

## Overview

Rupina La Pass Trek combined with Tsum Valley begins from the Kathmandu and take you to Gorkha, associated with ancient town of Gorkha. From here, you reach Barpak Village, wherever the current residents area unit the Gurung community. you'll then bear Gai Kharka, Rubina la Phedi and spending the Rubina la Pass at associate elevation of four,720 meters. you'll end up during a peaceful surroundings with jumbo peaks keeping watchful eyes over you. savouring the enthralling views, you start the descent. you'll then cross the Budi Gandaki watercourse and reach Tsum natural depression. Further, you'll descend towards Jagat and cross Machha Khola to succeed in Arughat Bazaar. you'll get to move with the locals here. From here, you'll take a non-public holidaymaker vehicle that may take you back to Kathmandu, and your trip ends here. The path are tough and strenuous on several sections. This trek can lead you to the region wherever you'll not see any single human settlements for continuous five-six days. The trek may be a glorious chance to witness the mountain chain with the inhabiting floral and faunal abundance. in addition, the made cultural heritage and heart-warming welcome build this trek a must-go-to. the most effective times to travel on this trek is from March to could and Sep to Oct.

## Outline Itinerary

**Day 01 : Drive to Bhaluwa from Kathmandu.**

**Day 02 : Trek to Barpak**

**Day 03 : Trek to Rupina-La Base Camp (3976m)**

**Day 04 : Trek to Kharka via Rupina-La Pass (4720 m)**

**Day 05 : Trek to Buddha Himal Glacier Camp**

**Day 06 : Trek to Nyak**

**Day 07 : Trek to Lokpa (2240m)**

**Day 08 : Trek to Chumling (2386m)**

**Day 09 : Trek to Chhokang Paro (3031m)**

**Day 10 : Trek to Nile (3347m) via Milarepa Cave.**

**Day 11 : Excursion Mu Gompa and trek to Chhokang Paro**

**Day 12 : Trek to Gumba Lungdang (3200m)**

**Day 13 : Side trip to Ganesh Himal Base Camp (4600m)**

**Day 14 : Trek to Lokpa (2240m)**

**Day 15 : Trek to Jagat (1300m)**

**Day 16 : Trek to Machha Khola (886m),**

**Day 17 : Trek to Sotikhola (700m),**

**Day 18 : Drive to Kathmandu by private jeep**

### **Cost Includes**

- A registered and experienced local Rupina La Pass Trek Guide.
- An assistant guide if the group size is bigger than 6 pax.
- Necessary carriers / porters to carry gears and luggage.
- Meals: Breakfasts, Lunches and Dinners in tea house/camping.
- Tented camp and staffs, foods, equipment duringt camping.
- Accommodation as itinerary in teahouses / home stay / camping.
- All necessary Manaslu / Rupina La Pass Trek permits.
- Monasteries and Temple entrance fees during the trekking.
- Guide and porter fees all their expenses during the trek.

### **Cost Excludes**

- Transfers, accommodation and meals in Kathmandu.
- Guided sightseeing and monuments entrance fees in Kathmandu.
- Personal travel insurance, gear and expenses of personal nature.
- Bar drinks, cold drinks, laundry, phone call, internet.
- Emergency evacuation (Helicopter Rescue).
- Extra costs which arise due to a change of the itinerary, because of landslides, flight delay etc.
- Horse renting and additional porters due to natural calamities during the trek.
- Gratitude and tips for guide and porters