

# Rara Lake Trek



## Overview

Rara Lake Trek is a beautiful journey to the largest lake of Nepal. The place is remote but the views and the environment is above everything. Many trekkers opt to trek in this region as it is very remote and beautifully embraces all the elements of nature. From the snowcapped mountains, tranquil lake, dense alpine forest, you will get to experience everything in this less travelled trail. The trekking, as well as flying, are means of way to reach Rara Lake. The lake is surrounded with dense alpine forest from everywhere with a gorgeous view of Trans Himalaya on the background is really beautiful to see.

Rara Lake Trek is a nature lover's paradise as there is so much to see and explore. Since the trek includes going through Rara national park, you will get to explore the Himalayan vegetation along with different kinds of flora and fauna. The national park is home to endangered species of animals like Himalayan black bear, Red Panda, Gorals and many more. Overall, the trek is the total package where you will get to see the beautiful natural beauty, wild vegetation of Nepal alongside taste the culture and lifestyle of people living in this region. The best time for Rara lake trek is all year round. The place is beautiful even when it is the dry season or the cold winter season. But many prefer to visit the place from September to November.

## Highlights

- Admire the natural wonders and tranquility of Rara Lake;
- Visit the Sinja Valley, an important historical site in Nepal.
- Explore the rich biodiversity of Rara National Park.
- Admire the stunning scenery and view of the distant Dolpo and API Shripal peaks.
- Stroll in the magnificent oak, birch and rhododendron trees.
- Discover the real culture and lifestyle of the Jumla district

## Trekking Journey to the Rara Lake

One of the most famous tourist attractions in Nepal is Rara Lake. The simplest way to go from Kathmandu to Nepalganj to Rara lake is to take a domestic flight to Nepalganj, from Nepalganj to Tancha airport (Mugu) and to Rara Lake for about 3 hours of walking. This beautiful



journey begins with our picturesque ride to the hot topics in Nepal's Far Southwest region and then takes another plane to Jumla, where our walk begins at Rara River and brings us through fascinating villages of Hindu Thakuri Malla and Tibetan inspired people with rich ancient traditions and customs.

# Outline Itinerary ( 16 Days )

## Day 1 : Arrival in Kathmandu

After your arrival at Kathmandu, you will be received by our representative staff very warmly and from there you will be transferred into the hotel where you will discuss about the itinerary in detail.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Sightseeing tour of Kathmandu valley

You will spend your next day after early morning breakfast, exploring ancient city of Kathmandu. You will visit Swayambhunath, Pashupatinath, Bouddhanath and Patan Durbar Square.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Kathmandu to Nepalgunj Flight

We 'll take an hour's plane to Nepalgunj in the southern plains of Nepal. Nepalgunj is the largest city in the country and shares its southern frontier with India. It's hot and humid in Neplagunj, but in the evening you can visit the city.

**Max Altitude** Nepalgunj (150 m)

**Duration** Flight (1 hour)

**Overnight** Overnight at Hotel

**Meal** Breakfast, Lunch and Dinner included

## Day 4 : Fly To Jumla

You will fly from north of Nepalgunj to Jumla, which lies high above the hills. You'll get to Jumla in 20 minutes, where the wind and mild air is waiting for you. This is where the hiking trail to Rara Lake in the Mugu district begins.

**Max Altitude** Jumla (2,540m/ 8,334ft)

**Duration** Flight (20 mins)

**Overnight** Overnight at Lodge

**Meal** Breakfast, Lunch and Dinner included

## Day 5 : Trek To ChereChaur

We 'll head up the JugadKhola River as we head towards ChereChaur. The river bank path goes through a number of lovely villages where we can pause for some rest.

**Max Altitude** ChereChaur (3055m/10,023ft)

**Duration** Drive 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast, Lunch and Dinner included

## Day 6 : Trek Chere Chaur to Chalachaur

After breakfast, follow the western trail and climb up to the Jaljala Pass (3580 m). Until we reach Jaljala Chaur, we walk along a wide and easy path. From the meadow, we walk up the steep slope to Chalachaur. It's located in the Rara National Park.

**Max Altitude** Chalachaur (2,980m)

**Duration** 5-6 hrs

**Overnight** Overnight at Lodge

**Meal** Breakfast, Lunch and Dinner included

## Day 7 : Trek Chalachaur to Sinja Valley

Today, we are move forward across the Sinja Valley. It is the place of the origin of the Nepalese language in the 12th to 14th centuries. It's called the Khas Bhasa. Passing through some traditional villages, we follow the bank of the Jaljala Khola. The surroundings of the valley are breathtaking. Then we stay in the right place.

**Max Altitude** Sinja Valley (2,490m)

**Duration** 5-6 hrs

**Overnight** Overnight at Tea House

**Meal** Breakfast, Lunch and Dinner included

## Day 8 : Trek Sinja Valley to Ghorosingha

We 're leaving the valley of Sinja, chasing the Hima River. The trail is mostly uphill, followed by an easy and easy path to the village of Laha. Lifestyle around here is still traditional. Moving along the Ghatte Khola, we ascend up steeply to our destination today-Ghorosingha.

**Max Altitude** Ghorosingha (3,050m)

**Duration** 5-6 hrs

**Overnight** Overnight at Tea House

**Meal** Breakfast, Lunch and Dinner included

## Day 9 : Trek Ghorosingha to Rara Lake

We 'll move very early after breakfast. We reach up to Chichhemara

Hill, which is a wonderful view of the surrounding Himalayas and the dream zone of the tranquil Rara Lake. Rara National Park has given its youth a variety of vegetation. Passing through the village of Murma, we climb up to the village of Chapri and finally reach our final destination. Rara, the magnificent queen of the lakes, is in front of us.

**Max Altitude** Rara Lake (3,010m)

**Duration** 5-6 hrs

**Overnight** Overnight at Tea House

**Meal** Breakfast, Lunch and Dinner included

## Day 10 : Exploration day at Rara Lake

The queen of the lakes, Rara, is a huge lake in Nepal, also known as Birendra Tal. You can do some boating on this lake and enjoy the journey. The Chuchhemara peak sits on the south side of the bay, flanked by Ruma Kand and Malika on the north side. After taking a lot of photos and enjoying the surrounding scenery, go back to the campsite. .

**Max Altitude** Rara Lake (3,010m)

**Duration** 4-5 hrs

**Overnight** Overnight at the tent camp

**Meal** Breakfast, Lunch and Dinner included

## Day 11 : Rara Lake to Pina

From Rara Lake, our path is easy and we walk on a moderately straight path to Gamgadhi, the headquarter is located of the remote Mugu District of Nepal. From Gamgadhi, we go down a steep trail to the Pina Village, where we spend the night.

**Max Altitude** Pina (2,440 m)

**Duration** 5 -6 hrs

**Overnight** Overnight at the tea house

**Meal** Breakfast, Lunch and Dinner included

## **Day 12 : Trek Pina to Bumra**

From Pina, we go down and cross the Ghurchi Lagna Pass at 3480 m. We continue our descent and go through a few villages before we reach Bumra. The village of Bumra is also known as Nauri Ghat.

**Max Altitude** Bumra (2,850 m)

**Duration** 5 -6 hrs

**Overnight** Overnight at Lodge

**Meal** Breakfast, Lunch and Dinner included

## **Day 13 : Trek Bumra to Jumla**

We cross two suspension bridges over the Hima River and walk downhill. After having to walk for a few hours, we get to a hot spring where we can help relieve our aching body with a dip. Not long after the hot spring, we cross Danphe Lagna at 3,691 m. After reaching Cherechaur, we follow the same path that we took a few days back to reach Jumla.

**Max Altitude** Jumla (2,540 m)

**Duration** 6 hrs

**Overnight** Overnight at Lodge

**Meal** Breakfast, Lunch and Dinner included

## **Day 14 : Fly back to Kathmandu via Nepalgunj**





After early breakfast, we take a walk. It is about 2 hrs walk up to the Talcha airstrip of Mugu district. Then we take a flight to Nepalgunj, which is about half an hour. From Nepalgunj, we make a connection flight to Kathmandu.

**Max Altitude** Kathmandu (1,400 m)

**Duration** Hike (2 hrs), Flight (50-60 min)

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast included

## Day 15 : Departure Day

Our representative will take you to Tribhuvan International Airport and bid you farewell.

**Meal** Breakfast included

## **Include / Exclude**

- Airport pick up and drop
- All land transportation by tourist bus
- Accommodation in Kathmandu three star category hotel ( Himalayan Suite Hotel) in twin sharing basis with breakfast
- All meals, accommodation, insurance and other expenses of trekking crew
- Three meals a day and accommodation for the clients in trek days
- Necessary permit and national park fees
- Guided sightseeing tour in Kathmandu
- All necessary equipments during the trek
- Welcome dinner
- All domestic airfares as per itinerary
- Thirty minute massage in Himalayan Suite Spa
- Lunch and dinner in Kathmandu . (Meal costs about 5\$ - 8\$ dollar per item depending on the place where you eat)
- City sightseeing monuments entrance fees in Kathmandu (NPR 250+1000+400)
- Personal equipments and clothing
- International Airfare and your insurance
- Cold and alcoholic drinks in trek days
- Personal expenses and tips to the crew



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

## Our Contact

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