

Phoksundo Lake to Rara Lake Trek

Standard Itinerary

Dolpa to Rara Lake Trek

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Day 02: Nepalgunj

Flight from Kathmandu to Nepalgunj 50 minutes. Overnight at hotel on BB plan.

Day 03: Dunai

Flight to Juphal 25 minutes and trek to Dunai 2150m 3 hours. Overnight at hotel on BB plan.

Day 04: Chhepka

Trek to Chhepka 2838m 7 hours. Overnight at Tent.

Day 05: Jharna

Trek to Jharna Hotel 3110m 6 hours. Overnight at Tent.

Day 06: Shey Phoksundo Lake

Trek to Shey Phoksundo Lake 3730m 3/4 hours. Overnight at Tent.

Day 07: Shey Phoksundo Lake

Rest day

Day 08: Forest Camp

Trek to Forest Camp 4400m 6 hours. Overnight at Tent.

Day 09: Kangla Pass Base Camp

Trek to Kangla Pass Base Camp 4800m 5 hours. Overnight at Tent

Day 10: Shey Gompa

Trek via Ngangda La/Kang La pass 5360m to Shey Gompa 4160m 7 hours. Overnight at Tent.

Day 11: Shey Gompa

Rest day

Day 12: Namgung

Trek via Sela Shey Bhanjyang pass 5010m to Namgung 4430m 6 hours. Overnight at Tent.

Day 13: Nengla Bhanjyang Phedi

Trek Namgung – Nengla Bhanjyang Phedi via Nengla Bhanjyang 5368m, about 6-7 hours of trek.
Overnight stay in camp 4,600m

Day 14: Bhijer

Trek Nengla Bhanjyang Phedi – Bhijer, about 6-7 hours of trek. Overnight stay in camp 4,100m

Day 15: Pho Gaun

Pho Gaun via Yambur la Pass 4,814m about 8-9 hours of trek. Overnight stay in camp 4,020m

Day 16: Pung Kharka

Trek Pho Gaun – Pung Kharka via Nyingma Gyanzen La Pass 5,563 m, about 8-9 hours of trek
and overnight stay in camp 4,650 m

Day 17: Chyandi Khola

Trek Pung Kharka – Chyandi Khola via Yala La Pass 5414m, about 6-7 hours of trek and overnight
stay in camp 4,830m

Day 18: Takla Khola

Trek Chyandi Khola – Takla Khola, about 6-7 hours of trek and overnight stay in camp 3,785 m

Day 19: Thajuchaur

Trek Takla Khola – Thajuchaur via Chyargo La Pass 5,150m, about 7-8 hours of trek and overnight
stay in camp 4,050m

Day 20: Chilenchaur Kharka

Trek Thajuchaur – Chilenchaur Kharka, about 5-6 hours of trek and overnight stay in camp 2,945m

Day 21: Tiyar

Trek Chilenchaur – Tiyar, about 4-5 hours of trek and overnight stay in camp 2,418m

Day 22: Mangri

Trek Tiyar – Mangri, about 4-5 hours of trek and overnight stay in camp 1,950m

Day 23: Gamgadhi

Trek Mangri – Gamgadhi, about 4-5 hours of trek and overnight stay in camp 2,095m

Day 24: Rara Lake

Trek Gamgadhi – Rara Lake, about 4-5 hours of trek and overnight stay in camp 2990m

Day 25: Explore Rara Lake

Day 26: Talcha

Rara Lake and trek to Talcha airport about 3-4 hours of trek and overnight stay in camp 2,200m

Day 27: Kathmandu

Fly Talcha to Nepalgunj and afternoon fly back to Kathmandu. Transfer to hotel on BB plan.
Evening farewell dinner. Overnight stay in hotel.

Includes and Excludes

Includes

- 6 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.

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- Sightseeing world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
 - Domestic flight from Kathmandu to Nepalgunj/Juphal/Talcha/Nepalgunj/Kathmandu
 - Staff transportation Kathmandu /Juphal /Talcha/Kathmandu.
 - Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
 - All camping equipment's two-man tent north face kitchen tent dining tent toilet tent chair mattress kitchen equipment including kitchen and camping staff etc.
 - Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
 - Necessary Porters during the trek.
 - All Government local tax Shey Phoksundo and Rara National Park and entry permit and TIMS card).
 - Dolpo restricted area permits.
 - First aid and equipment for a porter for the extreme adventure route.
 - Guide and porter salary as per the company policy and government rules.
 - Duffel bag during the trek.
 - Company t-shirt.
 - Route map.
 - Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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