

## RARA LAKE TO DOLPO DHORPATAN SEMI TEA HOUSE TREK - 35 Days

A "semi-tea house trek" refers to a style of trekking where accommodations and meals are partially provided by local tea houses and partially by camping or self-catering. This type of trek is common in remote regions where infrastructure is limited, and it combines the convenience of tea house stays with the self-sufficiency of camping.

A semi-tea house trek offers a unique blend of comfort and adventure, allowing trekkers to enjoy the hospitality of local tea houses while also exploring more remote and pristine areas through camping. This style of trekking requires careful planning and preparation but provides a rewarding and immersive experience in the Himalayan wilderness.

The trek from Rara Lake in Jumla to Dhorpatan in Dolpa offers a mesmerising journey through some of Nepal's most remote and stunning landscapes. Here's an overview of what you can expect:

**Rara Lake (2,990 m):** Your journey typically begins at Rara Lake, the largest lake in Nepal and the centrepiece of Rara National Park. The crystal-clear waters of the lake reflect the surrounding snow-capped peaks, creating a picturesque setting.

**Jumla (2,370 m):** From Rara Lake, you'll trek through the rugged terrain of the Jumla region. This area is known for its lush forests, traditional villages, terraced farmlands and Sinja Traditional Valley.

**Dolpo Region:** As you venture deeper into the Dolpo region, you'll encounter remote villages inhabited by the indigenous people of the region, such as the Dolpo and Tibetan communities. The landscapes here are rugged and pristine, with towering Himalayan peaks, deep valleys, and alpine meadows.

**Phoksundo Lake (3,611 m):** Along the way, you may have the opportunity to visit Phoksundo Lake, another stunning alpine lake located in Shey Phoksundo National Park. The deep blue waters of Phoksundo Lake contrast beautifully with the barren, rocky surroundings.

**Dhorpatan Hunting Reserve:** Your trek culminates in Dhorpatan, which is renowned for its wildlife and pristine natural beauty. Dhorpatan Hunting Reserve is one of the few places in Nepal where controlled hunting is allowed, although it's primarily a conservation area.

**Wildlife:** Throughout the trek, keep an eye out for Himalayan wildlife such as blue sheep, musk deer, Himalayan thar, and if you're lucky, even the elusive snow leopard.

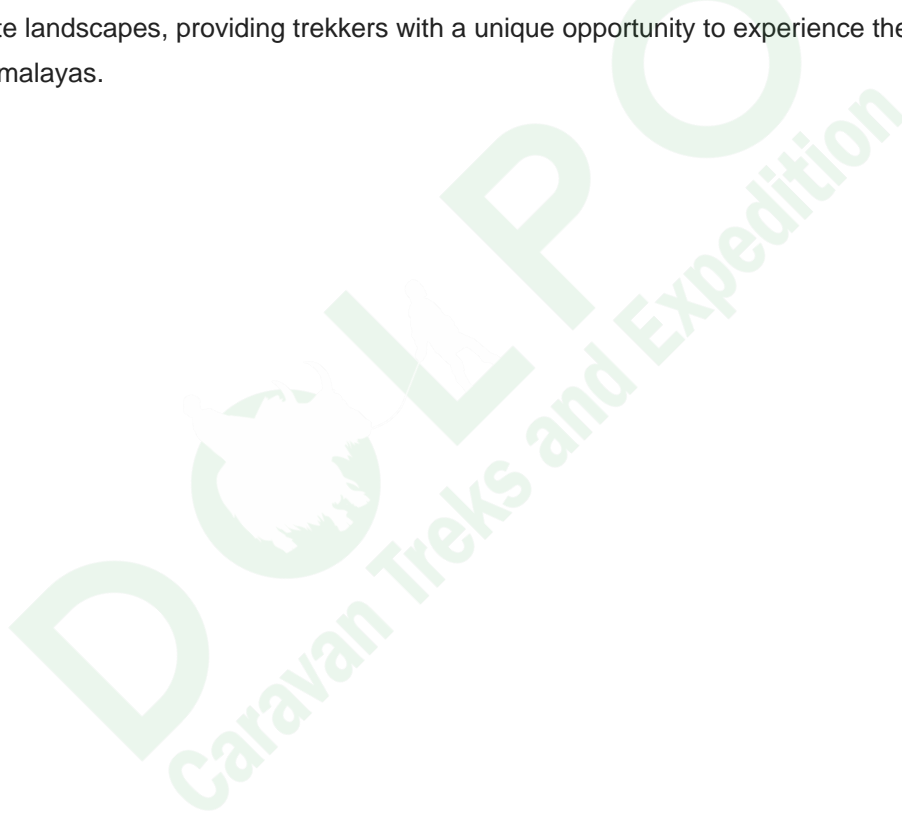
**Cultural Immersion:** Along the way, you'll have the opportunity to interact with local communities, experience their unique cultures and traditions, and savour authentic Nepali cuisine.

**Trek Difficulty:** The trek from Rara Lake to Dhorpatan is considered challenging due to its remote location, high altitude, and rugged terrain. Trekkers should be well-prepared and have prior trekking experience at high altitudes.

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**Permits:** Make sure to obtain the necessary permits for trekking in Rara National Park and Shey Phoksundo National Park, as well as any additional permits required for the Dhorpatan Hunting Reserve and Lower Dolpo restrictions permit.

Overall, the trek from Rara Lake to Dhorpatan offers an unforgettable adventure through some of Nepal's most pristine and remote landscapes, providing trekkers with a unique opportunity to experience the natural and cultural wonders of the Himalayas.



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## PRICE INCLUDES

- 2-night hotel in Kathmandu on a bed-and-breakfast basis
- 1 night hotel in Nepalganj with breakfast
- 1 Night hotel in Pokhara
- Domestic flights from Kathmandu - Nepalganj - Nepalganj Talche, Pokhara- Kathmandu
- One expert trek leader or Hire Norbu with a local assistant
- All Three meals during a trek ( the best and healthiest food prepared by our trekking chef)
- Special Trekking permit and national park fees and Dhorpatan Hunting Reserve.
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu

## PRICE EXCLUDES

- International flights and visa fees.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staff Leader tips on your discretion.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight

## ITINERARY IN DETAIL

### **Day 1: Day 1: Arrival in Kathmandu**

Upon Your arrival at Kathmandu airport, you will sort out your visa and immigration part and our representative will be at the airport to receive your baggage and drop you off at the hotel. Depending on your arrival you will do short sightseeing or rest in your room.

### **Day 2: Day 2: Fly from Kathmandu To Nepalganj and overnight in (Hotel)**

Mostly in the Afternoon we will drive to Kathmandu airport and fly for Nepalganj which is nearly an hour's flight then we will drive to a hotel and have a rest or short sightseeing depending on our arrival.

### **Day 3: Day 3: Fly to Mugu Talcha Airport and Hike to Rara Lake (2990m) 9760 ft 2/3 hours (Local Lodge)**

For the Mugu Talcha airport, the flights mostly occur in the afternoon after other region flights have done. 35 minutes of flight to Talcha airport will be an amazing experience where we will witness snow-capped mountains and terrain fields. Talcha airport is at an elevation of 2500m from Sea level after landing at Talcha airport we will trek for about 2 hours to get to Rara Lake where we will trek through the pine forest and Military check post. At Rara Lake we will stay in the local lodge which is near the lake and we will have a stunning vantage point to look out lake and surrounding. In the evening we will hike around the lake and will go a little bit higher vantage point to see the panorama of a beautiful lake.

Duration: 2/3 hours

Elevation: 2990m

Overnight: Local Lodge

### **Day 4: Day 4: Trek to Bulbule (3182m) 6/7 hours (Local Lodge)**

Early in the morning, we will have our breakfast and our porters will help us pack our baggage then we will start our real journey through the trekking trail. Nowadays there might be some motorable roads where we will see some Jeeps and motorbikes along the road where we are trekking but not huge traffic. After leaving Rara Lake we will trek along the lake shores and small settlements like Jhyaria, Dhur, and Pina villages will be on the trail and we will have our lunch somewhere between these villages. The road might be dusty because of motorbikes and local jeeps but places will be worth it to see local people and landscape. After the national park checkpoint, we will encounter our destination Bulbule.

Duration: Approx 7 hours

Elevation: 3182m

Overnight in Local Tea House

### **Day 5: Day 5: Trek to Tharmare (3500m) Approx 7 hours (Tea House)**

On this day we will again trek along the road and somewhere we can skip the road and enter in dense forest where their traditional trails are to be. We will see some wide pasture land and dense forests of pine and juniper. Naurighar will be the midpoint of this trek and we will have our lunch here then trails go up till Tharmare where wide open land and the beautiful motorable road will be seen. We can stop for the night in Tharmare also but if we have a little longer time to get to dusk then we can go further called Khaligaun where local tea houses are available and from there, we can see some stunning views of some parts of Jumla.

Duration: Approx 7 Hours

Elevation: 3500m

Overnight: Local Tea house

### **Day 6: Day 6: Trek To Jumla 2540m (via crossing Danphe Lagna (Lodge))**

Early morning we will have some breakfast locally available then we again continue our trek to Jumla. On this day we will mostly trek down, we will see some stunning mountain ranges such as Patarasi and Kanjirowa. Jumla is one of the biggest towns in Karnali Province where all the headquarters are established before 2007 AD. Even today also infrastructure development is more advanced here than in other regions. In Jumla we will stay in a local hotel where we will take a hot shower after a week of dusty trails.

Duration: Approx 6 hours

Elevation: 2540m

Overnight in Local Lodge

### **Day 7: Day 7: Rest and explore local culture and visit the natural hot spring (Lodge)**

On This day we will explore Jumla, in the afternoon we will hike or take a Local Vehicle to the Natural Hot springs which are famous so many locals come to take a bath and they believe it has natural minerals that help to avoid pain in the Joint parts of bodies.

### **Day 8: Day 8: Trek to Gothichaur (2700m) 5/6 hours (Tea House)**

On this day we will trek along the Jumla Market and Blacktop Road at the beginning and again we follow the dusty motorable road but we will see so many traditional houses and local people watching white tourists and trying to speak some broken English. After the big village Garjyangkot we will ascent up to Gothichaur La where we will see stunning panaroma of Some parts of Jumla and Gothichaur. Gothichaur is the place where huge sheep farms are run by the private sector with aid from the government. Our destination also be here overnight and we will get time to speak with people and get more information on local livelihood.

Duration: Approx 6 hours

Elevation: 2700m

Overnight: Local Tea House

### **Day 9: Day 9: Trek to Chotra (3380m) 6/7 hours (Tea House)**

On this day we will trek along the river and birch and pine forest where we will see some local settlements. Still, motorable roads are visible there and some transportation like jeeps and motorbikes are seen along the trek. Chotra is the last village of Jumla, where Tibetan culture people reside there and their main economic source is Animal husbandry and some wild herbs like ( Yarchagunbu).

Duration: Approx 7 hours

Elevation: 3380m

Overnight: Local Tea house

### **Day 10: Day 10: Trek to Balasa (3085m) 6/7 hours (Tea House)**

We trek towards the same direction and after approx 2 hours of trek, we will climb to Maure Lagna (3894m) which is one of the highest points we have trekked so far, from the top we can see magnificent views of Dudkunda Himla and Some parts of Dolpa. Maure Lagna is a landmark between Dolpa and Jumla District. After crossing the pass we will descend to Chaurikot village where we will see big Khampa Settlements there. Then we keep continuing our trek forward after crossing the deep gorge our destination Balasa will be there with some local tea houses.

Duration: Approx 7 hours

Elevation: 3085m

Overnight: In Local Tea House

### **Day 11: Day 11: Trek to Hurikot or Kaigaun (2620m) 4/5 hours (Tea House)**

On this day we completely trek along the many villages where we will see local people and traditional houses, maybe we see people working in the fields and ploughing the fields with the help of Oxes. Hurikot and Kaigaun are the last settlements till we arrive in Pugmo after crossing the giant pass Kagmara. Hurikot and Kaigaun have nearly 200 households and their main economic sources are agriculture and animal husbandry.

Duration: Approx 5 hours

Elevation: 2620m

Overnight: In Local Tea house

### **Day 12: Day 12: Trek to Singchaur (3000m) 5/6 hours (Camping)**

On this day we will enter in real unspoilt trekking trails. We started the early morning after breakfast and we crossed the Hurikot village then we encountered with National Park checkpoint and Millitary post which is called the Toijom Check post. After that, we will trek along the dense pine forest and juniper with one wooden bridge over the Jagadulla River. After crossing Wodden Bridge then we will arrive at our destination Singchaur where we will make Camping with our stuff.

Duration: Approx 6 Hours

Elevation: 3000m

Overnight: Tented Camp

### **Day 13: Day 13: Trek to Kagmara Phedi (4190m) 6/7 hours (Camping)**

On this day we will trek along the small trees such as Shrubs and birch trees with open pasture land where Upper Dolpo People used to keep their animals in Winter. Kagmara Phedi is supposed to be a base camp for the Kagamara pass. We will stop here at the elevation of 4190m as an acclimatization which is very important for the pass. We will put up a tent overnight where we will cook ourselves.

Duration: Approx 7 hours

Elevation: 4190m

Overnight: Tented Camp

### **Day 14: Day 14: Trek to Lasa Via Crossing Kagmara Pass (5115m) 7/8 hours (Camping)**

Embark on an adventure trek on this day we will cross Kagmara pass (5115m) which is the first highest pass of our trek. From Phedi, we will directly ascent towards the pass which is a bit steep but will see the slow panorama of the nearby region. Open pastures with rugged terrain and getting the pass's height slowly will be tough and demanding. Kagamara region is famous for Yarsa Harvesting where many people come up for collections of Himalayan Viagra ( Yarsagunbu) which means `summer grass and winter insects` which is a prime income source for Himalayan People selling it to Chinese and Indian traders.

Duration: Approx 8 hours

Elevation: 4060m

Overnight: Tented Camp

### **Day 15: Day 15: Trek to Pugmo Village (3250m) 6/7 hours (Tea House)**

On this day we will trek along the Puphu River and cross so many nomad camps and local herders. Slowly forest will be seen and a winter camp for the Pugmo village will be seen (Puphu) where a hydropower station will also be established there. Pugmo is one of the most authentic and cultural villages in Phoksundo they are following Bon Religion which is one of the oldest religions on earth. People from this region still believe in animism and unspoilt tourism attractions in Dolpo.

Duration: Approx 7 hours

Elevation: 3250m

Overnight: Local Tea House

### **Day 16: Day 16: Trek to Phoksundo Lake (3640m) 5/6 hours (Lodge)**

On this day we will trek along the Pugmo River and see Stupas and wooden bridges on the way. After about 2 hours of trek, we will see the National Park and Military check post where we will take a short break to show our documents like Permits and National Park fees permit, then continue our trek to Phoksundo Lake we will see Taprizia School Just

on the way and after crossing a suspension bridge we trek towards Phoksundo lake along the rugged terrain and some winter settlements. From Palam, we will ascent to the Waterfall top point on an elevation of 3800m. From this vantage, we will see an amazing waterfall which is one of the biggest waterfalls in the Nation coming out from Phoksundo Lake.

Duration: Approx 5 hours

Elevation: 3640m

Overnight: Local Lodge

### **Day 17: Day 17: Rest Day in Phoksundo (Lodge)**

On this day we will explore Phoksundo village also called Rigmo village and will see the traditional architecture building along with old Bon Stupas and Mantra walls everywhere. After lunch, we will hike to the Bon Monastery which is on the shores of the Lake. The Bon monastery was established in the 15th century by Treton lineage Lama Tsewang Tsultrim to protect wildlife and the Bon religion.

### **Day 18: Day 18 Trek to Themcha Bagala Base Camp (3995m) 6/7 hours (Camping or Tea House tent)**

Embark on an adventure trek on this day we will trek to the north side of the Phoksundo Lake along the dense pine forest and rugged terrain with a mesmerizing view of Phoksundo waterfall and Rikhey Hamlet. The trails could be narrow and rugged, after crossing this we will approach the Flat Pasture land where Phoksundo people keep their animals and some local tented tea houses might be there.

Duration: Approx 7 hours

Elevation: 3995m

Overnight: Camping or Tea House

### **Day 19: Day 19: Trek to Danigar (4512m) via crossing Bagala (5170m) 7/8 hours (Camping)**

On this day we will trek along the pasture land with rugged terrain and directly uphill towards Bagala. While getting higher up we will see more scenic views of mountains, on top of the pass we will be greeted by mindblowing mountain ranges and the panorama of the highland Dolpo Region. From the top, we will descend nearly 700m and our camp will be at Danigar. Danighar is one of the famous pasture land and flat places for animals and herders.

Duration: Approx 7 hours

Elevation: 4512m

Overnight: Tented camp or Tea House

### **Day 20: Day 20: Trek to Takyou (4209m) via crossing Numala (5309m) 7/8 hours (Tea House)**

On this day we will trek a bit flat till the river and will climb up again towards Numala Pass which is higher than Bagala and of course views from the top are worth it. While climbing up, the trails are a bit sandy and sleeper with small



streams on the trails. From the top of the pass, we can see Mount Dhaulagiri and its ranges and we will descend to Taksi where huge settlements of Buddhist people are residing there. In Taksi there are a few monasteries along with Jyampa Gomba.

Duration: Approx 8 hours

Elevation: 4209m

Overnight: Local tea houses

### **Day 21: Day 21: Trek for 1 hour to DHO (3944m) and rest (Lodge)**

On this day we will trek for 1 hour to Dho Tarap and will stop for the rest of the day. During our leisure time, we will hike to Bon monastery called Sipchuk Monastery which is one of the oldest Bon monasteries in Dolpo. Then we will hike a bit in the village where we will see some interesting house structures and people working in the fields.

Duration: 1 hours

Elevation: 3944m

Overnight: In local lodge

### **Day 22: Day 22: Trek to Sisaul (3600m) 5/6 hours (Tea House)**

We will follow the Dho Tarap River and again there is a motorable road. Sisaul or toltol will be our stop point where we will share tent with local tea house.

Duration: Approx 6 hours

Elevation: 3600m

Overnight: local tent tea house

### **Day 23: Day 23: Trek to Laini Odar (3370m) 6/7 hours (Tea House Tent)**

On this day we will trek down to Laini Odar where most of the trails are muddy and narrow, the other side of the trekking trails are dense forests of pines and birch.

Duration: Approx 6 hours

Elevation: 3370m

Overnight: Tent tea house

### **Day 24: Day 24: Trek to Sahartara Village (2730m) (Tea House)**

On this day we will trek to Sahartara village which is in Kaike Rural municipality from where we can split for the Way to Dunai and Beni tales. Sahartara is a community of Magar people and they speak a special dialect called Kaike.

Duration: Approx 7 hours

Elevation: 2730m

Overnight: Local tea house

**Day 25: Day 25: Trek to Jangla Base Camp (3800m) 6/7 hours (Camping)**

We will climb towards Jangla Pass by crossing Tupatara village and some nomad camps with traditional old trails. Where we'll see some birch and Pipal Trees on the way.

Duration: Approx 7 hours

Elevation: 3800m

Overnight: Tented Camp

**Day 26: Day 26: Trek to Purbang (4065m) 7/8 hours via crossing Jangla pass (4535m) (Camping)**

On this day we will trek mostly on open grazing land where we will see nomad camps and good views of Dunai Town. Jangla Pass is one of the important passes to reach in Dhorpatan Hunting Reserve. After crossing Jangla we will get to see the wide Purbang grazing land, where we gonna do our camp for tonight.

Duration: Approx 8 hours

Elevation: 4065m

Overnight: Tented Camp

**Day 27: Day 27: Trek to Puphal Phedi (3940m) 7/8 hours (May Be Tea House or Camping)**

Purbang Phedi is also known as Pupal Phedi, this region is very famous for hunting where wild blue sheep and other wild animals can easily be seen. Dhorpatan hunting reserve is the only one region in Nepal where foreigners can buy permits to hunt designated wild animals. At Puphal Phedi there might be a tea house where we will share with them or put our tent overnight.

Duration: Approx 7 Hours

Elevation: 3940m

Overnight: Tented camp or tea house

**Day 28: Day 28: Trek to Dhule (3410m) 6/7 hours (Tea House)**

On this day we will follow the river where we camped and we will see many travellers inn and pavement trails which are constructed by Dhorpatan Hunting Reserve. We will have a bamboo forest, and rhododendron trees and can see the cairn from far away they put on the high point to recognize the Landmark. This trail is famous also because of Famous writer Peter Matthiessen who wrote the book SNOW LEOPARD during his trek to Dolpo via Beni. After crossing all the crisscross and forest paths we will descend nearly 30 minutes to Dhule Village where people from Maikot (The majority of Indigenous Magar people are living there) are living there for seasonal business. Even the Dhorpatan Hunting Reserve checkpoint is also established there.

Duration: Approx 7 hours

Elevation: 3410m

Overnight: Local Tea House

**Day 29: Day 29: Trek to Kayam Dada (3000m) 6/7 hours (Tea House)**

On this day we will trek along the well-trekking trails and we will get Natural hot springs on the way and some small settlements like Gurbang and Him Villages on the way. Kayam dada is just on the ridge where few tea houses are running and the majority of Sal trees can easily be seen there.

Duration: Approx 7 hours

Elevation: 3000m

Overnight: Local Tea House

**Day 30: Day 30: Trek to Thakur (3180m) 6/7 hours (Tea House)**

On this day we will walk along the dense forest of Sal and numerous herders as well as a suspension bridge. At the beginning, we will descend to the river and we follow the river with dense forest and small streams on the way. Thakur is a place where 2-3 tea houses are running with their animals.

Duration: Approx 7 hours

Elevation: 3180m

Overnight: In the tea house

**Day 31: Day 31: Trek to Dhorpatan (3900m) 6/7 hours (Lodge)**

This day is our last day trekking, we started early morning from Thakur and we climbed up towards Phagune Pass which is the last pass for this trek, after crossing this pass we will descend directly to the valley. Before approaching Dgorpatan we can see Dhorpatan valley from the Phagune Dhuri.

Duration: Approx 7 hours

Elevation; 3900m

Overnight: Tea house

**Day 32: Day 32: Drive to Baglung or Burtibang (Hotel)**

Early morning we will drive to Pokhara by Local bus or jeep the distance between Dhorpatan and Pokhara is approximately 170km.

**Day 33: Day 33: Drive to Pokhara**

**Day 34: Day 34: Fly to Kathmandu**

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**Day 35: Day 35: Sightseeing in Kathmandu**

**Day 36: Day 36: Departure**



## FAQ

### 1. Where is Rara Lake located?

Rara Lake is situated in the Rara National Park in the Mugu district of northwestern Nepal. It is the largest lake in Nepal, known for its pristine beauty and serene environment.

### 2. How long does the trek from Rara Lake to Dolpo Dhorpatan take?

The trek usually takes about 25-30 days, depending on the specific route, weather conditions, and individual pace.

### 3. What is the best time to do this trek?

The best time to trek from Rara Lake to Dolpo Dhorpatan is during the spring (April to June) and autumn (September to November) seasons. These periods offer the most stable weather and clear views.

### 4. What is the difficulty level of this trek?

The trek is considered to be challenging due to its remote location, high altitudes, and rugged terrain. It is suitable for experienced trekkers in good physical condition.

### 5. What permits are required for this trek?

Trekkers need a Trekking Information Management System (TIMS) card and permit for Rara National Park and Shey Phoksundo National Park and the permit for Dhorpatan Hunting Reserve, an additional permit is required.

### 6. What type of accommodations can I expect?

Accommodations vary from basic tea houses to camping, especially in more remote sections. Tea houses provide basic amenities like a bed and meals, while camping will require carrying tents and food supplies.

### 7. What kind of food is available on the trek?

Meals typically include Nepali staples such as rice, lentils (dal bhat), vegetables, and occasionally meat. In more remote areas, the variety may be limited, and trekkers should be prepared for simple meals.

### 8. What are the risks of altitude sickness?

Altitude sickness is a concern on this trek due to the high elevations. Trekkers should acclimatize properly, stay hydrated, and ascend gradually to minimize risks.

### 9. What emergency services are available?

Telephone services are mostly available in this remote region. But it is crucial to carry a satellite phone, first aid kit, and have travel insurance that covers high-altitude trekking and emergency evacuation.

### 10. What cultural norms should I be aware of?

Respect local customs and traditions, dress modestly, and ask for permission before taking photographs of people. Learning a few basic phrases in Nepali or Tibetan can also be helpful.

### 11. How can I minimize my environmental impact?

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Follow the principles of Leave No Trace, such as carrying out all waste, avoiding plastic bottles by using a water filter, and staying on established trails to prevent erosion.

