Rara Lake Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1-6 Persons

Trip Grade Moderate

Accommodation Hotel + Lodge +Tea House

Max Height 3180 Metres

Start From Kathmandu

End At Kathmandu

Transportation Flight+ Car+ Jeep

Duration 14 Days

Meals included Break Fast + Lunch +Dinner Days

Best season:
Mar-May + Sep-Dec

Trip Overview

The Rara Lake Trek is a popular trekking route in Nepal, known for its stunning landscapes, diverse flora and fauna, and unique culture. The trek starts and ends in Kathmandu and takes approximately 10 to 12 days to complete. The main highlight of the trek is Rara Lake, the largest lake in Nepal, which is located within Rara National Park. The trek takes you through the protected area, which is rich in biodiversity and offers opportunities for wildlife spotting. The trek also takes you to a remote and less-visited region of Nepal, where you can experience the local way of life and interact with friendly inhabitants. The trek offers a unique combination of natural beauty, cultural exploration, and an off-the-beaten-path experience, making it a remarkable journey for trekkers.The Rara Lake Trek is a picturesque and less-visited trekking route in Nepal's remote far-western region, focusing on the largest lake in Nepal and one of the most pristine high-altitude lakes in the Himalayas. The trek starts from Jumla and takes travelers through Rara National Park, a protected area with diverse flora and fauna. The main highlight is reaching Rara Lake, which is situated at an altitude of 2,990 meters (9,810 feet). The trek passes through remote villages, scenic landscapes, and Murma Top, offering panoramic views of Rara Lake and the surrounding mountains. The trek typically takes 10–14 days, depending on the itinerary and acclimatization days. The best seasons for the Rara Lake Trek are spring (March to May) and autumn (September to November), when the weather is stable and the skies are clear. Proper gear, permits, and acclimatization are essential for a successful and enjoyable trek to Rara Lake.

The Rara Lake Trek is a popular choice for adventure enthusiasts and nature lovers alike. It provides a unique opportunity to immerse oneself in the untouched beauty of the Himalayas and experience the rich cultural heritage of the local communities. The trek offers a chance to witness diverse flora and fauna, including rare species like musk deer and Himalayan black bears. It is advisable to hire a local guide who can provide valuable insights into the region's history, culture, and natural wonders.

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Trip Itinerary

Day 01: Pick up from Airport and drive to your hotel (1,450 m/4,264 ft)

1 | BreakFast | Hotel | Car | 1345 m

Upon our arrival at the Tribhuwan International Airport (TIA) in Kathmandu, we will be greeted by a representative from Mount Adventure Holidays who will take us to our hotel. After checking in.Overnight in Kathmandu.

Day 02: Fly from Kathmandu to Nepalgunj (150 m/490 ft) 1 hr

55 | Breakfast+ Lunch+ Dinner | Hotal | Flight+Car | 150 m

Located in the Banke region in far western Nepal, Nepalgunj is popular transportation and industrial hub. Today you'll have enough time to explore this multi-ethnic city of Nepal. You'll get a close insight into the unique culture and lifestyle of Terai people which is quite different than people living in the capital city. You can visit Grasscutters' Lane or indulge yourself in street food.

Day 03: Fly from Nepalgunj to Jumla (2,540 m/8,334 ft) 20 minutes

25 | Breakfast+ Lunch+ Dinner | Hotel | Flight+ Car+ Jeep | 2540 m

After having breakfast, you'll take a flight from Nepalgunj to Jumla. It is a short 20 minutes flight and you'll reach Jumla at an elevation of 2,540 meters . Today you'll feel the drastic change in the landscape as you'll fly from the plain land of Terai to the hilly landscape of Jumla. Jumla is one of the remote and less developed Karnali regions of Nepal.

Day 04: Trek from Jumla to Chere Chaur (3055 m/10,023 ft)

6-7 | Breakfast+ Lunch+ Dinner | Lodge | Trekking+Walking | 3045 m

After having breakfast you'll start your trek from Jumla to Chere Chaur (3,055 meters). Today is your first day of the trek so you need to slowly ascend and drink plenty of water. On the way to Chere Chaur, you'll pass Khalanga Bazaar, a small marketplace. After passing through several small villages and temples you'll reach Chere Chaur for an overnight stay.

Day 05: Chere Chaur to Chalachaur (2980 m/9,777 ft)

6-7 | Breakfast+ Lunch+ Dinner | Lodge | Trekking+Walking | 2980 m

After Breakfast, you'll follow the western trails and make a slow ascend through beautiful rhododendron, birch, and pine forests to the place called Jaljala Pass (3,580 meters). Jaljala Pass offers a stupendous view of Kanjiroba Himal. You'll cross this pass and continue your trek through a pristine trail. After a couple of hours, you'll reach a summer grazing pasture called as Jaljala Chaur. After 5-6 hours of walking, you'll enter the main Rara CIrcuit trail and reach Chala Chaur 2,980 meters.

Day 06: Chalachaur to Sinja Valley (2485 m/ 8167 ft)

6-7 | Breakfast+ Lunch+ Dinner | Lodge | Trekking+Walking | 2485 m

After Breakfast, you'll head towards Sinja Valley, a remote village situated at the bank of the Hima River. The trail passes through several small settlements. You'll be well accompanied by the Jaljala River. Finally, after 4-5 hours of walking, you'll reach Sinja Valley 2,485 meters for an overnight stay. This beautiful valley is the capital of the Malla Dynasty from the 12th – 14th century. Thus, this Sinja Valley offers numerous ancient temples and places to explore to the trekkers.

Day 07: Sinja to Ghorosingha (3055 m/10007 ft)

6-7 | Breakfast+ Lunch+ Dinner | Lodge + Tea House | Trekking+Walking | 3055 m

Early morning breakfast and leave Sinja for Ghorosingha. Following the upstream trail, you'll head east and reach Laha. From Laha the trek continues to the small settlement of Gani. Further, following the steep trail, you'll reach Ghorosingha (3,055 meters) for an overnight stay.

Day 08: Ghorosingha to Rara Lake (3015 m/9876 ft)

6-7 | Breakfast+ Lunch+ Dinner | Lodge+ Tea House | Trekking+Walking | 3015 m

After having breakfast you'll head towards Rara Lake (3,015 meters with a steep climb along the side of Chucharmare Danda. At the top of the hill, you'll get fabulous Himalayan views with magnificent deep blue serene Rara Lake surrounded by green hills. Enjoying the natural scenery, now you'll enter into a forested trail and continue your trek until you reach Majhghat. After crossing Majhghat, you'll follow the Khatyar River and reach Chhapri village which is also the headquarter of the Rara National Park.

Day09: Explore Rara Lake to explore the beauty of the lake and backdrop of the lake, communicate with the local people and learn their culture and ethnicity.

3-5 | Breakfast+ Lunch+ Dinner | Tea House +Lodge | Hiking +Walking | 3015 m

After having breakfast, you'll head towards exploring one of the biggest lakes in Nepal. It is surrounded by dense green forests which are home to diverse flora and fauna including some indigenous species of birds, fish, and animals. If you want to go for a long day trip, then Murma Top offers a mesmerizing view of the lake from above. It'll take around 6-7 hours to go there and come back. Also, if you just want to stay on the bank of the lake you can also enjoy the spectacular view of the lake and the Himalayas. The changing light of the lake's hues whose magical transformation will definitely offer you a lifetime memorable experience. Besides all this, you can also experience short boating trips on a clear day, even thous swimming is not allowed to avoid polluting crystal clear water.

Day 10: Rara Lake to Pina (2445 m/ 8006 ft)

5-6 | Breakfast+ Lunch+ Dinner | Tea House+Lodge | Trekking +Walking | 2445 m

Today's walk is around 4-5 hours and quite pleasant until you reach Gamgadhi, the headquarter of the Mugu District. Further, you'll follow the beautiful forest trail to Jhyari Khola. And after short uphill walks take you through the pine forest to Pina 2,445 meters.

Day 11: Pina to Bumra (2855 m/9351 ft)

6-7 | Breakfast+ Lunch+ Dinner | Tea House + Lodge | Trek+Hike+Walk | 2855 m

The trail is downhill and leads through Ghurchi Langna Pass at an altitude of 3,485 meters. This is the highest point of the trek. You can see colorful prayer flags and from the top of the pass, you can see the beautiful Karnali River. After enjoying the view, you'll continue your trek down to Bulbule. From Bulbule, you'll move towards the south and continue through the small settlement around Chautha.

Day 12: Trek ends: Bumra to Jumla (2545 m/8334 ft)

6-7 | Breakfast+ Lunch+ Dinner | Hotel+Lodge | Trekking+Walking | 2545 m

Enjoying the final day of your Rara Lake Trekking you'll cross two suspension bridges over Hima River. After a few hours of downhill walking, you'll reach a hot spring. Here you can take a bath and relax your body. After spending some time in the hot spring, you'll cross Danphe Lagna Pass at 3,691 meters. You'll continue your trek and reach Chere Chaur. From this village, you'll walk on the same trail you took a few days back.

Day 13: Fly to Nepalgunj, fly to Kathmandu.

55 | Breakfast | Hotel | Flight + Car | 1345 m

After reaching Nepalgunj, you'll again catch a flight back to Kathmandu, the capital city of Nepal. Upon your arrival at International Airport, you'll get a transfer to the respective hotel.

Day 14: Final departure.

20 | Breakfast | Hotel | Car+ Flight | 1345 m

Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Mount Adventure Holidays Trekking will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal.

Cost Includes

- Pick up from the airport and transfer to the hotel
- Accommodation in Kathmandu in a 3-star level hotel.
- Flight ticket from Kathmandu to Nepalgunj and Flight ticket from Nepalgunj to Jumla (Bothway)
- A professional Sherpa Guide with Government License
- Sherpa porter who will carry your baggage (2 people 1 sherpa porter)
- Food during Trekking (Breakfast, Lunch, Dinner)
- All Accommodation during Trekking (Tea House/ Camping)
- Restricted Area Permit
- Necessary Trekking permits
- TIMS (Trekkers Information Management system card)

- Necessary Equipment (sleeping bag and Down Jacket)
- Food, salary Transport, and clothing for Guide and Porter
- Insurance for Guide and Porter
- Emergency Rescue Help (covered by your travel insurance)
- Government tax and service charge.
- All programs as per Itinerary
- Airport departure.

Cost Excludes

- Nepalese visa fee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, Beverage bills, shower, etc.)
- Travel and rescue insurance.
- Tips for guide(s), porter(s) and driver
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- OPTIONAL ADDONS (Available during check-out)
- Porter
- 1 hour Mountain flight

Trip Map

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