Rara to Phoksundo Lake Trek

Nepal / Annapurna Region | Trekking package



Your journey at a glance

Duration: 23 days

Trip grade: Moderate+

Maximum altitude: 5536 m

Best season: April–September

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 5,500.00 per adult

Accommodation: Deluxe hotel in Kathmandu and tented camping during the trek.

Transportation: Flights from Kathmandu to Nepalgunj and Gamgadhi, and from Juphal to Nepalgunj and Kathmandu, as listed in the itinerary.

Meals: Breakfast, lunch and dinner during the trekking programme.

Package overview

Rara Phoksundo Adventure Trek with Explore Dolpo follows a remote trail known to experienced local guides of the region. The route takes trekkers away from the usual paths and through villages whose lifestyles reflect ties with Tibet and Tibetan culture.
The route includes Phot Village, described in the supplied overview as a newly discovered village whose age-old customs and practices remain. The trek offers opportunities to meet villagers, with the local guide acting as interpreter, and visit time-forgotten places in the far west of Nepal.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu, meet the representative at the airport and transfer to the hotel. Attend the evening briefing and welcome dinner at a Nepalese cultural restaurant.

Meals: Dinner
Accommodation: Hotel

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath temples. Prepare for the trek after lunch.

Meals: Breakfast
Accommodation: Hotel

Day 3 - Fly to Nepalgunj and Gamgadhi; trek to Rara Lake

Take an early flight from Kathmandu to Nepalgunj (about 40 minutes), then fly from Nepalgunj to Gamgadhi (about 35 minutes). Have lunch and trek for about two hours to Rara Lake (2,980 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,980 m
Travel time: Kathmandu–Nepalgunj flight about 40 minutes; Nepalgunj–Gamgadhi flight about

35 minutes
Walking / trekking: About 2 hours

Day 4 - Rara Lake rest day

Rest at Rara Lake, walk around the lake and enjoy the lake and surrounding nature. The supplied overview describes it as the largest lake in Nepal.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,980 m

Day 5 - Rara Lake to Lumsha / Kumpa

Trek from Rara Lake to Lumsha / Kumpa.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,010 m

Day 6 - Kumpa to Tiyar

Trek from Kumpa to Tiyar.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,418 m

Day 7 - Tiyar to Thajuchaur

Trek from Tiyar to Thajuchaur.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 4,050 m

Day 8 - Thajuchaur to Chyandi Khola via Chyargo La

Trek from Thajuchaur to Chyandi Khola, crossing Chyargo La Pass (5,150 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 4,830 m at Chyandi Khola; Chyargo La 5,150 m

Day 9 - Chyandi Khola to Pung Kharka via Yala La

Trek from Chyandi Khola to Pung Kharka, crossing Yala La Pass (5,414 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 4,650 m at Pung Kharka; Yala La 5,414 m

Day 10 - Pung Kharka to Pho Village via Nyingma Gyanzen La

Trek from Pung Kharka to Pho Village, crossing Nyingma Gyanzen La (5,536 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 4,087 m at Pho Village; pass 5,536 m

Day 11 - Pho Village to Vijer via Yambur La

Trek from Pho Village to Vijer, crossing Yambur La (4,813 m).

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: Yambur La 4,813 m

Day 12 - Vijer to Samling Gompa

Trek from Vijer to Samling Gompa.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp

Day 13 - Samling Gompa to Shey Gompa

Trek from Samling Gompa to Shey Gompa.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp

Day 14 - Shey Gompa rest day

Rest day at Shey Gompa.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp

Day 15 - Shey Gompa to Singthupra

Trek from Shey Gompa to Singthupra.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 4,765 m

Day 16 - Singthupra to Chumchu Danda

Trek from Singthupra to Chumchu Danda.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 4,885 m

Day 17 - Chumchu Danda to Phoksundo

Trek from Chumchu Danda to Phoksundo.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 3,360 m

Day 18 - Phoksundo rest day at Rigmo Village

Rest at Phoksundo and Rigmo Village.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: Rigmo Village 3,733 m

Day 19 - Phoksundo to Chhepka

Trek from Phoksundo to Chhepka.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,720 m

Day 20 - Chhepka to Dunai

Trek from Chhepka to Dunai.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,140 m

Day 21 - Dunai to Juphal

Trek from Dunai to Juphal.

Meals: Breakfast, Lunch and Dinner
Accommodation: Tent camp
Altitude: 2,475 m

Day 22 - Fly from Juphal to Nepalgunj and Kathmandu

Fly from Juphal to Nepalgunj, then take the connecting flight from Nepalgunj to Kathmandu.

Accommodation: Hotel in Kathmandu
Travel time: Juphal–Nepalgunj and Nepalgunj–Kathmandu flights

Day 23 - Departure

After breakfast, transfer for departure. The trip concludes.

Meals: Breakfast

What is included

- Required transportation, including airport pick-up and drop-off, as listed in the programme.

- Three nights in a deluxe Kathmandu hotel on a twin-sharing bed-and-breakfast basis: two nights on arrival and one night after trekking.

- Breakfast, lunch and dinner during the trek.

- Necessary paperwork and conservation entry permits, including Upper Dolpo Restricted Area entry permit (USD 500), Lower Dolpo Permit, Rara National Park permit and Shey Phoksundo National Park permit.

- All required domestic flights listed in the itinerary.

- Tent-camp accommodation during the trek.

- Trekkers' Information Management System (TIMS) permit.

- Experienced government-licensed guide, experienced cook, porters for luggage and equipment, kitchen helpers and Sherpa guides, including their salary, food, drinks, accommodation, transportation and insurance.

- Emergency medical rescue.

- Medical supplies; a first-aid kit will be available.

- All government taxes.

What is excluded

- International airfare and Nepal visa fee.

- Lunch and dinner in Kathmandu.

- Insurance; emergency rescue and medical expenses.

- Personal expenses such as phone calls, laundry and bar expenses.

- Tips for the trekking crew.

- Other optional trips, activities and sightseeing, if required.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/rara-to-phoksundo-lake-trek