

Rara Lake Trekking | Duration: 13 Days Days | Cost: \$1100

A Trekking to the Rara Lake is one of the most incredible and fascinating treks which lies in the northwest Himalayas range of Kathmandu. If you are looking for the best trek to make your mind & body relaxes, this rara lake trek is an ideal choice for you. Rara lake lies in the height of 2,980 meters above the sea level and is surrounded by Rara National Park, which was established in 1976. The Park covers an area of 106 sq. kilometers and 5 kilometers long, two kilometers wide. The trek includes the clear, high altitude lake of Rara, which mirrors the snow capped Himalayas, black juniper forest and Himalayan cypress. In summer rainfall is low, and ideal for trekking, in the winter there is often snow on the ridge surrounding the lake, in the autumn season trekkers are rewarded with a large amount of alpine flowers. The Rara National Park is one of the best places in Nepal to see wildlife: musk deer, leopards, ghorals, tahr, Himalayan black bear, and the rare red panda which all are native. The park is also a bird watcher's delight, especially during November and April when many species of birds visit during their seasonal migration.

At a Glance:

- **Tour code:** NTRLK28
- **Style:** Trekking and Hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** Everyone
- **Duration:** 13 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1100

Highlights of the tour:

- Visit to ancient temples, palaces and historic places in Kathmandu
- The finest challenging trek in the Rara Lake
- Breathtaking Mountain views
- Visit the Rara lake which lies at the height of the 3,710m above the sea level
- View of magnificent view of the Mountain, River & Forest

What's Included:

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek.
- Internal flights and land transport involved in the itinerary
- Airport tax
- Good standard Hotel (3-4*) accommodation in Kathmandu & Pokhara with breakfast
- Teahouse & camping accommodation on twin sharing basic
- Tims permit.
- Annapurna Conservation Fee
- Special Nar permit
- Insured and equipped porter as on IPPG rules
- Full Day to explore at Nar
- Trekking off the main trail to the village of Nar, Tilicho and Mesokantu La (5025m) - one of the vantage point to see the mountain view.

What's Not Included:

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch and dinner in the city.
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill
- Personal equipments such as sleeping bag

Arrival at the Tribhuwan international Airport

Arrival at Tribhuwan International Airport, Kathmandu. Traditional welcome by our airport representative. Your guide briefs about your further programme. Typical Nepali dinner served in the evening.

Kathmandu Sightseeing

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces

Fly from kathmandu to Nepalgunj

You will take the stunning flight to Nepalgunj from Kathmandu and meet the trekking crew upon arrival. Get a chance to see the culture and lifestyle of the people of the Nepalgunj. Stay overnight at the hotel of the Nepaljung.

Trek to the Padmara(3,017m)

Today after your breakfast, trek to Jumla town at the height of the 2340m above the sea level. The town is the administrative of the karnali Zone. From jumla we start our trekking towards the padmara . There you can see the two leading north to Gumgarhi and Rara. One is a trail leading directly from the north of the town and another one is the popular trek route that turns east of the town towards Dansanhu (2347m) at the confluence of Tila Nadi with Chaudbise Khola. Crossways northeast along the right side of the Chaudbise Khola through pine forests. Two hours further is Urthu (2520m) at the confluence of Chaudbise Khola and Ghurseni Khola. The bridge leads east to Chaudbise area. The trek now ascends steeply through the narrow gorge of the Ghurseni Khola, keeping all the time to its right slope. Padmara (3017m), a Chhetri village at the head of the valley is one hour beyond the canyon head. Stay overnight at camp.

Trek from Padmara to Bumra(2,830m)

After your breakfast trek beyond Padmara which continues rising along the north side of Ghurseni stream. You have to leave the last fields at 3048 meters and climb to the first pass, Khali Langa (3545m), four kilometers from Padmara. Follow down the right bank of stream to a foot-bridge at 3353 meter and cross it to the west side. Continue descending north for one hour through dense forest to reach a log bridge at 2743 meters over Sinja Khola, here called Lah Gad. Cross the bridge to the north side, turn west and climb to Bumra (2830m) about two kilometers further. Overnight at camp.

Trek from Gumra to Pine (2430m)

Today's trek start with the track beyond Bumra keeping high above the river and skirts two small spurs to reach Bhargaon (2890m) in 1.5 hours. After one kilometer walk at the end of the fields, the track turns north into the tributary stream of Ghautha Khola. You have to cross the stream by a log bridge to the west side and climb to

Chautha (3100m) in a forest clearing. After an hour the valley opens out into a pleasant meadow. keep to the left stream until a western tributary joins it. Before reaching Ghurchi Langna (3457m) climb up the narrow gully on the north east slope and skirt north across a series of spurs to reach Pine (2430m) Overnight at camp.

trek from Pina to Rara Lake (3,040m)

After your morning breakfast get ready for the trekking to the rara lake, it only lies only 8km west of the pine. It is a short, pleasure trek with the fine views of the north. On the way to the Rara lake you can take a trail turning west that transverse a steep north-facing the slope. After crossing the stretch of fields, climb a small up to the hamlet of the jhari from pina(2500m). it will take just over 2 hours to reach the jhari from pina. From jhari you ascend west along a ridge for about 700 meters to reach a low saddles in two hours. The large lake is visible directly north of this saddles. From here, it is pleasant descent to the medows on the south side of the lake. The village site of the Rara (3040m) on the north side is a pleasant two hours walk along the western bank of the lake. Overnight at the camp.

Rara lake

Explore the beauty of the Rara lake and the enjoy the scenery of the mountain. The Rara area was designated a National Park in the 1974 and it takes about the eight our t walk around the lake. Overnight at camp.

Trek from Rara Lake to Ghorasain (3,271m)

Wake up early and start your trekking to the lake outlet (2980m). Follow the down stream of Khatyar Gad for an hour. There is a log bridge over the stream below Murma (3139m). Cross the bridge to the south side and clime steadily over the 400 meters to reach an open clearing at 3277 meters. The trail continues climbing south through dense forest until the tree line is reached at 3658m. The ridge continues to south for another 200 meters but it is pleasant trail with distant view of the mountains. There is no pass on this high ridge and the trail turns south-east at an altitude of 3749m and descends by the east side of Chuchemara Danda. It is a fairly steep descent to Ghorasain (3271m). Overnight at camp.

Trek from Ghorasain to sinja (3,100m)

From Ghorasain village there is trail of descending the valley to Botan (2895m). its one of the beautiful trail with the scenic prospect is to climb Diyabala Danda due south of Ghorasain. The climb begins by the west of Ghorasain and takes about an hour through forest to top the crest at 5351 meters. The trail then skirts south-east above the high fields of Lumsa. There are good views to the south along the Sinja valley. The trail descends to Okharpati village (3100m) on a high shelf above Mindrabali Gad. The descent from Okharpati to Sinja takes less than two hours. Overnight at campor the home of the Sinja.

Trek from sinja to Chere chaur (2,987m)

Today's your trek will start by crossing the log bridge over Sinja Khola to the east and follow the south bank of Jaljale Gad beyond Kotgaon near Lamathada. You can follow the stream for another five kilometers due east. Then ascend the ridge (2865m) briefly to descend to the same stream again. The trail clings to the south side of the stream all the way for another nine kilometers. The trail twists and turns along the stream but it is enjoyable

trail amidst forest wilderness. Finally, the trail climbs east along a gully to ascend a pass at 3597m. Descend east along a wide meadow into the headquarters of Ju Gad that drains to Jumla town. Descend east along the stream and transverse another kilometers to Chere Chaur (2987m). Overnight at camp.

Trek from Chere Chaur to the Jumla

Today's morning start your trekking with a delightful alpine pastures where flower are in the profusion during later summer. On the way to the jumla you can see the goodviews of the jumla town. Tila valley and the Chyakhure Lekh beyond. The return to the town camp is pleasant descent on the slow stages. Stay overnight at the camp of the jumla

Trek from Jumla to Nepaljung and fly back to the Kathmandu airport

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