RARA LAKE TREK

TRIP FACTS

From
$1550 USD

14 days, Kathmandu to Kathmandu

<table>
<thead>
<tr>
<th>Style of Trek</th>
<th>Tea House</th>
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<tr>
<td>Accommodation</td>
<td>Hotel &amp; Resort</td>
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<tr>
<td>Transportation</td>
<td>Car, Jeep &amp; Flight</td>
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<tr>
<td>Maximum Altitude</td>
<td>3,500 M</td>
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<tr>
<td>Grade:</td>
<td>Moderate: Suitable for those who want to enjoy to the utmost in an easy trip.</td>
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Nepal’s highest elevation Rara Lake located in Western Nepal. To begin this trek we have to fly to western Nepal from Kathmandu and fly to the mountain airstrip of Jumla after flying from Kathmandu via Nepalgunj. The trail passes through green countryside which provides unusual glimpses of a culture and scenery quite different from that found elsewhere in Nepal and which eventually to Rara Lake National Park. Alpine meadows and forests of pine, juniper and spruce surround this beautiful high altitude lake, whilst in the background you can view the magnificent snow-capped peaks of the
Himalayas. The entire route is ‘off the beaten track’ which involves the crossing of Ghurchi Lagna pass at 3,450m on the way to Rara Lake and a few ridges at around 3,000 meters when hiking on the way back.

**INCLUDES**

You will be happily served and facilitated by Nepal Social Treks with:

i. All domestic flights as per itinerary Kathmandu-Nepaljung-Kathmandu & Nepaljung- Juphal-Nepaljung,

ii. 3 meals per day during the trek (breakfast, lunch & dinner) including the coffee and tea.

iii. Accommodation in tea houses or provided tents during the trek as mentioned in the trek type.

iv. Hotel Accommodation in Kathmandu and Nepaljung on B/B Basis,

v. Highly experienced Government licensed guide and necessary porters during the trek.

vi. Government / Local taxes, tourist service charge, guide / porter insurance and salary, general equipment, national park and conservation area fees.

vii. Kathmandu city tour with an experienced tour guide (Kathmandu, Bhaktapur, and Lalitpur) depends on your time frame.

viii. Airport transfers

**EXCLUDES**

You will be facilitated by Nepal Social Treks for:

i. **N.B. All tour prices quoted are land only:**  
   - Personal trekking Equipment  
   - Major meals, Lunch and dinner during your stay in Kathmandu  
   - Any type of personal expenses, such as alcoholic beverages and drinks, phone and laundry.

v. entry visa fee, can be easily obtained the upon your arrival at Tribhuvan International Airport - Kathmandu.

vi. Rescue & travel insurance, accident or health emergency, evacuation, loss, theft or damage to baggage and personal effects. We strongly advise you to take out personal travel insurance,

vii. Tips & Gratuities,

**ITINERARY**

**Day 1: Flight from Kathmandu to Nepalgunj**

Fly to Nepalgunj a small town near the Indian border in the Terai region of Nepal, and stay overnight in this transit city. O/n at Hotel

**Day 2: Flight from 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

**Day 3: 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 4: 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, spurches 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 colorful national bird of Nepal (the Himalayan monal, or impeyan peasant) has been spotted many times at the edge of our campsite (4 hrs).

**Day 5: 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).

**Day 6: 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 shortens (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 were our camp of the day will be (5:30 hrs).

**Day 7: 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 08:**
Day 09:

Day 10:

Day 11:

Day 12:

Day 14:

- **Day 8: 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, goral, 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.

- **Day 9: Rara Lake to Gorosingha (3190m) 5 hrs walk**

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 10: Gorusingha to Sinja (2440m) 5 hrs walk**

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).

- **Day 11: Sinja to Jaljala Chaur (3270m) 6 hrs**

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 12: Jaljala Chaur to Jumla (2370m) 4 hrs
  Keep climbing through forest to yet another meadow, just below the ridge at 3510m, then a
  Pleasant descent to Jumla (4 hrs).

• Day 13: Jumla to Nepalgunj
  Nepalgunj Sightseeing. O/n at hotel.

• Day 14: Flight from Nepalgunj to Kathmandu