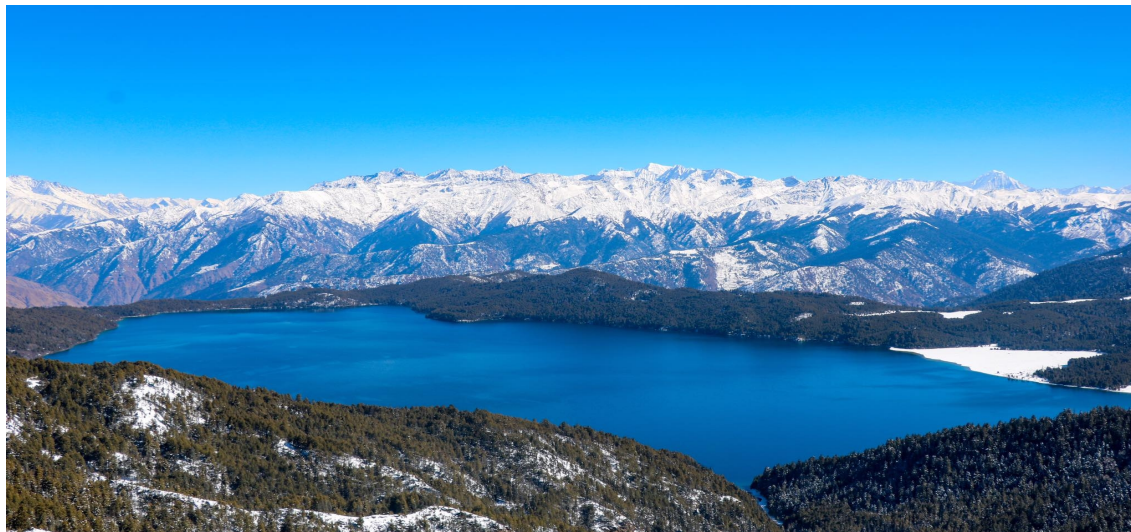


8848 Nepal

Rara Lake Trek



Trip Facts

Trip Duration: 14 Days

Difficulty Level: Moderate

Trip Area: Rara National Park

Maximum Altitude: 3055m/10,022.97ft-Chere Chaur

Best Season: September-November and March-May.

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotels, Lodges & Tea House

Transportation: Flight, Car, Jeep

Trip Start: Kathmandu

Trip End: Kathmandu

Itinerary Highlights

- Rara Lake
- Scenic Landscapes
- Wildlife Encounters
- Cultural Immersion
- Danphe Lagna Pass
- Off-the-Beaten-Path Experience
- Boating on Rara Lake
- Photography Opportunities
- Sense of Accomplishment

Trip Overview

8848 Nepal

Rara Lake Trek

The Rara Trek is a captivating journey through the remote and unspoiled regions of western Nepal, leading trekkers to the serene Rara Lake, the largest lake in Nepal. Nestled in the Rara National Park, this trek offers a blend of natural beauty, cultural richness, and an off-the-beaten-path experience, making it a perfect choice for those seeking solitude and immersion in nature. The trek usually begins from Jumla, a town accessible by a short flight from Nepalgunj, and spans approximately 10 to 14 days, depending on the specific route and pace of the trek.

One of the highlights of the Rara Trek is the journey through the diverse landscapes that range from lush forests and alpine meadows to rugged mountains. As trekkers ascend, they pass through forests of pine, oak, and rhododendron, home to a variety of wildlife including Himalayan black bears, red pandas, and numerous bird species. The changing scenery, with snow-capped peaks in the background and the tranquil Rara Lake as the destination, provides a constantly evolving backdrop that captivates and rejuvenates the trekkers.

Cultural encounters are another significant aspect of the Rara Trek. The region is inhabited by various ethnic communities, including the Thakuri and Raji people, who are known for their unique traditions and lifestyles. Trekkers have the opportunity to visit remote villages, interact with the locals, and gain insights into their daily lives and cultural practices. These interactions offer a deepened understanding of Nepal's cultural diversity and enhance the overall trekking experience.

The climax of the trek is reaching Rara Lake, situated at an altitude of 2,990 meters. The lake, surrounded by dense forests and snow-covered peaks, is often described as a shimmering blue jewel amidst the mountains. Its crystal-clear waters reflect the stunning scenery, creating a tranquil and mesmerizing atmosphere. Trekkers can spend time exploring the lake's perimeter, enjoying the peaceful environment, and even engaging in activities like boating or fishing.

Despite its remote location, the Rara Trek is gaining popularity among adventurous trekkers looking for a less commercialized experience compared to the more famous trekking routes in Nepal. The relative isolation of the region means that the infrastructure is less developed, and trekkers often rely on camping or basic teahouse accommodations. This adds an element of adventure and self-sufficiency to the trek, appealing to those who enjoy rugged and authentic travel experiences.

In summary, the Rara Trek offers a unique blend of natural beauty, cultural richness, and adventure. From the diverse landscapes and wildlife to the cultural interactions and the stunning Rara Lake, the trek provides an unforgettable journey into one of Nepal's most pristine and remote areas. It's a trek that not only challenges the body but also nourishes the soul, making it a cherished memory for those who undertake it.

Detail Itinerary

Day 1: Arrival in Kathmandu

- **Activities:** Arrival, transfer to hotel, rest and prepare for the trek.

8848 Nepal

Rara Lake Trek

- **Overnight:** Hotel in Kathmandu.

Day 2: Fly from Kathmandu to Nepalgunj

- **Activities:** Morning flight to Nepalgunj, explore the town.
- **Overnight:** Hotel in Nepalgunj.

Day 3: Fly from Nepalgunj to Jumla (2,540m)

- **Activities:** Fly to Jumla explore local bazaar, trek preparation.
- **Overnight:** Teahouse or camping in Jumla.

Day 4: Trek from Jumla to Chere Chaur (3,055m)

- **Duration:** 4-5 hours
- **Activities:** Begin trek, pass through pine forests and local villages.
- **Overnight:** Teahouse or camping in Chere Chaur.

Day 5: Chere Chaur to Chalachaur (2,980m)

- **Duration:** 5-6 hours
- **Activities:** Trek through lush forests and meadows, cross Jaljala Pass.
- **Overnight:** Teahouse or camping in Chalachaur.

Day 6: Chalachaur to Sinja Valley (2,490m)

- **Duration:** 6-7 hours
- **Activities:** Descend into the historic Sinja Valley, visit ancient temples and ruins.
- **Overnight:** Teahouse or camping in Sinja Valley.

Day 7: Sinja Valley to Ghorosingha (3,050m)

- **Duration:** 6-7 hours
- **Activities:** Trek along the Sinja River, through dense forests and picturesque landscapes.
- **Overnight:** Teahouse or camping in Ghorosingha.

Day 8: Ghorosingha to Rara Lake (2,990m) • Duration: 5-6 hours

- **Duration:** 5-6 hours
- **Activities:** Ascend to Rara Lake, enjoy the stunning views and serene environment.
- **Overnight:** Teahouse or camping near Rara Lake.

Day 9: Explore Rara Lake

- **Activities:** Rest day, explore the lake, hike to surrounding viewpoints, visit local villages.
- **Overnight:** Teahouse or camping near Rara Lake.

8848 Nepal

Rara Lake Trek

Day 10: Rara Lake to Pina (2,440m)

- **Duration:** 5-6 hours
- **Activities:** Descend from Rara Lake, pass through forests and small settlements.
- **Overnight:** Teahouse or camping in Pina.

Day 11: Pina to Bumra (2,850m)

- **Duration:** 5-6 hours
- **Activities:** Trek through diverse landscapes, crossing streams and enjoying scenic views.
- **Overnight:** Teahouse or camping in Bumra.

Day 12: Bumra to Jumla (2,540m)

- **Duration:** 6-7 hours
- **Activities:** Cross the Danphe Lagna Pass, descend back to Jumla.
- **Overnight:** Teahouse or camping in Jumla.

Day 13: Fly from Jumla to Nepalgunj and Fly to Kathmandu.

- **Overnight:** Hotel in Kathmandu.

Day 14: Departure from Kathmandu

- **Activities:** Transfer to airport for onward journey.

Cost Includes

- Airport Transfers
- Accommodation
- Meals
- Professional Guide
- Porters
- Permits
- Transportation
- First Aid

Cost Includes

- International Flights
- Travel Insurance
- Visa Fees
- Personal Expenses
- Tipping
- Alcoholic Beverages

8848 Nepal

Rara Lake Trek

- Extra Nights
- Equipment Rental
- Additional Activities
- Unforeseen Cost

Guidelines / Information

Preparation and Fitness

- 1. Physical Fitness:** Ensure you are in good physical condition. Engage in cardiovascular exercises, strength training, and hiking practice to prepare for the trek.
- 2. Medical Check-Up:** Have a thorough medical check-up before the trek. Ensure you have necessary medications and first aid supplies.
- 3. Travel Insurance:** Obtain comprehensive travel insurance that covers high-altitude trekking, medical emergencies, and evacuation.

Packing Essentials

- 1. Clothing:** Pack appropriate clothing for varying weather conditions including thermal layers, waterproof jackets, trekking pants, gloves, and hats.
- 2. Footwear:** Bring sturdy, comfortable trekking boots with good ankle support, and break them in before the trek.
- 3. Gear:** Carry a quality backpack, sleeping bag (if camping), trekking poles, and a headlamp with extra batteries.
- 4. Personal Items:** Include toiletries, a personal first aid kit, water purification tablets, and high-energy snacks.

Permits and Regulations

- 1. Permits:** Secure the necessary permits, including the Rara National Park Entry Permit and TIMS card.
- 2. Local Regulations:** Follow all rules and guidelines set by the Rara National Park and local authorities.

Environmental Responsibility

- 1. Leave No Trace:** Practice responsible trekking by not littering, respecting wildlife, and leaving natural areas undisturbed.
- 2. Waste Management:** Carry out all non-biodegradable waste and dispose of it properly in designated areas.

Cultural Sensitivity

- 1. Respect Local Customs:** Be respectful of local customs, traditions, and religious practices. Dress modestly and ask for permission before taking photographs of people.
- 2. Support Local Communities:** Purchase goods and services from local vendors to support

8848 Nepal

Rara Lake Trek

the local economy.

Health and Safety

- 1. Altitude Awareness:** Acclimatize properly to avoid altitude sickness. Ascend gradually and stay hydrated. Be aware of symptoms of altitude sickness and seek medical help if needed.
- 2. Stay Hydrated and Nourished:** Drink plenty of water and eat nutritious meals to maintain energy levels.
- 3. Follow Guide's Instructions:** Always listen to and follow the advice and instructions of your guide.

Trekking Etiquette

- 1. Pace Yourself:** Trek at a comfortable pace that suits your fitness level and allows you to enjoy the journey.
- 2. Group Safety:** Stay with your group and avoid trekking alone, especially in remote areas.
- 3. Communication:** Keep in touch with your trekking group and guide. Inform them immediately if you feel unwell or encounter any issues.

Emergency Preparedness

- 1. Emergency Plan:** Familiarize yourself with the emergency plan and evacuation procedures in case of severe weather or health emergencies.