

Rara Lake Trek

Duration: 15 Days



Overview

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| Trip Grade: Moderate | Max Altitude: 3,010m. |
| Activity: Trekking | Group Size: Min 02 Pax |
| Arrival On: Kathmandu, Nepal | Departure From: Kathmandu, Nepal |
| Meals: All meals during trek & breakfast in kathmandu | Accommodation: Stone Built Houses (tea houses) during trek |

Experience a dream-like heart captivating trek to the tranquil **Rara Lake** with us. Travel and encounter authentic wilderness feel within some of the most interesting and fascinating trekking trails of the Himalayas. Witness never before seen natural and cultural sceneries while breathing fresh unpolluted oxygen rich air which fill up lungs as you march ahead towards your destination. Our scenic 15 days Rara Lake trek is one of the liked off the beaten path [trekking in Nepal](#) offered by us. Moving away from the lively dusty city area of Kathmandu, we had to the western plains of Terai via flight to Nepalgunj. In Nepalgunj, trekkers can feel the temperature drastically increasing as they wait for their next flight to Jumla. As the place is situated close to the equator, it tends to be very hot during the day time. Nevertheless, we shall take a flight from Nepalgunj to Jumla where the actual trekking experience is thought to begin. After Jumla, we head towards Chere Chaurby walking along the Jugad Khola. Without a doubt, the main highlight of the entire trek is Rara Lake. Passing through rugged densely forested trek routes filled with blue pine trees, trekkers continue on with their trek towards Rara Lake. And so, we now go past Chalachaur, Sinja Valley, Ghorosingha and Ghattekhola respectively to arrive at Rara Lake the next day. Upon reaching Rara lake, trekkers can enjoy the mesmerizing view of the lovely Rara Lake which is also the largest lake inside Nepalese territories. Our itinerary suggest that we spend at least one day in the vicinity of Rara Lake to fully indulge ourselves with the pristine natural environment of Rara Lake which is also a haven for several living species ranging from fishes to insects to animals and birds. Next, we leave Rara Lake and tighten our shoe laces for another hike towards Pina village. Afterward, we shall cross GhurchiLagna Pass (3480m) before reaching Bumra village. From here, we head back to Jumla and take a flight back to Nepalgunj. Lastly, we again take a flight from Nepalgunj to Kathmandu where we are to end our trek. An above average physical health condition is highly required for joining this trek. Additionally, we in general suggest March to December as the finest time of the year for this trek. Contact, **Himalayan Holyland Treks and Expedition** team now to join our **Rara Lake Trek** today and make your trip in Nepal with our expert trekking staffs.

Itinerary

Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu(1350m).

You are welcomed by our team staff members and then transferred to the booked hotel. After a refreshment break, our representative will briefly explain the program. Overnight at hotel at B/B basis program.

Day 02: Kathmandu Valley full day Sightseeing and trek preparation.

This is a day for sightseeing world heritage sites in the Kathmandu Valley including, Kathmandu Darbar Square, Swoyambhunath Temple/Chaitya and Patan durbar square. Overnight at the hotel at same program.B/B

Day 03: Fly from Kathmandu to Nepalgunj (150m/490 ft): 1 hour.

After our short excursion in Kathmandu, we take an hour-long flight from Kathmandu to Nepalgunj, located in Western Nepal. Nepalgunj, a town near the Nepal-India border, is also the gateway to Simikot, Humla. The town itself is an interesting Terai town that showcases the diverse culture of Nepal. In Nepalgunj, we visit the local market, mini-zoo and nearby villages. Overnight in Nepalgunj.

Day 04: Fly from Nepalgunj to Jumla (2,540m/8,334ft): 20 minutes.

After early breakfast we leave the Terai plains of Nepalgunj and fly to the hilly landscape of Jumla, one of the least accessible districts in Nepal. Situated in the foothills of the Sisne Himalaya, Jumla is also the gateway for trekkers who want to explore the remote Karnali region of Nepal. Overnight in Jumla.

Day 05: Trek from Jumla to Chere Chaur (3055m/10,023ft).

Today is the first day of our trek. We leave Jumla and ascend to Chere Chaur along the Jugad Khola. On the way, we pass Khalanga Bazaar, a small market place for the nearby villages. We also pass a couple of villages and a temple before reaching our destination. Overnight in Chere Chaur.

Day 06: Chere Chaur to Chalachaur (2980m/9,777ft).

From Chere Chaur we take the western trail and ascend slowly until the Jaljala pass (3580m). We cross the pass and continue trekking on a relatively straight trail until reaching Jaljala Chaur. From here we ascend on a steep trail and enter the Rara Lake Circuit before reaching Chalachaur. Overnight in Chalachaur.

Day 07: Chalachaur to Sinja Valley (2490m/ft).

It is an uphill climb to Sinja Valley. On the way we pass through several villages and walk along the Jaljala Khola (stream). 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. Palaces, temples, and the ancient remains of a settlement were uncovered during excavations spearheaded by the Department of Archaeology at Cambridge University. Overnight in Sinja Valley.

Day 08: Sinja to Ghorosingha (3050m/10007ft).

We leave Sinja on an uphill trail alongside Hima River. From the village we climb on a steep trail for a while followed by a relatively

easy trail until Laha Village. From Laha, it is a steep climb up until Ghorosingha alongside Ghatte khola (stream). Overnight in Ghorosingha.

Day 09:â€” Ghorosingha to Rara Lake (3010m/9876ft).

We begin our steep ascent after breakfast. Our trail is alongside Chuchhemara Danda from where we get to admire the Himalayan panorama, the vast and tranquil Rara Lake, and the lush vegetation of the Rara National Park. On the way to Rara Lake, we pass through Khatyar Khola Camp and a few villages including Murma. From Murma, the ascent gets a little easier. We continue walking towards Chapri village which houses the Rara National Park Head Quarter. Overnight at Rara Lake.

Day 10:â€” Exploration day at Rara Lake.

Rara Lake is the largest freshwater lake in Nepal. After breakfast we investigate the azure waters of the massive lake also referred to as Mahendra Taal (Lake) after late king Mahendra. While boating we get to admire the picturesque setting of the lake and discover quite a few varieties of fish. 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 11:â€” Rara Lake to Pina (2440m/ 8006ft).

From Rara Lake our trail is easy and we walk on a relatively straight path until Gamgadhi which is the headquarters of the remote Mugu District of Nepal. From Gamgadhi, we descend on a steep trail to Pina Village where we spend the night.

Day 12:â€” Pina to Bumra (2850m/9351ft).

From Pina we descend and cross the Ghurchi Lagna pass at 3480 m. We continue our descent and pass through a few villages before reaching Bumra. The Bumra village is also known as Nauri Ghat.

Day 13:â€” Trek ends: Bumra to Jumla (2540m/8334ft).

We cross two suspension bridges above Hima River and walk downhill. After walking for a few hours, we get to a hot spring where we can ease our aching body with a dip. Not long after the hot spring, we cross Danphe Lagna pass at 3691 m. After reaching Cherechaur, we follow the same trail we took couple of days back and reach Jumla. Overnight in Jumla.

Day 14:â€” Fly to Nepalgunj, fly to Kathmandu & farewell dinner.

We take the earliest flight available to Nepalgunj from Jumla. After reaching Nepalgunj, we fly yet again to Kathmandu, the capital city of Nepal. After reaching Kathmandu, we freshen up and take a rest. We will enjoy the traditional Nepali restaurant and share the trekking experiences. Overnight in Kathmandu.

Day 15:â€” Final departure day.

Our representative will take you to the Tribhuvan International Airport for your connecting flight home approximately 3 hours earlier than the scheduled time.

Cost Includes

- => Airport pickup and drop in a private vehicle
- => Hotel accommodation in Kathmandu in B/B basis
- => Tea house accommodation during the trek
- => Three times meal in the trek
- => Three times tea/coffee in the trek
- => Hot soup with dinner in the high places
- => Farewell dinner at the end in Kathmandu
- => All the transportation as per the itinerary
- => One way flight : Kathmandu ↔ Lukla for you
- => One way flight : Kathmandu ↔ Lukla for your guide and porters
- => An experienced guide for trek and sightseeing
- => Porter service(2 trekkers : 1 porter)
- => Insurance for guide and porters
- => Food and accommodation for guide and porters
- => All necessary documents(Permits and TIMS)
- => All government and local taxes
- => Airport taxes
- => Medical kit
- => Trekking map as itinerary
- => T-shirt from the company
- => Trip completion certificate

Cost Excludes

- => Visa for Nepal
- => International flight to and from Kathmandu
- => Lunch and dinner in Kathmandu
- => Travel and rescue insurance of clients
- => Personal expenses: shower and battery charge during trek and bar bills, cold drinks, laundry
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary
- => Tips for guide and porters