



## Jumla Simikot Area Trek

<b>Trip code</b>	
<b>Package name</b>	Jumla Simikot Area Trek
<b>Duration</b>	12
<b>Max. elevation</b>	3450 m
<b>Level</b>	EASY
<b>Transportation</b>	Domestic flight ( Kathmandu - Nepalgunj -Jumla - Nepalgunj - kathmandu ).
<b>Accomodation</b>	Lodge + Camping twin sharing bed basis during the Trek
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Nepalgunj - Jumla - Danphe dada - Chautara - Dhotu - Rara Lake - Ghoro singha - Sinja - Jaljala - Chere Chour - Jumla - Nepalgunj - kathmandu .
<b>Cost</b>	USD 2,280 per person

## Highlights

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- Enjoy a super scenic flight from Kathmandu to Nepalgunj and vice-versa
- Explore the natural beauty and tranquility of Rara Lake
- Visit Sinja valley, an important old historical place of Nepal
- Explore the rich bio-diversity of Rara National Park
- Enjoy the beautiful landscape and view of distant peaks of Dolpo and API Shripal
- Walk through beautiful pine, birch, and rhododendron forests
- Experience authentic culture and lifestyle of Jumla district

## Overview

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Simikot is the administrative headquarters of Humla District of Karnali Zone in the mountain region of northwestern Nepal. Simikot is situated on an airy spur above the Humla Karnali River and you should take time to explore the town and some of the surrounding villages to discover a way of life that has barely changed in hundreds of years. Jumla and Rara lie northwest of Kathmandu in the remote area of Karnali. Access to Simikot from developed parts of Nepal is mainly by air. Roads from the south have only reached Jumla 86 kilometers (53 mi) to the southeast, however a rough road has been built from the Tibet Autonomous Region border crossing at Hilsa, Nepal. The clear, high altitude lake is ringed with pine, spruce and juniper forests, and mirrors snowcapped Himalayan peaks. In summer rainfall is low, ideal for trekking. In the winter there is often snow on the ridge surrounding the lake but the autumn season trekker is rewarded with a profusion of alpine flowers. Except for the army assigned to the park, nobody has lived at the lake since the government resettled the people of Rara and Chapra when the area was declared a national park.

The journey north whilst rewarding in its beauty, is a difficult hike as one travels steeply up and then down from one gorge to another. This is the province of Jumla, often referred to as the Hidden Himalayas and ups and down trails, will soon become your mantra. The high altitude lake is ringed with pine, spruce and juniper forests, and mirrors snowcapped Himalayan peaks. The people here are primarily farmers, livestock herders and traders. In spite of alpine meadows and difficult terrain for farming they depend upon supplementary of salts for their existence. They supply salt from Tibet to barter with grain from lowlands of Nepal. They have developed their lifestyle as Buddhists in Tibet. The route is not much obstacles. The glimpses of cultures and scenery are very different from the rest of Nepal which makes the visitors experienced of real remote areas.

Below is an itinerary for a 12 Day Jumla Simikot Area Trek. We can arrange longer itineraries from Jumla to Simikot via Rara Lake on request. This tough but rewarding trek offers the opportunity to meet the friendly villagers of upper Jumla. Visit the monasteries that are 400-1000 years old and experience the unique culture of the past still in practice. Added to this is scenery of pine-forested Karnali gorge and beautiful Saipal and Nalakankad mountain range. The area untouched by modern changes and believed to be the present form of mythical Shangri-La.

## Trip Itinerary

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### Day 1 : Fly from Kathmandu to Nepalgunj: 1 hour flight

We take an hour-long flight from Kathmandu to Nepalgunj, located in Western Nepal. Our scenic flight over the terraced hillsides and thatched villages of Nepal's green middle hills takes us to Mahendra Airport in Nepalgunj, the largest city in the western Terai. Nepalgunj, set in the steamy plains of southern Nepal, less than ten kilometers from the border of India, is a jumping-off point for many flights and buses into western Nepal. Nepalgunj, a town near the Nepal-India border, is also the gateway to Simikot, Humla. The town itself is an interesting Terai town that showcases the diverse culture of Nepal. In Nepalgunj, we can visit the local market, mini-zoo and nearby villages. It is quite hot and tropical. Overnight in Nepalgunj

### Day 2 : Fly from Nepalgunj to Jumla (2370 m). Overnight at Jumla – 35 minutes flight

On the following day, we take an early morning flight from Nepalgunj to Jumla. The flight to Jumla passes south along the Dhaulagiri range and provides lovely view of Nepal's western landscape. Jumla, one of the highest rice-growing areas in Nepal is located on the banks of the Tila Khola at the height of 2370 meters. The peaceful surroundings are enhanced by the reflection of the hills in the Lake's bright blue waters. On reaching Jumla, we traverse northward out of the Jumla Valley. Soon after trekking for an hour, we encounter a small village of Micha bearing a small walled enclosure and a number of Buddhist stupas. These stupas were erected at around late 15th century, in the memory of important dignitaries of the region.

### **Day 3 : Trek Jumla to Danphe Lagna (3230 m) via Khari Langa pass – 5 hrs walk**

Leaving Jumla, we continue our trail crossing through birch, pine forests and grassy pass. Further on, we descend as the trail opens into lush forests. From a top the ridge, we can have the most spectacular views of the mountain ridges to the south and Jumla below. Further on, we ascend steeply to the first night's campsite. . We meet tall birch trees on our way to the Khari Lagna and Danphe Lekh. Passing through Khari Langa Pass, we continue our trek towards Danphe Lagna.

### **Day 4 : Trek from Danphe Lagna to Chautha (2770 m) – 7 hrs walk**

Today our trail follows the northern bank of the Sinja Khola passing through the hotel and health clinic under the massive overhanging rock at Kabra. Silaji found in this area is the source of the important medicinal mineral which is believed to cure almost anything. We come across several small chortens, alpine-like pastures, walnut groves and a narrow valley. Finally, the steep slope guides us into the village of Chautha where we conclude the trek of the day.

### **Day 5 : Trek from Chautha to Dhotu (2410 m) via Ghurchi Lagna Pass (3446 m) – 7 hrs walk**

Commencing trek from Chautha, we have an ascending trail up to Ghurchi Lagna Pass. Then we pass through farmland and then enter the village of Pina. Pina has a police post and some hotels. Leaving the beautiful village of Pina, we continue our trek towards Dhotu. Overnight at Dhotu.

### **Day 6 : Trek from Dhotu to Rara Lake (2980 m) – 6 hrs walk**

On the following day, we follow the river upstream to Rara Lake, where we savor the most fascinating trekking experience amid the beauty of nature. The trail is not as strenuous as it looks. On reaching the crest of the ridge, we get to experience an excellent panorama to the south, flaunting irresistible beauty and charm. As the trail descends, Rara Lake becomes visible on the northeast. The trail further passes through bamboo and birch forests before reaching Rara Lake. Overnight at Rara Lake.

### **Day 7 : Rest and explore Rara Lake**

We will take our first and last rest day throughout the trek. Rara Lake is only eight kilometers west of Pine. We can explore the area, including the old village of Rara Lake. The village site of Rara (3040m) on the north side is a pleasant two hours walk along the western bank of the lake. We can also climb up to the wooden observation tower behind the post office for fine views of the lake and surrounding hills. We can even visit the National Park Headquarters. Swimming is allowed in the lake and it is piercingly refreshing. This can be a perfect way for acclimatization. Overnight at Rara Lake.

### **Day 8 : Trek from Rara Lake to Ghorosingha (3271 m) - 5hrs walk**

From Rara Lake, we walk the lake outlet (2980 m) and follow the downstream of Khatyar Gad for an hour. There is a log bridge over the stream below Murma (3139 m). Crossing the bridge to the south side and climbing steadily over 400 meters, we reach an open clearing at 3277 meters. The trail continues climbing south through dense forest until the tree line is reached at 3658 meters. The ridge continues to south for another 200 meters but it is pleasant trail with distant view of the mountains. There is no pass on this high ridge and the trails turn south-east at an altitude of 3749 meter and descend by the east side of Chuchemara Danda. It is a fairly steep descent to Ghorosingha (3271m).

### **Day 9 : Trek from Ghorosingha to Sinja (2440m) - 5 hrs walk**

Leaving Ghorosingha, the trail goes down the valley to Botan (2895 m). It is an interesting trail with better scenic prospect to climb Diyabala Danda south of Ghorosingha. The climb begins immediately west of Ghorosingha and takes about an hour through forest to top the crest at 5351 meters. The sinuous

route winds up into terraced farmland and beautiful valley. The trail then skirts south-east above the high fields of Lumsa. There are good views to the south along the Sinja valley. We follow the trail along Ghatta Khola amid the unparallel beauty of nature. The trail descends to Okharpati village (3100m) on a high shelf above Mindrabali Gad. The descent from Okharpati to Sinja takes less than two hours. Sinja village rests upon a small alluvial plain on the west bank of the clear Lah Gad River, also called the Sinja Khola. Sinja was once the ancient capital of the Malla kings. There are stones lying along the trail that foretell the history of Malla dynasty.

#### **Day 10 : Trek from Sinja to Jaljala (3270m) - 6 hrs walk**

Commencing trek from Sinja, we cross the log bridge over Sinja Khola to the east and follow the south bank of Jaljale Gad beyond Kotgaon near Lamathada. We follow the stream for another five kilometers due east. Then we ascend the ridge (2865m) briefly to descend to the same stream again. The trail clings to the south side of the stream all the way for another nine kilometers. The trail twists and turns along the stream but it is a pleasant trail amidst forest wilderness. The trail passed through the pine forests of terraced farmland. En route the trail passes the 300 year old Kanaksundari Temple. The temple holds immense religious significance for Hindus. Overnight at Jaljala.

#### **Day 11 : Trek from Chere Chaur to Jumla (2370m) - 5 hrs walk**

In the very last day of our trek, we continue our walk from Chere Chaur. Chere Chaur is a delightful alpine pasture where flowers are in profusion during later summer. It provides good views of the Jumla town, Tila valley and Chyakhure Lekh beyond. The return to the town camp is pleasant descent in slow stages. Following the trail gently sloping downwards, we march towards Jumla. Utmost caution is required while trekking along this trail. After reaching Jumla, we can spend our afternoon exploring the busy market town or simply pursuing whatever we feel like. Overnight in Jumla.

#### **Day 12 : Day 12: Fly Jumla / Nepalgunj and connect flight to Kathmandu**

We take an early flight from Jumla to Nepalgunj. On reaching Nepalgunj, we return to Kathmandu on the next available flight. After arriving at Kathmandu, you will be transferred to the respective hotel where you will spend overnight.

## Inclusions

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### What is included?

- Domestic airports pick up and drop in Kathmandu as per program by private car
- Domestic airfares Kathmandu/Nepalgunj/Kathmandu (Approx. US\$ 404)
- Airfare of Nepalgunj / Jumla /Nepalgunja (Approx. US\$ 394)
- Accommodation for 1 night in Nepalgunj with all meals on room sharing basis.
- Accommodation (Lodge + Tent ) twin sharing bed basis & All Meals during the trek.
- Rara National Park conservation fee
- Camping+lodge (whereas possible) trek with all meals (breakfast, lunch and dinner prepared by our cook).
- Services of an experienced English speaking trekking guide, cook, kitchen helpers and porters.
- Food, salary (allowance), insurance, equipment and transportation for cook, assistance, porters etc.
- First aid kit bag
- All equipment for camping (tent, mattress, kitchen tent, kitchen utensils, toilet tent etc)
- Sleeping bag and down jacket if necessary.
- Airfare of guide for Kathmandu / Nepalgunj / Kathmandu
- Airfare of guide for Nepalgunj / Jumla / Nepalgunj
- All applicable government taxes and service charges.

### What isn't included?

Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)

Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).

Personal travel insurance against sickness, injury, accidents, damage or loss of goods.

Liability for extra expenses caused by illness, accidents or situation beyond our control.

Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.

Medical and emergency evacuation charges.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Personal equipment for Sunglasses, Sun hat, normal trekking boot, plastic trekking boot etc.

Cargo fees for trekking/camping equipment.

Tips for guide & porter and others staff.

Any other services or optional activities not mentioned above in the included list.

## **Complimentary**