



## **Rara Jumla Trek Itinerary**

### **Day 1: From Kathmandu, fly to Nepalgunj.**

As mentioned in the schedule, we fly for Nepalgunj. After one and a half hours of scenic flight to Nepalgunj, our guides and staff will receive you at the airport. At dusk, we will have a short tour of the city. The climate of the town is quite hot.

### **Day 2: Fly Nepalgunj to Jumla.**

Today we take an early flight to Jumla and explore the whole day in Jumla. Jumla is the major valley which is the highest place in the world where agricultural products are grown. Jumla is the headquarter of the Karnali Zone.

### **Day 3: Trek Jumla to Daphe Lagna Camp-05/06 hours walk**

After breakfast, we will trek to Daphe Lagna through alpine pastures, forests of rhododendron, and Spruce. To shorten the trek, we will choose the upper trail, but if it is closed, we have to go through the lower path, which will add three or four hours to our day's trek. Overnight in Daphe Alagna Camp.

### **Day 4: Trek Daphe Lagna to Chautha-05/06 hours Walk**

Today our trail follows the Sinja Khola through many dense forests. We cross the Tibetan village called Bhara. Finally, we reach to Chautha. Stay overnight in Chauthan.

### **Day 5: Trek Chautha to Dhotu-04/05 hours Walk.**

Early in the morning, our trail ascends to the Ghurchu Lagna of altitude 3450 meters. From this elevation, we can see the beautiful views of mountains near Tibet. We follow the old route to Mugu, and then we reach the largest Rara lake.

### **Day 6: Trek Dhotu to Rara lake-03/04 hours Walk**

Today we ascend the forest to see the magnificent views of Rara Lake. Then we make a small camp around it and explore the beauty of Nepal's most massive Rara Lake whole day. Overnight at camp.

### **Day 7: Rest day at Rara lake.**

Today is the day of relaxation. We explore and climb up to the woodland for mesmerizing views of the lake and surrounding hills. We can swim in the lake if it is allowed. We can get a booklet about the National park. Overnight at camp.

### **Day 8: Trek rara to Gorosingha-04/05 hours Walk.**

After having breakfast, we follow the stream of Khatyar Gad. We cross the bridge over Murma. We climb to the 400 meters and reach at 3277 meters altitude. We descend through Chuchermara Danda. Finally, we arrive at the Ghorasingha. Stay overnight.

### **Day 9: Trek Gorosingha to Sinja-04/05hours Walk**

Today we follow the Gorosingha village and sinja river. Sinja valley used to be the capital of the Malla dynasty from the 12th to 14th centuries. We can see the oldest palace there. Stay overnight in Sinja.

### **Day 10: Trek sinja to Jaljaja-05/06 hours Walk.**

After breakfast, we cross the wooden bridge across Sinja Khola. we pass through many small villages, rivers, and forests of pine, oak. The beautiful fields full of barley and corn make your heartfelt. We ascend to Jaljala Chaur. Stay overnight in Jaljala.

### **Day 11: Trek Jaljala Chaur to Jumla -03/04 hours Walk.**

Today is our final trek, where we climb to a height 3510m, then descends to Jumla.

### **Day 12: Morning fly to Nepalgunj and next fly to Kathmandu the same day.**

Flyover from Jumla to Nepalgunj. After reaching jumla, fly for Kathmandu. Explore the city Kathmandu whole day and have dinner at night. Stay overnight in Kathmandu.

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