



## TREKKING ITINERARY

### GHT Rara, Jumla & Mugu Section

RARA & JUMLA	
DAY 1	Flight from Kathmandu to Nepalgunj
DAY 2	Flight from Nepalgunj to <u>Juphal</u> (2.475m), walk to <u>Liku</u> (2.405m) - about 5 hours walk
DAY 3	Trek to <u>Kaigaon</u> (2.642m) via <u>Balangra Lagna Pass</u> (3.822m) - about 8 hours walk
DAY 4	Trek to <u>Chotra</u> (3.103m) via <u>Maure Lagna Pass</u> (3.900m) - about 9 hours walk
DAY 5	Trek to <u>Jumla</u> (2.350m) - about 9 hours walk ( <i>possible to fly out from Jumla</i> )
DAY 6	Trek to <u>Nauri Ghat</u> (2.700m) via <u>Daphe Lekh</u> (3.900m) - about 7 hours walk
DAY 7	Trek to <u>Jhyarigaon</u> (2.672m) via <u>Ghurchi Lagna Pass</u> (3.447m) - about 8,5 hours walk
DAY 8	Trek to <u>Rara Lake</u> (2.986m) - about 2,5 hours walk
DAY 9	Drive to Talcha Airpor - about 2 hours, and flight to Nepalgunj / Surkhet and Kathmandu

### TREKKING TIPS

TREKKING TIME	6 - 9 days
DIFFICULTY	Moderate
HIGHEST POINT	3.900m, Maure Lagna Pass
ACCOMMODATION	Teahouses / Camping (tent recommended)
PERMITS NEEDED	TIMS, Rara National Park Entrance Fee

### CONTACT

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