

Mugu to Humla Trek

Standard Itinerary

Mugu To Humla Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1310 airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

Day 02: Kathmandu

Kathmandu Valley sightseeing with a cultural guide to Pashupatinath, Boudhanath, Swayambhunath, and Patan back to the same hotel on BB plan

Day 03: Nepalgunj

Flight from Kathmandu to Nepalgunj 540m 55 minute, stay in a hotel.

Day 04: Jumla

Flight from Nepalgunj to Jumla 2350m. 25 minutes, stay in the lodge.

Day 05: Nauri Ghat

Trek from Jumla to Nauri Ghat 2700m crossing the Daphe Lekh 3900m 7 hours. Overnight in a tent.

Day 06: Jhyarigaon

Trek from Nauri Ghat 2700m to Jhyarigaon 2672m crossing the Ghurchi lagna pass 3447m 8 hours. Overnight in a tent.

Day 07: Rara Lake

Trek from Jhyarigaon 2672m Rara Lake 2986m 2hours. Overnight at lodge.

Day 08: Rara Lake

Rest at Rara Lake 2980m and explore the Rara Lake area. Overnight in a Lodge.

Day 09: Gamgadhi

Rara Lake to Gamgadhi 2095m 4 hours. Overnight at the Lodge.

Day 10: Bam

Trek from Gamgadhi 2095m to Bam 2700m 5 hours. Overnight in a tent.

Day 11: Jogimara

Trek from Bam to Jogimara 3005m via Changkheli Lagna 3594m 7 hours. Overnight in a tent.

Day 12: Darma Bazar

Trek from Jogimara to Darma Bazar 2200m 5 hours. Overnight in a tent.

Day 13: Apsia Lake

Trek from Darma Bazar to Apsia Lake 3195m 6 hours. Overnight in a tent.

Day 14: Punkha Khola

Trek from Apsia Lake to Punkha Khola 3010m 4 hours. Overnight in a tent.

Day 15: River Camp

Trek from Punkha Khola to River Camp 2100m 6/7 hours. Overnight in a tent.

Day 16: Simikot

Trek from River Camp to Simikot 2985m 7 hours. Overnight at the lodge.

Day 17: Kathmandu

Flight from Simikot to Nepalgunj 45 minutes and fly back to Kathmandu. Evening farewell dinner typical Nepali cultural dance restaurant. Overnight at Hotel on BB plan.

Day 18: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 5 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.
- Sightseeing in world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Jumla/Similot/Nepalgunj/Kathmandu.
- Staff transportation Kathmandu /Jumla /Simikot/Kathmandu.
- Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
- All camping equipment's two-man tent north face kitchen tent dining tent toilet tent chair mattress kitchen equipment including kitchen staff etc.
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local Taxes Rara National Park entry permit and TIMS card).
- Humla and Mugu restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.
- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.

-
- Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
-