

Jumla and Rara Lake

'Less frequented regions traditional villages, scenic passes in complete wildernesses'

Introduction

A journey into the Jumla region and the Ra Ra Lake is probably one of the most incredible and fascinating treks in all of the Himalayan range, with its unique tranquility, blending well in perfect harmony with the surrounding mountains and beautiful landscapes. Adventure starts from the hill town of Jumla in the remote north-west of Nepal.

From Jumla, the trek heads north passing through beautiful country side, farm villages and valleys with excellent views of snow capped peaks of the Dolpo and the Tibetan mountain ranges. You will feel as if you have entered a totally different world, as you enter the Ra Ra National Park and its beautiful surroundings including the pristine Lake Ra Ra. Its scenery and unbelievable quietness is fascinating amidst its charming forest and landscapes. We will be camping here for two nights to explore all around the largest lake in Nepal.

After an enjoyable stay here, we return to Jumla by an alternative route in order to give you the best of this magnificent country, we conclude our wonderful and memorable journey at Jumla with a flight back to Kathmandu via Nepalgunj.

TRIP PROFILE

Total duration	15 - 16 days .
Trek Grade	Moderate / Adventurous .
Trek Duration	10-11 days .
Max Elevation	3,460m at Ghurchi Lagna pass .
Trek Start	At Jumla .

Trek Ends

At Jumla.

TRIP DEPARTURES

Late spring / autumn

03rd April to 18th April .

(Every year)

02nd October to 17th October .

OUTLINE ITINERARY:

DAY 01 Arrive in Kathmandu. 1, 300m.

DAY 02 In Kathmandu for a half day sightseeing tour

DAY 03 Fly from Kathmandu to Nepalgunj & transfer to Hotel.

DAY 04 Fly to Jumla 2,370m. Begin trek to Charya Chaur 2,800m.

DAY 05 From Charya-Chaur to camp beneath the unnamed pass. 3,500m.

DAY 06 Trek to Botan. 2, 680m via Sinja Khola. 2,440m. 6-7 hrs.

DAY 07 Trek to Rara Border. 3,190m. 3-4 hrs.

DAY 08 Trek to Rara Lake. 2,980m. 6-7 hrs.

DAY 09 Rest day at Rara Lake.

DAY 10 Trek to River Camp or Pina via Jhyari 2,580m.

DAY 11 Trek to Chauta 2,770m via Ghurchi Lagna Pass 3,460m. 5-6 hrs.

DAY 12	Trek to Tharamara. 3,270m. 5-6 hrs.
DAY 13	Trek to Jumla 5-6 hrs.
DAY 14	Fly Jumla-Nepalgunj-Kathmandu.
DAY 15	At leisure in Kathmandu.
DAY 16	Transfer to Airport for the International departure.

TRIP DOSSIER

DAY 01 Arrive in Kathmandu.1, 300m.

Upon arrival to Kathmandu Tribhuvan International Airport, you will be greeted by our staff who will escort you to the hotel, where our Sherpa guide or the office staff will give you a brief orientation about the hotel, Kathmandu itself, trekking, and the do's and don'ts of the area. Also, they will go over any other related information that you might require while in Nepal.

DAY02 In Kathmandu for a half day sightseeing tour

After your first night in Kathmandu, you will be well informed on arrival about the time for your half day guided sightseeing tour in Kathmandu and the various places of interest. Depending on the time of your flight arrival the night previous, we will schedule your half day tour in the morning or afternoon. For late night flight arrivals, we prefer to do an afternoon tour in order for you to get properly acclimated to the time change.

DAY 03 Fly from Kathmandu to Nepalgunj & transfer to Hotel.

As per the flight schedule for Nepalgunj, we transfer to the domestic airport for one scenic flight to Nepalgunj. We will arrive into Nepalgunj with time in the late afternoon or evening to have a look around the town which is situated on the southern Nepal border with India. Here it is quite hot and tropical.

DAY 04 Fly to Jumla 2,370m. Begin trek to Charya Chaur 2,800m.

After a pleasant stay overnight at Nepalgunj, we will have an early morning transfer to the airport for half hour flight to Jumla over the Himalayan foothills, with views of the distant snow capped peaks. On

arrival into Jumla, our trekking staffs will receive you, who have walked all the way from Nepalgunj with the camping gear and food supply taking 5-6 days.

Jumla is the largest upland town in the Karnali District, and Nepal's most sparsely-populated administrative zone with no roads communication and is only accessible on foot or by air. There is time to explore Jumla to see the bazaar and temple dedicated to Chandan Nath, a mythical saint who defeated a serpent's demon, and emptied the lake which flooded the valley. A half an hour's walk from Jumla towards the college is the small village called Micha where, in a small walled enclosure, stands a number of stone stupas telling of the Buddhist history. The stupas were erected in memory of important dignitaries of the region and date back from the late 15th century. From here we take a short walk climbing away from the Jumla Valley to the campsite at Charya Chaur high above the Karnali Technical College.

DAY 05 From Charya-Chaur to camp beneath the unnamed pass. 3,500m.

Day starts with a morning climb through birch and pine forests to the unnamed grassy pass sometimes known as Jaljala. As the walk progresses, views of Kanjiroba Himal can be seen to the East, with its twin peaks that towers over the adjacent area. At afternoon, descent of about 870m through beautiful forests and find a suitable spot for overnight camping on the pastures with a nearby Shepard's hut after a relatively moderate day on the trail.

DAY 06 Trek to Botan. 2, 680m via Sinja Khola. 2,440m. 6-7 hrs.

A morning walk completes the descent to Sinja .We will follow the Jaljala Khola downstream through forests with immense gnarled pines and through terraced farmland. Just before the final descent to Sinja the trail passes the 300 year old Kanaksundari Temple where ancient stone lions guard the inner sanctum. Sinja was once the ancient and thriving winter capital of the Malla kings and a few Malla stones dating from the medieval Khasa kingdom can still be seen alongside the trail on its steep, low knob. The trail passes south of the peaked, white temple and descends to the main river, crossing a thick plant bridge at a place where the water has cut a deep, narrow furrow through bedrock. Sinja village rests upon a small alluvial plain on the west bank of the clear Lah Gad River, although here it is called Sinja River. The ruined town actually stood on the east bank of the Sinja Khola, at a place known as Kotgaon or Lamathada, where you can poke among ancient sculptured stones overgrown with weeds. Just north of Sinja stone-bound aeries -once used by meditating renunciates- are visible along the rock walls. We can have lunch here or else just take a short break near the bridge over the Khola. We will then continue to follow the river upstream, passing by the small village of Ganj through a spectacular gorge to the campsite at the village of Botan.



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DAY 07 Trek to Rara Border. 3,190m. 3-4 hrs.

Today, there will be a short walk to the entrance of the Rara Lake National Park for your overnight camp. The trek continues after leaving the Sinja Khola from Botan to follow the Ghatte Khola north and then walking towards north-eastwards up a beautiful valley through farmland and past primitive flour mills to enter the Rara National Park at the Ghorasain police post. We will have enough time for short walk around or catch up on some laundry or simply enjoy a relaxing afternoon.

DAY 08 Trek to Rara Lake. 2,980m. 6-7 hrs.

Leaving the Ghorasain campsite, our route leads to a climb all the way to the Chuchemara Danda ridge, which is at about 4,260m elevation. This part takes nearly 2 hours, the climb is not too hard, and upon reaching the crest of the ridge, an excellent panorama can be seen against the northern horizon. Descending the trail northwards, Rara Lake will soon be seen to the north-east and the trail passes through bamboo and birch forests before crossing the Khatyar Khola which is followed upstream to our overnight camp near the Shore of Rara Lake.

DAY 09 Rest day at Rara Lake.

A rest day to explore and climb up to the wooden observation tower for fine views of the lake and surrounding hills. The National Park Headquarters can be visited and a leaflet about the National Park can be obtained there. Swimming is allowed in the lake and is piercingly refreshing.

DAY 10 Trek to River Camp or Pina via Jhyari 2,580m.

A short day on the trail, leaving behind Rara Lake across a ridge to the village of Jhyari. following the Jhyari Bira Khola downstream for only short way, the route then crosses into the Dhaulagiri Khola valley to the overnight campsite beside the river. Farming is very evident in these valleys with terraced fields on all but the steepest slopes and snow capped peaks will be seen to the north east. Time permitting and willingness of the group and the porters trek further on to a delightful campsite at Pina to make the next day shorter.

DAY 11 Trek to Chauta 2,770m via Ghurchi Lagna Pass 3,460m. 5-6 hrs.

From the campsite on the Dhaulagiri Khola, the walk leads through farmland to the village of Pina where there is a police post and a small local hotel before climbing to the Ghurchi pass. The long climb from Pina is mostly through forests with fine views to the north which are best enjoyed during rest stops. The pass is marked by several chortens and the trail then descends across alpine pastures, through walnut groves and to a steep narrow valley all the way to the village of Chauta for the overnight stop, where there are shops and local hotels.

DAY 12 Trek to Tharamara. 3,270m. 5-6 hrs.

The journey from Chauta follows the northern bank of the Sinja Khola through Bumra and past the small hotel and health clinic under the massive overhanging rock at Kamra, source of the important medicinal mineral, Silaji. Descending to the Sinja Khola the route passes the village of Nyawre, which is supplied by hydroelectricity, to the next bridge upstream before climbing for some 600meters to the pasture at Tharamara, camping here or an hour further above Tharamara.

DAY 13 Trek to Jumla 5-6 hrs.

The last day of trekking begins slowly and gradually, dropping down a lovely valley from high alpine pastures, through magnificent forests and eventually into a fertile well farmed valley. There are many charming little villages such as Padmara, and the track is not too steep. It follows the same river all the way down to Jumla. This makes a nice circuit and avoids having a repeat part of the outward trek. On reaching Jumla rest of the afternoon can be spent exploring the busy market town.

DAY 14 Fly Jumla-Nepalgunj-Kathmandu.

Early morning wake up with a divine sound of temple bell and visit the famous pilgrimage center to Muktinath Temple area, and after breakfast easy trek down to Kagbeni. The trail descends very quickly to the valley floor. The descent is through a dramatic, arid landscape all the way to Kagbeni. To reach Kagbeni one must travel on either side of the Kaligandaki River. The left fork continues up the river to Kagbeni. Late afternoon visit two hundred years old monastery and visit the small alleys in a village and overnight at Hotel.

DAY 15 At leisure in Kathmandu.

Early in the morning, you will take a half hour flight to Nepalgunj over the Himalayan foothills, overlooking stunning views of the snow capped peaks. Depending on the connecting flight schedule to Kathmandu, we will have the opportunity to have refreshments and take advantage of amenities at the Hotel Batika in Nepalgunj. Then transfer to airport for the connecting flight back to Kathmandu.

DAY 16 Transfer to Airport for the International departure.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our staff will take you to the airport for your final departure from this amazing country, Nepal.

NOTE: The above itinerary should be taken only as a guide line; it could change due to weather, availability of clean water and campsite, trail or any other unforeseen conditions.



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In case of trek Itinerary alteration or if it needs to be re-routed to other area your Group Leader or Sherpa Guide decision will be the final.

Rara National Park - Area (106 Sq. Kms.)

LOCATION: Rara National Park is located in north-western Nepal about 371 km air distance from Kathmandu. Most of the park, including Lake Rara, lies in Mugu District: a small area is within Jumla District of Karnali Zone. This is the smallest park in Nepal, containing the country's biggest lake (10.8 sq kms) at an elevation of 2,990m.

FEATURES: Park elevations range from 1,800m to 4,048 m. The park contains mainly coniferous forest. The area around the lake is dominated by blue pine, black juniper, West Himalayan spruce, oak, Himalayan cypress and other associated species.

At about 3,350 m, pine and spruce give away to fir, oak and birch. Deciduous tree species like Indian horse-chestnut, walnut and Himalayan poplar are also found.

A small portion of the park serves as an ideal habitat for musk deer. Other animals found in the park include Himalayan black bear, leopard, ghoral, Himalayan thar and wild boar.

Snow trout is the only fish species recorded in the lake. Resident Gallinaceous birds and migrant waterfowl are also quite commonly sighted in this area.

The great - crested grebe, black-necked grebe, and red-crested pochard are seen during winter. Other common birds are the snow cock, chukor partridge, Impeyan pheasant, kalij pheasant and blood pheasant.

Complimentary Services

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets



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Mode of Payment

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

If you pay by cheque/ bank draft pls make it payable to:

Gurkha Encounters Pvt. Ltd.
G P O Box: 20195
Ganeshman's Building
House No.: 135
Chaksibari Street, Thamel, Kathmandu, Nepal
Phone: +977 1 4267 882 and 889
Fax: +977 1 4267 854

Note: If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.

Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below.
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues .
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances .
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed.
- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal.
- ❖ Our staff are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:



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Date of Cancellation	Charge Incurred
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 1 down jacket
- 1 woolen hat
- A pair of sunglasses
- A pair of glove shells with liner or ski gloves (opt.)
- A pair of woolen gloves
- One Trekking pack 3000 cubic inches capacity
- One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30
- Two Reading books (Optional)
- One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger
- A one liter water bottle
- A pair of Trekking poles
- One flash light with 4 sets of batteries
- one -5 to -20 sleeping bag
- Two T-shirts and one long sleeve T/city shirt
- Two Trekking baggy pant

Toiletry Items

Towel, pre-moistened novelettes, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.



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Miscellaneous Items

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.

Welcome to the Himalaya

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.

Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.



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Small Group Travel

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

Tailor Made Private Charter Adventures

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.

Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.

Group and Club Organizers

If you are organising a trip for a group or a club we will offer one free* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (* permit fees, national park entry fees, airfares and departure taxes not included).

Contact Us

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at info@gurkhaencounters.com, or telephone us on +977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website www.gurkhaencounters.com



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'Tapai lai Hardik Swagat Cha' - Welcome from our heart to the mighty Himalaya.

Trekking in the Himalaya

The Himalaya mountain regions provide some of the finest trekking routes available anywhere. Within the Himalaya, Nepal's mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you'll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience. Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you'll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

Teahouse Trekking

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.

Fully Provisioned Camping Style Trekking

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the



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camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

Our Grading System

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.

We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

Wish you have memorable time with us!