Detail Itinerary

Rara Lake to Simikot & Kailash Expedition Overview

The **Simikot Kailash Trekking via Rara Lake** is the ultimate grand Himalayan cross-border expedition. Renowned as a true "3-in-1 Trekking Experience," this extraordinary route seamlessly connects three distinct highlights: the serene alpine beauty of Nepal’s largest lake (Rara Lake), the rugged high-altitude trails of remote Humla, and the sacred spiritual circuit of Mount Kailash and Lake Manasarovar in Tibet.

Key Geographical & Cultural Highlights:

1. Rara National Park & Pristine Nature: Beginning with a flight to Talcha/Jumla via Nepalgunj, the journey starts at **Rara Lake (2,980 m)**—Nepal's largest and deepest freshwater lake, nestled within Rara National Park. The park serves as a protected sanctuary for rare Himalayan wildlife, including the Red Panda, Musk Deer, Himalayan Black Bear, and over 200 species of migratory birds surrounded by dense pine, spruce, and juniper forests.

2. Khas Heritage & Karnali River Valley: Modern trekking routes follow the upper course of the historic **Karnali River**—Nepal's longest river system. Traversing through ancient settlements of Mugu and Humla, trekkers experience the authentic culture of the **Khasa people**, alongside Thakuri, Brahmin, Chhetri, and indigenous Byansi and Lama communities. This trail showcases a rich cultural blend of Hindu traditions in the lower hills and Tibetan Mahayana Buddhism in the upper valleys.

3. High Pass Acclimatization to Tibet Border: From Rara Lake, the trail ascends through alpine meadows and traditional villages like Luma, Changkheli, and Melcham to reach **Simikot (2,950 m)**. Trekking northward from Simikot over the **Nara La Pass (4,530 m)** to the Hilsa border provides exceptional gradual acclimatization, preparing trekkers safely for the high-altitude plateau of Tibet and the sacred **Dolma La Pass (5,630 m)** during the Mount Kailash Kora.

Customizable Itineraries: Backed by over 27 successful Kailash expeditions, **Nepal Kailash Trekking** customizes this comprehensive itinerary based on your travel timeframe, offering option extensions to Limi Valley or flexible return routes via Dzangmu (Kodari) or Lhasa. Contact us to plan your lifetime Himalayan adventure!

Trip Facts

Detail Itinerary

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- Nepalgunj accommodation/food on full board
- All entry fees as per itinerary (Mugu special permit for the first 7 days US $ 90 per

person then after first 7 days US $ 15 per person, Rara National Park fee 1000 rupees per person, Humla special permit for the first week US $ 50 per person then after first week US $ 7 per person per day and monasteries fees in Nepal and Tibet}

- Present Chinese visa US $ 85 per person {subject to be changed)
- Kathmandu Nepalgunj Jumla airfare US $ 328 and airport tax {subject to be changed} and cargo
- Three times meals (Non veg.) including Lunch, Dinner and breakfast during the trek with hot water/tea/coffee
- An English speaking, highly experienced, friendly and helpful Nepal trekking guide
- An experience cook for camping trek
- Sleeping, dining, kitchen and toilet Tents, mattress, chair, table and cooking utensils during camping
- Camping charge
- Needed mules for luggage in Nepal part, Yak and Yak man for Kailash Kora
- Jeep/van or bus + one supporting truck in Tibet as a group size
- Oxygen cylinder and first aid kit
- Guest house in Tibet as per itinerary
- An English speaking Tibetan guide in Tibet
- Guide, cook, needed Sherpa and porters, their salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Farewell dinner in Kathmandu at the end of the trip
- The Company guarantees the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

Cost Excludes

- International airfare

- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency (bring 2 copies passport size picture)

- Helicopter charter to Simikot from Nepalgunj on flight cancelation due to bad weather

- Extra nights Hotel in Nepalgunj on flight cancelation due to bad weather

- Alcoholic beverages, soft drinks bottle of mineral water and snack foods during trekking

- Meals in Kathmandu

- Restaurant food bills during camping if out of plan

- Guest house charge in Tibet if out of itinerary

- Any personal medical or evacuation expenses incur and strongly recommend international Travel

Insurance

- Extra porter for the personal day bag pack

- Horse/Yak riding along the trek

- Political disturbance blockade expenses

- Extra cost on natural disaster

- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}

- Any other expenses which is not mentioned in the cost include

- Tips to staffs