

Rupina La Pass Trek

Standard Itinerary

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Day 01: Kathmandu

Arrival in Kathmandu 1310m, Transfer to Hotel on BB plan.

Once you arrive at Tribhuvan International Airport, Kathmandu, you will proceed through customs and visa formalities and then a representative from Himalayan Nepal Trek Pvt. Ltd. will receive you. You will be transferred to the hotel in Kathmandu with Bed and Breakfast plan. You will get a briefing regarding your trek package and then enjoy the welcome dinner with a Himalayan Nepal Trek member before spending your night in a hotel.

Day 02: Kathmandu

Sightseeing in Kathmandu Valley.

Early in the morning, Breakfast at your hotel and a city Sightseeing Tour during which you will visit UNESCO-enlisted cultural heritage sites of Pashupatinath and Boudhanath including the Sayambunath and Patan Temple.

Day 03: Balua

Drive from Kathmandu to Balua 755m.

by public bus, to Balua our camping and kitchen staff will fix the necessary tents they cook food and enjoy the first meal from our staff then sleep in a tent

Day 04: Barpak

Baluwa to Barpak 1950m.

Today, our trail follows the upstream of the Daraudi River passing a paddy field to the right edge of the river, after about a 3 hrs. subtropical climate trek, we arrive at a perfect lunch spot before climbing a steep hill, and our trail ascends right after Lunch. As we ascend higher up, a lovely view of the river valley and Buddha Himal (6672m) in the background can be seen amazingly. Trail

raises through dry terraced farming fields and herd's shelter. Still, today's route prolongs steeply toward the largest village of area Barpak. An early evening explores a village that exposes social culture, life living, and village community.

From Darchye, we will pass through a few villages to Nambai Kharka. Passing through the forest, we will reach the big village of Gurung ethics. Crossing this village, we will arrive at Baprak village via Basukang. The majority of people living in this village are ex-Indian or British Army officers.

Day 05: Nirtse Kharka

Baprak Kharka to Nirtse Kharka.

A couple of hours of descending from Barpak Kharka will take us to Tumsiak village. We will walk along the Daraudi River to Gai Kharka. Continuing further through the forest, we will reach Nirtse Kharka where we will stay overnight.

Day 06: Nirtse Kharka to Rupina La Phedi

You will experience an increase in altitude at this point. From Nurse Kharka, pass through Sanrung Kharka to the foothill of the famous Rupina La Pass which is also known as Rupinala Base Camp. Stay overnight in a tented camp at Rupina La Phedi.

Day 07: Meme Kharka

Rupina La Phedi to Meme Kharka via Rupina La Pass 4640m.

Rupina La Pass is the second highest point of this trek as it is located at 4640m altitude. It will take 4-5 hours of the difficult climb to take us to the top of Rupinala Pass. Sharp descent from Rupinala Pass will take us to Meme Kharka where we will stay overnight.

Day 08: Gai Kharka

Meme Kharka to Gai Kharka 3217m.

The trail from Meme Kharka to Gai Kharka is scenic. We will move along pasture lands full of lush green vegetation and a forest of pine and oaks. We will experience the subtropical type of climate in this part.

Day 09: Deng

Gai Kharka to Deng 1920m

After a brief ascends, we will take the descending trail to Deng. It takes 6-7 hrs of a trek to take us to Deng where we will stay in a camp at Deng.

Day 10: Namrung

Deng to Namrung 2700m.

We will reach Ranagaon where we will take lunch before climbing the escalating trail to Bihi Phedi. A brief descent from Bihi Phedi will take us to the Budhi Gandaki River. Walking along the Budhigandaki River, we will reach Ghap. Following the ascending trail from Ghap, we will reach Namrung. We can enjoy views of Sringi Mountain and Himalchuli Mountain from our trail.

Day 11: Lho

Namrung to Lho 3180m.

The path from Namrung to Lho is scenic with views of Rupinala pass, Manaslu Mountain, Dwijen Mountain, Saula peak, and Lajing peak. Passing through a few monasteries, we will arrive at Lho village where we will stay overnight.

Day 12: Sama Gaun

Lho to Sama Gaun 3530m.

A brief walk of a mere 3hrs is enough to take us from Lho to Sama Gaon via Sanagaon. Samagaon village offers panoramic mountain views. A day of rest at Samagaon is recommended.

Day 13: Sama Gaun

Acclimatization day at Sama Gaun.

This is a rest day. We can either take a side trip to Manaslu Base Camp or Birendra Kunda. Base Camp of Manaslu allows unobstructed views of Samdo, Nagdi Chuli, Simnang Himal, and Manaslu glacier. Birendra Kunda is an ice lake located near Manaslu Base Camp.

Day 14: Samdo

Sama Gaun to Samdo 3780m.

Leave Samagaon and descend through the mani wall and Chorten to the Budhi Gandaki River. Move through the windy valley. Samdo is the last village in Manaslu village. Get views of Manaslu,

Samdo (PangPhuchuli), Nagdi chuli and Manaslu glacier. Stay overnight in camp.

Day 15: Larkya Base Camp (Dharamsala)

Samdo to Larkya Base Camp 4480m.

Leave Samdo village and take 4hrs of Trek to Dharmasala. The trail continues along the Budhigandaki River to Dharamsala. Leaving Dharmasala, we will reach the base of Larkya La Pass which is also known as Larkya Base Camp.

Day 16: Bhimthang

Larkya Base Camp (Phedi) to Bhimthang via Larkya La Pass 5135m Bhimthang 3720m.

2hrs of the difficult climb from Larkya Base Camp will take us to the summit of Larkya La Pass. Enjoy the views of Himlung Mountain, Annapurna II Mountain, Kangurung, and Cheo Mountain. Lower down to Bhimthang. Bhimthang allows views of the Lamjung and Manaslu Mountains.

Day 17: Dharapani

Bimthang to Dharapani 1800m.

After taking breakfast, we will descend to Surke River. Choosing the escalating trail through the pine forest, we will reach Dudhkoshi River. Walking further, we will move in and out of Dharapani and proceed through Gho village and Tilje village Dharapani for an overnight stay.

Day 18: Kathmandu

Drive from Dharapani to Kathmandu 1310m.

Dharapani to Besisahar by Public Jeep we change to another public van to Kathmandu evening farewell dinner with a typical Nepali cultural restaurant with cultural dance overnight hotel on BB plan.

Day 19: Departure

Departure from Kathmandu to your onward destination. Our representative will drop you at the airport for your future destination ahead.

Includes and Excludes

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- 2 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.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive by public van from Kathmandu to Baluwa guest and guide (optional: private vehicle as per participant's preference).
- Drive from Dharapani to Kathmandu by public van or bus guest and guide (optional: private vehicle as per participants' preference).
- Staff transportation Kathmandu/Baluwa /Dharapani/Kathmandu.
- Fully camping service north face tent for guests, dining tent, kitchen tent, toilet tent, mattress, kitchen equipment, camping, and kitchen crew, etc.
- Twin-sharing accommodation during the trek (Tented camp)
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter: Porter carries 25kg only.
- Conservation (MCAP) entry fee.
- Annapurna conservation (ACAP) entry fee.
- Trekkers Information Management System (TIMS).
- Manaslu 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.
- Staff 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.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek)
 - Trip cancellation cost, loss, damage, and personal effects.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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