



Rara Lake to Khaptada National Park



Introduction

This extraordinary trek takes you from Rara Lake, Nepal's biggest lake, to Khaptad National Park, a hidden gem in Far West Nepal. surrounded by snow-capped mountains and thick pine forests is the serenely beauty of Rara Lake. especially on a still day when the mountains and clouds reflect in the tranquil waters is It's stunning sight.

Khaptad National Park well-hidden treasure located in the mid-mountain region of Far-Western corner of Nepal at an air distance of 446 km from Kathmandu. It is still relatively untouched by tourism development, Due to its remote location. which makes Khaptad a perfect destination for the adventurer looking for a real wilderness experience. The core area is situated at the cross point of Bajhang, Bajura, Doti and Achham Districts of Seti Zone. The Park HQ. at Khaptad is about 50 km and 32 km walking distance respectively from Silgadhi town (Doti) and Chainpur town (Bajhang).

The park covers a unique ecosystem of the mid-mountain region of Western Nepal and is situated at around 3,000m. elevation. Khaptad named after Khaptad Baba, the renowned spiritual saint who have meditated here for 50 years. Khaptad is great for spotting wildlife and birds, with 23 species of mammals and 287 types of birds. Mammal species symbolic of the park are leopard, Himalayan black bear, wild dog and musk deer. Bird species include the beautiful Impeyan pheasant (danphe; Nepal's national bird), Peregrine falcon, the white rumped vulture and many types of partridges, flycatchers, bulbuls, cuckoos and eagles.

The upland is a rolling plateau with grasslands intermixed with oak and coniferous forests. offers you a beautiful variety of landscapes, with rolling green hills, moorlands, steep slopes and streams. 567 species of flora have been recorded in the protected area, including oak and pine forests, and Rhododendron forests. From the park you can see the amazing views of Api and Saipal Himalayan ranges.

Facts

- Altitude: 3080<
- Duration: 14 days
- Grade: Easy-Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: : March-May and October-November. From December to March
- Start/Ends: Kathmandu (Capital of Nepal)
- Transportation: Bus/Flight

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Kathmandu - Nepalgunj Meal includes: Breakfast/Lunch/Dinner
- **Day 3** : Nepalgunj to Talcha Airport 2,200m
- **Day 4** : Rara Lake Exploration
- **Day 5** : Rara Lake 2,990m. - Sirkot 2,041m. 5-6 hrs
- **Day 6** : Sirkot 2,041m. - Jholunge Pul 1,400m. 6-7 hrs
- **Day 7** : Jholunge Pul 1,400m - Kolti 1,390m. 6-7 hrs
- **Day 8** : Kolti 1390m - Martadi 1,591m. 9-10 hrs
- **Day 9** : Martadi 1,591m - Dogadi 1,490m. 5- 6 hrs
- **Day 10** : Dogadi 1,490m - Khaptad Campsite 3,020m. 8-9 hrs
- **Day 11** : Visit Khaptad National Park and Khaptad Baba Ashram Exploration
- **Day 12** : Khaptad Campsite 3,020m - Bajhang Tal mail 8-9 hrs
- **Day 13** : Drive to Dhangadhi
- **Day 14** : Flight Dhangadhi- Kathmandu
- **Day 15** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Fly in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Pick up and drop off transport as mentioned in the itinerary
- 3 star or same category hotel on BB {Bed & Breakfast} plan in Kathmandu according itinerary
- Sightseeing as mentioned in the itinerary
- Flight Kathmandu-Nepalgunj-Talcha Airport
- Flight from Dhangadi-Kathmandu
- Accommodation and Three times Meals per day during the tour
- Tour guide, jungle guide, porters and cook and helpers (for camping)
- Comfortable high quality VE-25 North face tents for members during camping
- Entire necessary High quality Kitchen utilities with Dining, Toilette, Kitchen tent chair/table.
- Entrance fees and government royalties, Trekking permit and TIMS Card
- All kind of jungle activities as mentioned in the itinerary
- Domestic air ticket and airport tax for tourists and company team as mentioned in the itinerary
- Company Guarantee for Emergency evacuation (clients are required to have their own traveling Insurance which copied hand over to company)
- First Aid Kit

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbing in Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will

be costlier compared to the one available here.

8.

Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in _____ or login to _____ for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Any meals in Kathmandu other than breakfast, welcome and Farewell dinner.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist).
- International air fare to and from Nepal.
- Nepal Tourist Visa fee.
- Items and expenses of a personal nature.
- Any kind of alcoholic drinks, cold drinks, laundry, phone calls, internet.
- Personal Trekking Equipments like sleeping bags, jackets (can all be hired in KTM)
- Emergency Evacuation (Helicopter Rescue).
- Any costs which arise due to a change of the itinerary, because of landslides, political disturbance, and strikes etc.
- Any other costs whatsoever, that is not mentioned in the cost includes.
- Horse renting and additional porters due to natural calamities during the trek.
- Tips for guide, porters, driver

