

Lo Manthang

- 01 Kathmandu – Pokhara – 6/7h drive
- 02 Pokhara – Jomsom by flight, the same day trek to Kagbeni
- 03 Kagbeni – Chele - 3050m, 5-6h
- 04 Chele – Syangbochen – 3475m, 6-7h
- 05 Syangbochen – Ghaymi - 3520m, 5-6h
- 06 Ghaymi – Charang – 3500m, 4-5h
- 07 Charang – Lomanthang – 4-5h
- 08 Explore to Lomanthang
- 09 Lomanthang - Yara
- 10 Yara – Gharaluri Gumba - Tangbe
- 11 Tangbe – Chhusang
- 12 Chhusang – Muktinath
- 13 Muktinath – Jomsom
- 14 Jomsom – Pokhara/Kathmandu