

Rama and Roshan

What to experience?

According to one of the legends the name Ramaroshan derives from the names of two beautiful plateaus 'Rama' and 'Roshan'. Two neighboring wetlands Rama and Roshan are located at the altitude of 2500 m and a distance of half an hour by foot from each other. Another story tells us about God Rama who used to come to the peaceful place called Roshan.

Ramaroshan: The area of Ramaroshan consists of 12 lakes and 18 breathtakingly lustrous green pastures, locally known as Patans. To the North there is an unbroken series of sedimentary rock faces where the local people harvest honey from sheer 100 m high cliffs.

We will experience beautiful landscape and exiting Tharu culture in Terai by exploring Dhangadhi city by cycle. The highlight of the tour is a trek to the Ramaroshan area!!



April—October



8 nights / 9 days



Moderate



Max. Altitude: 3300m



Hotel and camping



Highlights

- Cycling in Dhangadhi
- Trek to the lakes of Ramaroshan area
- Experiencing local culture

A moderate hike typically lasts half a day and some previous hiking experience is recommended. Parts of the trail may be steep, walks can last up to 4-6 hours and a good level of fitness is required.



Rama and Roshan

PROGRAMME

DAY 1 Dhangadhi by cycle

Start early for Mohana Corridor by bicycle. The Mohana River Natural Corridor is ecological corridor / natural pathway for many animals. It offers some really nice view of the morning life of the city and you get to see some rare birds. Don't forget your binoculars. We will have tea & cookies at the spot. We will continue cycling to the Tharu Village Bhangra enjoying wonderful Terai landscapes. In the village the special lunch is waiting for us. After lunch we will have a short rest and late afternoon we will drive to Budar. Dinner and Overnight at Budar.

3h of cycling in the morning and 3h of drive in the afternoon



Tharu Food in the Village Bhangra

DAY 2 Budar—Sanfe Bagar

Early morning we will start our beautiful journey to the hilly area passing Dadeldhura known as Queen of hill. We will have our breakfast on the spot, with an amazing view over the area. Here you will be able to feel a fresh wind coming from the North. Around 12am we will reach Dadeldhura, where we will have our lunch. Visit Ugratara Temple- one of the most important deities of the region. Afternoon we will continue our trip through the land of Doteli. In the 13th century here was Doti Kingdom known as Kindom of Raika spread between two rivers Mahakali River in West and Karnali River in the East. In the late afternoon we will reach Sanfe Bagar. We will have our dinner and overnight at hotel in Sanfe Bagar. 7h drive.



Ugra Tara Temple in Dadeldhura

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DAY 3 Sanfe Bagar— Muja Bagar

Early morning we drive to Jughada, where our hike will start. Trekking to the villages called Mujabar is authentic as it gets. Trails lead through a land untouched by the hand of time, past flagstoned mediaeval villages. In three hours we will reach small river (you would have put your shoes off to cross it) Closed to the river in the shadow of the huge tree we will have our lunch. You can enjoy swimming here or just jump in and out. By late afternoon we will reach Muga Bagar. We will have our camping close to the village on the river side. Dinner and overnight in camping. 5-6 h hike.



Hike from Jughada to Muja Bagar

DAY 4 Muja Bagar - Rama

Today after breakfast we will continue our hike towards one of the biggest wetlands Ramaroshan. Our trip is almost certain to coincide with rice planting or harvesting. We will pass the rice fields look like colorful patchwork blankets covering hills slopes. The hike is going through beautiful and friendly villages and for sure on the way you will have to admit at least one invitation for a cup of tea or a bowl of fresh yogurt. We will enjoy our lunch in one of the villages on the way. By evening we will reach the village called Rama. Just couple of families are coming here during summer months for grazing their cattle. We will have our dinner together with one of the families in Rama. The camping will be organized here, but upon your wish there is a possibility to overnight in the house of villagers. 5-6 h hike.



Rice fields in June (rice planting season)

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DAY 5 Rama—Roshan

Today we will experience one of the highlights of our tour—around the breathtaking lakes and lustrous green pastures, locally known as Patans. To the North there is an unbroken series of sedimentary rock faces where the local people harvest honey from sheer 100 m high cliffs. After 2 hours we will reach the place where the open green meadows—the jewel of Ramaroshan. On the way if we are lucky we will have a chance to see some foxes, jackals or even black bear. By noon we will reach the place called Tinimini. Here we have our camping and free afternoon. According to local people in Tinimini you can find the best potatoes of Nepal. For lunch we will have locally made potato dishes and fresh yogurt. Dinner and overnight in camping. 3h hike.



DAY 6 Ramaroshan

Today we have a rest day! It is up to you if you would like to enjoy swimming in the river, read a book or maybe to explore the area. There is a possibility to visit some neighboring villages located in a distance of 1-2h by foot.



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DAY 7 Ramaroshan—Muja Bagar

Today we are going back in the middle-hills starting from the altitude about 2500m and descending to Muja Bagar located approx. 700m lower. The hike will lead through the river beds and a hilly forest impregnated with mint and lemongrass aromas, with beautiful birds chirping, and gentle rustling of the trees. Further we pass through some villages where we will get our lunch. We will stay tonight in the camping preparing our dinner with locals. You have a chance to see what kind of spices you can use to prepare the best achar (spicy source) !! Dinner and overnight in camping. 5-6h hike.

DAY 8 Muja Bagar—Sanfe Bagar

After breakfast we will hike about 1-2h down to the river, where there the cars are waiting for us to bring to Sanfe Bagar. We will reach Sanfe Bagar in the afternoon. If there is time in the afternoon, there is an opportunity to visit the local attraction—the ancient fort.

DAY 9 Sanfe Bagar—Dhnagadhi

Today morning we will start our ride back reaching Dhagandi by evening. On the way you can enjoy the beautiful sceneries and amazing view at Himalayans.



Ramaroshan Lakes

FOR MORE INFORMATION: The Exploration of this trek took place in JUNE 2014 within the training for tour operators. For more information regarding route, accommodation facilities available on the route, and contact information of local persons to assist you in organization of this trip, please feel free to contact:

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