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Rara Lake Trek

URL: <https://naatatravels.com/trip/rara-lake-trek/>

Duration

15 Days

Per Person Cost

USD 2400

Difficulty

Moderate

Group Size

1-16

Maximum Elevation

3691 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast, lunch and dinner

Departure

Kathmandu

Trip Route

Nepal

Rara Lake Trek Highlights

Visit the Rara Lake, Nepal's deepest and largest freshwater lake.

Trek through the Rara National Park, which is home to 20 species of mammals and 214 species of birds.

Enjoy the breathtaking views of mountain ranges from Chuchhemara Hill.

Trek through the fairly gradual trail, making it an almost easy trek.

Experience boating in the blue waters of Rara Lake.

Visit the Sinja Valley, a place where the Nepali language began.

Visit Jumla, a beautiful place that is one of the largest producers of apples.

Experience the lifestyle of the Himalayan people.

Observe the local community's perfect blend of Hindu and Buddhist cultures.

Taste the local authentic Nepal cuisines like Daal Bhaat, Dhindo, Gundruk, etc.

Trip Overview

Rara Lake Trek is, without a doubt, one of the **most beautiful treks in Nepal**. This trek takes us through the off-beaten trails of western Nepal and to the country's deepest freshwater lake. There is no denying that Rare Lake is one of the most beautiful lakes in Nepal. Situated at 2990 meters above sea level, lush green hills surround the lake and are quite a spectacle. *The largest lake falls under the smallest national park in Nepal, the Rara National Park, covering an area of 106 km square.*

The national park has several blue pine, oak, black juniper, cypress, and rhododendron forests. These jungles have also been home to the Himalayan black bear, Musk deer, Leopards, Ghoral, Tahr, Jackal, wild dog, wild boar, common langur, rhesus macaque, otter, yellow-throated martin, and the highly endangered **red panda**. In addition, the national park also houses *200 species of colorful birds and butterflies*.

As for the life inside the lake, snow trout is one of the fish species found here. During the winter, the park brings in birds such as coots, great-crested grebe, black-necked grebe, red-chested pochard, mallards, common teal, mergansers, and gulls. Migrant waterfowl and gallinaceous birds can also be seen during certain seasons. Chuchemara Hill, at **4087 meters**, is the best vantage point to see the lake and the mountains up close.

Often referred to as the '**queen of lakes**,' the tranquil nature of the lake and its ever-changing background with the seasons is an awe-inspiring sight. Located in the remote far-western section of Nepal, the national park gets fewer visitors than other regions, making it ideal for those who like a bit of solitude in their treks. Undisturbed by the hordes of tourists, the lake's trail and blue waters are a unique experience.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport, displaying a playing card imprinted with your name. They will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during the dinner, which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Kathmandu Sightseeing

After breakfast, we will have a pre-trip meeting where you will be introduced to your Guide. During the meeting, you can provide yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the most significant Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River. Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood.

The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day : Fly to Nepalgunj

After breakfast, we take an hour-long flight from Kathmandu to Nepalgunj in Western Nepal. The town is situated near the Nepal-India border and the gateway to Humla and Simikot. It represents the diverse culture of Nepal. We visit local villages, markets, and a mini-zoo nearby.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

150 meters

Day : Fly from Nepalgunj to Jumla

We have breakfast and take a 20-minute flight to Jumla, a place less known and with little access. Located in the remote Karnali region in the west, it is also the gateway for trekkers exploring the western part of Nepal.

Time:**Accommodation**

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2540 meters

Day : Trek to Chere Chaur

We leave and start the trek ascending to Chere Chaur along the Jugad Khola. On our way to Chere Chaur, we pass Khalanga Bazaar, a small market used by nearby villages. We also pass through a couple of other villages before we reach our destination. We stayed the night in Chere Chaur.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3055 meters

Day : Trek to Chala Chaur

We take the west trail and ascend gradually until we cross the Jaljala pass (3580m). We descend from there and continue on a straight trail, reaching Jljala Chaur. We ascend on a steep trail and enter the Rara Lake Circuit before reaching Chalachaur, where we spend the night.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2980 meters

Day : Trek to Sinja Valley

After breakfast, we start ascending to Sinja Valley. Along the way, we pass through several villages and walk along Jaljala Khola (stream). The valley is an essential place in Nepal's history books. The ancient capital city of Khasa Kingdom ruled this area from the 12th to the 14th century. Palaces, temples, and the remains of ancient settlements were uncovered during excavations spearheaded by the Department of Archaeology at Cambridge University. We stayed the night in the Valley.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2490 meters

Day : Trek to Ghorosingha

Today, we climb on a gradual uphill trail alongside the Hima River. We come across a village, where the trail steeply climbs for a while and again eases off until Laha village. The trail again climbs steeply along

the Ghatte Khola until we reach Ghorosingha. We stayed the night in Ghorosingha.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3050 meters

Day : Trek to Rara Lake

We make a steep ascent following the trail alongside Chuchhemara Danda, from where the Himalayan range starts to appear, as do the tranquil Rara Lake and the lush green vegetation of the National Park. Then, we pass Katyar Khola Camp and a couple of villages. We reach a town called Murma, from where the ascent becomes more accessible, and we continue our walk towards Chapri village, where the National Park Headquarters is located. We stayed the night at Rara Lake.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2990 meters

Day : Rara Lake exploration

Although Rara National Park is the smallest national park in Nepal, it is also the biggest lake in the country. Also referred to as Mahendra Taal (Lake) after late king Mahendra, the lake is one of the most preserved lakes in Nepal, and few tourists travel here due to the remoteness of the place. However, everything is forgotten when we boat on clear waters walled by green hills on all sides. We can find 500 species of flowers and 214 species of birds, making the place an absolute paradise. We stayed the night in Rara.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2990 meters

Day : Trek to Pina

From Rara Lake, we walk on an easy and relatively straight path until we reach Gamgadhi, the headquarters of the Mugu District of Nepal. The trail then descends steeply till we reach Pina Village, where we stay the night.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2440 meters

Day : Trek to Bumra

We continue to descend from Pina Village and cross the Ghurchi Lagna pass (3480 meters). Continuing, we pass through several villages before reaching Bumra, known as Nauri Ghat. We stayed the night in Burma.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2850 meters

Day : Trek to Jumla

Leaving Bumra, we cross two suspension bridges above the Hima River and walk downhill. After walking for a few hours, we reach a natural hot spring where we can dip and ease our aching muscles. Then, we cross Danphe pass at 3691 meters,, which takes us to Chere Chaur, where we take the same trail back to Jumla. We stayed the night in Jumla.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2540 meters

Day : Fly to Nepalgunj, fly to Kathmandu

We board the earliest flight available to Nepalgunj. Upon reaching Nepalgunj, we board another flight heading to Kathmandu. We have the rest of the day to rest and have some time in Kathmandu.

Later in the evening, we will have a dinner program organized by Naata Trek and Tours hosted by Naata Trek and Tours.

Accommodation

3-star hotel

Meals:

Breakfast and Dinner

Altitude:

1400 meters

Day : Departure

Today is the last day of our trip. A Naata Trek and Tours representative will escort you to the international airport for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Nepalgunj with breakfast
- Tea houses accommodation during the trek with three times meals a day
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Domestic flights (Kathmandu-Nepalgunj-Kathmandu) and (Nepalgunj-Jumla-Nepalgunj)
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Not Included in the Cost

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu, Nepalgunj and Jumla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Day-to-day itinerary

Rara Lake trek starts with a visit to the **UNESCO World Heritage sites** in Kathmandu. We visit Boudhanath, the biggest stupa in Nepal. Then, we visit *Pashupatinath, the biggest Hindu temple in Nepal* and the most religiously significant one. Later in the day, we visit **Bhaktapur Durbar Square**, one of the three ancient palaces in the [Kathmandu valley](#). The next day, we fly to Nepalgunj, the far-western side of Nepal, and the gateway to Humla and Simikot. We can visit the local villages and the mini zoo nearby on this day.

The following day, we took a 20-minute flight to Jumla, a place seldom heard of and with little access. It is also the gateway to treks in the western region of Nepal. We have the rest of the day to explore the village. The village is rich in Natural beauty with views of the mountain ranges. Moreover, Jumla is one of the biggest producers of apples in Nepal.

Our trek officially starts on the fifth day since your arrival. We leave Jumla and hike along the Jugad Khola(river). On our way, we pass through the small town of Khalanga Bazaar, a temple, and a few other villages to reach Chere Chaur, where we stay the night. The next day, we follow the trail to the west and gradually ascend through beautiful birch, pine, and rhododendron forests to Jaljala Pass (3580 meters). Jalajala Pass offers fantastic views of the Kanjiroba mountain. We make a steep ascent as we reach the area circuit before reaching Chala Chaur, where we stay the night.

The day after, we ascend to Sinja Valley. On our way, we walked along Jaljala Khola towards Sinja Valley at the banks of the Hima River. Sinja Valley is a significant place in Nepal's history. The valley used to be ruled by Khasa Kingdoms or the Malla dynasty. Excavations have uncovered the remains of ancient temples and palaces. The Sinja valley is where the Nepali language originated, and examples of Devanagari script were found dating back to the 13th century.

From there on, we leave Sinja for Ghorosingha. We follow the upstream trail and reach Laha village. The trail continues to the small settlement of Gani. Following a steep trail, we reach Ghorosingha. The following day, we make a steep ascent alongside Chuchemara Hill, where views of the Himalayan range and the lake start to appear. We reach a village called Murma, and the climb gets more accessible there. We walk towards Chapri village, where the headquarters of Rara National Park is located.

The next day is filled with the exploration of the lake. It is also called Mahendra Lake, after the late king Mahendra. Dense green forests surround the lake, home to diverse flora and fauna. You can hike to Murma top, from where you can see clear views of the lake, or sit on the banks of the lake as well. The changing hues of the lake throughout the day are a sight.

The following days of our trip mark our return. The trail today is an easy one and a pleasant one. We reach Ghamgadi, which is the headquarters of Mugu district. We follow a beautiful trail in the forest to Jhayari Khola. A short uphill climb takes us to Pina, where we stay for the night. We start to descend from Pina to Burma. The trail takes us to Ghurchi Langna Pass, which is 3,480 meters. You can see colorful praying flags and views of the Karnali River below.

We reach the beautiful village of Bumra to spend the night. Leaving Bumra, we cross two suspension bridges over the Hima River. A couple of hours of downhill hike takes us to a hot spring. We can spend a

couple of hours in the hot spring to give a much-needed rest to our aching muscles. We cross the Danphe Lagna pass (3,691 meters), the trek's highest point, and reach Chere Chaur. From there, we follow the same trail back to Jumla. We take the return flights to Nepalgunj and Kathmandu, where our trip ends.

The Difficulty of Rara Lake Trek

The Rara Lake trek is moderately difficult. Although the trail is gradual without many steep climbs, the fact that we have to trek for 8 days makes it difficult. However, anyone with a decent fitness level can accomplish this trek. The trail's highest point at 3480 meters relieves us from too many steep climbs and is rather gradual. Also, problems related to altitude shouldn't be much of an issue. The average walking distance per day stands at 5-6 hours. The lowest point of the trip is 150 meters, but the lowest point of the trek is Jumla, which is at 2,540 meters. We gained about a thousand meters altitude throughout the trip, making it an easy uphill climb.

Best time for Rara Lake trek

Spring (March till May)

Spring is one of the best seasons for the Rara Lake trek. This time of the year, the sky is clear, and the temperatures are mild. Rhododendrons and other flowers bloom this season, making the trail colorful. The mornings and evenings are chilly, but the days are comfortably warm. Although Rara Lake doesn't get many visitors compared to other regions, you will also get to interact with fellow travelers on the trail.

Autumn (September till November)

The autumn season is another great time to visit Rara Lake. As the monsoon has just passed, the forests will be dense and lush green. This season, too, the sky is vibrant and clear, with plentiful greenery. The temperature is neither hot nor cold, making up for the perfect weather. The monsoons will have passed, and winter is just around the corner. Autumn season makes up one of the best times to visit Rara Lake.

Summer (June to August)

Going to Rara during the summer is possible, but it has challenges. The summer coincides with the monsoon season, which brings in heavy rainfall. You would also have to deal with muddy, slippery trails and leeches. You must be an adventurous soul to trek this time of the year. However, it is not advised to trek in the monsoon as the hills are prone to landslides.

Winter (December to February)

Winter is not the ideal time to trek in Rara Lake or any high-altitude trek in Nepal. The weather is rather harsh due to the extreme cold as the temperature goes below freezing. The winter marks lots of snowfall covering the passes, making it very difficult to traverse the terrain. Trekking in the winter is not advised unless you seek thrill and adventure.

Why Should You Trek To Rara Lake?

There are several good reasons to trek to Rara. Most importantly, you can look at our complete [guide to Rara Lake Trek](#). It is the largest lake in Nepal, located in the Rara Lake National Park. The beauty of Rara Lake gives a lot to write about. It is the deepest lake in Nepal, and the beautiful area lake is also home to snow trout, the only fish recorded in the lake. The Rara Lake trek takes us inside the Rara National Park, home to 20 species of mammals and 214 species of birds. Furthermore, the trending mountains and radiant blue waters make the pristine Rara Lake a place worth visiting.

Things to know about Lake Trek

Experience Required

You don't need much experience to trek to Rara Lake. The route is not as demanding, and the climbs and descents are gradual, making it a relatively easy trek.

Pre-Trip Meeting

Depending on your flight time, you will have a pre-trip meeting on arrival or the following day. In the pre-trip meeting, you will meet your guide for the trip, be briefed about your trip ahead, and have your queries answered.

Equipment Check List

You won't need a lot of equipment for the trek as we won't be going to high altitudes. However, you must carry good trekking gear to travel in comfort. The essential things to carry are a puffer jacket, thermals, Windstopper, gloves, woolen hats, socks, sunshade, sunscreen, raincoat, bag-pack, and trekking poles. Other optional items are chargers, extra batteries, wet wipes, chocolate or granola bars, etc.

Accommodation

Like any other trekking region in Nepal, the area of Rara offers good teahouses on the way. Teahouses are basic lodges with bathrooms shared in most places, and the rooms usually sleep 2 to 3 people. The lodges are small, and the sanitation is quite decent despite the lack of facilities. Despite the basic amenities there, the locals make up with their warm hospitality, making the trekking experience enjoyable.

Insurance

As we don't offer our insurance, it is highly recommended that you sign up with an insurance company for your trek. Please note that you should take insurance covering all the required trek conditions, such as the maximum elevation and helicopter rescue services.

Altitude Sickness

The trek to Rara Lake is not very demanding, although you spend several days on the trail. The lake is situated at a decent altitude of 2990 meters, and the trek's highest point, at just 3,700 meters, makes it a comfortable experience. Although the trek is long, the average altitude is not high to the point where altitude sickness should be an issue.

Meals for Rare Lake Trek

Since Rara Lake has been gaining popularity among domestic and international tourists, you can find many dishes that fit your liking. The food offered on the way to Rara Lake is quite similar, with several Nepali dishes complimented by a few dishes from the West. You can have dal bhat (rice, lentils, and curry), momos (dumplings), potato pancakes, and bread with baked potatoes. You can also choose from omelets, porridge, and pancakes. The food isn't too expensive and can certainly cater to your needs.

Food and accommodation in Rara lake trek

The food and accommodation are quite basic for most part of the trek. One can find budget hotels to high end hotels in Nepalgunj but after we reach Jumla, the options will be rather limited. You can find Nepalese dal bhat (rice, curry, lentil, pickle) and noodles in almost every part of the trail. You will have other options in Nepalese food such as momo's and some Tibetan inspired dishes. In addition, you will also have a few western options such as pancakes, oatmeals, omletes in few of the places. However, we suggest to carry some packaged or canned food for your trail or if you like having you own options as well. All in all, the food is mostly basic but enough to fulfill a trekkers appetite.

Like the food, the accommodations are basic as well. You will be staying in teahouses for most part of the trek. The rooms will be well maintained but will have very few amenities such as shared bathroom. But the hospitality of the people is sure to make up for the rather basic facilities.

Frequently Asked Questions

Can i boat in Rara Lake?

Yes, Boating is allowed in the Rara Lake. The best time for boating in Rara Lake is from 8 a.m. to 12 p.m. It is not advised to boat after 12 p.m. as the wind blows heavily after 12 p.m. It is risky to boat when there's a heavy wind.

What are the major attractions of Rara National Park?

Rara National Park offers several significant attractions, including Rara Lake, the largest lake in Nepal, and peaks like Chuchemara (4097m), Murma Top (3726m), and Ruma Kandh (3645m). Visitors can spot wildlife like snow leopards, musk deer, red pandas, and Himalayan Monals. The park is known for its vibrant Himalayan flowers in summer, snowfall in winter, and cultural sites like Chhapru Mahadev and Rara Mahadev temples. Local culture adds to its charm.

Which is the biggest and deepest lake in Nepal?

The Rara Lake is the biggest and deepest lake in Nepal. The lake covers a water area of 10.8 km (4.2 square miles) square and has a maximum depth of 167 meters (548 feet). It lies in the Karnali Province of Nepal.

Can we get altitude sickness in Rara Lake?

It is unlikely you will get altitude sickness on your trip to Rara. Rara Lake sits at a decent 2,990 meters from the sea level. If you go on a trek, the highest elevation you will reach is Danphe Lagna Pass, at 3,691 meters. This is where altitude sickness is a concern, but if you plan to drive to the lake, then altitude sickness shouldn't be a problem.

Which is the biggest national park in Nepal?

The Shey-Phoksundo National Park is the largest national park in Nepal. It covers an area of 3,555 square kilometers. It is located in the Trans-Himalayan region, where the park's elevation varies from 2,130 m to 6,883 m from sea level. It was established in 1984.

How many days does it take to reach Rara Lake?

You must reach either Nepalgunj or Surkhet first to reach Rara Lake. You have the option to take a 14-hour drive to Nepalgunj. Another option is to take a 50-minute flight to Nepalgunj or a 1-hour flight to Surkhet. You can take another flight from Nepalgunj to Jumla or Talcha airport from Surkhet. From Talcha, hiking will take about 3-4 hours to reach Rara Lake.

What is the easiest and fastest way to reach Rara national park?

The easiest and fastest way to get to Rara Lake is to take 1-hour flight to Surkhet and another day take another 38-minute flight from Surkhet to Talcha Airport. From there on, you can hike 4-5 hours to reach Rara Lake. Thus, the fastest way to reach Rara Lake is by taking two flights and hiking for 3-4 hours.

How do I get to Rara lake?

You can either drive to or take a flight to Rara Lake. To get to Rara Lake on the road, it will take you 4 days. It will take a half-hour hike from the last stop to reach the lake. This is largely due to the road conditions and the fact that the lake lies in the western region of Nepal.

Can we go to Rara lake by bike?

Yes, you can go to Rara Lake by bike. It will take you 4 days from Kathmandu to reach Rara Lake by bike, but keep in mind that the road conditions are rather harsh, and one will be fatigued on a motorcycle. Despite the road conditions, many travel to Rara Lake by bike.

What is the water quality of Rara Lake?

The water of Rara Lake is rather good and has been classified as oligotrophic. Even by the looks of it the water is crystal clear, and you can easily see fishes swimming below. You can find travelers going for a swim in Rara Lake.

Where is Rara Lake located?

Rara Lake lies in the Rara National Park. Thus, tourists visit primarily to see the lake and the Rara National Park. The national park has a diverse range of flora and fauna. There are 51 species of mammals

and 214 species of birds living here. In addition, the beauty of the Lake itself is enough to garner attention. The lake's color can change up to 5 times a day depending on the climate, which is quite a spectacle in itself.

How far is Rara from KTM?

The distance from Kathmandu to Rara Lake is around 865 km. It takes you around 3 days to reach Rara from Kathmandu. The road conditions from Manma to Nagma is pretty challenging. You can directly fly to Talcha Airport and hike for 3-4 hours to reach Rara. This won't make you feel Rara is too far.

What is the main alteration of Rara Lake?

The main alteration of Rara Lake is seasonal water level changes due to monsoon rains and dry seasons. Human activities like tourism and local fishing also impact its ecosystem, potentially leading to pollution and habitat disruption.

Address

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