

Khaptad-Rara Trek

What to experience?

Rara National Park and Khaptad National Park are two important protected sites in the western Nepal. This new route aims to link two of the Nepal's tourist destinations that are still in shadow despite having immense potential. The journey begins with a flight to Talcha airport in Mugu district from Nepalgunj which easily accessible from Kathmandu via land and air route.

Rara National park is the smallest Park in Nepal, containing the biggest lake of Nepal (10.8 sq. kms) and scenically the most beautiful lake at an elevation of 2999m.

Khaptad National park is a paradise for adventure. Trekking in the Park is authentic as it gets. Trails lead through a land untouched by the hand of time, past ancient orange and lemon groves and flagstoned mediaeval villages.



October – November
March –April



24 nights / 25 days



advanced



Max. Altitude: 3450m



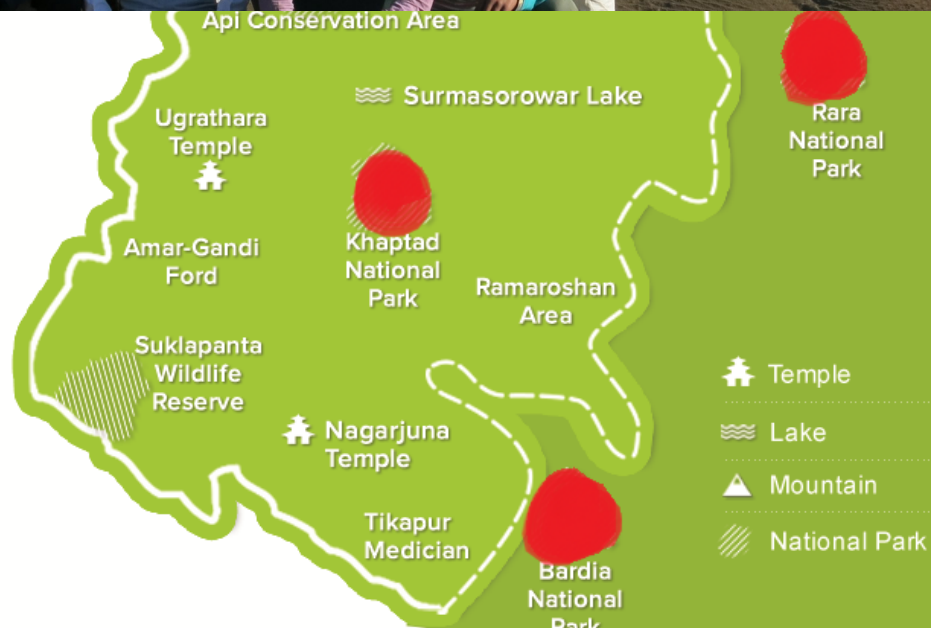
Camping, homestays
hotels and lodges



Highlights

- The biggest Lake of the smallest National Park of Nepal
- Trek to Khaptad National Park,

AN ADVANCE HIKE may contain steep trails when overcoming the passes. Duration is a full day, often in remote areas lasting up to 6hours. A good level of fitness and experience is required.



Rara –Khaptad Trek

PROGRAMME

DAY 1 (Delhi—Dhangadhi)

Delhi, capital city of India is just 9h drive from Far-west Nepal border of Mahendranagar & some 11h to Dhangadhi border. You have to take a private vehicle from Gaddachowki, Maendranagar to Dhangadhi. Dhangadhi is the hub city of Far-west region. From Gaddachowki it is 1h15min drive to Dhangadhi, where you check into some of the finest hotels of the region

DAY 2 Dhangahi by cycle

Start early for Mohana Corridor in bicycle, which offers some really nice view of the morning life of the city and you get to see a lot of birds and other animals with tea & cookies at the spot. After lunch & rest you go to Bhada home stay for a cultural program performed by the indigenous Tharu people of the Tarai and have dinner. Overnight in Dhangadhi.

DAY 3 Dhnagadhi—Dadeldhura—Silgadhi (200 km by car)

It is a nine hour drive from Dhangadhi to Silgadhi. Along the way there is a school for deaf children. For lunch you make a stop in Dadeldhura. After lunch you can visit the fort build at the time of Nepal's unification and temple of one the most important deities of this region. You start the ride from Dadeldhura along the Seti River up to Dipayal and reach Silgadhi just in time for some Cultural program. Dinner and overnight at Silgadhi in a hotel.

DAY 4 Silgadhi—Baglekh—Jingrana (16,5km—hike)

From Silgadhi the trek starts at slow pace, just to prepare your muscles for the upcoming days. Trek up to a place called Baglek is just moderate to easy and along the way you can see vultures dancing in the sky, it takes three hours to Baglek. At Baglek you have lunch at a teashop where you can have rest while they prepare the food. From Baglek, after two hours of trek you reach at Jhingrana, which offers accommodation in shape of tea house and a guest house of Khaptad national Park (KNP). It is also the entry point of the National park.

DAY 5 Jingrana - Bichpani—Khaptad National Park (16km—hike)

Climb from Jhingrana to Bichpani is the hard because you have to climb 900m and it's a steep climb. You have to start early morning and move slowly as it really is a long day. You reach at Bichpani in four to five hour depending on your speed and the resting times. At Bichpani you can have lunch, which is just dalbhat as you will find all over the place. From Bichpani the trek is just moderate to easy with gentle slopes and climbs. After three hours of slow trek you reach the Khaptad National Park headquarters. Along the way to it you can visit the Tribeni temple but if you are tired you can leave it for the next day. Accommodation and food is provided at the guest house run by Khaptad National Park or you can pitch a tent but its cold there and it can rain anytime, so the guest house is the best place to stay.

DAY 6 In Khaptad National Park

This day in the morning either you can rest or go for gentle treks inside the park. There are many places to visit inside the National Park, notably Ashram of the Khaptad Baba, Sahastralinga, Tribeni, Nagdhunga, Ghodedaun and the ruins of a village that was in the area some centuries ago.

DAY 7 In Khaptad National Park

This day you can visit the places you have missed the day before.



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Day 8 Khaptad National Park - Lasake Chaur - Dogadi (17km)

After Breakfast you start the trek further up to a place called Dogadi with a stop for packed lunch at Lasake Chaur, which is a open ground in the middle of the trekking day. There are no teashops along the way until you reach near Dogadi village. From KNP to lasake chaur it takes four hours and from there another three to Dogadi and the trekking is Moderate. Along the way you see beautiful landscapes of KNP and the first settlement takes you straight back to some centuries as people there stay still in that timeless traditions. Dogadi has some teashops which offer food and accommodations but the best option would be to stay at some peoples home as they welcome you with open arms or you could just pitch up a tent.

DAY 9 Dogadi - Oligaun - Sudada (14.5km)

From Dogadi after a hours trek you reach to a small lake called Chededaha with a couple of teashops where you can rest and take pictures. After an hour and half from there you reach the place where you can have lunch. People of Oligaun are very gentle and you can tell them to cook lunch for you while you take a rest as the trek from Dogadi is in quite warm conditions. From Oligaun in three hours with a stop for tea at Maitola you reach Naina village, there is teashop which offers accommodation and food But 20 minutes from there you reach Sudada village where you can stay people homes. Here also you have a option to tent on the premises of the local school.

DAY 10 Sudada - Pinalek - Bhaunera (10km)

After a breakfast of roti - tarkari you head towards Pinalek for your lunch destination. It's a one hour uphill trek to Pata, after Pata its downhill to Pinalek for another one and half hours. Pinalek is a picturesque village where there are homes and teashops which offer food and accommodation and also great curd. Along the fields of corn & wheat you trek towards Bhaunera, where a feast where a feast of cultural events awaits you, and the crystal clear Budhiganga River. You can swim in the river and indulge in a little fishing. Bhaunera has lot of Teahops for accommodation & food but you can also homestay at one of the villagers home, who are always ready to be a host.

DAY 11 Bhaunera to Martadi (5.5km)

It is just a two hours trek to Martadi from Bhaunera. A uphill climb for 45 minutes then its downhill to Martadi. Martadi is the district headquarters of Bajura district and has some good hotels and internet. You can for the rest of the have shower and send some messages to your loved ones or to your office if it is required.

DAY 12 Martadi - Dhamakane - Pandusain (15km)

Martadi to Pandusain is all uphill. You have to climb nearly 750 m up. It takes nearly three hours to reach your lunch place, Dhamkane. From Dhamkane its two more hour of climb to Pandisain. On the way you find a Place called Porakhe Lek. As the myth goes there are huts made by Pandavs at the time of Mahabharat some 1500 hundred year ago. Nobody has yet determined it as true or false but the people of these parts believe in it. At Pandusain you can stay at home of the villagers or put up a tent. There are some teashops in the village that offer dalbhat.

DAY 13 Pandusain - Kolti - Chuligaad (17km)

Trek from Pandusain to Kolti id slow downhill. Kolti has a one of the two operational Airports in Far-west. It also has some good Guesthouses and you can find food and other essentials there. It is just Three hours slow trek from Pandusain to Kolti. After 45 minutes you see the longest River of Nepal, Karnali. You walk along banks of Karnali river for one and half hours and reach your destination for the night. Chuligaad has some teashops which offer food & accommodation, but you can pitch up a tent along the banks of the River.

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Day 14 Chuligaad - Jugala - Ratapani (18km)

On the banks of Karnali river you have to trek for three hours to reach Jugala. Trek itself is easy with mesmerizing view of the Karnali river and one place there is sharp cliff which you have to pass if you take the shorter route but you can skip it if you take a longer route. Jugala offers some teashops which also offer beds and food, have a lunch of dalbhat or just make some instant noddles. Jugala is also the border point of Bajura & Mugu district. You cross the Karnali River and just after 20 minutes you find the River flowing down from Rara Lake, Khatyad River. Along the banks of Khatyad River easy trekking for three hours takes you to Ratapani. At Ratapani there are teashops which offer accommodation and food but there are places where you can pitch tent also. At Ratapani there is a Police station where you have to register yourself if you are a foreigner.

DAY 15 Ratapani - Talibagar - Seri (16km)

Another day of easy trek, slow uphill to Talibagar for three hours along the banks of Khatyad River. Actually from Jugala onwards you just follow the Khatyad River and you won't need any directions to reach Rara Lake. Talibagar boasts couple of teashops where you can have lunch of dalbhat or instant noodles; you have to order like at all the places. Seri is another two and a half hours trek from Talibagar, where they have more than couple of teashops and some good guesthouses. You can stay at one of the guesthouses or in a tent, the choice is yours.

DAY 16 Seri - Baupani - Rara Lake (Majhghat) (18km)

Seri to Rara is nearly 900m climb but the climb is steady uphill and after Baupani the weather is cooler so it really makes a beautiful climb. From Seri to Baupani it takes two and a half hours and from there it is another three hours to Rara. You can have lunch at Baupani, there some good teahouses that offer food and also accommodation. Just 30 minutes to Rara lake you reach a place called Majhghat, there some good guesthouses that offer food and accommodation and are also cheaper than one in Rara Lake itself. You can stay here or move to Rara. At Rara there is only one Guesthouse which costly but is good.

DAY 17 Rara Lake

This day is dedicated to Rara Lake. In the morning you can climb upto Murma Top, which is the highest point at Rara and it offers complete view of the Lake when the weather is good. It is two hours trek up there. Or you could just click pictures of the Lake which you cannot stop yourself from.

DAY 18 Rara - Dhotu - Pina - Bulbule (21km)

From Rara you have come down nearly 500m to Dhotu where you can have lunch. Along the way you can see wild horses grazing at the pasture which is called Milichaur. It takes two hours to Dhotu from Rara. From Dhotu you have to climb 900m up the Gurchi pass that takes nearly 3 hours and you reach Bulbule after another one hours trek from there. Along the way the landscape changes many time giving you the feeling that you have crossed different time zones in a day. Bulbule is a growing settlement where trucks and four vehicles go. There are good teashops that offer accommodation and food.

DAY 19 Bulbule - Chautha - Ghodemaulla - Laha - Gothijuila (17.5km)

Chautha is one hours downhill trek from Bulbule and from there after one hour you reach a place called Ghodemaulla. It is actually a deep gorge with Hima River flowing. It is one of the most interesting places of this trek, which is still not recognized by anyone and you cannot find it in any map. Stop there for pictures and after one and half hours you reach to a place called Laha for Lunch of dalbhat or noodles. From Laha it is two hours trek to Gothijuila along the road. Along the way you pass through Sinja valley, from where the Nepali Khas Language originated from. At Gothijuila there are small hotels.

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Day 20 Gothijiula - Nagma (17km)

Along the banks of Hima River, through the fields of wheat & corn and villages that come straight from centuries ago with mixed modernization you reach to Nagma Just in the time for late Lunch. Or you could from Gothijiula climb on a back of a truck and reach there, which can be terrifying sometimes and sometimes just another adventure. There are small hotels there which offer food & bed.

DAY 21 Nagma - Jumla (Khalanga Bazaar) / Surkhet

From here there are two possibilities, either you go to Jumla district headquarters Khalanga Bazaar and fly from there to Nepalgunj or take Private vehicle to Kohalpur, Banke for your last destination of the trip, Bardiya national park. Or take a bus, which will take two/three days instead of one in private vehicle. With a private 4 * 4 vehicle you can reach Surkhet easily for dinner with Lunch along the way at one of the small teashops along the way. And from Manma you drive along the Banks of karnali River, with some spectacular views. At surkhet there are some good hotels.

If you go by plane you cut down two days that will take by vehicle to reach Bardiya but on the other hand flights are irregular so private vehicle is more trustworthy.

DAY 22 Surkhet - Bardiya National park

From Surkhet it is five hours of steady drive to Bardiya National Park, just in time for Lunch. Bardiya National park boasts of some of the best resorts in Far & mid western region. In the evening you can have Tharu cultural show with a bonfire and dinner.

DAY 23 Bardiya National park

Bardiya National park offers many different activities, such as Jungle Safari, Jungle Walk, Elephant Safari, rafting, camping etc. you can choose any one of the product.

DAY 24 Bardiya National park

You can indulge in activities that you had not done the day before.

DAY 25 Bardiya National park - Kathmandu

You have two options for your travel to Kathamndu, you can take flight from Nepalgunj, or go by bus. It takes 12 hours by bus and 1 hour by plane.

NOTE: It is possible to prolong the trip spending couple of days in the capital of Nepal Kathmandu. Within 2-3 days there is a possibility to visit main historical places as well as if you are interested you can experience an hour long spectacular mountain sightseeing flight.

FOR MORE INFORMATION: The Exploration of this trek took place in APRIL 2014. For more information regarding route, accommodation facilities available on the route, and contact information of local persons to assist you in organization of this trip, please feel free to contact:

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