Rara Lake Trek 15 days

Duration: 15 Days | Location: Karnali Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Karnali Region, Nepal

Duration: 15 Days

Difficulty: 7/10

Trip Style: Rara Lake Trek 15 days

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 2,990 m

Group: Min-1, Max 20

Summary

Rara Lake Trek, We offers a cultural and scenic adventure in Far North West of Nepal around Jumla and Mugu district at Rara Lake, which is largest Lake.

Overview

Trip Introduction

Rara Lake Trek, We offers a cultural and scenic adventure in Far North West of Nepal around Jumla and Mugu district at Rara Lake, which is largest Lake in Nepal Himalaya of 10.8 km)at an altitude 2,990 meter high, located within pristine environment, where few western trekkers venture due to its remoteness. Adventure to Rara Lake Trek begins with flight to Nepalgunj at Nepal Far South West around Nepalgunj city . By taking another short flight to Jumla, a headquarter town of Jumla itself located far north west Nepal, as our walk leads to Mugu District as well. Dolpo shy phoksondu trek

Resident Gallinaceous birds and migrant waterfowl are also quite commonly sighted around the lake area. Taking another sweeping flight to land in Jumla where our walk begins to Rara Lake visiting . The trail leads through interesting villages of Hindu Thakuri Malla and Tibetan influenced tribes with rich old traditions and custom. This walk leads with amazing views of high snow capped mountains. Jaljala Gurila Trek

After an enjoyable time around Rara Lake our return journey heading back to Jumla via Pina 2,580 m, Jhyari, Chauta 2,770 m over Ghurchi Lagna pass 3,460 m. The highest point of the journey, and then on downhill to Jumla via Tharamara 3,270 m high ridge for the flight back to Kathmandu. Through Nepalgunj, after a most mesmerizing and wonderful moment on Rara Lake trekking with great service and arrangement of Mega Mount Trek.

View photo on the trip page

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu 1,327 m and transfer to hotel.

On reaching Kathmandu international airport via various respective airlines, our Nepal Base Camp Treks guide or staff will receive you with warm welcome and then a short drive to your hotel in the heart of Kathmandu city.

After checking in your hotel rooms and getting refreshed join at the hotel lobby for group briefing and orientation program where our guide informs you regarding hotels, Kathmandu, Nepali culture, Rara Lake Trekking with welcome dinner in a pleasant and authentic Nepalese restaurant with culture program.

Day 02: Morning free and then fly to Nepalgunj city on route Dolpo.

In Kathmandu morning free with preparation for Rara Lake Trekking, as per the flight time transfer to Kathmandu domestic airport for sweeping 50 mins flight to Far South West Nepal at Nepalgunj city, a warm semi-tropical climate area close to Indian border on reaching at Nepalgunj transfer to a nice hotel within the city area, with time for short walk around.

Day 03: Fly to Jumla 2,540 m then trek to Chauriya Chaur 3,055 – 05 hrs.

Early breakfast for another short connecting flight to Jumla, on reaching Jumla after 40 minutes on air, received by our trekking staff that has traveled here taking a long overland drive and walks, Jumla main headquarter town of Jumla district.

From Jumla start the trek with a short climb walking past nice farm villages to reach our first overnight camp at Chauriya Chaur a nice farm village on route Rara Lake.

Day 04: Trek on route Botan beneath unnamed pass 3,500 m.

After a lovely morning, our journey starts with an uphill climb into rhododendron, birch and pine tree lined serene forest and then heading towards an unnamed green meadow ridge top and a pass sometimes it's called Jaljala offering fabulous views of Kanjiroba Himal towards North East. Walk continues through tranquil wilderness then on the downhill path for couple of hours through cool forest and reaching on the summer grazing pasture area for the overnight camp in this nice, pleasant spot.

Day 05: Trek to Botan 2, 680m via Sinja Khola 2,440 m – 06 hrs.

Today's walk leads to downhill walk to Sinja for few hours and then following Jaljala Khola (stream) downstream through a forest with dense pine forest and walking past terraced farm fields and terraces, to reach at Sinja village, with a very old ruin temple and monuments, ancient sculptured stones which is covered in moss and weeds, and from here walk follows the river upstream, reaching at Ganj a small

village and then our route leads through an impressive gorge to our overnight camp at Botan village, with time for short walk around.

Day 06: Trek to Ghorasain 3,190 m – 04 hrs.

As the walk progress, our walk today is only for half day of three to four hours, as the morning walk starts after leaving Sinja Khola then following another stream of Ghatte Khola towards North- Eastwards towards a short uphill, then coming at pretty small valley and into farmlands with primitive water mills which is used for grinding corns, wheat's into fine flour for breads, from here reaching our overnight camp on the border rim of Rara National Park at a small village of Ghorasain, this place with police post, after the camp is set, afternoon free for short walk around and just relax and catch up with the dairy.

Day 07: Trek to Rara Lake 2,980m – 06 hrs.

Walk today heading to our final destination on Nepal largest lake at Rara, starting the morning walk in this serene environment from Ghorasain camp, heading uphill with a climb all the way to Chuchemara Danda at 4, 260 meters, on reaching the top ridge with awesome panorama of surrounding country landscapes and magnificent views of snow capped mountains towards north, after enjoying the marvelous views walk leads to a descend looking down at beautiful Rara Lake through forest of bamboo and birch trees, then crossing at Khatyar Khola walking along upstream of this crystal clear stream to our overnight camp at Rara Lake shore.

Day 08: Rest day at Rara Lake for local excursion around.

After a week of good walk, a rest day here at Rara an ideal spot for local exploration and to relax, after a leisure morning an optional walk around or climb a wooden tower for panorama of the emerald picturesque lake and surrounding hills with distance snow capped mountain views.

Day 09: Trek to Pina via Jhyari 2,580 m – 05 hrs.

Morning starting the journey back with an enjoyable and pleasant time in Rara lake and its surrounding, today a good, moderate trek on the path leading to a ridge top at Jhyari small village, from here onwards walk follows Jhyari Bira Khola downstream for a short time then crossing Dhauligar Khola valley, following this Dhauligar Khola (stream) all the way to Pina for our overnight camp, this is small farm village with police post and a some houses serving as lodge and local tea shops.

Day 10: Trek to Chauta 2,770 m via Ghurchi-Lagna 3,460m – 06 hrs. From this village Pina, our walk continues with an uphill climb into tranquil and enchanting forest with excellent views of landscapes and mountains towards north, then with a gradual climb to reach at

Ghurchi- Lagna pass the highest point of this fabulous journey, this place with several chortens

(a Buddhist monuments) and festooned with prayer flags, from here our route descends across alpine meadows and pastures, into walnut groves and then leading to a steep and narrow valley all the way to Chauta village for the overnight camp, this small place with shops and houses serving as lodge for local and individual travelers and trekkers.

Day 11: Trek to Tharamara 3,270 m – 06 hrs.

After a nice stop in this village of Chauta, our journey leads following

Sinja khola through Bumra and then past a small lodge and tea-shop and health clinic walking under the overhanging rock at Kamra, this is a source of an important herbal medicinal mineral called as Silaji.

From this spot on the downhill walk towards Sinja Khola, and then reaching at Nyawre village, after a nice break here our walk continues following the river upstream and then coming to an uphill walk of about 600 meters climb to Tharamara for overnight camp, this place with nice pasture land with pristine surrounding.

Day 12: Trek back to Jumla – 06 hrs.

Our final day trek back to Jumla of this wonderful trip, morning starts with a pleasant descend to a nice green valley and into pristine alpine forests of rhododendron, oaks and pines trees, then reaching to a fertile agriculture tended valley, then walk leads past little villages of Padmara following the same river most of the way to Jumla town for the last overnight stop, after a wonderful circuit and around the Jumla and Muga area, and then back to Jumla town with late afternoon free for walk to browse around this main busy market town.

Day 13: Fly back to Kathmandu via Nepalgunj.

Morning as per the flight time to Nepalgunj transfer to Jumla airstrip after bidding farewell to our camping staff and porters, a short scenic flight brings your south at Nepalgunj for short transit stop and then fly back to Kathmandu with panorama views of mountains during airborne and then on reaching at Kathmandu domestic airport transfer back to your hotels with afternoon free at leisure.

Day 14: In Kathmandu free day with optional sightseeing tour.

Nepal Base Camp Trek reserves this day as contingency or free day in case of flight delay and cancellation in Jumla, which can occur sometimes due bad and unfavorable weather conditions which is beyond our control.

If all goes well using this spare day for optional tour at places of interest around old heritage sites of Kathmandu-Patan or Bhaktapur, with rest of the day free for individual activities and shopping souvenirs.

Day 15: Final International departure homeward bound.

Last day in amazing Nepal with awesome adventure around Rara Lake Trekking, our staff will transfer you to Kathmandu international airport for your final flight back homeward bound or to respective countries.

Full Board Package

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- Local transfers for your international flight x 2 (arrival/departure)
- Local transfers for your domestic flight x 4
- Kathmandu Nepalgunj Jumla Nepalgunj Kathmandu Flight
- Rara lake national park entry permit
- Guide for 15 days
- Porter for 13 days
- 3 nights' accommodation in a Kathmandu hotel
- 10 nights' accommodation in mountain teahouses
- 1 night accommodation in Nepalgunj
- 12 x set breakfast, 12 x set lunch and 11 x set dinner while on trek.
- Staff insurance and necessary ground transport for support staff

Cost

Exclusions

- International flight ticket and Nepal entry visa
- Personal travel insurance (Which should include coverage for trekking)
- Lunches and dinners in Kathmandu, except the farewell dinner
- Personal gear for trekking (Including any you may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

1. Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.

2. Trainer or casual shoes, for trekking and/or for travelling.

3. Warm socks for colder areas.

4. Gaiters, in case of rain or snow

Legwear

1. Loose, casual trousers for trekking.

2. Thermal leggings for colder areas.

3. Long skirt for women as an alternative to trousers.

4. Waterproof trousers

Body

1. Selection of T-shirts, and long sleeved shirts, preferably not cotton.

2. Thermal shirt for colder areas.

3. Warm shirt, possibly fleeces, for colder areas.

4. Fleece jacket or warm wool jumper.

5. Windproof, waterproof outer shell garment for higher altitudes.

6. Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

1. Wool or fleece hat, or balaclava.

2. Hat or cap for sun protection while trekking.

3. Sunglasses or goggles.

4. Warm gloves

Other items

1. Strong rucksack or large hold all to be carried by porters.

2. Daysack to be carried personally.

3. Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.

4. One litre water bottle.

5. Personal first aid kit to include essential items.

6. Sleeping bag, 4 seasons.

7. Torch, ideally head torch.

8. Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.

9. Toilet items and towel.

10. Large handkerchief/bandana for neck

Optional items

1. Binoculars

2. Books (see Recommended Reading)

3. Altimeter

4. Compass

5. Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

1. fleece trousers

2. Additional mitts and gloves suitable for climbing

3. Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)

4. Climbing harness

5. 2 x tape slings

6. 2 x screw gate karabiners

7. Descended/abseil device

8. Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 15 Days.

Group Size: Min-1, Max 20.

Trekking Region: Karnali.

Trip Type Name: Rara Lake Trek 15 days.

Highest Altitude of the trek: 2,990 m.

Highest Point: Rara Lake Trek 15 days (2,990 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page

Plan your journey with our team

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