

Rara Lake Trek

Duration: 15 Days

Starts At: Kathmandu

Grade: Moderate

Accommodation: Hotel, Guest House, Tent

Transport: Plane, Car, Jeep

Altitude: 3,710m

Ends At: Kathmandu

Group Size: Min 2 Pax

Meals: Breakfast, Lunch, Dinner

Highlights

- Visit the largest lake in Nepal whose size is 9.8 Square KM.
- Watching different varieties of birds during 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 Trek 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 Trekk 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 Trekk 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 bellow for **Rara Lake Trek** 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.)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Rara Lake Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Overnight at hotel inclusive Breakfast.

Day 02: Sightseeing in Kathmandu

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

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

In the evening we take a scenic flight for Nepalgunj which is about 1 hour from Kathmandu. Nepalgunj is one of the biggest towns located in the Nepal-India border in

western Nepal and also the gateway to Kailash via Simikot. Transfer to the hotel for the night.

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

After breakfast in the morning, we leave the hotel for the flight to Jumla. Jumla is one of the least developed districts in Nepal and most of the parts of Jumla are still undiscovered by travelers. We stay the night at Jumla for acclimatization. Stay a night at camp on full board meals with hot drinks.

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

Today, after breakfast we begin our trek to Chere Chaur. The journey starts with an ascending hike along the Jugad river. The trail passes through the green forest, beautiful villages, ancient monasteries and markets with amazing landscapes views. Stay a night at camp in Chere Chaur on full board meals with hot tea and coffee.

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

Today is the second day of our trek, starts with hot breakfast and trail goes ascend until the Jaljala pass. Jaljala pass is not hard such as other passes because it measures only 3,580m from sea level. Moreover, after crossing the pass trek continue straightway to Jaljala Charu. After reaching Jaljala Chaur we take rest for some moments and then the trail goes ascend up to Chala Chaur. Overnight at camp in Chala Chaur on full board meals with hot drinks.

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

After breakfast, today's trek starts with an ascending hike to Sinja valley which passes through several settlements, the dense forest along the Jaljala stream. Sinja is an ancient capital city of Khasa kingdom which ruled this region from the 12th to 14th century. Overnight at tented camp on full board meals.

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

After a hot breakfast, we stretch our trek with an uphill trail along the Hima River by crossing Laha village, forest, and beautiful valleys. On the way, we have to cross a suspension bridge. Stay the night on tented camp at Gorusinga with full board meals.

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

Our trek begins with a hot breakfast and goes through Chuchhema Danda. Chuchhema is one of the finest viewpoints to get the admire views of Himalayan ranges and mesmerizing Rara lake. One the way we pass through Khatyar stream and few villages including Murma. Overnight at tented camp in Rara Lake on full board meals with hot tea and coffee.

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 10.8 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, our trek goes to Pina village. We begin our hike with an easy and straight trail until Gamgadi. Gamgadhi is the headquarters of the Mugu district where government offices are located. Then after, we walk down to get Pina village. Stay a night at Pina village in a tented camp on full board meals.

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

Today's the trek starts with the descending hike by crossing Ghurchi Lagna pass (3485m.) with beautiful mountain views and villages to get Burma. Burma is one of the beautiful villages 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 breakfast, we begin our final day hike along Hima River and cross a suspension bridge. The trail goes downhill then enjoy hot spring where you can take a natural hot bath and get some relief your aching body. Then after we continue our hike by crossing Danphe Lagna pass (3690m.) and reach Jumla. Stay a night at Jumla in a tented camp with full board meals.

Day 14: Fly to Kathmandu via Nepalgunj

After adventurous long hikes, 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

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

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.