



Rara Lake Trek

Trip code	
Package name	Rara Lake Trek
Duration	15
Max. elevation	3055 m
Level	MODERATE
Transportation	Domestic flight (Kathmandu - Nepalgunj - Jumla - Nepalgunj - Kathmandu)
Accommodation	Lodge + Camping twin sharing bed basis during the Trek
Starts at	Kathmandu/Nepalgunj
Ends at	Kathmandu/Nepalgunj
Trip route	kathmandu - Nepalgunj - Jumla - Bumra - Pina - Gamagadi - Rara lake - Khatyar khola - Ghoro singha - Sinja - Chala Chour - Chouriga chur - Jumla - Nepalgunj - Kathmandu .
Cost	USD 3,020 per person

Highlights

- Enjoy a super scenic flight from Kathmandu to Nepalgunj and vice-versa
- Explore the natural beauty and tranquility of Rara Lake
- Visit Sinja valley, an important old historical place of Nepal
- Explore the rich bio-diversity of Rara National Park
- Enjoy the beautiful landscape and view of distant peaks of Dolpo and API Shripal
- Walk through beautiful pine, birch, and rhododendron forests
- Experience authentic culture and lifestyle of Jumla district

Overview

Rara Lake Trek is one of the most famous and an adventurous trekking route in Nepal. It is a unique opportunity to be among those who have trekked on the remote trails of western Nepal.

Rara Lake is located in the remote area of Nepal Himalaya. You can see the most wonderful landscape while trekking on this route. It will be once in a lifetime opportunity. The trail is very much “off the beaten trail” and affords glimpses of culture and scenery very different from those in the rest of the country. Distinctive culture and traditions in this remote area gives the visitor a unique experience and makes it a wonderful holiday. This beautiful high altitude lake is surrounded by alpine meadows and forests of pine, juniper and spruce, whilst in the background you can view the magnificent snow-capped peaks of the Himalayas. Well off the more popular trekking routes, this trek offers a dramatic display of clear high altitude lakes, with pine, spruce and juniper forests as well as stunning views of the snow capped Himalayan peaks.

Our 15 days Rara Lake Trek begins with a scenic flight from Kathmandu to Nepalgunj. Nepalgunj is a plain Terai area. On the following day we will begin from the mountain airstrip in Jumla, one of the highest rice growing areas in Nepal. Jumla is located on the bank of the Tila Khola at 2370 meters. You will set forth on a journey that promises greater solitude and a chance to be in the presence of the fantastic Rara Lake. It is the highest lake in Nepal and proudly addressed by the Nepalese as the ‘Queen of Lakes’. During your trek, you will also be entering the Rara National Park which is considered to be one of the finest parks in the world and is an ideal habitat for musk deer, Himalayan black bear, leopard, Himalayan goral, and other exotic animals. The trail passes through the countryside, which provides glimpses of a culture and scenery quite different from that found elsewhere in Nepal and eventually leads to Rara National Park. The entire route is ‘off the beaten track’ which involves crossing of Gurchi Mara Pass at 3710m on the way to Rara Lake and a few ridges at around 3000m on the way back. This route comprises much up and down walking through forests and isolated villages, and leads to a high altitude lake surrounded by woods. This trek provides you with an entirely wilderness experience.

September to October and April to May are the best the best months of the year for this moderate trek; good health and physical condition enough. Rara Lake trek can be either camping or home stay basic trek. Home stay trek is more affordable with simple accommodation and Nepalese dishes.

Trip Itinerary

Day 1 : Fly from Kathmandu to Nepalgunj (150m/490 ft): 1 hour

Our journey starts with a scenic flight about an hour from Kathmandu to Nepalgunj. Nepalgunj is located in western region of Nepal and is near to the Nepal – India border. It is also a gateway to Simikot and Humla. The town itself is an interesting Terai town that showcases the diverse culture of Nepal. In Nepalgunj, we can visit the local market, mini-zoo and nearby villages by our self. Overnight stay in

Nepalgunj.

Day 2 : Fly from Nepalgunj to Jumla (2,540m/8,334ft): 20 minutes

Early in the morning, we will take a first flight to Jumla. We leave the Terai plains of Nepalgunj and fly to the hilly landscape of Jumla. After about 20 minutes of scenic flight, we reach Jumla. Jumla is one of the least accessible districts in Nepal situated in the foothills of the Sisne Himalya. Jumla town is in a valley and their paddy is cultivated (making Jumla the highest place on earth where it is grown). The town is the administrative headquarters of the Karnali Zone. Jumla is also the gateway for trekkers who want to explore the remote Karnali region of Nepal. We will spend our overnight here.

Day 3 : Trek from Jumla to Bumra (2850m/9351ft) - 5 hrs walk

On the first day of our trek, we have to ascend uphill and cross two suspension bridges above Himal River. We have to pass through a few villages before reaching Bumra. The Bumra village is also known as Nauri Ghat. Overnight at Bumra.

Day 4 : Trek from Bumra to Pina (2440m/ 8006ft) - 6 hrs walk

From Bumra, we ascend and cross the Ghurchi Lagna pass at 3480 m. We continue our ascent and pass through a few villages before reaching Bumra. The track beyond Bumra keeps high above the river and skirts two small spurs to reach Bhargaon (2890m) in one and half hours. After one kilometer at the end of the fields, the track turns north into the tributary stream of Ghautha Khola. We cross the stream by a log bridge to the west side and climb to Chautha (3100m) in a forest clearing. After an hour the valley opens out into a pleasant meadow. We keep to the left stream until a western tributary joins it. Before reaching Ghurchi Langna (3457m) we climb up the narrow gully on the north east slope and skirt north across a series of spurs to reach Pina (2430m). Overnight at Pina.

Day 5 : Trek from Pina to Gamagadhi (2095m) - 5 hrs walk

On the following day, we ascend steep trail to Gamagadhi. Gamagadhi is the headquarters of the remote Mugu District of Nepal. Overnight at Gamagadhi.

Day 6 : Trek from Gamagadhi to Rara Lake (3010m/9876ft) - 4 hrs walk

From Gamagadhi, our trail is easy and we walk on a relatively straight path until Rara Lake. We then follow the river upstream to Rara Lake, where we savor the most fascinating trekking experience amid the beauty of nature. Overnight at Rara Lake. Rara Lake is the largest freshwater lake in Nepal. Chuchemara Peak lies on the southern side of the Rara Lake whereas Ruma Kand and Malika Kand peaks frame its northern area. Overnight at Rara Lake.

Day 7 : Explore Rara Lake

Today is the day to explore the beauty of Rara Lake. After breakfast we investigate the azure waters of the massive lake also referred to as Mahendra Taal (Lake) after late king Mahendra. We have set aside

this day to explore the area, including the old village of Rara. We can also climb up to the wooden observation tower behind the post office for fine views of the lake and surrounding hills. A visit to the National Park Headquarters is also an option. Swimming is allowed in the lake and it is piercingly cold and refreshing. This can be a perfect way for acclimatization. Or else you can have a short, pleasant trek with fine views to the north.

Day 8 : Trek from Rara Lake to Khatyar Khola Camp (2965m)

Leaving the vast and tranquil Rara Lake behind, we move forward towards Khatyar Khola Camp. The trail today is not as strenuous as it looks. We get to admire the Himalayan Panorama. After passing through a few villages including Murma. From Murma, the ascent gets a little easier. The trail further passes through bamboo and birch forests before crossing the Khatyar Khola where we will spend our overnight.

Day 9 : Trek from Khatyar Khola Camp to Ghoro Singha (3050m/10007ft)

Today, after breakfast we walk the lake outlet (2980m) and follow the downstream of Khatyar Gad for about an hour. There is a log bridge over the stream below Murma (3139m). We have to cross the bridge to the south side and climb steadily over the 400 meters to reach an open clearing at 3277 meters. The trail continues climbing south through dense forest until the tree line is reached at 3658m. The ridge continues to south for another 200 meters but it is pleasant trail with distant view of the mountains. There is no pass on this high ridge and the trail turns south-east at an altitude of 3749 meters and descend by the east side of Chuchemara Danda. It is a fairly steep descent to Ghoro Singha. Overnight at Ghoro Singha.

Day 10 : Trek from Ghoro Singha to Sinja (2490m/ft) - 5 hrs walk

The trail today is a descending trail until Laha alongside Ghatte Khola(stream). We descend through the steep pass for a while followed by a relatively easy trail until Botan (2895 m). A more interesting trail with better scenic prospect is to climb Diyabala Danda which is located south of Ghoro Singha. The climb begins immediately west of Ghoro Singha and takes about an hour through forest to top the crest at 5351 meters. The trail then skirts south-east above the high fields of Lumsa. There are good views to the south along the Sinja Valley. The trail then descends to Okharpati village (3100 m) on a high shelf above Mindrabali Gad. After descending for about two hours, we reach Sinja, our today's destination.

Sinja Valley holds an important place in the history of Nepal. The valley houses the ancient capital city of the Khasa Kingdom that ruled this area from the 12th to the 14th century. Sinja valleys, highest human settlement of the world are major attraction of this trip. Trekkers enjoy the views of snow-capped Himalayan peaks. Palaces, temples, and the ancient remains of a settlement were uncovered during excavations spearheaded by the Department of Archaeology at Cambridge University.

Day 11 : Trek from Sinja to Chala Chaur (2980m/9,777ft) - 5 hrs walk

Today, we have a twist and turn trail. We continue our trek along a rock-strewn path but it is a pleasant trail amidst forest wilderness. We cross the log bridge over Sinja Khola to the east and follow the south bank. Following the stream, we ascend the ridge. The trail clings to the south side of the stream all the

way finally reaching to Chala Chaur where we will stay for the overnight.

Day 12 : Trek from Chala Chaur to Chauriya Chaur (3055m) - 6 hrs walk

Our trek continues along a rock-strewn path. We have a relatively straight trail until reaching Jaljala chaur, and then we ascend slowly until the Jaljala pass (3580 m).

Day 13 : Trek from Chauriya Chaur to Jumla - 5 hrs walk

On the last day of our trek, we follow our foot prints back to Jumla. The trail provides good views of the Jumla town. The return to the town is pleasant descent in slow stages. Overnight in Jumla.

Day 14 : Fly from Jumla to Nepalgunj

Today, we fly from Jumla to Nepalgunj. After a tiring walk for 11 days, we will enjoy a pleasant and scenic flight to Nepalgunj where we will stay for overnight.

Day 15 : Fly from Nepalgunj to Kathmandu

We take the earliest flight available to Nepalgunj from Kathmandu. After reaching Kathmandu, we freshen up and take a rest. Overnight in Kathmandu.

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Inclusions

What is included?

Domestic airports pick up and drop in Kathmandu as per program by private car

Domestic airfares Kathmandu/Nepalganja/Kathmandu (Approx. US\$ 404)

Airfare of Nepalgunj / Jumla /Nepalganja (Approx. US\$ 394)

Accommodation for 1 night in Nepalgunj with all meals on room sharing basis.

Accommodation (Lodge + Tent) twin sharing bed basis & All Meals during the trek.

Rara National Park conservation fee

Camping+lodge (whereas possible) trek with all meals (breakfast, lunch and dinner prepared by our cook).

Services of an experienced English speaking trekking guide, cook, kitchen helpers and porters.

Food, salary (allowance), insurance, equipment and transportation for cook, assistance, porters etc.

First aid kit bag

All equipment for camping (tent, mattress, kitchen tent, kitchen utensils, toilet tent etc)

Sleeping bag and down jacket if necessary.

Airfare of guide for Kathmandu / Nepalgunj / Kathmandu

Airfare of guide for Nepalgunj / Jumla / Nepalgunj

All applicable government taxes and service charges.

What isn't included?

Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)

Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).

Personal travel insurance against sickness, injury, accidents, damage or loss of goods.

Liability for extra expenses caused by illness, accidents or situation beyond our control.

Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.

Medical and emergency evacuation charges.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Personal equipment for Sunglasses, Sun hat, normal trekking boot, plastic trekking boot etc.

Cargo fees for trekking/camping equipment.

Tips for guide & porter and others staff.

Any other services or optional activities not mentioned above in the included list.

Complimentary