

Trip Name : Rara To Dolpa Adventure Trek

Starting Point	Fly in KTM/KEP-Talcha
Ending Point	Fly out Juphal-KEP/KTM
Type	Fully Camping Trek
Grade	Hard
Duration	24 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to June and September to November
Max. Elevation	5115 mt.

Trip Highlights:

- The spectacular view of the Rara and Phoksundo Lakes
- The challenging Kagmara la pass (5,115m/16,782ft)
- Observation of the remoteness of Nepal
- Various species of flora and fauna
- Panoramic views of Snowy peaks
- Ancient and isolated villages
- Buddhist monasteries
- Enthralling culture and tradition

Trip Details:

This off-the-beaten-path and very less attempted trek through the remote wilderness of virgin western Nepal offers a superb experience of nature, culture, ancient villages, monasteries and a visit to the largest Lake Rara and the Phoksundo Lake in Dolpa. We fly from Nepalgunj to Talcha airstrip, one of Nepal's seasonal mountain airports and trek to Rara Lake. Rara Lake having an area of 10.8sq.km is the largest lake of Nepal and sits at an altitude of 2,980 meters (9,777ft) from sea level in the north-western high mountains of Nepal. The area surrounding the lake was declared as Rara National Park in 1976. The park is Nepal's smallest protected area comprising an area of 106sq.km. The Rara Lake attracts migrant wildfowl and is regarded among one of Nepal's finest regions for bird watching where we can see coots, snow cock, different species of pheasants, grebes, mallard, common teal, red-crested pochard and gulls. This is a combined adventure trek between Rara Lake in Mugu district and Phoksundo Lake in Dolpa district which has some attractions of wild and pristine landscape, fascinating villages, challenging high pass of Kagmara la (5,115m/16,782ft) and ancient Buddhist monasteries. Undoubtedly, the major highlights of this exceptional trek are the Rara and Phoksundo Lakes. Phoksundo Lake is situated in the Shey-Phoksundo National Park, the largest National Park in Nepal which covers an area of 3,555sq.km. It was established in 1984A.D. to preserve a unique Trans-Himalayan ecosystem with a diversity of flora and fauna. Phoksundo Lake is also known as the Blue Lake and contains no aquatic life. Finally, this stunning trek is finished in Juphal airstrip of Dolpa district. Juphal is another mountain airstrip and we fly to Kathmandu via Nepalgunj.

Season for Rara Lake to Dolpa Adventure Trekking:

Trekking from Rara Lake to Phoksundo Lake in Dolpa is the best in late spring (April to June) and autumn (Sept to Nov). The days are sunny and warm but the nights are cold. The only issue is cold and might be a problem due to ice/snow blockade over the high pass of Kagmara La and closed in winter and early spring.

High Altitude Warning:

Altitude sickness is a serious concern in the Rara Lake to Phoksundo Lake adventure trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Rara to Dolpa Adventure trek as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous rope climbing experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Lower Dolpo special trekking permit
- Rara and Shey-Phoksundo National Park permits
- A City Hotel in Nepalgunj for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- A Sherpa Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Necessary equipment including high mountain Tents, Ropes, Mattresses, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Nepalgunj (KEP)-Talcha and Jupal-Nepalgunj (KEP)-Kathmandu & ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal equipment that may require for high passes such as Ice-axe, Crampons, etc.

- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class –1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly from Kathmandu to Nepalgunj, overnight at a hotel.

Day 02 : Fly Nepalgunj to Talcha (3,350m/10,991ft) and trek to Rara Lake (2,980m/9,777ft).

Day 03 : Trek Rara Lake to Dhur (2,410m/7,907ft).

Day 04 : Trek Dhur to Bulbule (3,120m/10,236ft).

Day 05 : Trek Bulbule to Njaurighat (2,840m/9,318ft).

Day 06 : Trek Njaurighat to Danphe Lagna Camp (3,645m/11,959ft).

Day 07 : Trek Danphe Lagna Camp to Jumla (2,370m/7,775ft).

Day 08 : Trek Jumla to Dochal (2,630m/8,629ft).

Day 09 : Trek Dochal to Manigaon (2,820m/9,252ft).

Day 10 : Trek Manigaon to Chhopagaon (3,085m/10,121ft).

Day 11 : Trek Chhopagaon to Chaurikot (3,060m/10,039ft).

Day 12 : Trek Chaurikot to Kaigaon (2,610m/8,563ft).

Day 13 : Trek Kaigaon to Toijum (2,920m/9,580ft).

Day 14 : Trek Toijum to Kagmara Phedi (3,500m/11,483ft).

Day 15 : Trek Kagmara Phedi to Kagmara Bhanjyang (4,500m/14,764ft).

Day 16 : Trek Kagmara Bhanjyang to Lasa (4,060m/13,320ft) crossing over Kagmara la pass (5,115m/16,782ft).

Day 17 : Trek Lasa to Pungmo (3,800m/12,467ft).

Day 18 : Trek Pungmo to Polam (3,400m/11,155ft).

Day 19 : Trek Polam to Phoksundo Lake (3,600m/11,811ft).

- Day 20 : Rest day at Phoksundo Lake for excursion.**
Day 21 : Trek Phoksundo Lake to Rechi (2,940m/9,646ft).
Day 22 : Trek Rechi to Raktang (2,260m/7,415ft).
Day 23 : Trek Raktang to Juphal (2,400m/7,874ft).
Day 24 : Fly Juphal to Kathmandu via Nepalgunj.