

Rara Lake Trek

Url: <https://www.glorioushimalaya.com/trip/rara-lake-trekking/>

Duration

15

Max. Altitude

3,690m

Difficulty

Moderate

Group Size

Min 2 pax

Transport

Plane, Car, Jeep

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotel, Guest House, Tent

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Trek to the largest freshwater lake in Nepal whose size is 9.8 Sqr KM.
- Watching different varieties of birds on the trail.
- Outstanding landscapes and mountain views during the trek.
- Exploring an isolated and mysterious beauty of remote Nepal.
- Visit UNESCO world cultural heritage sites of Kathmandu Valley.

Overview

To Endeavour Rara Lake Trekking is to discover what lies in the far western region in Nepal, which is home to the highest and biggest lake in Nepal, which showcases nestled snow-capped mountains and which leads you through an accessible forest. This trek puts you to walk in a solitary path, wherein you follow the off-the-beaten trail and enjoy the gifts of nature in a full swing; above all, you experience a variety of nature. All these that you see and where you walk, take place in the Rara National Park, a habitual place for musk deer, Himalayan black bear, leopard, Himalayan goral, Red Panda, and “Danfe”

Besides this, the park also abounds with coniferous trees, such as pine, juniper, and spruce.

Since the trekking trail traverses the lush green forest, it takes you on the journey of flora and ultimately to Rara Lake in whose water, you see the reflection of mighty and majestic Himalayas, which are overlooking at you. As you look at these mountains, you will be inspired by their splendid beauties to conquer them. The neighboring area of the lake is composed of one thousand and seventy-four species of flowers and is home to fifty-one species of mammals and two hundred fourteen species of birds. The mountain circles the lake; the lake that is surrounded by mountains is not only beautiful but also unique. The journey to Rara Lake Trekking also means a journey to the region of the medicinal plants.

The founder of the Great Outdoors Recreation Pages, Bill Greer has described the Rara Lake as “a shimmering blue jewel set in a ring of snowy peaks”.

The trekking trail that is ‘off the beaten trail’ in nature has the characteristics of crossing the Ghurchi Lagna Pass at 3450m and a lot of ridges at 3000 m respectively and heads to the quaint villages, where the life of the people exists not only at a high altitude but is completely different from yours. Rara Lake Trekking shows the best of the above and beyond of the harder trekking trail, where you will be swallowed by the beauties of the arresting nature, you have decided to explore from your country. This trek is free from crowds, and it ends from where it began.

Check out our designated itinerary below for **Rara Lake Trekking** or kindly send us an [email](#) and we’ll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival Kathmandu and transfer to hotel. (1400m.)

Welcome to the Himalayas! We will receive you outside the international airport terminal of Kathmandu. You will then be transferred to your respective hotel via a private vehicle (Jeep/Bus/Van: Depending upon group size). After some refreshments, you can either rest or explore the street of Thamel and be familiar with the neighborhood. In the evening, our senior guide will give you a briefing about the upcoming trip. You will also be invited to a welcome dinner organized by our company which includes a typical Nepali cuisine and a cultural dance. This is possibly your first overnight in the Himalayan land. Overnight at the hotel (breakfast included).

Day 02: Kathmandu sightseeing tour and trip preparation

After breakfast, our tour guide will receive you at your hotel with a tourist vehicle. Our valley tour includes Syambhunath (The Monkey Temple), Pashupatinath (The Largest Temple), and a visit to Boudhanath. We will also visit Kathmandu Durbar Square at the end of the day and then drive back to your hotel. Later, our senior trekking guide will give you a briefing about the trek. Overnight at the hotel inclusive breakfast. All these sites carry a lot of cultural significance that traces back to an ancient civilization and are definitely worth visiting. However, you will visit 3 to 4 places out of all, for a tour, as visiting all sites is not possible in a single day.

Day 03: Fly from Kathmandu to Nepalgunj (150m.)

In the evening, we take a picturesque 1 hr flight for Nepalgunj from Kathmandu. Nepalgunj is one of the biggest towns and also one of the hottest places in Nepal located in the Nepal-India border in western Nepal. Also, it is the gateway to Kailash via Simikot. You will be transferred to the hotel for the night stay. Overnight at the hotel on full board meals. (lunch, dinner, breakfast)

Day 04: Fly from Nepalgunj to Jumla (2514m)

After a hot breakfast, we leave Nepalgunj and head to the airport for the flight to Jumla. Jumla is one of the most rural and also the least developed districts in Nepal. Most of the parts of Jumla are yet to be discovered by trekkers. We set up our camp for the night at Jumla and acclimatize for a night. Overnight at tented camp with full board meals

Day 05: Trek from Jumla to Chere Chaur (3050m.)

After breakfast, we start our trek by heading to Chere Chaur. Our journey starts with an inclined hike along the Jugad river. We pass through the lush green forest, ancient monasteries, beautiful villages, markets with amusing landscapes views. Overnight at a tented camp in Chere Chaur with full board meals.

Day 06: Trek from Chere Chaur to Chala Chaur (2980m.)

On the second day of our trek, we start with a hot breakfast, and hike along the trail goes ascend until the Jaljala pass. Jaljala pass is relatively an easier pass compared to other passes like Thorong La Pass because it measures only 3,580m from sea level. After crossing the pass, our trek continues straightway to Jaljala Chaur. Upon reaching the Jaljala Chaur we take a rest for some moments and continue walking along the trail that ascends up to Chala Chaur. Overnight at a tented camp in Chala Chaur with full board meals.

Day 07: Trek from Chala Chaur to Sinja Valley (2485m)

After early breakfast, we start our trek with an ascend hike to Sinja Valley. The trail to Sinja Valley passes through numerous villages, the lush forest along the Jaljala stream. Sinja is an ancient capital city of the Khasa kingdom which ruled this region from the 12th to 14th century. Overnight at a tented camp with full board meals (Lunch, dinner, breakfast)

Day 08: Trek from Sinja Valley to Gorusinga (3050m)

After having breakfast, we continue our journey starting with an uphill hike along the Hima River, crossing the forest, Laha village, and beautiful valleys. Along the way, we will also cross a suspension bridge before finally reaching Gorusinga, where we end our today's trek. Overnight in a tented camp at Gorusinga with full board meals.

Day 09: Trek from Gorusinga to Rara Lake (3010m)

After a hearty breakfast, we go through Chuchhema Danda, which is one of the optimum viewpoints to capture the spectacular views of the Himalayan ranges and spellbinding Rara lake. Along the way, we pass through Khatyar stream and few settlements including Murma village before we reach Rara Lake. A beautiful lake in the highlands of the Himalayas in some of the best experiences you can have. Overnight at tented camp in Rara Lake with full board meals.

Day 10: Rara lake exploration day

Today is a day to explore around Rara Lake. Rara Lake is the largest freshwater lake in Nepal located at an altitude of 2,290m and has a surface of 9.8 sq km. We do boating to admire the picturesque setting of the lake and observe varieties of fish. Moreover, hike around the Rake Lake for stunning views of Himalayan peaks on the southern and northern side of the Lake. Overnight at tented camp in Rara Lake on full board meals.

Day 11: Trek from Rara Lake to Pina (2435m)

After breakfast, we leave Rara Lake and trek to Pina village. The beginning part of our hike starts with an easy and straight trail until Gamgadi. Gamgadi is the headquarter of the Mugu district where government offices are located. Further, we walk down to reach Pina village and Stay there for the night in a tented camp. (full board meals.)

Day 12: Trek from Pina to Burma (2850m)

Today's trek begins with a descending hike by crossing Ghurchi Lagna pass (3485m) with mesmerizing mountain views and several settlements to get to Burma. Burma Village is one of the attractions in this region. This village is also known as Nauri Ghat. Overnight at Burma in a tented camp on full board meals.

Day 13: Trek from Burma to Jumla (2514m)

After having breakfast, we start our final trek day by hiking along the Hima River and crossing a suspension bridge. The trail further goes downhill then we enjoy a natural hot spring bath and get some relief from your aches. We march forward by crossing Danphe Lagna pass (3690m) and finally reach Jumla. Overnight at Jumla in a tented camp with full board meals.

Day 14: Fly to Kathmandu via Nepalgunj

After an adventurous journey with lots of ascends and descends, we take a flight back to Nepalgunj early in the morning, and then in the evening, we take the next flight for Kathmandu on the same day. We transfer to the hotel from the airport for freshening up. Finally, we will have a farewell dinner at a typical local Nepalese restaurant with a cultural dance show. Stay a night at a hotel inclusive breakfast.

Day 15: Departure to your home

This is your last day in Nepal! After breakfast, our escorts and vehicle will be on standby to drop you at the international airport. We will leave the hotel at least 3 hours prior to your actual flight. It was a wonderful and great time spent together! We hope to see you again! Have a safe journey!!

Trip Includes

- All the surface transportation including airport and hotel transfer as per the itinerary.
- All the essential trekking permits.
- 3 nights hotel accommodation in Kathmandu city inclusive breakfast.
- An English speaking license holder trekking guide for the trek.
- Required supporting porters to carry your foods, luggage and camping equipment.
- An expert trekking cook to prepare the meal.
- All the trekking and camping equipment such as tents, kitchen utensils, etc.
- Domestic flight tickets as per the itinerary.
- One night tourist category hotel accommodation in Nepalgunj city.
- Full board meals (breakfast, lunch, dinner) with hot tea and coffee during the trekking days.
- Tented accommodations during the trek.
- A comprehensive medical kit box.
- Farewell dinner program in a typical Nepali local restaurant.

Trip Exclude

- International airfares and Nepal's travel visa.
- Alcoholic beverages, bottled mineral water, soft drinks and snack foods
- Riding horse along the trek
- Entrance fees for Kathmandu sightseeing.
- Tips to the guides and porters.
- Any other extra costs which are beyond our includes.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)

- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags

- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books

- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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