

Overview

Established in 1979, **Rara National Park** is named for the scenically extraordinary lake at its heart, the largest in **Nepal**, whose crystalline waters lie at an altitude of 2990m. Swathed in wide expanses of coniferous forests and with the snow-laden peaks of the Himalayas as a backdrop for the ages, the park preserves not only the lake's beauty and charm but also acts as an important preserve for much of central Himalaya's diverse flora and fauna. As such, it presents a wonderful opportunity to explore a panoramic and serene region that seems like one of Maxfield Parrish's impossibly beautiful and mystical paintings come to life.

The **Rara Lake trek** is one of the most unique and interesting trekking experiences of all, one that's aimed more at communing with the forests and lakeland of Nepal rather than the more typical trekking fare of precipitous trails through the mountains. Less crowded and largely untouched, the trek winds peacefully through glades of juniper, spruce and pine, with the ever-present peaks of the Himalayas embellishing the view to one side and the pristine waters of **Rara Lake** adding their own reflective gifts on the other.

The trek begins with a flight to Nepalgunj from Kathmandu, then sets out from Nepalgunj to Jumla the following day with another flight. From there we head out on a path to Chere Chaur and Chalachaur over the next few days, hiking up through Sinja Valley along mountain trails towards our prime destination of **Rara Lake**. En route we utilize a mixture of teahouses and private homestays for our accommodation and meals, lending a cultural touch that adds even more to the unique aspects of the experience. Once our circuit of the lake is complete the trek heads back down to Jumla for the return journey to Kathmandu.

Moreover, you may also consider our exclusive packages like [Upper Mustang Trek](#), [Everest Three High Passes Trek](#), [Tilicho Lake Trek](#) and many more.

Itinerary Details

Day 01 : Welcome at Airport & transfer to the Hotel.

Welcome at the airport and transfer to your hotel. An introduction to your trekking program then the rest of the day at your leisure to enjoy the sights, sounds and culture of Kathmandu.

Day 02 : Free day for trekking preparation

Free day for preparation and sightseeing.

Day 03 : After Breakfast fly to Nepalgunj (1hrs) then overnight in hotel.

An early morning flight takes us to Nepalgunj for an overnight stop, with numerous

temples and other sites to visit.

Day 04 : Fly from Nepalgunj to Jumla (2540m, 20 minutes) then trek to Chere Chaur. (3055m)

After breakfast we take another short flight, this time to Jumla, where the trek commences via a half-day hike through picturesque pasturelands and villages to Chere Chaur and a relaxing first evening.

Day 05 : Chere Chaur to Chalachaur (2980m)

The second day of the trek starts off with a relatively easy stretch that climbs steadily to the trail's first pass, Jaljala La (3580m) and continues to the village of Jaljala Chaur. From there the path eventually takes a more challenging turn as it angles sharply towards Chala Chaur.

Day 06 : Chalachaur to Sinja Valley (2490m)

The trek to Sinja follows the Jaljal Khola downstream through a scenic landscape of terraced fields, pine-clad slopes, and an imposing gorge. Sinja itself hosts the remains of a haunting old temple and numerous other artifacts that are well worth exploring.

Day 07 : Sinja to Ghorosingha (3050m)

Another half-day hike as the trail winds along by the Ghatte Khola into a classic Nepalese rural landscape of patchwork fields, peaceful villages, and metronomic waterwheels lazily turning to the flow of the ice-cold river waters.

Day 08 : Ghorosingha to Rara Lake (3010m)

From Ghorosingha the trail enters directly into Rara National Park, trailing uphill to the trek's high point on the ridgeline of Chuchemara Danda (4260m), with supreme views towards the distant Himalayan peaks and the valley below. The trail then descends gradually through thickly forested slopes to Rara Lake and the campsite by the shoreline.

Day 09 : Explore Rara Lake

A day of rest and relaxation, time to savor the serene waters and dreamlike quality of Rara Lake's otherworldly setting. The sense of total peace is accentuated by the fact that many of the local inhabitants were relocated when the park was created, leaving nature to reign supreme over the area.

Day 10 : Rara Lake to Pina (2440m)

The trek picks up again with an easy-paced day of walking towards Gamgadhi and the

descent to the village of Pina.

Day 11 : Pina to Bumra (2850m)

One final pass, Ghurchi Lagna (3480m), then we ease down to the main valley again and a string of villages dotting the peaceful landscape, with the quiet village of Bumra the day's final goal.

Day 12 : Bumra to Jumla (2540m)

Our starting point of Jumla awaits on the final day of trekking, with a relaxing day of walking through the lush valley and the whole panoply of the region's offerings, from forests of rhododendron and pine, the obligatory patchwork quilt and colors of the crop fields, peaceful villages, and the ever-smiling faces of children waiting to greet each and every visitor passing through. It's the perfect day to end a perfect trek.

Day 13 : Fly to Nepalgunj then fly to Kathmandu same day

The day begins with an early flight to Nepalgunj, then another to Kathmandu, where we put down our gear, ease back to rest our tired limbs, and reflect on the magical journey to Rara Lake.

Day 14 : Join with different program or farewell.

Pickup from hotel and drop-off at Kathmandu Airport.