

Khaptad National Park Trek: A Rare Escape into Untouched Himalayan Landscapes

Overview:

The Khaptad National Park Trek is an off-the-beaten-path adventure into the remote highlands of far-western Nepal, revealing vast alpine meadows, forested ridges, sacred landscapes, and the untouched beauty of one of Nepal's least explored regions. Away from the country's popular trekking routes, Khaptad offers a peaceful escape where nature, spirituality, and traditional mountain life come together in a truly authentic setting.

The journey begins with a scenic flight from Kathmandu to Dhangadhi, followed by a beautiful drive through the mid-hills of Doti toward Silgadhi, the gateway to Khaptad National Park. As the road gradually climbs, the landscape changes from subtropical plains to terraced hillsides, traditional villages, pine and rhododendron forests, and quiet mountain valleys. This gradual transition provides a fascinating glimpse into the diverse landscapes and rural lifestyle of far-western Nepal.

Within Khaptad National Park, the trail winds through open grasslands, peaceful forest paths, and rolling plateaus surrounded by pristine natural beauty. The trek explores important cultural and spiritual landmarks including Khaptad Baba Ashram, Tribeni Temple, and Ghodedhawan, each reflecting the deep spiritual heritage of the region. When weather and trail conditions permit, an optional extension to Sahastralinga offers a more secluded experience in one of Khaptad's most tranquil areas.

Unlike Nepal's high-altitude mountain treks, the Khaptad National Park Trek focuses on gentle walking, nature exploration, and cultural discovery. The moderate trails allow trekkers to appreciate the silence of the forests, the beauty of the open meadows, and the rich biodiversity of this protected landscape.

For travelers seeking a peaceful experience beyond Nepal's crowded trekking regions, the Khaptad National Park Trek offers a rare opportunity to explore untouched landscapes, sacred sites, and authentic local culture in one of Nepal's most serene and unexplored destinations.

Quick facts:

Cost: USD per Person

Destinations: Dhangadhi / Jhingrana / Khaptad National Park

Duration: 10 Days

Trek starting point: Silgadhi

Trek ending point: Jhingrana

Grade: Moderate

Transportation: tourist coach / local jeep / domestic flight

Accommodation: tea house, camp, tourist standard hotel in Kathmandu

Max altitude: 3,300 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, September, October and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▣ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

▣ **Day 3: Fly from Kathmandu to Dhangadhi (110 m) and Drive to Silgadhi (1,310 m)**

After an early breakfast in Kathmandu (1,400 m / 4,600 ft), we take a scenic flight to Dhangadhi (110 m / 360 ft), a key gateway to Nepal's far-western Terai. The flight takes around 1 hour 15 minutes to 1 hour 30 minutes and offers sweeping aerial views as the Kathmandu Valley gives way to rolling hills, river systems, and the vast plains of the Terai. On clear days, distant Himalayan peaks remain visible above the cloud line.

Upon arrival in Dhangadhi, the climate becomes noticeably warm and subtropical. After a short break, we begin our drive toward Silgadhi (1,310 m / 4,297 ft). The journey takes around 5 to 7 hours and first crosses the flat Terai before gradually entering the foothills of the Far-Western region.

Along the way, we pass through small towns and river settlements such as Attariya and Dipayal road sections, with views of the Mohana River basin and surrounding farmland. As the road climbs higher, the landscape shifts into forested hills and scattered hillside villages, offering a closer look at rural life in this less-traveled part of Nepal. By late afternoon or evening, we reach Silgadhi and transfer to a local lodge for an overnight stay in this quiet hill town.

▣ **Day 4: Trek from Silgadhi to Jhingrana (2,250 m) | 5 – 7 hours**

After breakfast in Jhingrana (2,250 m / 7,380 ft), we set off toward Khaptad National Park, leaving the last of the villages behind as the trail heads into quieter, higher terrain. The path climbs steadily through forested ridges, passing a few scattered hamlets and seasonal grazing areas used by locals during the warmer months.

The walk takes around 5 to 7 hours, depending on pace and trail conditions. Along the way, there are a couple of natural viewpoints where the forest opens briefly to reveal layers of hills stretching toward the Seti River valley. It is a remote and peaceful section, with very little movement apart from occasional herders and local travellers.

As we gain height, the trail enters thicker forest before opening up onto wider ridgelines near the edge of Khaptad National Park. The change in landscape is quite clear here, with cooler air, open grasslands beginning to appear, and a sense of entering a truly undisturbed part of western Nepal. By late afternoon, we reach the park area and settle into a basic teahouse or designated accommodation near Khaptad National Park for the night.

▣ **Day 5: Trek from Jhingrana to Khaptad National Park (3,300 m) | 5 – 6 hours**

We begin our journey from Dunai (2,140 m / 7,020 ft) and set out toward Chhepka (2,720 m / 8,924 ft), a trek of approximately 5 to 6 hours. The trail follows the Thuli Bheri River, gradually leaving the small administrative town behind as we enter a quieter stretch of valley lined with forested hills and scattered farmland.

Along the way, we pass through several small riverside settlements such as Sulighat and Rungad, where traditional stone houses, small teahouses, and suspension bridges offer brief glimpses of local life. The trail also passes the entrance checkpoint area of Shey Phoksundo National Park, marking the transition into one of Nepal's most protected and remote regions.

As the journey continues, the path gently ascends through pine forests and river bends, with the sound of the Thuli Bheri accompanying much of the walk. By afternoon, we arrive at Chhepka, a quiet settlement surrounded by green hills and dense forest, offering a peaceful resting place before continuing deeper into the Phoksundo region. Overnight stay at a camp.

▣ **Day 6: Exploration Day at Khaptad National Park**

Inside Khaptad National Park, the day is dedicated to exploring its open grasslands and forested trails at a relaxed pace. We begin with a walk across the Khaptad Plateau, a broad stretch of rolling meadows sitting around 2,900 m to 3,100 m, where wide views open across the surrounding hills and ridgelines.

From here, we continue toward some of the most important highlights of Khaptad National Park, exploring at a relaxed pace across its open plateau and forest trails. The walk includes Khaptad Baba Ashram, a peaceful forest hermitage where the revered sage Khaptad Baba spent many years in meditation, and the nearby Tribeni Temple area, a sacred confluence site set within quiet woodland surroundings.

We also visit Ghodedhawan, a wide open meadow locally known as the "horse ground," offering some of the best panoramic views across the surrounding hills and an ideal place to pause and take in the landscape. The trails connecting these sites pass through a mix of open grasslands and shaded forest, making it a varied and rewarding walk.

If time and energy allow, there is an optional extension to Khaptad Daha, a small natural pond with spiritual significance, adding a quieter and more reflective stop to the day. By late afternoon, we return to the camp after a full exploration of the Khaptad region. Overnight stay at a camp.

▮ **Day 7: Trek from Khaptad to Jhigrana (2,250 m) | 5 – 7 hours**

After breakfast at Khaptad National Park, we begin our return trek toward Jhigrana, retracing our steps from the high alpine meadows into the quieter forested hills of the Far-West. Leaving the open Khaptad Plateau behind, the trail gradually descends through rhododendron and oak forest, with long stretches of peaceful walking and occasional open viewpoints back toward the grasslands.

The trek takes approximately 5 to 7 hours, depending on pace and trail conditions. Along the way, we pass familiar forest sections and ridge lines, with a few seasonal shelters and grazing areas used by locals during the warmer months. The descent is steady but comfortable, offering a different perspective of the landscape we crossed on the way up.

By late afternoon, we reach Jhigrana (2,250 m / 7,380 ft) and check into a local lodge for an overnight stay. The rest of the evening is free to relax after a long and rewarding day on the trail.

▮ **Day 8: Drive to Dhangadhi | 6 – 8 hours**

After breakfast, we leave the tranquil hills of Khaptad National Park and begin our drive back toward the lowlands of Far-Western Nepal. The journey retraces our route through the mid-hill settlements, passing through small roadside towns, forested ridges, and river valleys that gradually open up as we descend.

The drive takes approximately 6 to 8 hours, depending on road conditions and stops along the way. As we lose elevation, the landscape slowly changes from cool hill forests to the warmer subtropical plains of the Terai. By the time we approach Dhangadhi, the environment becomes noticeably flatter and more urban, marking our return to the lowland region.

Upon arrival in Dhangadhi, we check into the hotel and spend the rest of the day at leisure. Overnight stay in Dhangadhi.

▮ **Day 9: Fly back to Kathmandu | 1 hr 15 minutes**

After breakfast in Dhangadhi, we transfer to the airport for our return flight to Kathmandu (1,400 m / 4,600 ft). The flight takes around 1 hour 15 minutes and offers a final opportunity to enjoy aerial views of Nepal's diverse landscapes, from the flat Terai plains to the rolling mid-hills and, on clear days, distant Himalayan peaks.

As we approach Kathmandu, the valley gradually comes into view, surrounded by green hills and scattered settlements. Upon landing, we transfer to the hotel. The rest of the day is free for rest, last-minute shopping, or exploring the city at your own pace. Overnight stay at a hotel.

▮ **Day 10: Departure day:**

After breakfast in Kathmandu, you will have free time depending on your flight schedule. If time allows, you may take a short walk around the hotel area or do some last-minute shopping in the city.

At the appropriate time, we transfer you to Tribhuvan International Airport for your onward journey. This marks the end of your trip in Nepal, taking with you memorable experiences from the hills and wilderness of western Nepal, including Khaptad National Park.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Dhangadhi (twin sharing basis) with breakfast
- ☒ Two way flight between Kathmandu to Dhangadhi
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / lodge / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Khaptad National Park Entry Fee
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.