

Anu Treks International P.Ltd

Thamel, Kathmandu, Nepal

Phone: +977 98-510-40871, **Email:** info@anutreks.com

Website: www.anutreks.com

Day 01: Kathmandu (1,300m/4,264 ft)

Namaste and Welcome to Kathmandu, Nepal. Arrive at Kathmandu airport anytime. Meet your representative from Anu Treks and have a detailed meeting for your trip, please ask the receptionist where the meeting is held if you are unsure. If you have spare time, explore busy Kathmandu. Kathmandu is a capital city of Nepal which holds an ancient and historical architecture and symbols of the 20th century blending with traditional Culture.

Attractions:

- Durbar Square
- Temples/Monkey Temples/Shrines
- Monetary

Accommodation:

- Hotel (1 night)

Meals Included:

- Lunch or Dinner

Day 02: Bardia or Nepalgunj

Arrival Nepalgunj

As per the flight schedule for Nepalgunj, we transfer to the domestic airport for one and half hour scenic flight to Nepalgunj. At Nepalgunj, we will have time in the late afternoon or evening to have a look around the town which is situated on the southern Nepal border with India, and stay overnight in this transit city.

Accommodation:

- Hotel (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 03: Nepalgunj to Jumla (2370m/7773ft)

Today we will fly around 45 minutes from Nepalgunj to Jumla over the Himalayan foothills, the reason we choose flight is to get early and be prepared for Rara trip. You will be enjoying the views of Annapurna and Dhaulagiri peaks to the north.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 04: Trek to Uthugaon (2530m/8298ft)

Walking Hours: 4-5 hrs walk

Today, we will be walking around 5 to 5 hours after our early breakfast. We will follow the north bank of the Tila River, then we will take a turn north following the Chaudhabise Khola passing through greenery fields and pine forests. Now, we will ascent up the Padmara valley following the river until we arrive at the small village of Uthugaon. This is where we will camp our accommodation close to the village or school on the opposite the river.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 05: Uthugaon to Danphe Lagna (3500m/11480ft)

Walking Hours: 4-5 hrs walk

Today we will walk around 4 to 5 hours to reach Danphe Lagna. We will have early breakfast then prepared for the next walk. We will follow the narrow canyon trail then reach the Padmara village. We will then climb to the Khali Lagna pass (3550m/11644 ft) scrolling a deep forest of pines, spruces, and firs. When we pass this trail both routes joins together then the trail descends gently through the mixed forest of spruces, birches, and rhododendrons and we will arrive at the campsite at Danphe Lagna.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 06: Danphe Lagna to Chautha (2770m/9085ft)

Walking Hours: 5-6 hrs walk

We will descend steeply today through the fir, birch, walnut and bamboo forest after our breakfast. While walking we will follow the river downstream then we will pass via water driven mills then reach Kabra. You will enjoy watching the huge overhanging rock which is a source of Shilajit, Shilajit is a mineral which is believed to have healing properties. We will continue walking then we will be in Bhara Village. After Bhara village we will descend to the Chauro Khola river where we will meet a beautiful village of Chautha.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 07: Chautha to Dhotu (2380m/7806ft)

Walking Hours: 5-6 hrs walk

Today we will have the breakfast early morning then keep walking uphill to Bhulbule which is the entrance of Rara National Park (3130 m/10266 ft). Our trail continues to Ghurchi Lagna Pass (3450/11316 ft) which is covered with chortens (round stone Buddhist monuments) and prayer flags. After this, we will first descent through spruce forests and reach Dhotu Village where we will camp for our night accommodation.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 08: Dhotu to Rara Lake (2980m/9774ft)

Walking Hours: 4-5 hrs walk

Today our walking will be shorter than the normal day with exploring views to the north. We will walk north side from Dhotu village crossing a series of fields down to a small stream. Then we will walk up the Thakuri Village of Jhyari. From Jhyari, we

will walk up the cedar forest to a huge meadow atop a 3050m/1004 ft ridge, from where you will have an amazing view of Rara Lake. We will follow the trail along to the northern side of the Lake, where the park headquarters and the camping ground are situated.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 9: Explore Rara Region

Rara National Park is one of the largest national parks in Nepal where Rara Lake is situated. Rara Lake is one of the biggest and deepest freshwater lakes in Nepal. Rara Lake is situated at an altitude of 2,990 m (9,810 ft) and has a water surface of 10.8 km² (4.2 sq mi), a maximum depth of 167 m (548 ft), is 5.1 km (3.2 mi) long and 2.7 km (1.7 mi) wide.

Rara offers an amazing Himalayan wilderness experience with its own features: Himalayan birds, flowers, wildlife, Himalayan bears, Serows, Gorals, Musk Deer, Red Pandas, and monkeys. The 180-meter deep lake is a habitat for otters and an important resting place for migrating waterfowl.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 10: Rara to Gorusingha (3190m/10463ft)

Walking Hours: 5-6 hrs walk

After our wonderful Rara exploring today, we will head to Gorusingha and we will walk around 5 to 6 hours. Our trail will follow the Khatyar Khola River descending a small trail surrounded by pine, spruce, and rhododendron forest. We will keep walking through the small Ghatta valley towards the small settlement of Gorusingha village, this will be our camping site for the night.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 11: Gorusingha to Sinja (2440m/8003ft)

Walking Hours: 5-6 hrs walk

Today after our breakfast and packing up our equipment we will head down the Ghatta Valley from Goursingha following the Sinja Khola river downwards to Sinja. Sinja village was the capital of the Malla Dynasty during the 12th to 14th century and was ruled western Nepal. While walking you now can enjoy the ruins of the old palaces across the river, as well as the Bhagwati temple.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 12: Trek to Jaljala Chaur (3270m/10725ft)

Walking Hours: 6-7 hrs walk

Today we will cross the Sinja Khola using a traditional cantilever bridge following some small villages, then our trail crosses back and forth across the river on a series of quaint log bridges. We mostly pass our trail through the forest of pine, birch, oak then after few walking we will walk up the Jaljala Chaur, a gigantic meadow full of horses. We will camp at Jaljala Chaur for the night.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 13: Jaljala Chaur to Jumla (2370m/7773ft)

Walking Hours: 4-5 hrs walk

We will keep walking today through the forest until we get another meadow, just below the ridge at 3510m/11512ft, we will then have a pleasant descent to Jumla.

Accommodation:

- Camping (1 Night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 14: Jumla to Kathmandu with a brief stop at Nepalgunj

Yes, you have done it Hurray! Today we will try to get an early flight from Jumla to Kathmandu over the Himalayan foothills with stunning views of the snow-capped peaks. We will then have a breakfast or lunch at Nepalgunj airport, we can scroll through surroundings airport small market until we have another flight from Nepalgunj to Kathmandu.

Day 15: Kathmandu

Today is your departure day, according to your next plan schedule, you can departure at any time. We are still with you so feel free to talk to Anu Treks staff for further assistance as we will be so much happy to share our experiences and ideas. If you are not ready to leave and willing to stay in Nepal, Your CEO or tour leader help you with travel arrangement to extend your visas and adventure.

Option: if you would want to wildlife tour in Bardia National Park then there is hotel run by Anu Treks called Bardia Jungle Cottage, so do not hesitate to ask for your special package deal or individual detail. Please do let us know in Advance so we can reschedule your flight from Nepalgunj to Kathmandu or Bus Transportation.