Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Shey Phokshundo & Rara Lake Trek - 17 Days

Itinerary Overview

Day 01: Arrive at Kathmandu

Day 02: Sightseeing Kathmandu and trek preparation

Day 03: Fly Kathmandu to Nepalgunj

Day 04: Fly Nepalgunj to Juphal (2475m/8120) and trek to Chhepka (2720m/8923 ft)

Day 05: Chhepka to Ringmogaun & Phoksundo Lake (3641m/11945 ft)

Day 06: Ringmogaun to Pungmo (3500m/11482 ft)

Day 07: Pungmo to KagmaraPhedi (3500m/11482 ft) via Kagmara La Pass (5115m/ 16781 ft)

Day 08: KagmaraPhedi to Kaigaon (2610m/ 8562 ft)

Day 09: Kaigaon to Chotra (3380m/ 11089 ft) via MaureLanga pass (3894m/ 12775 ft)

Day 10: Chotra to Jumla (2540m/ 8333 ft) via Gothichaur La (2995m/ 9826 ft)

Day 11: Jumla to Chautha (2807m/ 9209 ft)

Day 12: Chautha to Rara Lake (2980m/ 9776 ft)

Day 13: Rara Lake to Talcha (2752m/9028 ft)

Day 14: Flight to Talcha to Nepalgunj

Day 15: Flight Nepalgunj to Kathmandu

Day 16: Free day for contingency

Day 17: Farewell Day

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

PRICE INCLUDES

- All ground transportations by private vehicle including airport transfers
- Four night's accommodation with breakfast at a 4-star category hotel: Ramada Encore or similar in Kathmandu
- Kathmandu valley sightseeing tours including tour guide private vehicle
- Meals (breakfast, lunch, dinner, tea & coffee) prepared by our expert cook
- Twin sharing tented accommodation during the trek
- A highly experienced guide, Sherpa, required number of porters, their food, accommodation, salary, insurance, equipment
- Trekking equipment (two men tent, dining tent, kitchen tent, table with chairs, kitchen utensils, and other necessary equipment during the trek)
- Flights from Kathmandu – Nepalgunj – Juphal – Nepalgunj – Kathmandu including departure taxes
- One nights' accommodation with breakfast in Nepalgunj
- Icicles adventure treks duffel bag, down jacket and sleeping bag during the trek
- Icicles adventure treks T-Shirt and trekking map
- Safe drinking boiled water will be provided during the trek
- A comprehensive first aid kid bag
- All necessary permits and paper works including special permits
- All government and local taxes
- Office service charge

PRICE EXCLUDES

- Lunch and dinner in Kathmandu.
- Travel insurance including ones that cover emergency Rescue and Evacuation. (See the travel insurance page)
- International airfare and airport departure tax (See the international flights page)
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying US $ 50 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying US $ 125. Please bring 2 copies of passport size photos).
- Alcoholic and cold drinks.
- Personal trekking Equipment (Click the trekking equipment tab).
- Tips for trekking staff and driver (Tipping is expected)
- Any others expenses which are not mentioned on the 'Price Includes' section.