Rara Lake Trek

3 Star Hotel Package

2899USD per person

*Including healthy meals

5 Star Hotel Package

3399USD per person

*Including healthy meals

Trip Style: Culture + Trekking

Trip Difficulty: Demanding

Rara Lake Trek is a very beautiful & completely off the beaten track. This trek takes you to discover the northwest of Nepal bordering Dolpo and its population's still very traditional lifestyle. The Rara area is intact and preserved by the Rara National Park, created in 1967, is the smallest park in Nepal. However, Rara Lake, perched at 3000 meters, is the largest lake in Nepal with its 10.8KM.it is the main attraction of the park. If you are looking for a trip to the wild and lonely Nepal, **Trekking Rara Lake** is the perfect choice. Finally, if the height scares you, this circuit never goes above 4000 meters, the maximum point being reached 3700 meters. As this is a program in an isolated area, about 370km from Kathmandu, it is necessary to provide a bivouac logistics to frame this trek.

DURATION: 16 days

ITINERARY

Day 01.: Arrival in Kathmandu (1,350m/4,428ft) - Transfer to Hotel

It is a panoramic thrill flying into Kathmandu on a clear day. The views of snow-capped mountain peaks sprawling down below you are almost ecstatic, beginning a whole chain of memorable experiences that stay with you for a long, long time. A representative and driver from our office will meet you at the airport and escort you to your hotel. The representative will help you check into your designated hotel. At the hotel you will be briefed about your daily activities

Day 02:: Full Day sightseeing of KTM Durbar Square, Swoyambhunath, Boudhanath and Patan city

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to Swayambhunath {**popularly known as Monkey Temple}** "Swayambhu" means **"self-created"** and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour

with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably.

Included meals:Breakfast

Day 03:: Fly Kathmandu to Nepalgunj: 1 Hours flight

Transfer to the airport for the flight to Nepalgunj, which lies close to the Indian border in the western Terai.

Overnight stat at Guest House.

Included meals:Breakfast Lunch Dinner

Day 04:: Fly from Nepalgunj to Jumla & trek to Chala Chaur [2,900m/9,515ft]: flight & 3-4 hours trek

We take a thirty-minute scenic flight from Nepalgunj to Jumla. On reaching Jumla, we interact with the trekking crew and begin our trekking after lunch. We traverse northwards out of the Jumla Valley. Soon after trekking for an hour, we encounter a small village of Micha bearing a small walled enclosure and a number of Buddhist stupas. These stupas were erected at around late 15th century, in the memory of important dignitaries of the region. The trail further leads to rock-strewn path and at last ends at Chala Chaur. Overnight at Tented Camp.

Included meals:Breakfast Lunch Dinner

Day 05:: Trek through jungle & overnight Camp at Jaljila Ridge (3700m/12139ft):5-6 Hours

We leave Chala Chaur and follow a trail moving along path of steep stones. While ascending, we cross through birch, pine forests and grassy pass at approx 3500m. From this point Kanjiroba becomes visible in the east with its twin peaks towering over the adjacent area. Further on, we descend as the trail opens into lush forests. After trekking for a couple of hours, we finally stop at a suitable campsite in the meadows nearby some shepherd's huts.Overnight at Tented Camp.

Included meals:Breakfast Lunch Dinner

Day 06:: Trek via Sinja to the village of Botan (2,680m/8,793ft): 5-6 hours

We walk along the Jaljala Khola through pine forests of and terraced farmland. En route the trail passes the 300 year old Kanaksundari Temple. The temple holds immense religious significance for Hindus. The route further bends along the main river. Crossing a thick plank bridge, we finally descend to reach Sinja village. Sinja village rests upon a small alluvial plain on the west bank of the clear Lah Gad River, also called the Sinja Khola. Sinja was once the ancient capital of the Malla kings. There are stones lying along the trail that foretell the history of Malla dynasty. After lunch, we head to Botan. On the way, we pass through a spectacular gorge and finally reach the village of Botan. Overnight at Tented Camp.

Included meals:Breakfast Lunch Dinner

Day 07:: Trek to Ghorasain [3,190m/10,465ft], at the entrance to the Rara National Park. 3 hours

Leaving Sinja Khola, we follow the trail along Ghatta Khola amid the unparallel beauty of nature. The sinuous route winds up into terraced farmland and beautiful valley. Soon we find ourselves within the territory of Rara Lake National Park. We come across primitive flour mills and police post on the way. Rara Lake National Park houses unique and rich ecosystem. We can spend half an hour exploring the beauty of the park or simply doing whatever we feel like. We spend the night in Gorosingha. Overnight at Tented Camp

Included meals:Breakfast Lunch Dinner

Day 08:: Trek to Rara Lake [3,062m/10,047ft] 5-6 Hours

We walk away from Gorosingha and ascend to the Ghurchi Mara ridge [3710m] for one and half hour. The trail is not as strenuous as it looks. On reaching the crest of the ridge, we get to experience an excellent panorama to the north, flaunting irresistible beauty and charm. As the trail descends, Rara Lake becomes visible on the northeast.

The trail further passes through bamboo and birch forests before crossing the Khatyar Khola. We then follow the river upstream to Rara Lake, where we savor the most fascinating trekking experience amid the beauty of nature. Overnight Tented Camp.

Included meals:Breakfast Lunch Dinner

Day 09:: A day for exploration of the area around Rara Lake.

We have a complete day to explore the lake shoreline and its environs. We can visit the National Park headquarters and climb up to the wooden observation tower for fine views of the lake and surrounding hills. Swimming is allowed in the lake but be warned that at this altitude it will be quite refreshing! We spend a second night at the lake. Overnight at Tented Camp

Included meals:Breakfast Lunch Dinner

Day 10:: Another extra day for Rara exploration
Day 11:: Trek via Jhyari [2,630m/8,628ft] to River camp [2,400m/7,874ft]:4-5 hours

We depart from Rara Lake and continue skirting along the target destination. On crossing a ridge, we enter the village of Jhyari. Strolling by the Jhyari Khola, the trail further follows terraced farmlands. As we approach Dhauligar Khola valley, we find a suitable camp site near the river bank. We also get to witness an exotic charisma of nature and outstanding panorama of snow-capped mountain peaks. Overnight at Tented Camp.

Included meals:Breakfast Lunch Dinner

Day 12:: Across Ghurchi Lagna pass [3,450m/11,318ft] to Chautha [2,770m/9,087ft] 5-6 hours

As Dhauligar Khola blurs out of our trekking route, we pass through farmland and then enter the village of Pina. Pina has a police post and some hotels. We continue climbing to the Ghurchi Lagna Pass and come across several small chortens, alpine-like pastures, walnut groves and a narrow valley. Finally, the steep slope guides us into the village of Chautha where we conclude the trek of the day. overnight Tented Camp.

Included meals:Breakfast Lunch Dinner

Day 13:: Trek to Tharamara [3,280m/10,761ft]: 5-6 Hours

From Chautha, the trail follows the northern bank of the Sinja Khola past the hotel and health clinic under the massive overhanging rock at Kabra. Silaji found in this area is the source of the important medicinal mineral which is believed to cure almost anything. The route then passes through the villages of Bumra and Nyawre, before climbing to the pasture at Tharamara.

Day 14:: Trek to Jumla [2540m/8334ft] : 4-5 Hours

Following the trail gently sloping upwards, we march towards Jumla. We meet tall birch trees on our way to the Khali Lagna and Danphe Lekh. From atop the ridge, we can have the most spectacular views of the mountain ridges to the south and Jumla below. Further on, we descend steeply to the first night's campsite. Utmost caution is required while trekking along this trail. We then follow the same route back to Jumla. After reaching Jumla, we can spend our afternoon exploring the busy market town or simply pursuing whatever we feel like

Day 15:: Fly to Kathmandu

We take a flight from Jumla to Nepalgunj. On reaching Nepalgunj, we return to Kathmandu on the next available flight. You can spend the rest of the day shopping and general sightseeing.

Day 16:: Free day or Extra day for flight delays or cancelation. Guest House/Hotel

This day is an extra day for emergence. We can use this day if a flight is cancel due to weather or any reason. You can use this day in Katmandu by doing city tour or shopping.

if you don't want to go out then you can stay in hotel and relax after long trek. you can do massage or spa at hotel or near by your hotel.

Day 17.: Drive to Airport and fly back to Home

Our Nepalese support team will take you to the airport for your flight home. On the other hand, if you prefer to stay longer, you can go for short tours such as game drive at National parks, rafting, Tibet tours, mountain biking or any other activity. Please ask for us.

Cost Includes

Transports & Accommodations

- Kathmandu- Nepalgunj- Jumla flight with all taxes
- Jumla-Nepalgunj- Kathmandu flight with all taxes
- 4 Night hotels in city as specified in Itinerary
- 12 nights tented camp accommodations during trek
- Private vehicle for all necessary ground transportation

All Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice (Per day 5 Cups Per Person)
- Welcome dinner at best local restaurant with cultural show
- Fully boiled Safe drinking Water (Per day 4 liters Per person)

All Activities & Entrance Fees

- Fully guided 12 days trekking and hiking
- Special rara trekking entry permit fee
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments
- Tour in city including guide and driver as per itinerary

Reliable Sherpa Guide & Porter

- Reliable and honest Local Sherpa guide for whole trip
- Necessary porters to transport all goods & tents
- Salary and insurance for guide,porter and support staff
- All meals & lodging for sherpa guide during whole trek
- All meals, equipment & lodging for porter during trek

Gear & Equipment

- Caping tent and all necessary kitchen Equipments
- Duffel bag, Trek Map & group medical Kit

- Sleeping bags and down Jackets if required
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag

Additional Service

- Call support for anytime 24/7 for Emergency
- Free help to get SIM Card, renting or buying gears
- Free extra luggage storage service
- We help you, if an airline loses your luggage or delayed
- International flight ticket Reconfirmation service if required

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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation