



Jaljala Trek - Itinerary

1. Arrival in Kathmandu (1350m)

You are welcome to the Land of Mountains! Our airport representative picks you up from the airport terminal and transfers you directly to the designated hotel. Later in the evening, you can unpack your belongings. A small meeting is usually held to welcome you as well as meet your guide and other staffs.

2. Sightseeing & Preparation

After all you are in Kathmandu and missing all the heritage sites is not suitable. So, you take guided tour of the historic sites in Kathmandu. Some includes: Bouddhanath, Swayambhunath, Pashupatinath, Patan, etc. Most of the time, you visit around 5 sites maximum. Later in the evening, we check every equipments and prepare for the upcoming trip.

3. Drive Kathmandu to Sulichaur (810m) – 12 hrs

We take a long drive to Sulichaur because road transportation is the only route to reach Rolpa or you can opt-out for Helicopter. The drive itself is special with scenery and hills. Sulichaur – is a commercial hub of Rolpa district and lies near the confluence of Lungri Khola and Fagam Khola. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Drive Sulichaur – Fulibang & hike to Kotalbara (1606m) –4 hrs & 4 hrs

We take breakfast at Sulichaur and take drive to Fulibang through the graveled road. We pass Sunchahari Fall 91450) – it translates to Gold and stream. The locals believe that gold used to flow in this fall in the past. We reach Pobang after a while and have lunch there. Short drive from here takes us to Fulibang. Our official trek starts from here. We take smooth walk up to Sirkyang – you can see amazing views of hills, rivers and settlements. After half and a hour, we reach Kotalbara. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Kotalbara - Commune village (2217m) – 7 hrs

We pass through plain trail till Posbang River and from here on, we take uphill route. First we cross a suspension bridge and after four hours of walk, we reach Posbang and take lunch. We pass through Dilbhanjyang (2576m) and reach Sandho River. The trail from here I quite new, so we navigate around the river and reach Ajambari Commune for overnight. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Ajambari Commune - Thabang (2000m)

We spend our early day by talking with ex-combatants and listen to their experience during people's war. We take lunch and walk toward Thabang. The hike is short and we are warmly greeted with enchanting music and cultural dance in the Magar community. The village accommodates nice teahouses and communes. Later

in the evening, we enjoy cultural dance of the Magar community. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Explore Thabang

Thabang is widely known as headquarter of People's War and is reported that the People's War was originated from here. We visit Bhumya Puja (festival) – one of the attractions in this village. This festival is celebrated for five days just before the start of monsoon (mid June). People enjoy the festive by worshipping land and they sacrifice sheep/pig. Sport is also held; mainly Selsine marathon – a sport where a guy picks up a girl and run toward the river. Next option is to visit the nearby Dhakpa Hill – this attraction awards us with view of endangered Red Panda if you are lucky and also get amazing views of mountain peaks. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Thabang - Jaljala (3107m) - 6 hrs

We trek to amazing destination – Jaljala (Our trek name). Jaljala houses great nature, religion and is influenced by politics of Rolpa district. Jaljala is a wetland and water is available throughout the year. We can view amazing scenery of Sisne Himal, Dhaulagiri and many other Himalayas. You can go to Bhama Cave also. Jaljala is also famous as pilgrimage site for people of mid-west. And people from various parts come here to the four temples to worship. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Jaljala - Dharampani (3600m)- Majhibang (2100m) – 7 hrs

We take breakfast and begin our trek uphill. We climb to the highest point of the trek and you will be amazed with views of amazing mountains. There is no settlement at this point and therefore, we take lunch by ourselves. We take downhill trail from Dharampani to Majhibang. This is also the most challenging part of the trek and we reach Nabang (3193) to see the first human settlement. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Explore Majhibang

Majhibang is the most modernized amongst all the villages you have visited so far. The houses here are clean, sanitized and well furnished. The village sits between two rivers, hence the name; Majhibang (middle ground). The village is also affected by the war and you can hear many stories. We can visit the micro hydro project and in the evening, we enjoy the cultural dance of Magar people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek to Jailbang & Drive to Sulichaur – 2 hrs & 4 hrs

We take walk to the sister village of Majhibang – Jailbang. The village is also settled by Magar community and you can once again enjoy the amazing Magar cultural dance. This is our last trek of the trip. So, make most out of it. From Jailbang, we take drive to Sulichaur. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Drive Sulichaur to Kathmandu

After breakfast, we take drive to Kathmandu. The drive is scenic and as we drive nearer to the city life. We surely miss those ancient feeling and miss the mountains – the most. You can take rest in Kathmandu or you can shop around. In the evening, you have to join a small dinner program as a complementary from our side. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

13. Departure/Farewell

The trip in the Himalayas comes to an end. You can organize all your belongings to be ready to take off to your home country or join another adventure. You are dropped off to the airport just 3 hours before your scheduled flight. It makes sure you do not miss your flight. Have a safe journey home.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)