



Rara Lake Trek

Trek Description

Rara Lake lies in the remote far northwest of Nepal. The lake is beautiful and tranquil. The region around Jumla and Rara Lake is still relatively unexplored. Our trek starts from Jumla, the largest upland hill town in west Nepal. Rara is Nepal's largest lake and lies at an altitude of 2980m. An outstanding snow-capped panorama of Dolpo and Tibetan mountains overshadows the scene across the deep clear waters of the lake. The National park consists of Himalayan black bear, leopard, black panther, musk deer, red panda, wild boar, Rhesus and langur monkeys and numerous species of birds.

The final four days of the trek offer superb views over Mugu, the southern mountains of Humla and the border ranges of Tibet. The trail takes us through grassy alpine pastures and remote villages, before descending steeply off the second pass to Jumla. From here, we fly back to Kathmandu via Nepalgunj.

Highlights of the trek

Unsurpassed views of Rara Lake and mountain scenery, chance of spotting wildlife such as musk deer and black bear, ruins of the Malla dynasty's old palace.

Detailed itinerary

Itinerary can be customized according to your needs and length of stay.

Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

Trek details

Trek dates

Daily

Season

September to end of November and February to late June

Duration

17 days

Trekking days

10

Trekking grade

Medium

Maximum altitude

3550m

Starting point of trek

Jumla

Finishing point of trek

Jumla

Trek style (accommodation)

Camping

Trek code

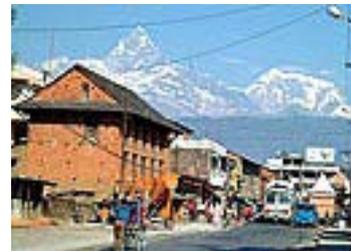
W2

Day 03 – Kathmandu to Nepaljung

Fly to Nepaljung, a small town near the Indian border in the Terai region of Nepal, and stay overnight in this transit city.

Day 04 – Nepalgunj to Jumla (2370m)

Fly to North from Nepalgunj crossing several hilly regions. If weather stay good can see the good views of snow-capped mountains to the east and west. Jumla town is in a delightful valley and here are the highest limits of paddy cultivation, growing red rice. The town is the administrative headquarters of the entire Karnali zone and Jumla district. Local regulations have declared Jumla a dry district, so no alcohol is available.



Terai region

Day 05 – Jumla to Uthugaon (2530m)

We start our trek by following the north bank of the Tila Khola river and then turn north following the Chaudhabise Khola passing through fields and pine forests. We will ascent up the Padmara valley. Our trail keeps following the river until we arrive at the small village of Uthugaon, where we will have a good campsite close to the school on the opposite site of the river (4 hrs).

Day 06 – Uthugaon to Danphe Lagna (3500m)

After our breakfast we will follow the trail through this narrow canyon to the village of Padmara at 2900 m. Our path then climbs to the Khali Lagna pass at 3550 m through a deep forest of pines, spruces and firs. Shortly after this pass both routes come together and the trail then descends gently through mixed forest of spruces, birches and rhododendrons to arrive at our campsite at Danphe Lagna. Here the colourful national bird of Nepal (the Himalayan monal, or impeyan peasant) has been spotted many times at the edge of our campsite (4 hrs).

Day 07 – Danphe Lagna to Chautha (2770m)

The trails descend gently alongside the stream to two bhattis (teashops) at Tharamara (3280m) and the descending more steep passing through fir, birch, and walnut and bamboo forests. After crossing a bridge at 2680 meter we follow the river downstream before starting a serious climb passing some water-driven mills to Kabra. Here is a huge overhanging rock which is the source of silaji, a mineral which is believed to have “healing” properties. It is exported to India and it is believed by people that ‘there is hardly any curable disease which cannot be controlled or cured with the aid of silaji.....’ Our steep climb continues for a while and then levels out before Bhara (classic Tibetan style village). After this village we then descend to the Chauro Khola river to the village of Chautha (6 hrs).



Pine Forest

Day 08 – Chautha to Dhotu (2380m)

Our trail continues to follow the stream uphill to Bhulbule, the Rara National Park entrance station at 3130 meter. Our path continues climbing gently to Ghurchi Lagna pass (3450m) which is covered with an assortment of chortens (round stone Buddhist monuments) and prayer flags. From the pass the route descends gently at first before dropping down precipitously through spruce forests. The path levels at about 2900 meter and continues more or less level to the small settlement of Dhotu where our camp of the day will be (5:30 hrs).

Day 09 – Dhotu to Rara lake (2980m)

It is a short, pleasant trek with fine views to the north. From Dhotu, we traverse a steep north facing slope and cross a series of fields down to a small stream. Crossing the bridge, we climb up to the Thakuri village of Jhyari (2630m). From Jhyari, we climb steadily up through cedar forest to a huge meadow atop a 3050 meter ridge with great overhead views of Rara Lake. We will follow the trail along to the northern side of the Lake, where the park headquarters and the camping ground are situated (4 hrs).

Day 10 – Rara Lake

Rara Lake is the largest lake in Nepal. It is almost 13 km around the lake and a day devoted to walk around is well spent. Designated a national park in 1975, this region offers remoteness and a wilderness experience unlike any other region of Nepal, where birds, flowers and wildlife thrive. Among the mammals in this region are Himalayan bears, serows, gorals, musk deer, red pandas and both rhesus and langur monkeys. The 170 meter deep lake is a habitat for otters and an important resting place for migrating water fowl.



Rara Lake

Day 11 – Rara Lake to Gorosingha (3190m)

From the bridge at the western end of Rara lake the trail will follow the Khatyar Khola river. We will keep following this river slowly descending before we climb out following a small trail surrounded by pine, spruce and rhododendron forests. We follow our path dropping into the Ghatta valley heading towards the small settlement of Gorosingha where there are several excellent campsites (5 hrs).

Day 12 – Gorosingha to Sinja (2440m)

The route keeps heading down the Ghatta valley from Gorosingha following the Sinja Khola river downwards to Sinja. From the 12th to 14th century, Sinja was the capital of the Malla dynasty that ruled western Nepal. The ruins of the old palace can be seen across the river. There is an interesting temple here dedicated to Bhagwati, the goddess of justice who rides atop a tiger (5 hrs).



Langur Monkeys

Day 13 – Sinja to Jaljala Chaur (3270m)

From Sinja, the trail crosses the Sinja Khola on a wooden cantilever bridge. After passing a few small villages, the trail crosses back and forth across the river on a series of quaint log bridges. Most of the trek is through forest of pine, birch and oak and fields of barley and corn. Then the trail makes a steep climb to Jaljala Chaur, a gigantic meadow full of horses (6 hrs).

Day 14 – Jaljala Chaur to Jumla (2370m)

Keep climbing through forest to yet another meadow, just below the ridge at 3510m, then a pleasant descent to Jumla (4 hrs).

Day 15 & 16 – Jumla to Kathmandu via Nepalgunj

Overnight stay at hotel.

Day 17 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

■ Services & costs included in price

- Airport pick-up and drop-off
- Three night's
- Hotel accommodation and breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All accommodation during the trek
- All meals, mineral water on trek and hot beverages
- Transportation to and from trailhead
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents and mattresses
- Cooking equipment
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your Insurance plan)

■ Services & costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5 kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (Cold & Alcoholic)
- Expenses of personal nature
- Permit & Liaison officer fee (where applicable)