

Cultural Bigu Trek – Gauri Shankar Area

These are our main recommended trekking options, but please note that they are flexible and possible to customize to the individual trekker. You can also choose a different area after discussions with your tour leader. You will trek in small groups of 2-4 persons.

Option 1

Trek: Charikot - Bigu Gompa - Barhabise

Trek days: 8 – 9 days

Difficulty level: Medium

Day	Destination
1	By bus around 7:00 a.m. from Bhaktapur to Charikot (1980 m): <u>6 hrs</u> , walk 40 minutes gentle down and stay with a family at Dolakha (1900 m)
2	Dolakha – Ratomate (900 m) - Piguti (1020 m): <u>5½ hrs</u>
3	Piguti - Singati (1100 m)– Laduk (2000 m) – Bulung (1900 m): <u>5 – 5½ hrs*</u>
4	Bulung - Laduk – Chyarsapa (1900 m) – Chilankha (1800 m): <u>5½ hrs</u>
5	Chilankha - Loding (1900 m) – Sangba/Alampu – Bigu (2510 m): <u>5 - 5½ hrs</u>
6	Rest day at Bigu, visit monastery, meditation centre/hostels, <u>2½ – 3½ hrs'</u> worthwhile side trip to the northern ridge (3100 m) above Bigu to see the close view of mountains
7	Bigu – Thingsang La pass (3319 m) - Dolangsa (2510 m)/Fattyang : <u>6½ - 7 hrs</u>
8	Dolangsa/Fattyang – Karthali (1500 m) – Angir Pakha - Barhabise (800 m): <u>5 – 5½ hrs</u>
9	By bus to Bhaktapur (1350 m): <u>4 hrs**</u>

Note:

*Laduk & Bulung can be skipped by trekking along the Tama Koshi River to Chilankha from Singati. It is a little shorter from Shingati to Chilankha. Normally it is hot along the riverside. Therefore the trek via Laduk is recommended because it is scenic.

**The last bus to Kathmandu is available at 4:30 p.m.

Option 2

Trek: Jiri - Bigu Gompa - Barhabise

Trek days: 7 – 8 days

Difficulty level: Medium

Day	Destination
1	By bus around 7:00 a.m. from Bhaktapur (1350 m) to Jiri (1905 m): <u>7hrs</u>
2	Jiri – Lecten pass (2840 m) - Serakapte (2490 m) – overnight at Danda Kharka (2060 m), lower secondary school with blue roof just above the trail: <u>5 – 5½ hrs</u>
3	Danda Kharka – Sarsepu - turn right at the ward office – Yarsa (Jhyaku) – Bagandi – Bhorle (1100 m): <u>5 hrs</u>
4	Bhorle - Laduk (2000 m) – Chyarsapa (1900) - Chilankha (1800 m): <u>5 – 5½ hrs</u>
5	Chilankha – Loding (1900 m) – Sangba – Bigu (2510 m): <u>5 ½ - 6 hrs</u>
6	Rest day at Bigu, visit monastery, meditation centre/hostels, <u>2 – 3½ hrs'</u> worthwhile side trip to the northern ridge (3100 m) above Bigu to see the close view of the mountains
7	Bigu – Thinsangla pass (3319 m) – Dorje – Bhaire - Dolangsa (2489 m) – Fattyang: <u>6 ½ hrs</u>
8	Fattyang – Wodare – Karthali (1500 m)– Angir Pakha – Chhemadevi - Barhabise (800 m): <u>3 hrs</u> , by bus to Bhaktapur <u>4 hrs</u>

Note: The last bus to Kathmandu is available at 4:30 p.m.

Option 3

Trek: Jiri – Charikot

Number of days: 5

Difficulty level: Easy

Day	Destination
1	By bus around 7:00 a.m. from Bhaktapur (1350 m) to Jiri (1905 m): <u>7 hrs</u>
2	Jiri – Serakapte (2490 m): <u>3½ - 4 hrs</u>
3	Serakapte - Danda Kharka (2060 m), lower secondary school with blue roof just above the trail – Sarsepu - the steep down from the ward office after Sarspu leads to Pikhuti (1000 m) market across the suspension bridge over the Tama Koshi river – Stay at Malephu (950 m) or Ratomati (900 m): <u>4 – 4½ hrs</u>
4	Malephu or Ratomati to Dolakha (1650 m): <u>2½ - 3 hrs</u> The panoramic mountain view can be observed from here.
5	Dolakha to Bhaktapur(1350 m) by bus: 6 hrs, the last bus to Kathmandu is available until 2:00 p.m.

Note: All the treks can be always customized depending on the quick and slow walkers