Development Expert: Mr. Yubaraj Gurung GPS and Trail Tracking Expert: Sanjeev Gurung Local Trail Expert: Kanchha Gurung

ABBREVIATIONS

ACA	Annapurna Conservation Area
BHHGLCT	Buddha Himal Himalchuli Great Lakes Circuit Trail
CA	Conservation Area
CFUG	Community Forest User Group
DCC	District Coordination Committee
DFO	Division Forest Office
DoA	Department of Archaeology
DoFSC	Department of Forest and Soil Conservation
DoT	Department of Tourism
DPR	Detailed Project Report
FGD	Focus Group Discussion
FNCCI	Federation of Nepalese Chamber of Commerce and Industry
FY	Fiscal Year
GHT	Great Himalaya Trail
GLC	Great Lakes Circuit
GoN	Government of Nepal
GPS	Global Positioning System
HOFEN	Homestay Federation of Nepal
HRA	Himalayan Rescue Association
M	Meter
MAP	Medicinal and Aromatic Plants
MCAP	Manaslu Conservation Area Project
MICE	Meetings, Incentives, Conferences and Exhibitions
MoCTCA	Ministry of Culture, Tourism and Civil Aviation
MoFE	Ministry of Forests and Environment
MoHA	Ministry of Home Affairs
MoITFE	Ministry of Industry, Tourism, Forests and Environment
MoPID	Ministry of Physical Infrastructure Development
M/RM	Municipality/Rural Municipality
MUVC	Multiple Use Visitor Center
NA	Not Applicable
NATHM	Nepal Academy of Tourism and Hotel Management
NARA	Nepal Association of Rafting Agents
NMA	Nepal Mountain Academy

NMA	Nepal Mountaineering Association
NATTA	Nepal Association of Tours and Travel Agents
NGO	Non-Governmental Organization
NP	National Park
NRs.	Nepalese Rupees
NTFP	Non Timber Forest Product
NTB	Nepal Tourism Board
NTNC	National Trust for Nature Conservation
NTS	Nepal Tourism Statistics
ORV	Outstandingly Remarkable Value
PA	Protected Area
RM	Rural Municipality
SDG	Sustainable Development Goal
SWOT	Strengths, Weaknesses, Opportunities, Threats
TAAN	Trekking Agencies Association of Nepal
TMG	Trail Maintenance Group
TPC	Tourism promotion Committee
TPMC	Tourism Promotion and Management Committee
TIA	Tourism Industry Association
USP	Unique Selling Propositions/Unique Selling Points

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CHAPTER I

BACKGROUND AND METHODOLOGIES

1.1 Background

- Also known as the land of Gurung and Ghale communities, the Northern region of Gorkha and Northern-west region of Lamjung are very rich in tourism resources. Whereas the areas in the Budhi Gandaki corridor of Gorkha have already been developed as tourism destination, popularly known in the global tourism market as Manaslu region, the areas in Marsyangdi corridor of Lamjung have also been developed as a popular gate way to Annapurna Circuit (towards Thorang La) and Manaslu circuit (towards Larke La).
- Unfortunately, the areas located between Budhi Gandaki (to the east) and Marsyangdi (to the west) has been lagging behind in terms of tourism development, despite having immense potential for tourism development, especially due to lack of efforts made by the respective governments, communities and the private sector.
- Recently, a collective effort has been made by the respective local governments of Gorkha and Lamjung, namely, Barpak Sulikot RM and Ajirkot RM of Gorkha and Dudhpokhari RM, Dordi RM and Marsyangdi RM of Lamjung for the exploration, development and promotion of tourism in the area.
- Accordingly, the three rural municipalities of Lamjung and Ajirkot RM of Gorkha signed a memorandum of understanding (MoU) with Trekking Agencies' Association of Nepal (TAAN), Kathmandu on 03 Jestha, 2080 amid a joint interaction program held at Nauthar Sera, Dordi RM, Lamjung for the exploration, development and promotion of tourism in the highly potential, yet neglected areas of Gorkha and Lamjung. Soon, Barpak Sulikot RM of Gorkha also joined the effort of promoting tourism in the southern and western region of Manaslu Himal.
- After the series of formal and informal meetings and interactions held between TAAN and the five RMs of Gorkha and Lamjung districts, a formal consensus was built to explore, design, develop and promote the areas dominated by Buddha Himal, Himal Chuli and Dr. Harka Chuli as a Buddha Himal Himalchuli Great Lakes Circuit Trail (BHHGLCT) by connecting at least 7 sacred and pristine lakes, including Narad Pokhari, Nage Pokhari, Dudhpokhari, Meme Pokhari, Thulagi Tal, Baraha Pokhari etc.
- The proposed trail is located in the culturally rich ethnic villages dominated by Gurung, Ghale and Tamang ethnic communities and traverses through the pristine and sacred lakes, lush-green forest, heavenly beautiful rangelands (Kharkas), at least 6 major rivers and outstanding natural landscapes located in the lap of at least three major Mountain Peaks.
- Soon after the signing of joint MoU, a separate partnership contract agreements were signed between TAAN and 5 Local Governments specifying the intervention activities, resource sharing mechanism, role and responsibilities of the partners and timeline of the key partners, especially TAAN Kathmandu and the respective rural municipalities.
- The MoU and partnership agreements signed between TAAN Kathmandu and the respective rural municipalities has laid the foundation for the execution of series of initiatives towards the exploration, development, promotion and management of the proposed trail in the area.

- Currently, efforts have been undertaken for the preparation of following trail development and promotional documents/tools:
 - i. **Trail Profile Report.**
 - ii. Trail Development Plan.
 - iii. Detailed Project Report (DPR) of the selected major trail.
 - iv. Promotional documentary of the trail and the area.
 - v. Trekking Map of the selected trail.
 - vi. Promotional Guide Book of the Trail.
- The Trail Profile Report presents the detailed information about the key tourism attractions of the area as well as the key features of the selected trekking trails, including the main trail - Buddha Himal Himalchuli Great Lakes Circuit Trail.

1.2 Rationale for the Development of New Trail

- Trekking and mountain tourism has been established as an important and original product of Nepal. The protected area wise tourist records show that about 20 to 30 percent of foreign tourist entering Nepal go for trekking, mountaineering and other adventure activities. In recent decades, the number of domestic tourists visiting mountain areas for trekking is also increasing.
- Trekking is one of the best ways to explore Nepal's magnificent mountain landscapes, unique cultures and natural beauty, and trail based tourism is one of the best ways to benefit the wider population of people spread in the larger geographical territories in the mountain region.
- Manaslu Larke Pass area within Manaslu area was opened for trekking in 1991 and Tsum Nubri area was opened in 2007. With the expansion of the road network in Annapurna region, number of trekking visiting Manaslu region is in the increasing trend since last couple of years. But, the ongoing road network development work in the Tsum valley and Nubri valley of Manaslu region has made the trekking industry and the perspective markets worried about the future of trekking trails in Tsum and Nubri valley.
- As a consequence, the world tourism market is looking for new tourist destinations as the duration of trekking in the established Annapurna region and Manaslu region is getting shorter. Hence, the development and promotion of new tourist destination and trekking route in the Southern Manaslu region which includes the region of North Gorkha and East Lamjung could be a timely effort to offer visitors a longer duration no-road virgin trekking trail filled with the outstandingly rich natural and cultural heritages.
- Few efforts have already been undertaken separately but in a scattered manner by the respective local governments to promote their areas as tourism hubs, especially targeting the domestic visitors. But, it has been too late to initiate a collective effort so as to develop, brand and promote the entire areas as a trekking trail product.
- Keeping these possibilities in mind, Barpak Sulikot RM, Ajirkot RM, Dudhpokhari RM, Dordi, RM and Marsyangdi RM have jointly started the work to explore, develop, brand and promote these areas as Buddha Himal-Himalchuli Great Lakes Circuit Trail (BHHGLCT). The proposed trail can offer a diverse trekking routes, packages and activities for a diverse segment of market ranging from

domestic to international visitors and homestay and goth-stay based accommodation to camping enthusiasts. Upon completion, about 300,000 domestic and 100,000 international visitors are expected to visit the main circuit trail and sub-circuits annually.

- The proposed trail can offer a hiking, trekking and adventurous mountain trekking experiences of short to longer-days package to the wider range of tourist market while benefiting the larger population. The proposed trail can be the best example of **No-Road Ecological Trail** as the trail passes through the natural forest, beautiful rangelands, sacred lakes and high passes far from the human settlements and road networks in the lap of Buddha Himal, Himal Chuli and Dr. Harka Peak. The proposed trail and trail sections could also serve as a perfect section of **GHT Lower** trail connecting Ganesh Himal and Ruby valley in the east with Annapurna region to the west.
- The proposed trail can also be promoted and branded as **The Trail Leading to the Ancestral Place of Gurung Community**. The south-eastern expansion of Gurung people from Nesyang in Manang just follow the Gurung villages lying on the foot of the trail. Promotion of this trail can also contribute to the conservation, revitalization, and promotion of rich cultural heritages, traditions, and rituals of the area.
- Promotion of this trail can be a wise use of natural resources that eventually contributes to the sustainable conservation of natural landscape, biodiversity and eco-system by empowering locals with increased earning through sustainable tourism.
- The construction and upgrading of trail and associated infrastructures will provide short-term employment for local residents and trail based green enterprises and several thousand green jobs for the local youth.
- Trail development plan will serve as a clear guideline for the destination communities, respective governments and private sector to for the effective planning, execution, monitoring and management of sustainable trail based tourism development, promotion and management activities so as to meet the core principles of sustainable trail (safety, quality and better experience); benefit the wider communities and preserve the natural and cultural heritages.

1.3 Objective of the Trail Development

- The overall objective of trail development is to contribute to the local economic development while at the same time offering the new tourism product to the market, and contributing to the preservation and safeguarding of natural and cultural heritages of the area.
- Specific objectives of the trail include the following:
 - i. To develop environmental friendly infrastructures to support tourism and other other economic activities.
 - ii. To support inclusive development of the area through green tourism enterprises and green jobs.
 - iii. To promote tourism as an economic tool for sustainable preservation and safeguarding of natural and cultural heritages.
 - iv. To enhance the pride of the area through increased knowledge sharing, publicity, promotion and networking.

1.4 Objective of Trail Profile Report

- The overall objective of the trail profile report is to inform the respective local governments, tourism entrepreneurs and other stakeholders and actors about the key tourism resources of the area along with the details of the selected trekking trails.
- Specific objectives of the report include the following:
 - i. To explore, assess and document the tourism resources of the area.
 - ii. To explore, assess and recommend the potential tourism products and activities for the area.
 - iii. To explore, assess and recommend the potential tourism markets for the potential tourism products, activities and experiences of the area.
 - iv. To explore, assess and select the potential trekking trails and itineraries for the area targeting the potential markets.

1.5 Trail Location and Beneficiaries of the Trail Project

1.5.1 Beneficiaries of the Trail

- The proposed trail will directly and indirectly benefit the wider local communities of the remote areas of Northern Gorkha and Eastern Lamjung district, especially Barpak Sulikot RM and Ajirkot RM of Gorkha and Dudhpokhari RM, Dordi RM and Marsyangdi RM of Lamjung. The beneficiaries of the proposed new trail include, but not limited to the following:
 - i. **Primary Beneficiaries:** The primary beneficiaries of the proposed trail would be the trail users from 5 rural municipalities, namely Barpak Sulikot RM and Ajirkot RM of Gorkha and Dudhpokhari RM, Dordi RM, and Marsyangdi RM of Lamjung. They can use the trail for all types of tourism businesses and activities; livestock farming; collection and harvesting of forest based products, pilgrimage activities, spirituality and hydro-power project related activities.
 - ii. **Secondary Beneficiaries:** The secondary beneficiaries of the proposed trail would be the trail users from Dharche RM, Gorkha, Rainas Municipality, Lamjung and Nason RM, Manang. They can be benefitted through tourism, livestock farming and forest based products.
 - iii. **Tertiary Beneficiaries:** The tertiary beneficiaries of the trail are the entrepreneurs and from Manaslu region (Tsum and Nubri RM), Gorkha bazaar area, Annapurna region and entrepreneurs from Pokhara and Kathmandu, primarily for tourism related businesses.
- Whereas the local governments wanted to develop the proposed trail for making tourism as an engine for creating green jobs and enterprises at local level as well as a sustainable source of financing for the preservation and safeguarding of their natural and cultural heritages, TAAN aspired to develop this trail to offer the tourism market a new and pristine trekking trail products while also making it as an alternative longer days trekking trail in Manaslu and Annapurna regions.
- Besides tourism use, the upgrading and construction of the proposed trail is seemed beneficial to the other users of the respective local governments as well as the neighboring governments, especially for livestock farming, non-timber forest products (NTFPs) harvesting (especially the medicinal plant) and hydro-power related projects.

1.5.2 Location of the Trail

- The selected trail sites are located in the southern and western parts of Manaslu region in the lap of Buddha Himal, Himalchuli and Dr. Harka Gyung Peak (or Ngadi Chuli). In the southern lap of Buddha Himal and Himalchuli lie Barpak Sulikot RM and Ajirkot RM in Gorkha district. Dudhpokhari RM, Dordi RM and Marsyangdi RM in Lamjung district lie in the western lap of Himalchuli and Dr. Harka Peak. Parts of the trail at its eastern end also lies in Dharche RM of Gorkha whereas at the northern end of the trail lies in Nason RM of Manang.

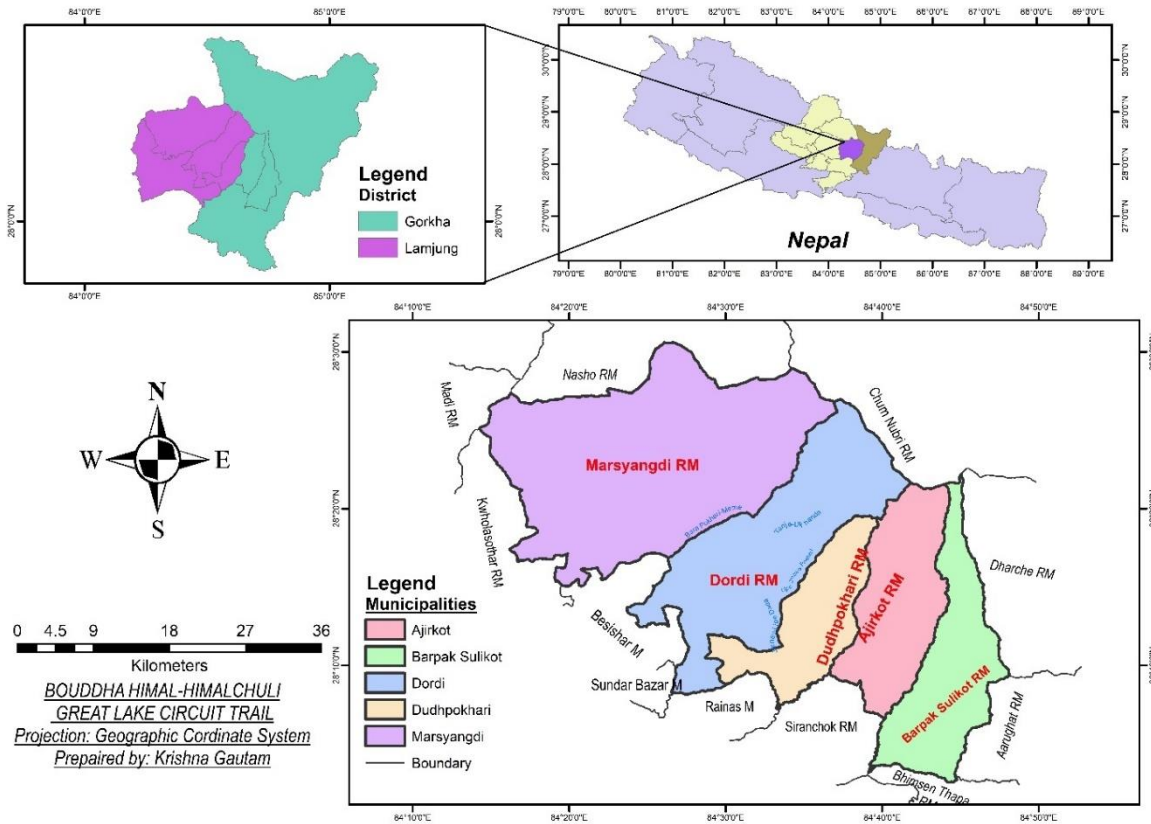


Figure-1: Trail Location Site

- The eastern end of the trail is located in the popular Barpak village of Barpak Sulikot RM in Gorkha whereas the western end of the trail is located in Sanjapu or Germu/Syange village of Marsyangdi RM in Lamjung. The total length of the trail as per the record of the exploration visit is 157.73km though some distance has been shortened during the final alignment of the trail. The trail can be started from any of the gateways, such as Barpak, Bhacchek (Ajirkot), Gauda (Dudhpokhari), Nauthar Sera (Dordi), Ngadi (Marsyangdi) and Syange/Tal (Marsyangdi) and so on.
- Both the starting (Barpak) and ending point (Syange) of the trail are linked by the round the year road networks. Likewise, all gateway hubs connected to the main trail by side (vertical) trail are also connected by the motorable road.

1.6 Methodology & Approach of Trail Profile Report Preparation

- Trail profile report preparation is an integral part and first and foremost activities of the overall trail development process carried out by TAAN and the respective rural municipalities which involves the exploration, development, promotion and management of the proposed Buddha Himal Himalchuli Great Lakes Circuit Trail.
- Preparation of trail profile report also follows the key steps of Trail Planning Model prescribed in the GHT-Trail Standards Guidelines (GHT 2017) which has used the standards of assessment and monitoring set by Green Flag Trails International and World Trails Network.

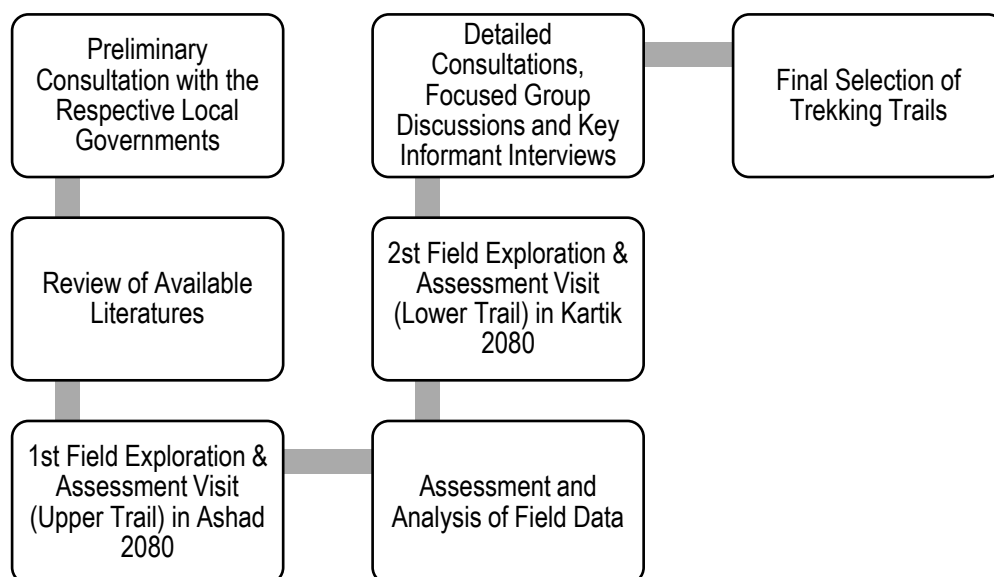


Figure-2: Step-by-step process of trail profile report preparation

- In close collaboration with the respective rural municipalities, tourism entrepreneurs and other relevant stakeholders, the TAAN technical team carried out following the step by step activities for the exploration, assessment, development and promotion of the proposed trail.
- Various methods and tools, including literature review, local and central level stakeholder consultations, focus group discussions (FGDs), key informant interview (KII), field visit and observations, GPS based data tracking, videography and photography and several engineering methods were used by the study team during the trail planning process.
- Several pre-feasibility visits and interactions were made to Barpak Sulikot, Ajirkot, Dudhpokhari and Dordi RMs by TAAN Executive Committee members and Secretariat team members and various consultations to assess the potentials, rationale and significance of trail.
- The study team made two separate exploration and survey visits, one along the upper section (and main) of the area and another along the lower (and gateway) part of the area. The team consisted of

tourism experts, culture experts, civil engineer, GIS and trail experts, environmentalist and so on, and supported by local guides who have the extensive knowledge of the geography, forest resources and local traditions.

- **The first formal trail exploration, survey and planning** visit was made from June 2023 (1st to 18th Ashad 2080) and led by the Team Coordinator Mr. Dhan Bahadur Gurung. The team explored the main route of BHHGLCT that passes through Barpak, Mamche Danda, Gaikharka, Mircha, Naradpokhari, Tapimadi, Dudhpokhari, Gairikharka, Ukhanda, Meme Pokhari, Thulanagi, Ngorodanda and Sanjapu. The team observed and assessed various tourism resources and access conditions and also consulted with the livestock herders, NTFPs collectors and other trail users. The team explored and documented various tourism resources; explored and assessed various possible routes; identified vulnerable areas in terms of environmental conservation and visitors' safety and identified the required interventions in the area.
- **The second exploration, survey and planning** visit was made in November 2023 (18 to 28 Kartik 2080) and led by Team leader and Tourism Expert. The team identified various gateway hubs and possible vertical trails and sub-circuits connecting the major trekking trail (upper) with the village settlements. The team also consulted with the RM authorities, local entrepreneurs, and social leaders, and assessed the tourism potential of the rural areas, available infrastructures and institutional capacity.
- After undertaking the series of consultations, focus group discussions (FDGs) and field visits, the study team identified the key requirements of the potential trail users in terms of its attributes that include all three classes of trails, i.e., (i) Walking trails, (ii) Trekking trails, and (iii) High Mountain Trekking Trails to foster the tourism potentials of the area targeting the wider segments of the market as well as to fulfill all functions of the trail beyond tourism such as livestock farming, forest product harvesting, pilgrimage and so on.
- The details of tourism resources of the area along with the selected trails are presented in Chapter II and III of this report respectively.

CHAPTER II

TOURISM PRODUCT STRENGTHS & POTENTIAL MARKETS

2.1 Major Tourism Attractions and Unique Selling Points

2.1.1 Unique Selling Points (USPs) of the Area

- ✓ No-road alternative Trail in Manaslu and Annapurna region.
- ✓ Trekking through the ancestral route and homeland of the Gurung and Ghale ethnic community.
- ✓ New trekking trail traversing through the pristine forest and rangelands with at least 7 sacred lakes, 3 Mountain Peaks and 5 River corridors.
- ✓ A destination with beautiful hill-stations, Sheep caravans and hydro-power stations.

2.1.2 Natural Landscape and Biodiversity

a. Summary of Natural Heritage based attractions

- The areas' key natural heritage attractions of touristic importance include the following:
 - ✓ 3 Mountain Peaks, including Buddha Himal, Himalchuli, Dr. Harka Peak.
 - ✓ At least 7 pristine and sacred lakes, including Naradpokhari, Dudhpokhari, Nagepokhari, Ilampokhari, Memepokhari, Barahpokhari, Thulagi.
 - ✓ 5 River corridors and associated landscapes: Daraudi, Chepe, Dordi, Ngadi, Marsyangdi.
 - ✓ Lush green forests, including vast blocks of Rhododendron forests
 - ✓ Mesmerizing landscapes of alpine pasturelands, including Gaikharka, Tapimadi, Memekharka, Ngadikharka.
 - ✓ High passes and view points, including Rupina La, Dhupi La, Kistapokhari Pass, Ngoro Pass etc.
 - ✓ Rich faunal diversity with flagship mammals, plants and birds, including Musk Deer, Clouded Leopard, Snow Leopard etc.
 - ✓ Rich floral diversity, including high medicinal plants, rhododendron, alpine pasture grasses and flowering plants

b. Beautiful Mountain Panorama and Mountain Peaks

- The newly explored destination and trail area is located in the lap of the Great Himalaya that traverses east to west connecting Ganesh Himal to the east and Lamjung Himal/Annapurna range to the west. The proposed trail location and tourism hubs are best located to observe the panoramic view of Annapurna range, Lamjung Himal range, Manaslu range (western and southern parts), Himchuli range and Ganesh Himal.
- Visitors can observe the mesmerizing views of Himalchuli East (7893m), Dr. Harka Gyrung Peak or Peak 29 or Ngadi Chuli (7871m), Himalchuli West (7540m), Himalchuli North (7371m), and Buddha Himal (6981m) just in front of them. Western face of Mt. Manaslu (8163m) can be seen from Dordi and Marsyangdi RM of the trail area. Ganesh Himal range and all peaks can also be seen from

Barpak, Ajirkot and other points of the trail. In clear days, Mt. Lamjung Himal, Mt. Annapurna 1st. Mt. Machhapuchhre, and Langtang Lirung Himal can be clearly seen.

- Thus, this area offers a huge opportunity for peak climbing, mountaineering, base-camp trekking and other adventure activities for the adventure tourism enthusiasts.
- The beautiful aspect of this area is that these mountain ranges and peaks can be seen from the very far distance, including Chitwan National Park in the southern Nepal. While trekking through this trail, the folded Mahabharat, Siwalik and Churia range of the southern part of the country, up to Someshwor Hill in Chitwan can also be seen in the clear days.

c. *Deep Valleys, Cliffs, High Passes and View Points*

- The outstanding beautiful geography of the area includes mountain peaks, river networks and deep valleys, glacial lakes and waterfalls, rocky cliffs and flat lands and steep terrains. The natural beauty of the trail area, the southern part of Manaslu region is un-paralled, and only comparable to the Annapurna region. The entire region lying in the lap of three beautiful mountain peaks is filled with the lush green forests, alpine pasturelands, cliffs, river systems, waterfalls and beautifully crafted farming terraces and human settlements.
- The glacier fed river valleys i.e., Daraudi River valley, Chepe River valley, Dordi River valley, Ngadi River valley and Marsyangdi River valley do not only produce substantial amount of rice and other grains, but also offer visitors the mesmerizing scene/landscape during the rice planting and harvesting seasons. The steep rocky cliffs formed along the river corridors are the best spots for rock climbing, jungle honey hunting and canyoning (where water falls occurs).
- The proposed trail passes through some beautiful and adventurous high passes such as Rupina La (4720m) in Barpak Sulikot/Dharche, Dhupi La (4671m) in Barpak/Ajirkot, Kistapokhari Pass (Dudhpokhari/Dordi), Meme La (Dordi, 4446) and Ngoro La (Marsyangdi). These passes are the best sites for the observation of beautiful mountain peaks, alpine pastures, lush green forests and river valleys.

d. *Beautiful River System, Wetlands/Lakes and Waterfalls*

- The three major mountain peaks have formed several glacier lakes and five large river systems and many waterfalls.
- Naradpokhari, Dudhpokhari, Meme Pokhari and Thulagi lakes are the major glacier lakes of the trail area. Other snow-fed lakes of the area include Nagepokhari, Nimche Pokhari, Ilam Pokhari, Barahapokhari etc. There is a series of lakes in Memepokhari area, with at least 6 lakes, including Tarwal Tal, Batara Tal, Pagryo Ra, Dudh Pokhari etc. Duna Lake in Nason RM, Manang can be observed from Thulagi Lake site in Marsyangdi RM. These lakes have both the religious and biodiversity values. Many Hindus, Buddhists and Bon followers make their pilgrimage visits to these sacred lakes during the Janai Purnima festival and other events.
- Daraudi River (originated from Naradpokhari), Chepe River (originated from Dudhpokhari), Dordi River (originated from Meme Pokhari), Ngadi River (originated from Thulagi Lake) and Marsyangdi River (partly contributed by Duna lake and flowing through Marsyangdi RM) are the major river system of the area. These river systems not only augment the natural beauty of the area, but also

offer opportunity for rafting, kayaking, swimming, fishing, angling and other many water related tourist activities.

- These high altitude lakes and rivers are also considered to be very important refuge for many aquatic life, including Asala fish.
- Ghyachowk waterfall, Rangrung waterfall, Bung waterfall, Ghan Pokhara waterfall, Octopus waterfall are important waterfalls for canyoning.

e. *Mesmerizing Alpine Pasturelands and Madi*

- The proposed trail also passes through some of the beautiful alpine rangelands of biodiversity and livelihood importance.
- Beautiful kharkas that visitors can trek through the BHHGLCT include Dharche Danda Kharka, Mamche Danda Kharka, Chhongkharka, Lamra, Yuru Kharka, Rushekharka, Gaikharka, Binje Kharka, Samya Kharka, Mircha, Khairekhola Kharka, Dhupila Lharka, Margasyo, Kangkashthali, Tapi Madi, Ngarku Kharka, Mritu Madi, Shiran Khola, Sapromadi, Nargemadi, Gairikhrka, Ngarkhu Kharka, Dobato Kharka, Bolje Danda Kharka, Ukhande, Sarumje Kharka, nage Kharka, U Kharka, Pirumja Kharka, Sodo Kharka, Pongyu Kharka, Play Kharka, Thulagi Kharka, Lovi Kharka, Mensa Kharka, Moge Kharka and so on.
- These beautiful rangelands are the living carpets filled with many beautiful flowers. These are the places where the livestock herders built their temporary sheds to keep their sheep, goats, buffaloes and cows. The sheds, during the grazing season are guarded by the mountain Dogs (Bhote Kukur).
- For the proposed trail, these pasturelands will not only offer its natural beauty to the trekkers, but also provide safer places for camping and Goth-stay accommodation.
- The trekkers can also enjoy the pure Himalayan milk, curd, butter and other livestock products, including fresh and dry meat. The Sheep caravan, Goat caravan, buffalo caravan will give visitors the best photography and videography opportunity in the heavenly beautiful background of alpine grassland and mesmerizing mountain range/peaks.

f. *Diverse Vegetation Type and Rich and Floral and Faunal Diversity*

- Trekking to and through the proposed trail will give visitors the rare opportunity to explore and experience the beautiful natural vistas in the lap of the Great Himalaya as well as the diverse vegetation types and floral/faunal diversity.
- Visitors can observe the varying types of vegetation ranging from sub-tropical to alpine and tundra and various ecosystem formed within it. Variety of forests and vegetation ranging from Hill Sal Forest to Chilaune, Katus forest, Utis forest, Rhododendron forest, Chanp, Khasru and Birch forest, alpine Juniper, pine and Buki flower, forest of alpine rhododendron etc. can be observed along the trail.
- Areas above the major settlements and below the sacred lakes are filled with the lush green forests along with the beautiful patches of grasslands.
- Large blocks of Rhododendron forests can be observed around Barpak-Mamche area, Bhacchek-Sirandanda-Nagepokhari-Tapi madi area, Ilampokhari-Lipe-Damrang area, Barahapokhari area, Sanjapu-Ngoro Danda area and so on. Various species of beautiful orchids can also be observed.

Many endangered, rare and endemic species of trees, grasses and other flowering plants can be seen in the area.

- Likewise, this area is also the home to many endangered, rare and flagship mammals, birds, butterflies, etc., including Red Panda, Musk Deer, Clouded Leopard, Himalayan Bear, Snow Leopard, Danfe etc. Areas around Naradpokhari, Kistapokhari-Ukhanda and Thulagi-Ngoro Danda are particularly important site for the sighting the flagship mammals and birds. Dobato-Ukhanda section in Dudhpokhari/Dordi RM is particularly important for Musk Deer, Himalayan pheasant, Alpine dove and other animals. At least 100 species of birds can be sighted easily in the route. Chepe and other rivers are the home to many fishes, including Himalayan Trout.
- Special Alpine flower expedition can be organized during the pre-monsoon, monsoon and post-monsoon period. The area is also the store-house of many valuable medicinal and aromatic plants (MAPs) species, including Amala, Harro, Ghode, Tapare, Gurjo, Chiraito, Kutki, Sunagabha, Panch aunle, Satuva, Padamchal, Sugandhawal, Timur, Lotthsalla, Yarsagunbu, Nirmasi, Jatamasi, Silajit etc.

g. Favorable/Mild Climate

- The mild and sunny days almost throughout the year along with the comfortable road networks has made the area very much suitable for many leisure and MICE activities as Hill-stations.
- Barpak-Mamche Danda area of Barpak Sulikot, Bhacchek-Namki-Sirandanda area of Ajirkot, Gauda-Jorne-Ilampokhari area of Dudhpokhari, Hile-Taxar and Damrang areas of Dudhpokhari and Chhinkhola-Chitre area of Marsyangdi RM can be developed and promoted as Hill-stations offering various kind of leisure, MICE and hiking activities to the visitors throughout the year. During the winter season, visitors can also enjoy playing with the snow in the nearby areas of these places. During the spring, these sites are filled with the Rhododendron flower.

2.1.3 Cultural Landscape and Religious Attractions

a. Summary of Natural Heritage based attractions

- The areas' key cultural heritage attractions of touristic importance include the following:
 - ✓ Home to the culturally rich Gurung, Ghale and other ethnic communities.
 - ✓ Ancestral route and sites of Gurung people such as Margashyos, Kankasthali.
 - ✓ Sacred pilgrimage lakes, including Naradpokhari, Dudhpokhari, Memepokhari, Barahapokhari, Thulagi, Ilampokhari etc.
 - ✓ Colourful and vibrant culture, including folk-songs and dances such as Sati-Ghantu, Sorathi, Kauda, Tamang Selo, Chudka etc.
 - ✓ Traditional lifestyle and organic food of Gurung, Ghale, Tamang, Chhetri-Brahmins

b. Homeland of the Many Ethnic Communities, including Gurung and Ghale

- The trail area, also known as Southern or Lower Manaslu is primarily the home to Gurung and Ghale people. The eastern migration of Gurung/Ghale people and eastern transmission of Buddhism and White Bon traditions that are prevalent among the present Gurung and Ghale communities are considered to have been taking the route along or parallel to the proposed BHHGLCT. Nyesyang

area, near Braka in Manang district is considered to be the major epicenter for the southern and eastern expansion of Gurung people as well as Buddhism (Nyingma school) and White Bon tradition (who are also called white bons and built Kolasothar as their worshiping place).

- Key Gurung settlements along the route to Barpak and Dharche in Gorkha from Nyesang in Manang include Taghring, Syange, Germu, Sanjapu, Taranche, Tanglichowk, Khichowk, Taxar, Hile, Simigaon, Damrang, Pachowk, Sreemanjyang, Bhumlichowk, Bichour, Buddhasingh, Simjung, Ghyachowk, Barpak, Laprak and so on.
- There are some important ancestral places such as Margasyo and Kangkashthali in Tapi Madi area, just above the Simjung and Ghyachowk villages of Ajirkot where Gurung community of the region come to worship their ancestors.
- Ghale is another prominent ethnic group of the trail area. The area used to be the ruling states of historical Ghale Kings during the period of 22-se and 24-se principalities (Rajje). Liglikot, Rainaskot, Sulikot, Ajirkot, Ilampokhari fort and ancient settlement are some of the historically important kots of the area. These kots consist of historical forts, Kalika Temple and other monuments of archaeological value. The distribution of Ghale community can be traced in various places along and/or parallel to the proposed trail, including Barpak to the east and Ghalegaon to the west.
- Late V. C. Bhanu Bhakta Gurung in Falpu village, Mucchok, Ajirkot and Late VC Gaje Ghale of Barpak are the symbol of bravery and honesty of the Gurung and Ghale people of the area.
- Other culturally rich ethnic communities include Tamang, Newar, Magar, Baram, Sherpa (in Ajirkot), Hill Brahman, Hill Kshetri, Dalit caste, Hill Muslim (in Sulikot Barpak) and so on.
- Many of these villages have preserved their rich culture, traditions and rituals. Some villages such as Barpak village, Namki village, Bhalamchour, Gauda/Pyarjung village, Bichour, Sreemanjyang village, Taxar village, Chhinkhola, Sanjapu village have already started offering cultural homestay experiences to the visitors,

c. Important Religious Places

- The proposed trail sites are particularly important for domestic pilgrims. The trail passes through and is named after the sacred lakes such as Naradpokhari, Dudhpokhari, Naradpokhari, Ilampokhari, Meme Pokhari, Baraha Pokhari, Thulagi lake and so on.
- These lakes are considered to be sacred and worshipped by the followers of the Hindus, Buddhists and the Bons, particularly during the Japai Purnima (Full Moon festival). Many pilgrims and shamans (Jhankris) pay visit to these lakes during the festival and take a holy bath. Festivals are also occurred in other occasions such as Chaite Dashain in some lakes such as Ilampokhari, Baraha Pokhari etc. These sacred lakes are also surrounded by other important icons such as Chaman Rishi.
- Other religious sites in the area include Kalika temples, Thanimai temples, Monasteries, Kolasothar, Bhemethans, Kotdevis, sacred caves etc. Takukotmai Bagwati, Sita Gufa, Jhyallabhume temple, Simjung Kalika temple, Ajikot Kalika temple, 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 (Kolasothar), etc. are some of the most important religious sites of the area.

d. Organic Food, Drinks and Traditional Lifestyle

- Although pulses, rice and vegetables are used in most of the settlements, local organic products and wild foods can also be experienced according to the location and the season. The trail site is also the home to many organic and endemic food of many ethnic communities. Key domestic products include high-altitude rice, millets, maize, wheat, barley, buckwheat, soybean, pulses, potato, fresh vegetables, high-altitude vegetables etc. Wild edible foods include wild garlic, bamboo shoots, edible ferns, mushrooms,
- Black Asala fish can be tasted in riverside settlements of Daraudi, Chepe, Dordi, Ngadi river. Locally called Anadhi Dhan (Biramfuli rice) can be tasted in Buddhasingh area of Ajirkot and other lowland rice fields.
- The only Tea-Garden is located in Sirandadanda area of Ajirkot. Coffee plantation is now common in many places, where organic coffee can be tasted. A new tea plantation site can be observed near Sreemanjyang village in Dordi RM. Organge is popular in Taxar areas of Dordi and other lower elevation settlements.
- Cardamom is widely popular in Siran Danda, Lapsibot, and Hanspur areas of Ajirkot, Sanjapu area of Marsyangdi RM and other many places.
- Organic potato is popular in the settlement adjacent to the national forest (in the highland areas). Simi and Tanje village of Dordi is popular for potato, millet, soybean and wild honey.
- Some areas which are famous for wild honey hunting, such as Olang, Taalbagar, Fopang, and Tutuwan areas of Ajirkot, Simi and previous Dudhpokhari VDC of Dudhpokhari RM, Tanje areas of Dordi and and Dahare and Sanjapu areas of Marsyangdi RM.
- Satuwa, Panchaule, Nirmasi, Jatamasi, Kutki, Pakhanbed, Dhupi, Silajit, Sugandhawal etc. are the famous valuable wild herbs found in highland areas of all RMs.
- In addition, local fresh and dry meat, milk, curd, butter, chhurpi, and other animal products can be tasted in some villages, Kharkas and the temporary shed areas.

e. Costumes, Crafts and Art

- Due to the cold weather of the region, there is a commonality in the costumes of all caste groups. However, during the festival and events, the particular ethnic group members use particular dress codes. Both the male and female members of Gurung, and Ghale wear Ghalek, but in nowadays confined to the festivals and events. In Gurung and Ghale communities, the custom of recruiting in Indian and British army is still maintained, so women wear velvet Bodice, Lungi and gold ornaments on the occasion of festival.
- Cattle rearing farmers who live near pastureland have a custom of wearing overcoat made from woolen materials (Bakhu). It is more common in the settlements located in the higher elevation, such as Sanjapu in Marsyangdi. Local products such as woolen blanket, woolen overcoat, woolen bag etc. can be bought as a souvenir.

f. Festivals, Events, Folk-Songs and Dances

- Local traditional cultural songs, dances and customs are also the major attraction of tourism in all RMs. Gurung, Ghale, Tamang, Sherpa, Newar Magar, Hill Brahmin, Hill Chhetri and Dalit

communities perform various festivals and events to revere and worship various gods, goddesses and the nature to please them, to protect the villagers from the ghosts and evil spirits and to wish for the better health and prosperity. Various folklores are song and music are played with single, couple or group dance during these events. These festivals and events run for a single day to 15 or 30 days.

- Ghatu dance, Tamang Selo, Maruni, Lakhe dance, Balan dance, Syarge dance, Khukuri dance, Shaman dance, Lama dance, Barkhe dance, Jhyaure dance, Sorathi, Chutka dance, Kauda dance, Rodhi, and Deusi-Bhailo are common in the area.
- Whereas some of these songs and dances are performed only during the special festivals or rituals, other common songs and dances are presented during the fairs and entertainment programs. Special festivals are held on the occasion of Chaite Dashain, Baisakh Purnima, Janai Purnima, Nag Panchami, Vijaya Dashami, Astami, Akadashi, Bala Chaturdashi, Lhosar (Tamu, Sonam, and Gyalpo Lhosar), Maghe Sangkranti, Fagu Purnima and Shivaratri. Animal sacrifices are also offered in Kalika Temples and Bhume Temples.
- Ghatu dance and Maruni dance are considered to be the special identities of Gurung community while Tamang Selo and Syarge dance are considered the same for Tamang community. Balan Nach, Kauda Dance and Bhajan Kritan are considered popular in Chhetri, Brahmin and Dalit communities. Gaijatra Parva is popular among the Newars. Buddha Purnima and Lhosar are popular among Sherpa, Tamang and Gurung.
- In the Gurung community, Rodhi is considered as a traditional activity to relieve sadness and celebrate the happiness. Sorathi and Chutka dances are usually performed in all festivals and celebrations.
- The traditional Ghatu dance which is believed to be around 250 years old, is considered to be the most important and attractive dance of the region. Although annually Ghatu dance is performed throughout the year whereas Sati Ghatu is performed as a special occasion starting from Baisakh Aunshi and remains until two or three days after the special ritual of full moon of Baisakh.
- Janai Purnima, Nag Panchami, Gaijatra are especially performed in the sacred lakes. Lama and Shamanic dances are also performed during the special worship and exorcisms.

2.2 Rural Municipality Wise Tourism Attractions

2.2.1 Barpak Sulikot Rural Municipality

- **Mountain Range/Peaks:** Boudha Himal is located in the RM. Himalchuli range and Ganesh Himal range and Langtang range can be seen from Mamche Danda and Dharche Danda.
- **Natural and Sacred Lakes/Ponds:** Narad Pokhari, Bajeni Lake
- **Rivers/Wetlands/ Waterfalls/Spouts:** Daraudi River, Rangrung Waterfall, Soti Waterfall, Barpak Stone Spout.
- **Important Pasture lands/Forest land:** Dharche Danda Kharka, Mamche Danda Kharka, Chhongkharka, Lamra, Yuru Kharka, Rushekharka, Gaikharka, Binje Kharka, Samya Kharka, Mircha, Khairekhola Kharka, Dhupila Lharka.
- **Best view points:** Mamche Hill, Dharche Danda, Sulikot Hill, Rupakot Hill, Thamdanda Hill, Thalagau Hill, Hatisude etc.
- **Major ethnic communities:** Ghale, Gurung, Dalit caste, Chhetri Brahmin, Magar, Newar, Muslim.
- **Major Religious Sites/Temple/Monastery:** Narad Pokhari, Sita Gufa (Swanra), Kotdevi Temple (Barpak), Jalkanya Devi Temple (Tamalakot), Mai Bhagavati Temple (Takukot), Thanithan Temple (Ward no-4)
- **Historical fort/Ancestral Places/Icons:** Sulikot, Takikot, Barpakkot, Late VC Gaje Ghale.
- **Museums:** Ghale Cultural Museum, Barpak.
- **Parks/Gardens:** Buddha Park (Barpak), Barpak View Tower, Epicenter Trail, Earthquake Memorial Park, Resting Place of Manidanda, Kindergarten Park of Thamithan, Memorial Park of Martyr Dil Bahadur Ramtel (Jarang), Devi Deurali Park.

2.2.2 Ajirkot RM, Gorkha

- **Mountain Range/Peaks:** Boudha Himal is located in the RM. Himalchuli range and Ganesh Himal range, Langtang range and Mt. Machhapuchhre can be seen from Ajirkot, Sirandanda, Nagepokhari and Dudhpokhari.
- **Natural and Sacred Lakes/Ponds:** Nimchepokhari, Nagepokhari, Dudhpokhari.
- **Rivers/Wetlands/ Waterfalls/Spouts:** Daraudi River to the east, Chepe River to the west; Koipro waterfall (Mahuribhir waterfall), Chame waterfall, Tindhare waterfall,
- **Important Pasture lands/Forest land:** Ankhefolo (for wildlife), Nimche-Nage Rhododendron forest, Dhupila Lharka, Margasyo, Kangkashthali, Tapi Madi, Ngarku Kharka, Mritu Madi, Shiran Khola, Sapromadi, Nargemadi etc.
- **Best view points:** Ajirkot, Sirandanda, Nagepokhari, Dhupi La, Tapimadi, Sirankhola, Dudhpokhari.
- **Major ethnic communities:** Gurung, Tamang, Ghale, Chhetri Brahmin, Magar, Newar, Sherpa, Baram, Dalit caste.

- **Major Religious Sites/Temple/Monastery:** Nimche Pokhari, Naradpokhari, Dudhpokhari, Simjung Kalika temple, Jhyallabhume temple, Chitredevithan, Boudha Himali Gomba Sirandanda, Sange Pema Chhoeling Gomba-Khimpu, Ajirkot Kalika temple, Hattisude Cave, Thamdanda Kalika temple.
- **Historical fort/Ancestral places:** Ajirkot, Sirandanda Kot, Kangkasthali, Chepe River (border between Rainaskot and Ligligkot), Margasyo, Kangkasthali.
- **Parks/Gardens:** Ajirkot Gadi Park, Sirandanda Tea Garden, Nagepokhari wetland area.
- **Others:** Fopang Mahabhir (Chisang), Olang Tal Bagar area & Tutuwan Chhahara for honey hunting.

2.2.3 Dudhpokhari Rural Municipality, Lamjung

- **Mountain Range/Peaks:** Boudha Himal is located in the RM. Himalchuli range and Ganesh Himal range, Langtang range and Mt. Machhapuchhre can be seen from Jorne, Ilampokhari, Lipe and Dudhpokhari.
- **Natural and Sacred Lakes/Ponds:** Dudhpokhari, Ilampokhari, Lhewachok (Deurali), Heart-shaped Lake.
- **Rivers/Wetlands/ Waterfalls/Spouts:** Chepe River to the east, various waterfalls in Dudhpokhari.
- **Important Pasture lands/Forest land:** Lipe Kharka, Pungkharka, Gairi Kharka Grassland, Ngarkhu Kharka, Dobato Kharka.
- **Best view points:** Jorne, Ilampokhari, Lipe and Dudhpokhari, Newaredanda, Lipe Lek.
- **Major ethnic communities:** Gurung, Tamang, Newar, Dalit caste, Chhetri Brahmin.
- **Major Religious Sites/Temple/Monastery:** Ilampokhari Satkanyadevi temple, Uttardevi Temple, Gomba, Bangeodhar (place of Chyaman Rishi (Sage), Buddhist Stupa at Okhari village.
- **Historical fort/Ancestral places:** Goudakot, Ilampokhari Limkot historical fort and ancient settlement (may have a connection to Kolasothar?), Ulikot.
- **Parks/Gardens:** Ilampokhari botanical Garden and Sport Center.
- **Others:** Saprong and Piprang fedi for jungle honey hunting. Popular for Black Potato seed.

2.2.4 Dordi Rural Municipality, Lamjung

- **Mountain Range/Peaks:** Himalchuli East, Himalchuli North and Himalchuli West are located in the RM. Buddha Himal range, Manaslu, Dr. Harka Peak, Lamjung Himal, Annapurna 2nd and 3rd, Dhaulagiri, Mt. Machhapuchhre can be seen from various points of Dordi RM.
- **Natural and Sacred Lakes/Ponds:** Meme Pokhari Lake series (Memepokhari, Tarwal Tal, Batara Tal, Pagryo Ra, Dudh Pokhari etc.), Barahpokhari.
- **Rivers/Wetlands/ Waterfalls/Spouts:** Dordi River, Tarti Khola, Kisedi Khola; Mosara Wetland, Raniban Wetland, Manjang Ramche Wetland, Ghartipani Stone Spout, Pachok Waterfall.

- **Important Pasture lands/Forest land:** Lipe Lek Grassland, Nautache, Ngeje Kharka, Mesha Danda, Jorkharkha (Chigartham), Ngoche, Kotache, Bolje Danda Kharka, Uhandra.
- **Best view points:** Lipedanda, Damrang, Sallabot viewtower, Taxar viewptower
- **Major ethnic communities:** Gurung, Tamang, Newar, Chhetri Brahmin, Magar, Dalit cast.
- **Major Religious Sites/Temple/Monastery:** Uttarkanyadevi temple, Kalika temple (Archalbot), Ilamdevi Satkanyadevi, Barahadevi Temple, Chandidevi temple, Parkyu Monastery (Dordi), Sange Chhoeling Gomba (Manjang), Sallabot Monastery.
- **Historical fort/Ancestral places:** Taxar, Damrang historical forts, Jun Gadhi Fort (related to Ghale kings).
- **Parks/Gardens:** Damrang Lake and Green Park, Sreemangyang Tea garden and Sallabot Viewtower, Taxar View tower and Tea Garden.
- **Others:** Tanje for honey hunting; Series of Hydro stations along Dordi Khola, Majhgaon homestay, Manjyang Homestay, Khichowk homestay, Kamachowk homestay, Tanje homestay etc.

2.2.5 Marsyangdi Rural Municipality, Lamjung

- **Mountain Range/Peaks:** Dr. Harka Gurung Peak (Ngadichuli or Peak 29) is located in the RM. Himalchuli East, Himalchuli North, Himalchuli West, Buddha Himal and Manaslu can be seen just in front the RM. Lamjung Himal, Annapurna 2nd and 3rd, Dhaulagiri, and Mt. Machhapucchhre can be seen from various points of Dordi RM.
- **Natural and Sacred Lakes/Ponds:** Thulagi Lake, Barahapokhari, Talasyo Pokhari (pond), Talgnyo Pokhari (pond),
- **Rivers/Wetlands/ Waterfalls/Spouts:** Marsyangdi River, Ngadi River, Jagat Hot Spring Pond (Jagat Tatopani Kunda), Ghan Pokhara Waterfall, Syange Waterfall (popular for Jeepline adventure), Bung Waterfall, Octopus Waterfall, Hamkhola Waterfall.
- **Important Pasture lands/Forest land:** Sarumje Kharka, Nage Kharka, U Kharka, Pirumja Kharka, Sodo Kharka, Pongyu Kharka, Play Kharka, Thulagi Kharka, Lovi Kharka, Mensa Kharka, Moge Kharka, Kerpu Grassland, and so on.
- **Best view points:** Chitre Kharka, Barahapokhari, Ngoro Danda, Harsing Danda, Gorujure Danda, Newarjung Danda of Thulibesi, Khelapu Danda, Koju Danda, Mani Danda, Konpro, Lumro Danda, Buki Danda, Fulpu Danda.
- **Major ethnic communities:** Gurung, Tamang, Newar, Chhetri Brahmin, Magar, Dalit caste.
- **Major Religious Sites/Temple/Monastery:** Bhirpustun Kalika temple, Siddamai temple, Koichhon Devi temple, Dhun-Sanghu temple, Khoimro Yun temple, Sange Chhyoeling Nunnery Monastery, Sambo Chhyoeling Monastery.
- **Historical fort/Ancestral places:** Bahundanda, Late Bhakti Thapa's village.
- **Parks/Gardens:** Dr. Harka Gurung Cremation Memorial Park (Tanglichowk), Captain Bhakti Thapa Park in Dhagaibesi, National Poet Madhav Prasad Ghimire Park in Bahun Danda, Martyr Sukman Park

- **Others:** Marsyangdi Hydro Dam, series of hydro stations along Ngadi Khola.; Siurung Homestay, Chhinkhola Homestay, Khanigau Homestay.

2.3 Possible Tourism Products, Activities and Experiences

- Buddha Himal Himalchuli Great Lakes Circuit Trail can offer following tourism products and activities to visitors.

Table-1: Major tourism products and activities of the area

SN	Tourism Products	Tourism Activity
1	Nature and Wildlife Based Product	Jeep drive, Wilderness walks, Hiking, Trekking, Kayaking, Angling, Bird Watching, Butterfly watching, Wildlife Watching, Rhodendron Walk, Orchid walk, Apline flower walks, Sun-rise and Sun—set observation, NTFPs/MAP harvesting, Photography, Biodiversity Research etc.
2	Culture, Heritages and People Based Product	Cultural Homestay experience, Village walks, Cultural Museum visits, Cultural dance and music, Traditional handicrafts, Local food and beverage experience, Sightseeing into Historical sites, Educational tours, Listening Story telling, Goth-stay experience, Shaman dance, Experiencing Wild Foods, engaging in local agriculture farming activities etc.
3	Religion, Pilgrimage and Spirituality Based Product	Wellness activities, Pilgrimage, Worshiping and taking Holy Bath, Yoga, Meditation, Observing Cultural events/ festival, temple and monastery visit etc.
4	MICE, Education and Leisure based Product	Hiking, Residential training & workshop, Hill Station experience, Accessible and Wheelchair-friendly trails, Entertainment activities, visiting hydro-power dam, tunnel and powerhouse, Sheep caravan walk etc.
5	Sports and Adventure based Product	Peak Climbing, Mountaineering, Snow Skiing, Rock Climbing, Canyoning, Paragliding, Bunjy, Mountain biking, High altitude gulf, ultra marathon, train-running, honey-hunting etc.

2.4 Potential Tourism Markets

2.4.1 Domestic Market

- Gorkha, Lamjung, Tanahun, Chitwan, and Kathmandu are the key sources of domestic visitors for the area. If basic tourism facilities can be developed and the area can be promoted effectively, then both the number of visitors and the source markets can be expanded.
- The proposed Buddha Himal Himalchuli Great Lakes Circuit Trail will be the best choice for the domestic market for many activities including leisure visit, pilgrimage, soft trekking and other adventure sports activities.
- During the initial years, domestic visitors may visit the lower part of the BHHGLCT by jeep and foot while also making a short and soft trekking to either lake or view point areas such as Dharche Danda, Mamche and Gaikharka in Barpak Sulikot RM, Sirandanda and Nagepokhari in Ajirkot RM, Ilampokhari in Dudhpokhari and Dordi RM, Damrang, Taxar and Barahapokhari in Dordi and Chitre, Barahapokhari and Sanjapu in Marsyangdi RM.
- Pilgrimage to Naradpokhari, Dudhpokhari, Memepokhari, Barahapokhari, Thulagi Lake will be one of the common activities for the pilgrims from Lamjung, Gorkha, Tanahun, Chitwan and Kathmandu valley.
- In medium to long run, when basic infrastructures are developed along the proposed BHHGLCT, then domestic visitors will also make the entire trek.
- Following market segments can be attracted to the proposed trail
 - General Leisure Travelers.
 - Education tour and Exposure visits.
 - Pilgrims.
 - Soft trekkers and cultural enthusiasts.
 - Adventure trekkers and adventure sports enthusiasts.

2.4.2 Indian Market

- If basic tourism infrastructures can be developed and effective promotional strategies can be implemented, some segments of Indian tourist can be attracted to the proposed trail and the area.
- Barpak village, Mamche Danda, Bhacchek/Sirandanda, Gauda/Zorje/Ilampokhari, Peacehill and Chitre can be the best hillstation sites for Indian leisure segment to visit and enjoy the mild climate, panoramic mountain views, lush green forest and colorful ethnic culture.
- Very few portion of them can also be interested to make a pilgrimage visit to some sacred lakes.

2.4.3 Other International Market

- During the initial years, only very few high-end trekkers and adventure enthusiasts can be attracted to the main trail of BHHGLCT with tented accommodation facilities.

- Also, during the initial years, few more individual trekkers and explorers can be attracted to the village areas and one of the sub-circuits to trek on self-catering and relying on homestays, Goth-stays and Dharmashalas.
- In the medium and longer term, this trail would be one of the famous No-Road Trekking Trail for the larger number of international trekkers.
- Many adventure and sports activities can be developed and blended with trekking in the route, including honey-hunting, rock climbing, canyoning, marathon, high-passes, winter snow-skiing, basecamp-trekking, peak climbing and so on.
- The trail could also be an attractive destination for the cultural enthusiasts, and wellness tourists. Many well-ness related activities can be developed and promoted, such as natural healing (with shaman and Jhankri dance), meditation, yoga and retreat, use of Ayurveda and Amchi medicines and so on.

2.5 Tourism Product and Market Segment Mix for Buddha Himal Himalchuli Great Lakes Circuit Trail

Table-2: Tourism product and market segment mix for BHHGLCT

Segments	Potential Market Segments	Activity Preferences	Facility and Service Preferences	Key Sites
General Leisure Travelers	Domestic and Indians	<ul style="list-style-type: none"> – Jeep drive – Homestay experiences – Visiting viewpoints – Visiting Rhododendron forest – Playing with the snow 	<ul style="list-style-type: none"> – Comfortable road access and transport services – Homestays and lodges/resort – Handicrafts & souvenir – Local foods, meat items, beverages (drinks) 	<ul style="list-style-type: none"> – Barpak village, Mamche Danda, Ghyachowk, Simjung, Namki, Sirandanda, Nagepokhari, Rainaskot, Gauda, Jorne, Ilampokhari,
Education tour and Exposure visits	Domestic	<ul style="list-style-type: none"> – Homestay experiences – Cultural tour – Agri-tourism – Forest types, Rhododendron – Hydro-tourism – Earthquake epicenter 	<ul style="list-style-type: none"> – Comfortable road access and transport services – Homestays and lodges/resort – Handicrafts & souvenir – Local foods, meat items, beverages (drinks) 	<ul style="list-style-type: none"> – Barpak village, Mamche Danda, Ghyachowk, Simjung, Namki, Sirandanda, Nagepokhari, Rainaskot, Gauda, Jorne, Ilampokhari,
Pilgrims	Domestic and Indians	<ul style="list-style-type: none"> – Visiting pilgrimage sites – Visiting ancestral places – Attending festival and fairs 	<ul style="list-style-type: none"> – Travelling in a group. – Living in dharmashala, goths and plastic tents – Some prefer self-catering, majority rely on local available food – Collecting souvenirs related to religious faith and practices 	<ul style="list-style-type: none"> – Naradpokhari, Nagepokhari, Jhyalla Bhume, Tapimadi/Margasyo, Dudhpokhari, Ilampokhari & Deurali, Manjyang Gomba, Manjyang Kalika, Memepokhari Lake series, Barahpokhari, Thulagi Tal
Soft trekkers and cultural enthusiasts	Domestic and Third country visitors	<ul style="list-style-type: none"> – 1 to 5 days trekking to the lower elevation – Visiting homestay villages – Exploring local culture and nature. 	<ul style="list-style-type: none"> – Trekking in a small group – Mostly youth and researchers – Living in homestays, goths, dharmashala – Some arrange self-catering with tents 	<ul style="list-style-type: none"> – Barpak-Mamche-Dharche – Bhacchek-Nagepokhari-Dudhpokhari – Gauda-Ilampokhari-Dudhpokhari – Sera-Pachowk-Jorne-Ilampokhari-Lipe-Dudhpokhari – Sera-Kamchung-Jumdanda-Lipe-

Segments	Potential Market Segments	Activity Preferences	Facility and Service Preferences	Key Sites
				Dudhpokhari – Sera-Kirtipur-Simi Tanje – Chiti-Taxar-Barahapokhari-Hile – Ngadi-Tarachowk-Ludi Dobato- Barahapokhari-Chitre- Chhinkhola/Peacehill – Ngadi-Bahundanda-Sanjapu-Ngoro Lekh
Adventure trekkers and adventure sports enthusiasts	Domestic and Third country visitors	<ul style="list-style-type: none"> – Trekking through the main trail – Base-camp treks – Peak climbing – Honey hunting – Rock climbing, canyoning – Marathon and ultra- race – Skiing – Peak climbing 	<ul style="list-style-type: none"> – Arranged camping treks – Required trained and equipped guides and supporting staffs. – Sometime required specialist guides and equipment. – Can spend higher price. – Longer days treks – Required advanced services, but can adjust to the harsh conditions 	<ul style="list-style-type: none"> – Main trail: Buddha Himal-Himalchuli Great Lakes Circuit Trail – Any of the 5/6 sub-circuits visiting one or two lakes – Any or all Base-camps: Buddha Himal, Himalchuli or Dr. Harka Peak. – High passes: Rupina La, Dhupi La, Kistapokhari Pass, Ngoro Pass etc.

CHAPTER III

SELECTED TRAIL AND ITINERARIES

3.1 Introduction: Main Trail and Side Trails (Sub-circuits)

- Both main trail and side trails have been selected in the five selected Rural Municipalities of Gorkha and Lamjung district. The main trail has been named and branded as Buddha Himal Himalchuli Great Lakes Circuit Trail (BHHGLCT). The 15 to 17 days long BHHGLCT traverses horizontally through at least 5 major sacred and virgin lakes and thus can also be promoted as Great Lakes Circuit (GLC) Trail.
- BHHGLCT is a No-Road Pristine Camping Trail and will be converted gradually into No-Road Eco-lodge trail in the near future. The main trail is primarily targeted to the international trekkers who are seeking no-road pristine trail products.
- Many side trails of short duration have also been selected in the area. These side trails are basically the vertical trails and can be completed in a circuit. These short duration trails are targeted for both the domestic and international visitors. These 3-7 days short-circuits can be made with relatively minimum facilities and low-budgets, including spending nights at the goths (sheds), dharmashalas for accommodation. The prime objective of these short trails is to disperse the visitors' movement throughout the destination and offer visitors the wide range of choices in terms of experiences, duration, spending, level of difficulties and so on.
- The another important features of these side trail is that visitors can spend their more time in the rural village environment fully enjoying the rich culture and traditions while also enjoying the natural beauty of the area, particularly the panoramic views of the Himalayas and the forest.
- The side trails can be started and ended at any points of Barpak Sulikot, Ajirkot, Dudhpokhari, Dordi and Marsyangdi RM. Visitors will have choices to choose a single rural municipality or more than one municipalities for their trail package.
- Major side trails/sub-circuits selected in the area include the following:
 - i. Arughat-Takukot-Dharchedanda-Barpak-Ajirkot Sub-circuit (Lower).
 - ii. Ajirkot- Dudhpokhari-Naradpokhari-Barpak Sub-circuit (Upper).
 - iii. Rainaskot-Gauda-Ilampokhari-Dudhpokhari-Nagepokhari-Bhacchek Sub-circuit.
 - iv. Sreemanjyang-Okhari-Jorney-Ilampokhari-Lipe-Damrang-Nauthar Sub-circuit.
 - v. Nauthar-Simi Tanje- Meme Pokhari- Barahapokhari- Chitre-Taxar Sub-circuit.
 - vi. Ngadi-Tarachowk-Ludi-Barahapokhari-Chitre-Chhinkhola/Peacehill-Bulbule Sub-circuit.
 - vii. Ngadi-Bahundanda-Sanjapu-Ngoro Danda- Thulagi- Dahare- Tarachowk- Ngagi Sub-circuit.

3.2 Major Features of the Main Trail: Buddha Himal Himalchuli Great Lakes Circuit Trail

3.2.1 Key Features

- a. **Trail Name:** Buddha Himal Himalchuli Great Lakes Circuit Trail (BHHGLCT).
- b. **Starting and Ending Point (s)**
 - The trail is accessible for trekking from both sides like Gorkha and Lamjung. The trek to BHHGLCT can be started at Barpak village, Barpak Sulikot RM, Gorkha and ended at Germu/Syange, Marsyangdi RM, Lamjung and vice-versa. Barpak village and Syange are connected by the all season black-topped road networks.
 - Alternatively, the trek can also be started at any gateway hub, such as Bhacchek (Ajirkot), Gauda (Dudhpokhari), Nauthar Sera (Dordi), Ngadi (Marsyangdi) and proceed further west or east.
- c. **Total length of trail and duration of trek**
 - The trail is approximately 157.73 km long and can be completed in 15 to 17 days of trekking.
- d. **Lowest and highest elevation**
 - The trail starts at about 1900m elevation at Barpak village; passes through the various elevations, including some highest points such as Naradpokhari (4200m), Dhupi La (4671m), Dudhpokhari (4535m), Kistapokhari, Meme Pokhari (4436m), Ngoro La (3729m) and ends at Syange which is located at an elevation of 1130m.
- e. **Trail Category/Classification**
 - The trail is the combination of walking trails, trekking trails, and high mountain trekking trails.
- f. **Environmental character**
 - About 65% of the trail section has pristine characteristics as it passes through the natural vegetation and alpine pasturelands. About 35% trail section has natural-rural characteristics with major village settlements, kharkas and other places.
- g. **Difficulty Rating**
 - The trail consists of all types of trail sections in-terms of difficulty, including Easy, Moderate, Hard, and Very Hard.
- h. **Significant Touristic Sites Connected by the Trail**
 - The trail traverses through some of the largest and culturally rich Gurung, Ghale and Tamang settlements such as Barpak, Simjung, Ghyachowk, Sanjapu, Germu etc.
 - The trail also passes through at least five major sacred lakes and other minor lakes, including Naradpokhari, Dudhpokhari, Memepokhari, Thulagi lake.
 - The trail traverses through some of the beautiful alpine pasturelands such as Mamche Danda Kharka, Gaikharka, Samya Kharka, Dhupila Lharka, Tapi Madi, Shiran Khola, Gairikhrka, Dobato Kharka, Sarumje Kharka, Nage Kharka, U Kharka, Play Kharka, Lovi Kharka, Mensa Kharka, and so on.
- i. The trail also traverses through some of the beautiful lush green forest patches with blooming Rhododendron, orchids and other flowering plants.

j. The trekkers should cross some of the high passes such as Dhupi La, Kistapokhari Pass, Ngoro La etc. which are the best sites for observing the majestic views of Buddha Himal, Himal Chuli, Dr. Harka Peak and other peaks along with the deep valleys made by 5 major river systems.

k. **Dominant Trail Experience**

- Trekking, adventure, pilgrimage, leisure and educational,

l. **Key Points of interest**

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Ghale and other ethnic communities at Barpak village, Sanjapu village and other gateway villages.
- Enjoying the organic food and beverage of the Gurung and Ghale people.
- Trekking through the ancestral trail and foot-prints of Gurung and Ghale people.
- Enjoying No-road adventure and mind journey through at least 5 major sacred and pristine lakes, lush-green forest, rolling green hills, deep valleys and alpine grasslands.
- Paying homage to some of the most sacred religious lakes and enjoying the seasonal festivals.
- Observing some of the most beautiful views of exotic Himalayan range and mountain peaks from a closest distance.
- Encountering with the endangered and rare mammals and birds such as Musk Deer, Danfe etc.
- Enjoying the Sheep/Goat caravan and experiencing the traditional livestock farming system of Gurung, Ghale and Tamang people through goth-stays.

m. **Provision of Accommodation and Food**

- At present, this route consists of the mixed type of basic and minimum accommodation facilities, including hotels and homestays in the rural villages and Camping site, Dharmashalas, Gothstays and Eco-lodges (to be built) in the natural areas. New eco-lodge will be built and the existing cow-sheds will be upgraded as eco-lodges throughout the trail. Trekkers are advised to make a full camping accommodation trek into this trail.

3.2.2 Day Wise Itinerary

Table-3: Day Wise Itinerary for BHHGLCT (In anti-clockwise direction, starting at Barpak)

Day	Starting Place	Lunch	Ending Point /Night Stay	Difficulty Rating	Distance (km)	Time (Hr.)	Elevation Range
1	Kathmandu via Mugling, Anbukhareni, 12 Kilo, Chhepetar	Mugling	Barpak Village	Easy	175km	7 hrs.	800m to 1916m
2	Barpak Village	Mamche Danda	Lamra Kharka (or Oru Kharka)	Moderate	8.12km	5-6 hrs.	1916m to 3001m
3	Lamra Kharka (or Oru Kharka)	Rupse or Gai Kharka	Mircha Kharka	Moderate	14.23km	6-7 hrs.	2935m to 3470m
4	Mircha Kharka	Naradpokhari Phedi	Naradpokhari or Khaire Khola	Hard	7.8km	7 hrs.	3354m to 4253
5	Naradpokhari or Khaire Khola	Pau Khola Bhume Odar (Cave)	Tapi Danda	Very Hard	7.12 km	6-7 hrs.	4010m to 4661m
6	Tapi Madi/Danda	Dharmashala, Dudhpokhari	Gairi Kharka or Kistapokhari	Very Hard	12.77km	7 hrs.	3470m to 4542m
7	Gairi Kharka	Hile Kharka	Ngawlo Ra	Hard	9.45	5 hrs	3769m to 4081m
8	Ngawmlo Ra	Miudo Chautari	Ukhanda Kharka	Hard	13.98km	6-7 hrs.	3439m to 4137m
9	Ukhanda Kharka	Bagar Kharka	Meme Pokhari	Hard	6.23 km	4-5 hrs.	3468m to 4446m
10	Meme Pokhari	Sarumje Kharka	U Kharka (or Jaljale Kharka?)	Hard	9.31 km	5-6 hrs.	3579m to 4630m
11	U Kharka	Lovi Kharka	Ngagi Kharka (Yak Kharka)	Hard	13 km	6-7 hrs.	2894m to 4230m

Trail Profile Report- Buddha Himal Himalchuli Great Lakes Circuit Trail, Gorkha & Lamjung

Day	Starting Place	Lunch	Ending Point /Night Stay	Difficulty Rating	Distance (km)	Time (Hr.)	Elevation Range
12	Exploration around Thulagi Lake						4000m to 4500m
13	Ngadi Kharka	Mesha Kharka	Ngoro Danda	Very Hard	8. km	6-7 hrs.	2900m to 4233m
14	Ngoro Danda to Sanjapu Village	Sanjapu Village	Sanjapu Village	Moderate	10.87 km	5 hrs	1775m to 3729m
15	Sanjapu-Germu- Syage/Tal- Or via Bahundanda	Syange or Ngadi or Besisahar	Kathmandu	Easy	6.7 km (Syange)	7-9 hours	1150m to 1775m

3.2.3 Day Wise Details

i. Day 1: Kathmandu-Barpak (1930m)

a. Significant Touristic Places

- Daraudi River corridor with scenic fertile paddy fields and riverine forests.
- Barpak village, the largest Ghale village and 2015 Earthquake Epicenter; Ghale Museum, Buddha park, majestic view of Buddha Himal.

b. Points of Interest

- Driving through the main highway and Daraudi River corridor.
- Observing the mountain panorama from distance.
- Enjoying Ghale and Gurung homestays with organic food, traditional lifestyle, cultural dance in Barpak.
- Learning about the history of Ghale Kings, 2015 Earthquake and village lifestyle.
- Enjoying Daraudi River Black Ashla Fish.

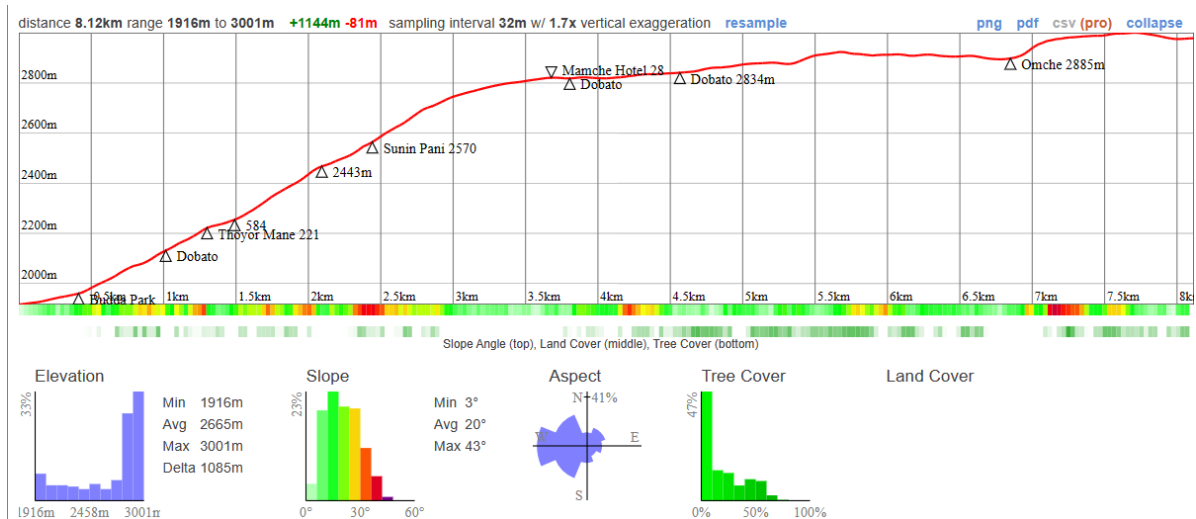
c. Alternative Route of Access

- Ktm.-Arughat-Takukot-Dharche Danda-Barpak.
- Ktm.-Arughat-Machhekhola-Gumda-Barpak.

ii. Day 2: Barpak-Mamche Danda-Lamra Kharka (3160m)

a. Significant Touristic Places

- Barpak village, Mamche danda viewpoint, Laprak New village (Gumsipakha), Rhodendron forest, Lamrakharka viewpoint.



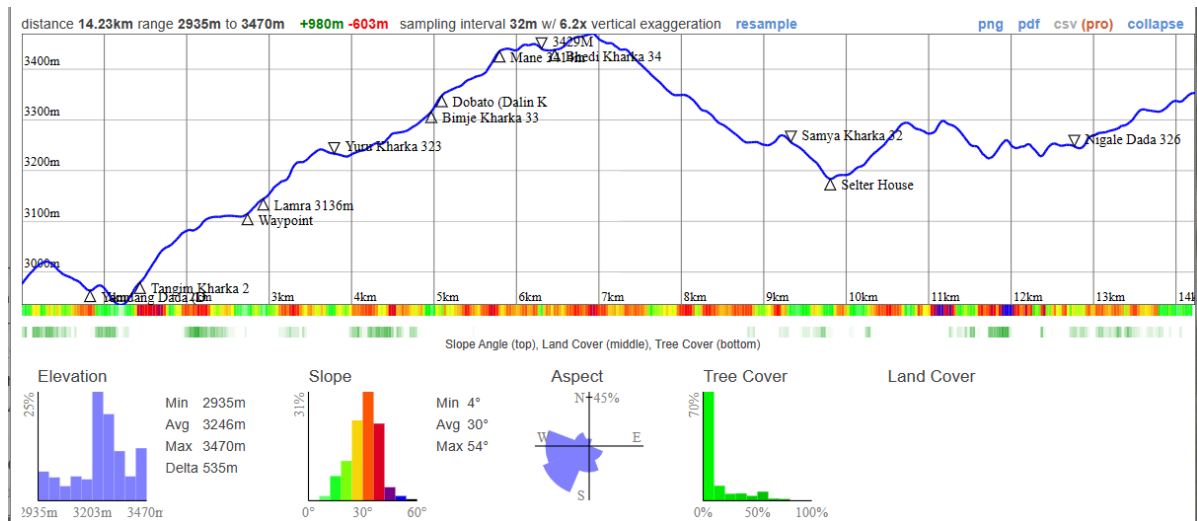
b. Points of Interest

- Experiencing life in Barpak village.
- Hiking and soft trekking.
- Observing panoramic views of Ganesh Himal range, Buddha Himal and Himalchuli from Mamche Danda and other viewpoints.
- Walking through Rhododendron forest, and grasslands along the rims.

iii. Day 3: Lamra Kharka to Rupse and Mircha Kharka (3368m)

a. Significant Touristic Places

- Yuru Kharka, Bhimje Kharka, Samya Kharka, Ruse Kharka, Micha Bamboo forest, Libar Pokhari, Daling Kharka, Rupse Liwa (historical salt mining place), Sasing Liwa, Stone Changar Deuta in Changar Danda, Borjen Phug,



b. Points of Interest

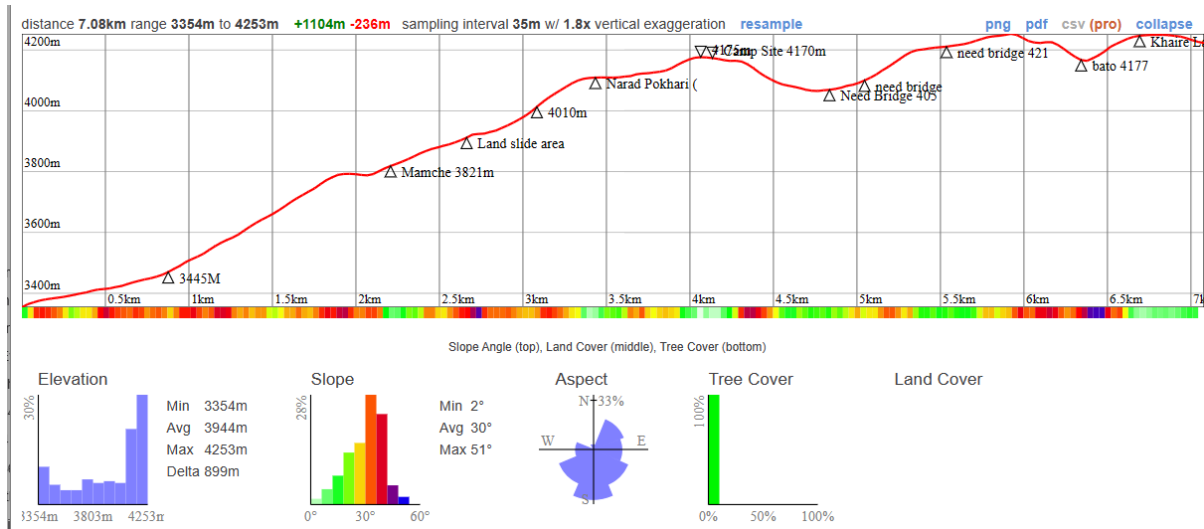
- Observing the majestic view of Buddha Himal and Ganesh Himal range.
- Wilderness treks through pristine forest, including bamboo forest.
- Encountering with the Sheep/Goat caravans, livestock herders, NTFPs collectors & pilgrims, especially at Mircha.

iv. Day 4: Mircha-Naradpokhari/Khaire Khola (4240m)

a. Significant Touristic Places

- Mircha: Mircha is the junction to Barpak, Rupina La, Naradpokhari and Dudhpokhari.
- Pristine forest, Hatti Gauda, Naradpokhari (located at 4109m), Chandipokhari (as big as Naradpokhari), Somaru Okla, Chilam River-Khaire Pass.

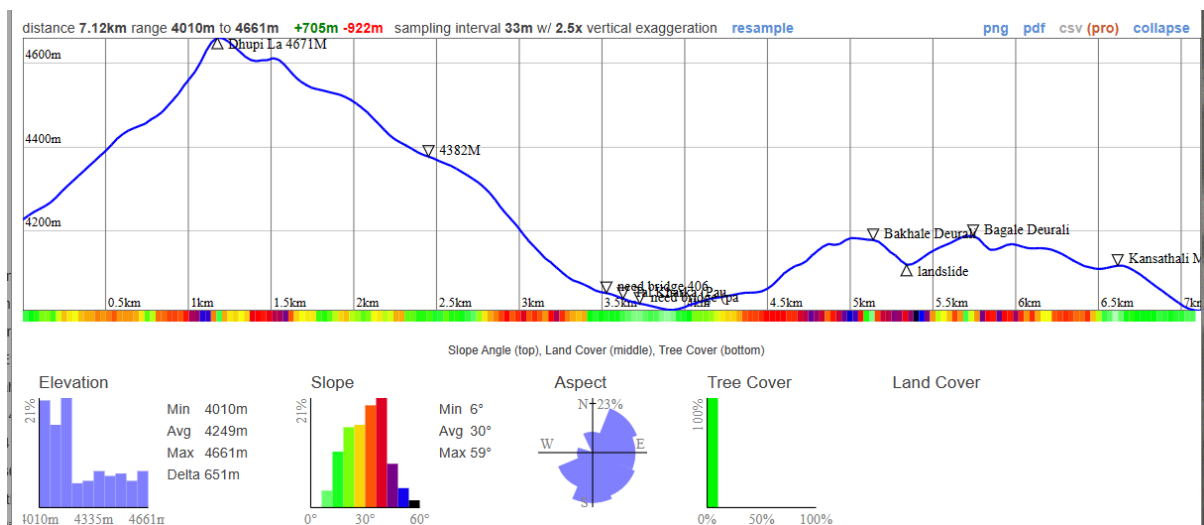
Trail Profile Report- Buddha Himal Himalchuli Great Lakes Circuit Trail, Gorkha & Lamjung



b. Points of Interest

- Wilderness, pilgrimage and adventure experiences.
- Wilderness treks through forest and bamboo forest, may encounter Red Pandas.
- Paying visit to majestic and sacred Narad Pokhari and Chandipokhari. Janaipurna is a big festival.
- Spending night overseeing the majestic view of Naradpokhari and Daraudi valley.
- Enjoying the crystal image of Buddha Himal at Khaire Khola.
- Experiencing Via-ferata in the near future

v. Day 5: Naradpokhari/Khaire Khola-Tapi Madi (3847m)



a. Significant Touristic Places

- Khaire Khola, Paukhola, Dhupi La (4671m on straight route), Bhume Odhar (Cave), pristine forest area, Kankasthali & Margashyo (Gurung ancestral places), beautiful alpine pasturelands, including Tapi Madi.

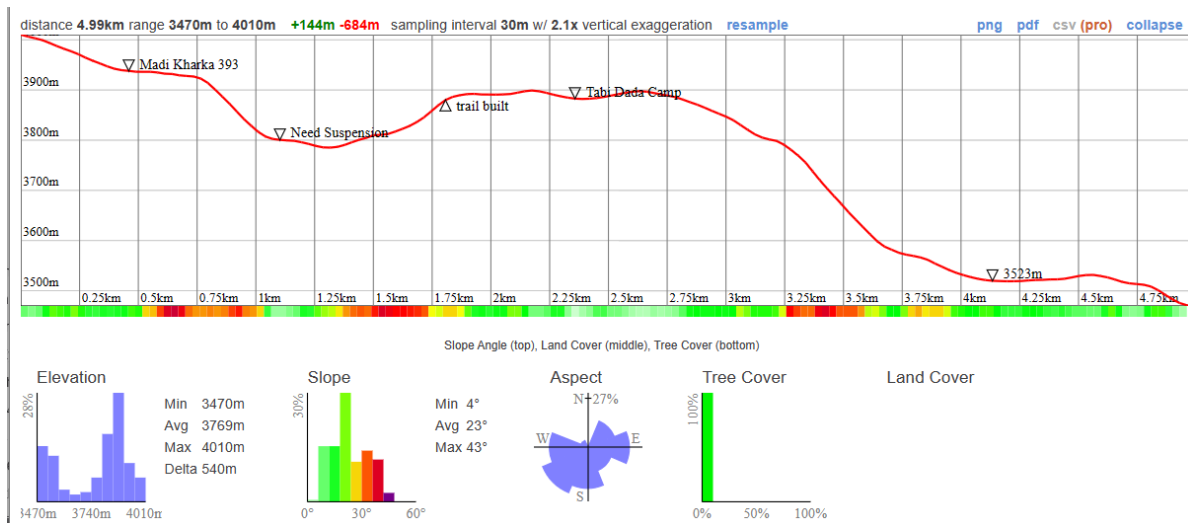
b. Points of Interest

- Wilderness, adventure and historical experience.
- Lower route goes via Tapimadi and Margashyo (Gurung ancestral site). Upper route via Dhupi La.
- Majestic view of Buddha Himal from Dhupi La and other points such as Tapi Madi.
- Traversing through the colorful grasslands. Encountering Sheep and Goat caravans.
- Mesmerizing view of unfolding mountains and hills towards south, Daraudi valley.

vi. Day 6: Tapi Madi/Danda to Dudhpokhari and Gairikharka (4277m).

a. Significant Touristic Places

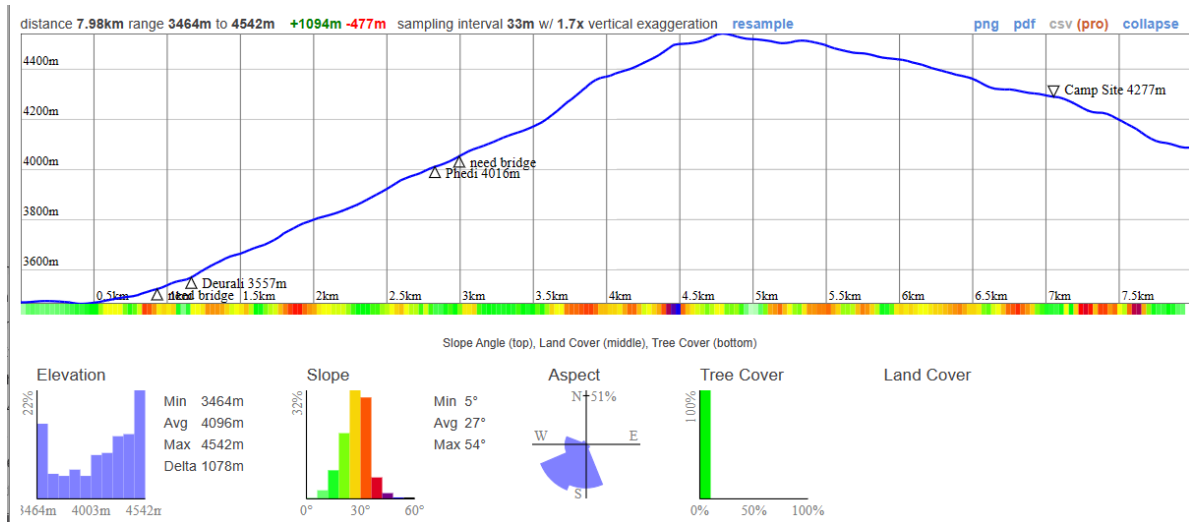
- Tapi Madi, Mritu Madi, Siran Khola, Dharmashala, Dudhpokhari (4535m), Deurali Phedi, Gairikharka, beautiful view of Mt. Fishtail.



b. Points of Interest

- Trail from Ajirkot joins here, today.
- Visiting and paying homage to sacred Dudhpokhari. Janaipurnima is the biggest festival.
- Wilderness, adventure and pilgrimage experiences
- Trekking through colorful grasslands, rocks & forests.
- Observing Mt. Fishtail at the western horizon.

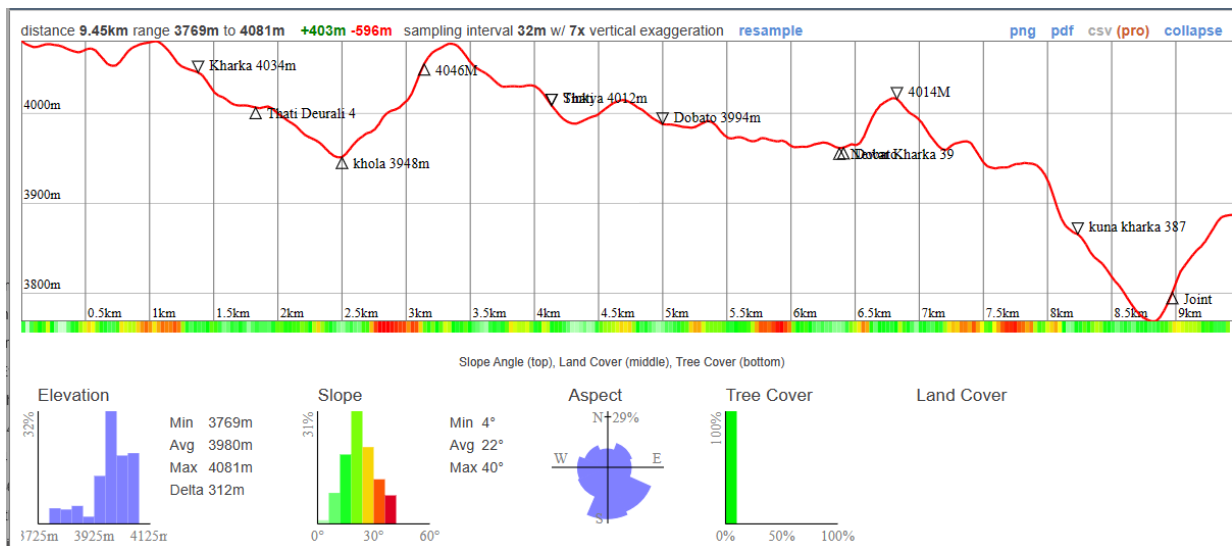
- Observing the outstandingly beautiful landscape of the folded hills towards south (Someshwor hill in Chitwan can also be seen in a clear day).



vii. Day 7: Gairikharka to Hile Kharka to Ngyamlo Ra (4096m)

a. Significant Touristic Places

- Gairikharka, Bangedhar, Vever Kharka, Kuna Kharka, Ngyamlo Ra (Milky Pool), pristine forests, beautiful rangelands, habitat of many important mammals and birds, Kistapokhari pass.



b. Points of Interest

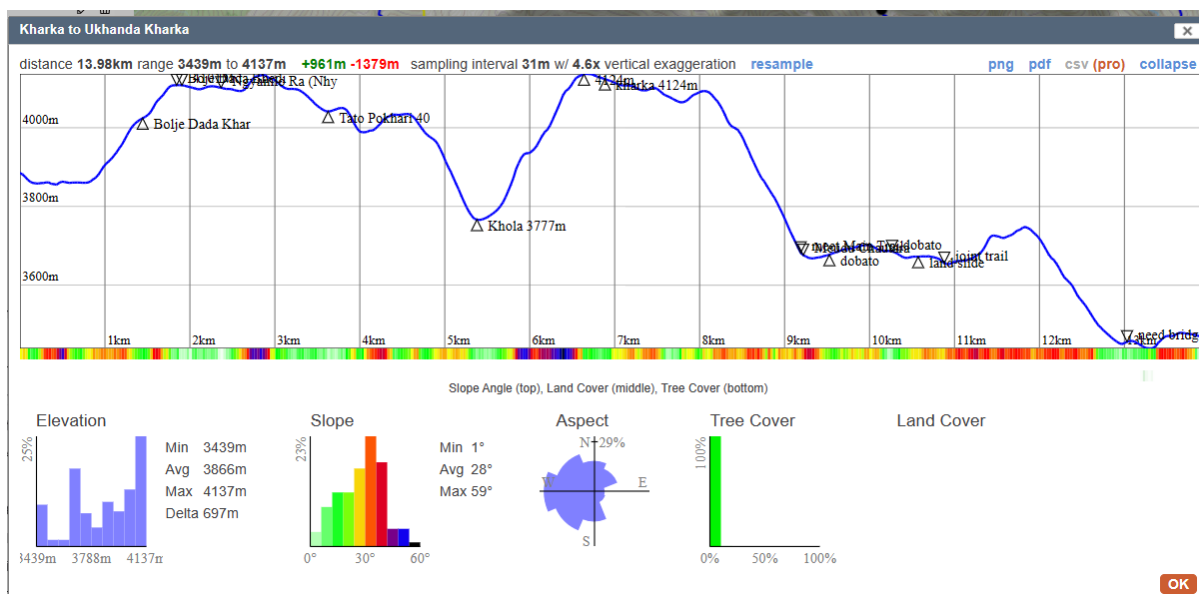
- Trail from Dudhpokhari & Dordi joins here, today.
- Wilderness and adventure experiences.

- Trekking through colorful kharkas, and forest. Best site for wildlife encountering wildlife and birds, especially Musk Deer, Danfe etc.
- Best place for observing the majestic view of Buddha Himal, Himalchuli and Annapurna range from Kistapokhari pass and other locations. Kistapokhari is the short-cut route with best mountain views.

viii. **Day 8: Nygamlo La to Miudo Chautari to Ukhanda Kharka (3470m).**

a. **Significant Touristic Places**

- Nygamlo La- Miudu Danda, beautiful kharkas, forest, caves, Bolje Danda Kharka, Tato Pokhari (4030m), Ukhanda Kharka



b. **Points of Interest**

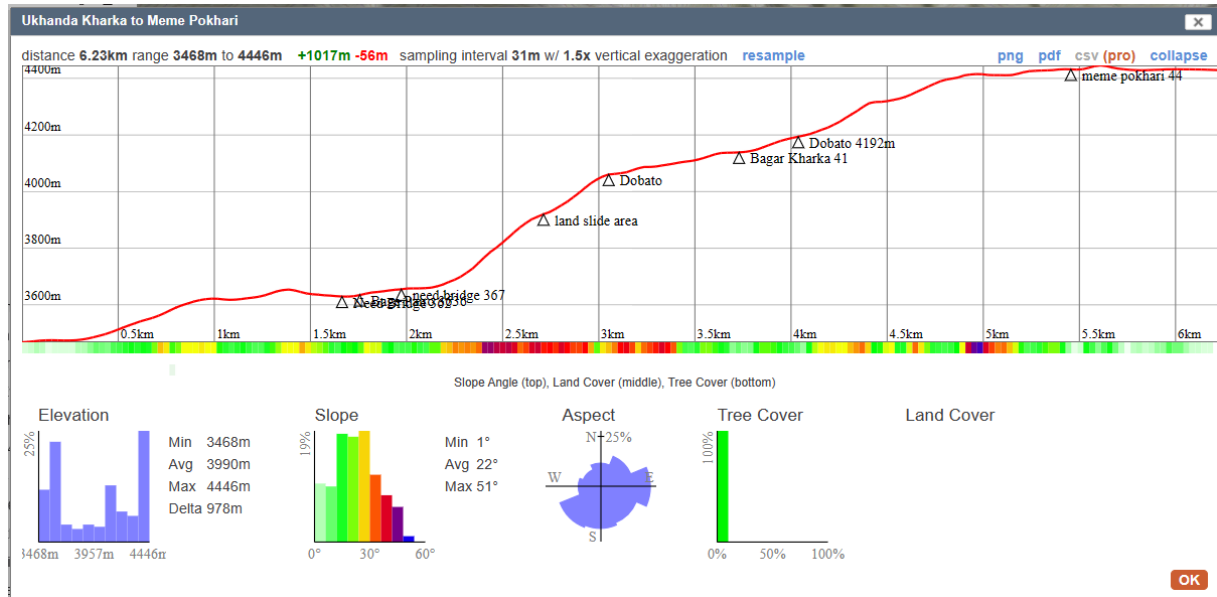
- Trail from Dordi (Tanje) joins here, today.
- Wilderness and adventure experiences.
- Trekking through colorful kharkas, and largest patches of Rhododendron and Dhupi (conifer) forests.
- The majestic views of Buddha Himal & Himalchuli can be seen like in the mirror from Ukhanda and Miudo Danda.
- Best site for wildlife encountering endangered and flagship mammals and birds. High-poaching area.

ix. **Day 9: Ukhanda Kharka to Bagar Kharka to Meme Pokhari/Kharka (4436m).**

a. **Significant Touristic Places**

- Damselo, Bage Paharo Kharka, beautiful alpine pasture, Buddha Himal and Himalchuli Base camp (common).

- Meme Pokhari Lake Series with five other lakes: Tarwal Tal, Batara Tal, Pargyo La, Dudh Pokhari, Narada.



b. Points of Interest

- Wilderness, adventure and pilgrimage experiences.
- Visiting and paying homage to Memepokhari and other 5 lakes.
- Observing the majestic view of Himalchuli (all three peaks).
- Alpine grasslands, glacier lakes & avalanches.
- Meme La pass is the best view point.

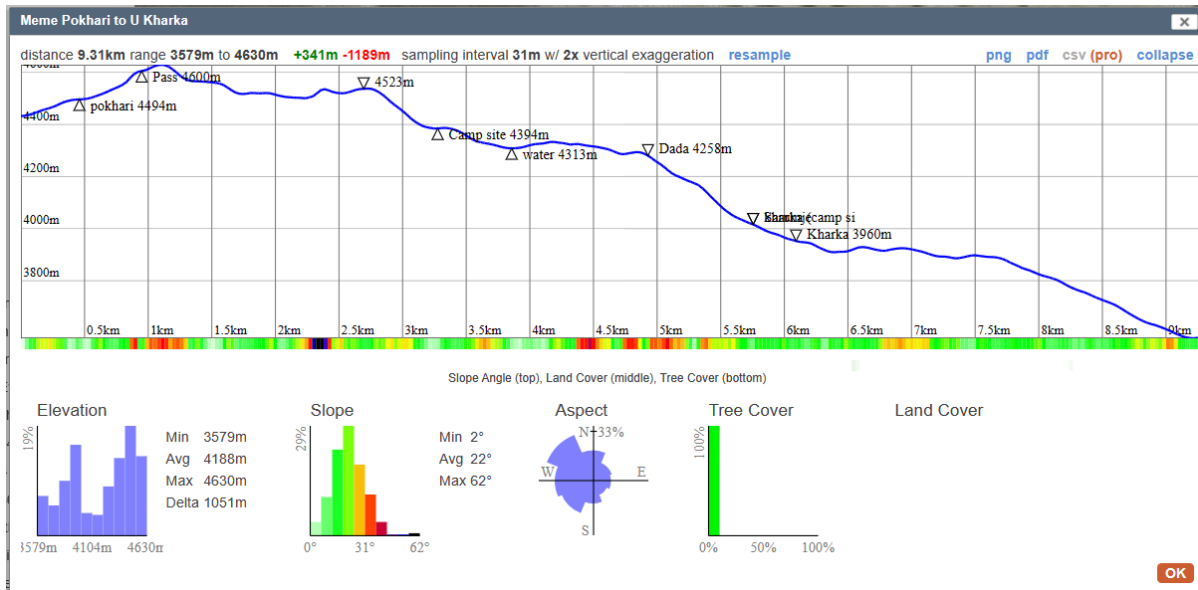
x. Day 10: Meme Pokhari to Sarumje Kharka to U Kharka or Jaljale Kharka

a. Significant Touristic Places

- Mame La pass, Saramje Kharka, U Kharka, Fidi Khola, Tarera Khola, Jaljale

b. Points of Interest

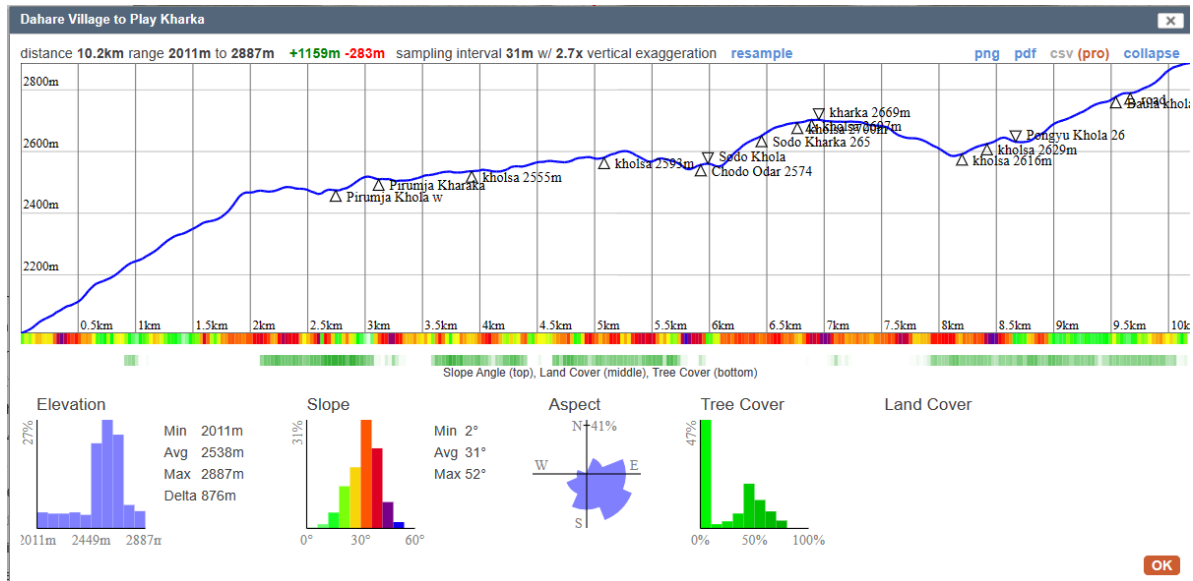
- Wilderness, adventure and pilgrimage experiences.
- Exploration of Memepokhari Lake series.
- Best view of Himalchuli, and Dr. Harka Peak from Meme La.
- Trekking through lakes, and colorful kharkas.
- Adventure trek. Experiencing Via-ferata in the near future.



xi. Day 11: U Kharka or Jaljale Kharka to Lovi Kharka to Thulagi Kharka (4302m)

a. Significant Touristic Places

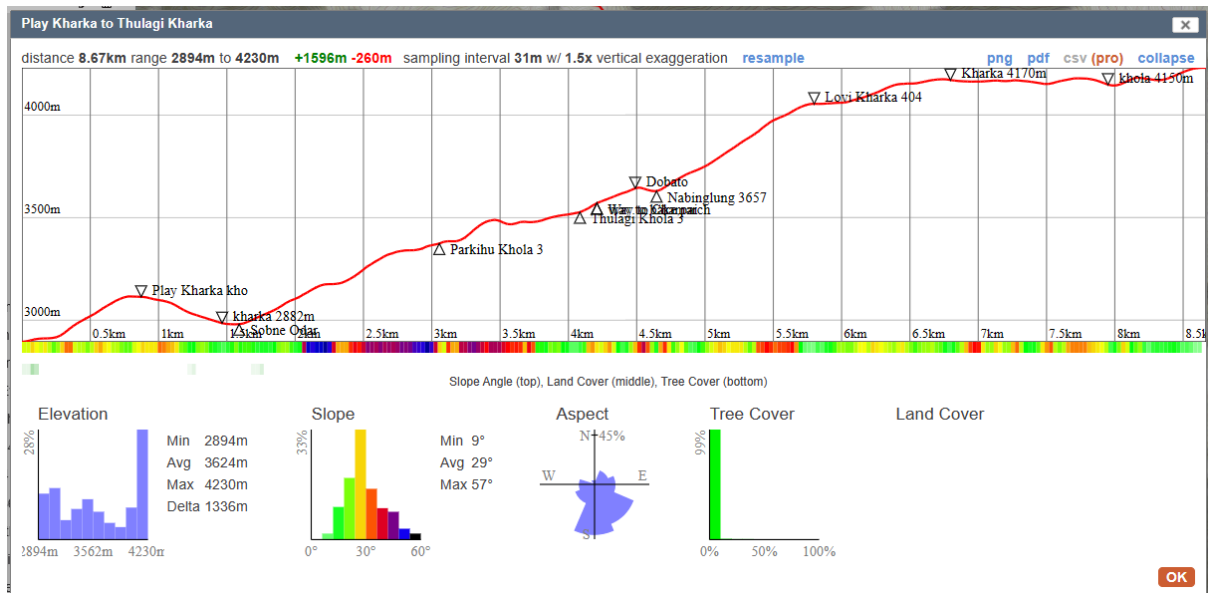
- Colorful Kharkas (Lovi kharka, Nagi kharka), Thulagi Lake, Tamsyo Lake (5150m pass), Duna Tal (in a side trip), glacial lakes and river (Ngadi), Mountain peaks (Dr. Harka Peak and more), alpine pasture, yak-farms, Thulagi Kharka



b. Points of Interest

- Wilderness, adventure and pilgrimage experiences.
- The best and closest views of Himalchuli and Dr. Harka Peak.

- Trekking through sacred glacier lakes and colorful kharkas.



xii. Day 12: Exploration around Thulagi Lake Area

a. Points of Interest

- Observing around Thulagi Lake and glacier sites.
- Visiting pasturelands and Yak farms (about 400 yaks).
- Visiting Tamasyo Tal. Side trip to the view point to observe Duna Lake (in Nason RM, Manang)
- Doona Tal (in a side trip), glacial lakes and river (Ngadi), Mountain peaks (Dr. Harka Peak and more), alpine pasture, yak-farms, Thulagi Kharka
- Best views of Dr. Harka Peak, Manaslu, Himalchuli.

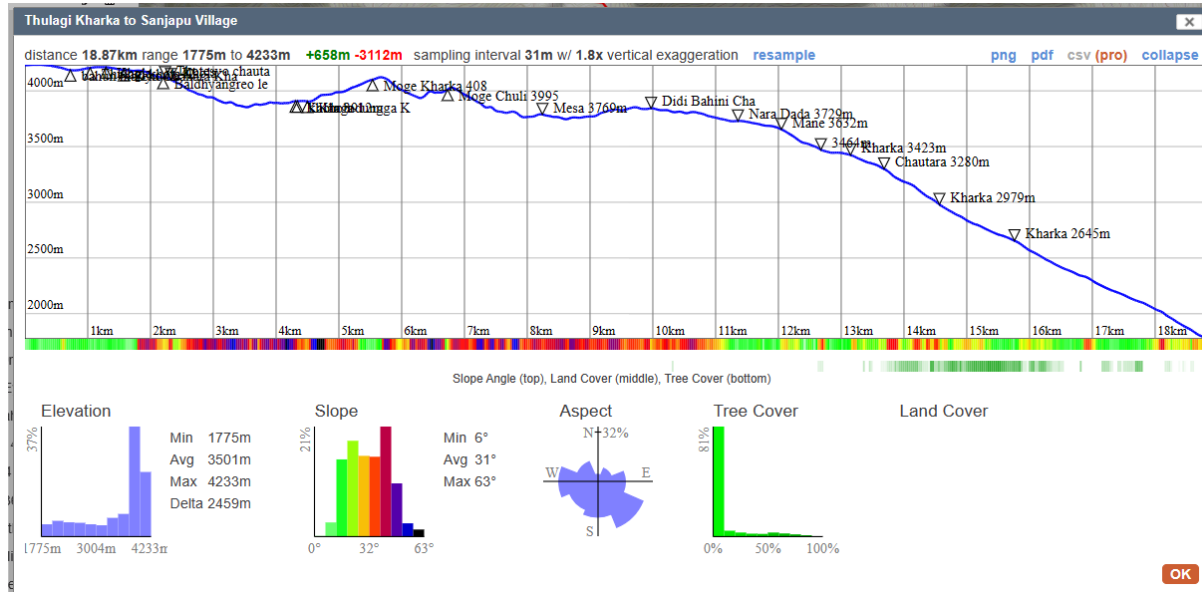
xiii. Day 13: Thulagi Kharka to Ngoro La (3729m).

a. Significant Touristic Places

- Alpine kharkas such as Moge Kharka and Mensa Kharka; Didi-Bahini Chautara, Ngoro La (view point), alpine and temperate forest.

b. Points of Interest

- Visiting pasturelands and Yak farms (about 400 yaks).
- Encountering with some endangered mammals and bird species.
- Majestic views of Dr. Harka Peak, Manaslu, Himalchuli.



xiv. **Day 14: Ngoro La to Sanjapu (2350m)**

a. **Significant Touristic Places**

- Sanjapu village, one of the largest Gurung villages with 105 households.
- Largest block of Rhododendron forest in between Sanjapu and Ngoro La.
- Various Kharkas, sacred worshipping places, temples, thans and kolasohtar (of Bon)

b. **Points of Interest**

- Observing the mesmerizing views of mountains, forest and grasslands
- Trekking through the Rhododendron forest and grasslands.
- Experiencing the still best preserved Gurung culture and lifestyle: stone slab roofed houses, locals using Bhakkhu, involving in livestock farming, producing cardamom, harvesting wild honey and many organic products.

xv. **Day 15: Sanjapu to Germu to Syange (or Bahundanda/Ngadi) to Kathmandu.**

- Visiting Germu village
- Visiting Syange and Tal area in Marsyangdi River valley (on the way to Manang).
- Travelling by Jeep to Ktm. Via Ngadi and Besisahar

3.3 Major Features of the Side Trails/Short Circuit Trails

3.3.1 Arughat-Takukot-Dharchedanda-Barpak-Ajirkot Sub-circuit (Lower/Cultural)

a. Significant Touristic Sites Connected by the Trail

- Arughat, Takukot, Sitagufa, Dharche Danda, Memche Danda, Barpak village, Aalgaon, Daraudi River, Turti, Dhansira, Ghyachowk, Goganpani, Sirandanda, Namki, Bhacchek Bazaar, Ajirkot, Siranchowk, Chhepetar.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Ghale, Newar and other ethnic communities at Takukot, Barpak, Ghyachowk, Goganpani, Namki, Bhacchek.
- Experiencing cultural homestay in Barpak, Ghyachowk and Namki. Visiting Earth-quake epicenter site and museum.
- Observing the panorama of Buddha Himal and Himalchuli and Ganesh Himal range from Dharche Danda, Mamche Danda, Sirandanda and Ajirkot.
- Enjoying local organic food, beverages, cultural dances and lifestyles through homestay & village tour.

c. Day Wise Itineraries

Table-4: Itinerary for Arughat-Takukot-Dharche Danda-Barpak-Ajirkot Circuit (Lower)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Malekhu (?)	Takukot	Hotel
2	Takukot	Thotneri	Dharche Danda	Lodge
3	Dharche Danda	Mamche Danda	Barpak Village	Homestay/Lodge
4	Barpak village	Dhansira	Ghyachowk	Homestay
5	Ghyachowk	Goganepani	Bhacchek	Hotel/Homestay
6	Bhacchek	Siranchowk	Kathmandu	

Table-5: Itinerary for Ajirkot-Barpak-Dharche Danda-Takukot-Arughat Sub-circuit (Lower)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Malekhu	Bhacchek	Hotel/Homestay
2	Bhacchek	Goganpani	Ghyachowk	Homestay
3	Ghyachowk	Dhansira	Barpak	Hotel/Homestay
4	Barpak village	Mamche Danda	Dharche Danda	Lodge
5	Dharche Danda	Thotneri	Takukot	Lodge
6	Takukot	Arughat	Kathmandu	

3.3.2 Ajirkot- Dudhpokhari-Naradpokhari-Barpak Sub-circuit (Upper)

a. Significant Touristic Sites Connected by the Trail

- Daraudi river valley, Siranchowk, Ajirkotgadi, Bhacchek Bazar, Namki Homestay, Sirandanda Gomba and Tea Garden, Nimchepokhari, Nagepokhari, Dharmashala, Dudhpokhari, Sirankhola, Tapimadi, Margasyo, Mritumadi, Dhupi La, Naradpokhari, Mircha, Gaikharka, Rushekharka, Lamra viewpoint, Mamche Danda viewpoint, Barpak village, Dhodeni.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Ghale, Tamang, Newar, Sherpa and other ethnic communities at Bhacchek, Sirandanda, Namki, Barpak etc.
- Visiting the sacred and beautiful lakes: Nimchepokhari, Nagepokhari, Dudhpokhari, Naradpokhari etc.
- Observing Rhododendron forest, orchids, colorful pastures, Sheep/Goat caravans, wild mammals, butterflies and birds.
- Visiting historical forts, Kots, cultural museums at Ajirkot, Sirandanda and Barpak.
- Observing the panorama of Buddha Himal and Himalchuli and Ganesh Himal range from Ajirkot, Sirandanda, Nagepokhari, Lamra, Mamche Danda.
- Experiencing cultural homestay in Barpak, Ghyachowk and Namki. Enjoying local organic food, beverages, cultural dances and lifestyles.

c. Day Wise Itinerary

Table-6: Itinerary for Bhacchek-Nagepokhari-Dudhpokhari-Tapimadi-Naradpokhari-Mircha- Mamche-Barpak (or Vice-versa)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Mugling	Bhacchek	Lodge/Homestay
2	Bhacchek	Sirandanda	Nage Pokhari	Gothstay, Camping
3	Nage Pokhari	Sirankhola	Dudhpokhari	Dharmashala, Camping
4	Dudhpokhari	Sirankhola	Tapimadi	Gothstay, Camping
5	Tapimadi	Paukhola	Naradpokhari	Camping, Dharmashala
6	Naradpokhari	Naradpokhari Phedi	Mircha	Gothstay, Camping
7	Mircha	Rupshe/Gai Kharka	Lamra Kharka	Gothstay, Camping
8	Lamra Kharka	Mamche Danda	Barpak	Lodge/Homestay
9	Barpak	Khaireni	Kathmandu	

3.3.3 Rainaskot-Gauda-Ilampokhari-Dudhpokhari-Nagepokhari-Bhacchek Sub-circuit

a. Significant Touristic Sites Connected by the Trail

- Rainaskot, Gauda, Leureni, Jorne, Ilampokhari, Chyarne Bhanjyang, Lipe, Notache, Gaikharka, Dudhpokhari, Sirankhola, Nagepokhari, Sirandanda, Namki, Bhacchek, Ajirkot.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Tamang, Newar, and other ethnic communities at Bhacchek, Sirandanda, Namki, Barpak etc.
- Visiting the sacred and beautiful lakes: Ilampokhari, Dudhpokhari, Nagepokhari, Nimchepokhari etc.
- Observing Rhododendron forest, orchids, colorful pastures, Sheep/Goat caravans, wild mammals, butterflies and birds in Ilampokhari, Lipe, Sirankhola, Nagepokhari, Ajirkot area.
- Visiting historical forts, Kots, cultural museums at Rainaskot, Gauda, Ilampokhari ruins, Sirandanda, Ajirkot etc.
- Observing the panorama of Lamjung Himal, Himalchuli, Buddha Himal range and Mt. Machhapuchhre from Leureni viewpoint (Prince Harry Station), Gauda, Lipe, Dudhpokhari, Nagepokhari, Sirandanda, Ajirkot.
- Experiencing cultural homestay in Rainaskot, Gauda, Bhumlichowk and Namki. Enjoying local organic food, beverages, cultural dances and lifestyles.

c. Day Wise Itinerary

Table-7: Itinerary for Rainaskot-Gauda-Ilampokhari-Dudhpokhari-Bhacchek (and Vice-versa)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Mugling/Dumre	Rainaskot	Homestay
2	Rainaskot	Gauda	Jorne Danda	Homestay/Lodge
3	Jorne Danda	Ilam Pokhari	Lipe Phedi	Gothstay, Camping
4	Lipe Phedi	Nautache	Gairi Kharka	Gothstay, Camping
5	Gairi Kharka	Dudhpokhari, Dharmadhala	Sirankhola	Gothstay, Camping
6	Sirankhola	Nagepokhari	Bhacchek	Lodge/Homestay
7	Bhacchek	Sirandanda	Kathmandu	

3.3.4 Sreemanjyang-Okhari-Jorney-Ilampokhari-Lipe-Damrang-Nauthar Sub-circuit

a. Significant Touristic Sites Connected by the Trail

- Sreemanjyang (Boudha Gomba, homestay and Tea Garden), Devasthan, Okhari, Lowerchowk, Jorne, Ilampokhari, Chyarne, Lipe Lekh, Gaikharka, Dudhpokhari, Notache, Lipe, Damrang (pond, green park), Nauthar Sera.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Tamang, Newar, Chhetri-Brahmin and other ethnic communities at Sreemanjyang, Okhari, Jorne, Damrang, Kamchowk, Nauthar etc.
- Paying homage to sacred lakes: Ilampokhari, Dudhpokhari etc.
- Observing Rhododendron forest, orchids, colorful pastures, Sheep/Goat caravans, wild mammals, butterflies and birds in Ilampokhari, Damrang, Lipe Lekh, Dudhpokhari area.
- Visiting historical places such as Damrang forts, Ilampokhari ruin village and fort etc.
- Observing the panorama of Lamjung Himal, Himalchuli, Manaslu, Buddha Himal range and Mt. Machhapuchhre from Uttaradevi view tower, Leureni (Prince Harry Station), Jorne, Ilampokhari, Lipe and Damrang. Lipe is like a Poonhil in Annapurna region.
- Experiencing cultural homestay in Sreemanjyang, Kamachowk. Enjoying local organic food, beverages, cultural dances and lifestyles.

c. Day Wise Itinerary

Table-8: Itinerary for Nauthar-Lipe-Dudhpokhari-Ilampokhari-Gauda-Rainaskot Trail (and Vice-versa)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Mugling/Dumre	Sreemanjyang	Homestay
2	Sreemanjyang	Leureni	Jorne Danda	Lodge
3	Jorne Danda	Ilam Pokhari	Lipe	Camping, Gothstay
4	Visitign around Lipe	Lipe	Damrang	Homestay
5	Damrang	Kamchowk	Nauthar	Lodge
6	Nauthar Sera	Dumre	Kathmandu	

Note:

1. Dudhpokhari can also be planned from Lipe Lekh.
2. The greater circuit of Dordi can also be made.

Table-9: Itinerary for Greater Dordi Circuit (and Vice-versa)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Mugling/Dumre	Sreemanjyang	Homestay
2	Sreemanjyang	Leureni	Jorne Danda	Lodge
3	Jorne Danda	Ilam Pokhari	Lipe	Camping, Gothstay
4	Lipe		Nautache	
5	Nautache		Munche	
6	Munche		Ukhanda	
7	Ukhanda		Kulmodanda	
8	Kumlodanda		Chyarpu	
9	Chyarpu		Barahapokhari	
10	Barahapokhari		Taxar Purano Duwar	Majhgaon Homestay
11	Taxar		Kathmandu	

3.3.5 Nauthar–Simi Tanje- Meme Pokhari- Barahapokhari- Chitre-Taxar Sub-circuit

a. Significant Touristic Sites Connected by the Trail

- Nauthar, Kritipur, Dordi river corridor (with hydro power stations), Pramu Jharana, Simi, Tanje, Memepokhari, Buddha Himal and Himalchuli Base Camp, Barahapokhari, Khichowk, Purano Duwar, Taxar (homestay and viewtower), Chiti, Udipur.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Tamang, Newar, Chhetri-Brahmin and other ethnic communities at Simi, Tanje, Khichowk, Majggaon, Chiti etc.
- Paying homage to sacred lakes: Memepokhari (and other 5 lakes) and Barahapokhari.
- Observing Rhododendron forest, orchids, colorful pastures, Sheep/Goat caravans, wild mammals, butterflies and birds along the route and in and around Ukhanda, Memepokhari, Barahapokhari area.
- Visiting historical places such as Taxar.
- Observing the panorama of Himalchuli, Dr. Harka Peak, Manaslu, Buddha Himal, Lamjung Himal, and Annapurna range.
- Experiencing cultural homestay in Tanje, Khichowk, Majhgaon etc. to enjoy local organic food, beverages, cultural dances and lifestyles.

c. Day Wise Itinerary

Table-10: Itinerary for Nauthar -Simi Tanje- Memepokhari- Barahapokhari-Taxar Circuit (and Vice-versa)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Mugling/Dumre	Nauthar Sera	Lodge
2	Nauthar Sera	Kirtipur/Simi	Tanje	Homestay
3	Tanje	Jorkharka	Mohane (or Mesha Danda)	Gothstay, Camping
4	Mohane	Ukhanda	Memepokhari	Gothstay, Camping
5	Memepokhari	Kharka	Kumlodanda	Gothstay, Camping
6	Kumlodanda	Charpo Danda	Barahapokhari	Gothstay, Camping
7	Barahapokhari	Khanche/Kharka	Purano Duwar, Taxar	Homestay
8	Taxar	Udikur/Dumre	Kathmandu	

3.3.6 Ngadi-Tarachowk-Ludi-Barahapokhari-Chitre-Chhinkhola/Peacehill-Bulbule Sub-circuit

a. Significant Touristic Sites Connected by the Trail

- Tanglichowk, Marsyangdi Dam, Dr. Harka Gurung Cremation Park, Tarachowk, Ngadi River (with series of hydro power stations), Tarachowk, Ludi village, Dobato Kharka, Barahapokhari, Chitre, Chhinkhola/Peacehill, Bulbule.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Tamang, Chhetri-Brahmin and other ethnic communities at Tanglichowk, Tarachowk, Ludi, Chhinkhola etc.
- Paying homage to sacred Barahapokhari.
- Observing Rhododendron forest, orchids, colorful pastures, Sheep/Goat caravans, wild mammals, butterflies and birds along the route and in and around Barahapokhari, Dobatokharka and Chitre.
- Observing the panorama of Dr. Harka Peak, Himalchuli, Manaslu, Buddha Himal, Lamjung Himal, and Annapurna range.
- Experiencing cultural homestay in Tarachowk, Chhinkhola to enjoy local organic food, beverages, cultural dances and lifestyles.

c. Day Wise Itinerary

Table-11: Itinerary for Ngadi-Tarachowk-Barahapokhari-Chitre-Chhinkhola/Peacehill Circuit (and Vice-versa)

Day	Starting Point	Lunch	Night-stay	Accommodation
1	Kathmandu	Dumre	Ngadi, Bulbule	Lodge
2	Bulbule/Ngadi	Tarachowk	Ludi	Homestay
3	Ludi	Dobato Kharka	Barahapokhari	Gothstay, Camping
4	Barahapokhari	Chitre	Chhinkhola or /Peacehill	Homestay/Resort
5	Chhinkhola or Peacehill	Dumre	Kathmandu	

3.3.7 Ngadi-Bahundanda-Sanjapu-Ngoro Danda-Thulagi-Dahare-Tarachowk-Ngagi Sub-circuit

a. Significant Touristic Sites Connected by the Trail

- Ngadi, Bahundanda, Sanjapu, Ngoro Danda, Thulagi Tal, Tamsyo Tal, beautiful apline rangeland, Ngadi River corridor, Dahare village, Tarachowk village, Ngadi village, Marsyangdi Dam etc.

b. Key Points of Interest

- Experiencing the rich culture, traditions, rituals, and dances of Gurung, Tamang, Chhetri-Brahmin and other ethnic communities in Ngadi, Tanglichowk, Bahundanda, Sanjapu, Dahare, Tarachowk etc.
- Paying homage to sacred Thulagi Lake and Tamsyo Tal.
- Observing the stunning mountain panorama of Dr. Harka Peak, Manaslu, Himalchuli, Manaslu, Buddha Himal, Lamjung Himal, and Annapurna range from Ngoro Danda and other viewpoints.
- Observing Rhododendron forest, orchids, colorful pastures, Sheep/Goat caravans, wild mammals, butterflies and birds along the route and in and around Sanjapu, Ngorodanda, Moge Kharka, Dahare area etc.
- Visiting historical places like the natal town of Bhakti Thapa, Cremation Park of Late Dr. Harka Gurung, birthplace of late National Poet Madhav Ghimire etc.
- Experiencing cultural homestay in Sanjapu, Tarachowk etc. to enjoy local organic food, beverages, cultural dances and lifestyles.

c. Day Wise Itinerary

Table-12: Itinerary for Hile Taxar/Peace Hill/Ngadi-Chitre-Bara Pokhari-Meme Pokhari-Thulagi Tal-Ngadi Circuit (and Vice-versa)

Day	Starting Point	Lunch	Night Stay	Accommodation
1	Kathmandu	Mugling	Ngagi	Lodge
2	Ngagi	Bahundanda	Sanjapu	Homestay
3	Sanjapu	Temro Kharka	Ngoro Danda	Gothstay, Camping
4	Ngoro Danda		Thulagi Lake	Gothstay, Camping
5	Thulagi Lake	Sarumje Kharka	Dahare	Homestay, Camping
6	Dahare	Lovi Kharka	Tarakhola	
7	Tarakhola	Ngadi	Kathmandu	