Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Upper Dolpo Trek (Rara Lake) Brief Itinerary

Day-01 : Arrival in Kathmandu (1,350 M)

Firstly, arrive at the airport our GLOBAL TREKS NEPAL REPRESENTATIVE will Meet & greet you. Then you will transfer to the hotel. After getting refreshed you will have lunch and have a short walk to Kathmandu Durbar square at day until dusk and in the evening in Thamel street. Dinner at the same hotel. (This day plan will depend on what time you arrive at here).

Day-02 : Fly to Kathmandu to Nepalgunj (150 M)

According to the plan schedule you will have the flight from Kathmandu to Nepalgunj. Nepalgunj is the Nepal- India Border which is very interesting place to visit which have a local culture. After arrived to The airport our representative guide will pick up from there. You visit the villages and transfer to the guest house. O/N at Nepalgunj.

Day-03 : Fly from Nepalgunj to Jumla (2,540 M)

After an early breakfast you will get a flight from Nepalgunj to Jumla. It is a short flight from there which take just 20 mins. Jumla lies on the 587 KM from the north west of Kathmandu valley . It also perform as the zonal headquarter of the Karnali. Jumla is also the place which is know as the gateway for the trekking of karnali regions. O/N at Jumla.

Day-04 : Trek Jumla to Chere Chaur (3,055 M)

Chere Chaur is located at the Karnali zone which is next to Chauriyachaur. Today your trek will start early in the morning after the breakfast your ascending will increase more from there through the way of Jugad Khola. After passing an hour you will reach to the Khalang Bazaar which is very small valley and have a small market. Then an hour walk you will reach to the Chere Chaur. O/N at Chere Chaur.

Day-05 : Trek Chere Chaur to Chalachaur.(2,980 M)

After an early breakfast you will forward to the east of the path and ascends through the Jalajale pass. In the continuous process of an hour trek you will reach to the Jaljala Chaur. Your trail will ascends more and more. It offers the delight of the mountain peaks. Then your trek will steeps to the Rara Circuit Lake lastly. O/N at Chalachaur.

Day-06 : Trek Chalachaur to Sinja valley (2,490 M)

Your trek will follow the street of uphill by passing through the several dense forest. Trekking an hour give you more enjoyments. Sinja is know as the ancient city of the Khasa kingdom from 12th to the 14th century.O/N at Sinja Valley.

Day-07 : Trek Sinja valley to Ghorosingha.(3,050 M)

After an early breakfast, your trek will start bypassing the trail of the Hima river along with Laha village

and beautiful valley. After Laha, your steep will more to ascends up to the Ghorosingha and you will cross a suspension bridge. These routes have very good image to capture. O/N at Ghorosingha.

Day-08 : Trek Ghorosingha to Rara Lake.(3,010 M)

Early in the morning after the sunset after taking breakfast your trek will gone through Chuchhema Danda. It is the view point to see the points of high Himalayas range, panoramic views, triangular rara lake and the lust forest of Rara National Park widely. You will be passing through the Khatyar Khola and the villages of Murma. After reaching to Rara Lake you can hike over there as well as capture the moments enjoying there by nature. O/N at Rara lake.

Day-09 : Explore Rara Lake.

Today is the day where you can explore all over the Rara lake and the views of the Himalayas which are closed from there. Rara Lake is the largest lake in Nepal which is located in the altitude of 2,290 M from the land escape. After taking a refreshing air you will do boating to picturesque and discover all the spectacular views of Rara Lake and you can do fishing too for varieties. You will get an opportunity to see the Chuchemara Peak which lies in the southern side of the Rara lake as well as Ruma kand and Malika kand peaks from its northern area. After all your Rara lake trips will end by the return from different trail. O/N at Rara Lake.

Day-10 : Trek Rara Lake to Pina (2,440 M)

After an early morning your trek will get descends rough the Pina village. Then your hike will be easy up to the Gamgadi. It is the headquarters of the Mugu district from there you will descends more then you will reach to the Pina villages. O/N at Pina.

Day-11 : Trek Pina to Bumra.(2,850 M)

Today your trek will descend through by passing the Ghurchi Langa pass which altitude consists of 3,485 from where you will see the glimpse of the mountains and high peaks. After you will reach to the Bumra villages which is also known as the Nauri Ghat. It is one of the beautiful villages of this region sectors.O/N at Bumra.

Day-12 : Trek Bumra to Jumla (2,540 M)

Today after an early breakfast you will return to the main hike trek place where you start your trekking schedule by crossing the Hima river and the suspension bridge. After an hour walk you will reach to place for the hot spring where you can take a hot bath. Then you will pass the Danphe Lagna Pass and following the same routes you will reach to the Jumla. O/ N at Jumla.

Day-13 : Fly back to Nepalgunj & Fly back to Kathmandu.

Today in the early morning you will get an flight from Jumla to Nepalgunj . Taking an hour take again you will have flight from Nepalgunj to Kathmandu. If u have time you will have an extra shopping in Thamel which is very famous area of Kathmandu city. O/N at Kathmandu.

Day-14 : Back to your final destination.

The trip concludes today. Our Airport Representative will drop you at the international airport in Kathmandu for your flight departure from Nepal.

Cost include

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- Standard twin sharing accommodation in a three star hotel in Kathmandu; Breakfast included. (4

night)
- All your standard mention Meals during the trek .(B-Breakfasts, L-Lunches ,D- Dinners).
- Lodges, Guesthouses accommodation during the trek .
- Local GLOBAL TREKS English speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Down Jacket and sleeping bag by Global Treks. (Which need to be returned after finish the trek).
- One night accommodation in Nepalgunj.
- Surface transfer from Airport and to Kathmandu/Domestic flights ticket as per itinerary.
- An expert trekking cook.
- A medical kid box for emergency.
- All our government taxes, vat, tourist service charges.
- Official expenses.

Cost Exclude

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax .
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying US $ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying US $ 100. Please bring 2 copies of passport size photos).
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on ‘Price Includes’ section.