

Days on tour	Days on GHT	Days on Date	Day route	Walk distance, km	Walk Time	Means of transport
	0	30.10.2017	KTM(1400)-Badrappur(91)-Phidim(1756)			air (1h), jeep (4h)
	1	31.10.2017	Phidim(1756)-Tapejung(1820)-Chiruwa(1270)	27	6h30min	jeep(3h-30km),walk(6h30m-
	2	01.11.2017	Chiruwa(1270)-Sekathum(1576)	12.8	4h	
	3	02.11.2017	Sekathum(1576)-Gyabla(2730)	20	7h30min	
	4	03.11.2017	Gyabla(2730)-Gunza(3595)	12.5	5h30min	
	5	04.11.2017	Gunza(3595)-Kangpochen	12	3h30min	
	6	05.11.2017	Khangpachen(4050)-Lhonak(4780)-KBC(5143)-Lhonak(4780)-Khangpachen(4050)	39.2	10h	
	7	06.11.2017	Kangpochen(4050)-Gunza(3595)	12	3h	
	8	07.11.2017	Gunza(3595)-Nango La(4776)-Yangma Khola (2800)-Olanchung Gola(3191)	32.6	12h	
	9	08.11.2017	Olanchung Gola(3191)-Lumbha Sambha Phedi(4453)	16.2	6h	
	10	09.11.2017	Lumbha Sambha Phedi(4453)-Lumbha Sambha Pass(5159)-Thudam(3556)	20	8h	
	11	10.11.2017	Thudam(3556)-Arun Nadi(1800)-Chamtang(2187)	24.3	9h30min	
	12	11.11.2017	Chamtang(2187)-Kharka 4 hours (8km) before Molun Pokhari(3500)	15.1	8h	
	13	12.11.2017	Kharka(3500)-Molun Pokhari(3954)-Local Pass(4200)-Khola Kharka Khola(3200)	22.4	10h	
	14	13.11.2017	Khola Kharka Khola(3200)-Saldim Khola(2900)-Local Pass(4370)-Kalo Pokhari(4192)	16	8h	
	15	14.11.2017	Kalo Pokhari(4192)-Local Pass(4300)-Barun Nadi(3400)-Yangla Kharka(3557)	15.6	8h	
	16	15.11.2017	Rest day (Yangla Kharka)	0	0h	
	17	16.11.2017	Yangla Kharka(3557)-Makalu BC(4870)	18.2	7h	
	18	17.11.2017	Makalu BC(4870)-Sherpani Col BC(5688)	11.7	6h	
	19	18.11.2017	Sherpani Col BC(5688)-Sherpani Col(6180)-West Col(6190)-Honku Basin(5500)	12.7	10h	
	20	19.11.2017	Honku Basin(5500)-Glacier(5300)-Amphu-Labsta Pass(5845)-Chhukhung(4730)	21	11h	
	21	20.11.2017	Chhukhung(4730)-Dingboche(4410)-Dzongla(4830)	19	6h	
	22	21.11.2017	Dzongla(4830)-Cho La(5420)-Gokyo(4790)	16.3	5h30min	
	23	22.11.2017	Gokyo(4790)-Renjo Pass(5360)-Thame(3820)-Namchebazar(3440)	36	9h30min	
	24	23.11.2017	Rest day (Namchebazar)	0	0h	
	25	24.11.2017	Namchebazar(3440)-Thame(3820)-Thyangbo(4230)	16	6h	
	26	25.11.2017	Thyangbo(4230)-Tashi Labsta Pass(5755)-Glacier Camp(4735)	23.4	12h	
	27	26.11.2017	Glacier Camp(4735)-Na(4180)-Beding(3740)	24	7h	
	28	27.11.2017	Beding(3740)-Simigaon(2036)-Chetchet(1377)-Jagat(1150)	35.7	9h	
	29	28.11.2017	Jagat(1150)-Laduk(2050)-Loting(1768)	31.3	11h	
	30	29.11.2017	Loting(1768)-Bigu Gompa(2516)-Kapthang(3550)	20.4	9h	
	31	30.11.2017	Kapthang(3550)-Tinsang La(3778)-Chaku(1170)	27.3	9h	
	32	01.12.2017	Chaku(1170)-Listi(2260)-Chhagam(2650)-Local Pass(3200)-Kyangsin(2520)	22	9h	
	33	02.12.2017	Kyangsin(2520)-Nyasem Khola(1861)-Tembathang(2160)-Kharka(3800)	24.6	11h	
	34	03.12.2017	Kharka(3800)-Panch Pokhari(4070)-Tin Pokhari(4255)	18.3	8h	many ups and downs

35	30	04.12.2017	Tin Pokhari(4255)-Tilman Pass(5308)-Numthang(3940) Numthang(3940)-Kyangjin Gompa(3830)-	30 12h	
36	31	05.12.2017	Syabrubesi(1503)	42.2 10h	
37	32	06.12.2017	Rest Day (Syabrubesi) Syabrubesi(1503)-Gotlang(2238)-Khurpudada	0 0h	jeep(2h-13km),walk(4h-16km)
38	33	07.12.2017	Pass(3710)-Somdang(3258) Somdang(3258)-Pansan Pass(3830)-Tatopani	16 4h	
39	34	08.12.2017	Khola(1400)-Lapagaon(1850) Lapagaon(1850)-Mangro Bhanjyang(2936)-Myangal	34.1 9h30min	
40	35	09.12.2017	Bhanjyang(2975)-Budhi Gandaki (790)-Khorlabesi(970)	35.5 11h	
41	36	10.12.2017	Khorlabesi(970)-Jagat(1340)-Philim(1570)	20 6h	
42	37	11.12.2017	Phelim(1570)-Namrung(2630)	30 9h	
43	38	12.12.2017	Namrung(2670)-Samdo(3875)	27.1 9h	
44	39	13.12.2017	Samdo(3875)-Larkya Pass(5135)-Dharapani(1860)	48.5 13h	
45	40	14.12.2017	Dharapani(1860)-Manang(3540)-Yak Kharka(4050) Yak Kharka(4050)-Thorong Pass(5415)-	11 4h	jeep(4h-48km),walk(4h-11km)
46	41	15.12.2017	Mukhtinath(3760)	25 9h	
47	42	16.12.2017	Rest Day (Mukhtinath) Mukhtinath(3760)-Kagbeni(2810)-Bhima Lojun La(4460)-	0 0h	jeep(20min-12km),walk(7h-22,4km)
48	43	17.12.2017	Santha(3777)	22.4 7h	
49	44	18.12.2017	Santha(3777)-Niwas La(5120)	24.1 9h	
50	45	19.12.2017	Niwas La(5120)-Chharka Bot(4302) Chharka Bot(4302)-Chharka Khola(4100)-Chap	27 7h30min	
51	46	20.12.2017	Chu(4320)	17 4h30min	
52	47	21.12.2017	Chap Chu(4320)-Chan La(5378)-Dho Tarap(4100) Dho Tarap(4100)-Numala La(5309)-Gyambo	22.5 7h	
53	48	22.12.2017	Khola(4200)-Danigar(4512) Danigar(4512)-Bagala La(5169)-Ringmo(3640)-	21.6 7h	
54	49	23.12.2017	Polam(3397)	24.2 7h30min	
55	50	24.12.2017	Polam(3397)-Phokhosundo Khola(2950)-Lasa(4060)	20.6 6h30min	
56	51	25.12.2017	Lasa(4060)-Kagmara La(5115)-Hurikot(2750) Hurikot(2750)-Nauli Ghot(3670)-Maure Lagna(3894)-	32.6 10h	walk(7h-25km),traktor(2h-8 km)
57	52	26.12.2017	Chotra(3380)	25 7h	
58	53	27.12.2017	Chotra(3380)-Guthichaur La(2995)-Jumla(2540) Jumla(2540)-Daphe Lagna(3685)-Lete Gad(2800)-	0 0h	traktor(5h-30km)
59	54	28.12.2017	Bulbule(3182) Bulbule(3182)-Ghurchi Lagna(3445)-Gamgadhi(2095)-	32.2 9h	
60	55	29.12.2017	Mugu Nadi(1800)-Bama(2700) Bama(2700)-Changkheli Lagna(3594)-Piplan(1700)-	29.1 10h	
61	56	30.12.2017	Melchham(2800)	36.7 12h	
62	57	31.12.2017	Melchham(2800)-Apsia Lek(3195)-Punkha Khola(3010) Punkha Khola(3010)-Margor Lek(4037)-	23 9h	
63	58	01.01.2018	Kharpunath(2100)-Simikot(2985)	29 11h	
Total by foot				1382 in 476 hours (63days)	
Avg speed				2,9km/h	