

# Rara Lake: A Trek Through the Largest Lake in Nepal - 13 Days

## UNVEILING THE RARA LAKE: A TREK THROUGH THE LARGEST LAKE IN NEPAL:

Nestled amidst the majestic peaks of northwestern Nepal lies the captivating Rara Lake aka Mahendra Daha, a glistening jewel embraced by the verdant expanse of [Rara National Park](#). Embark on the Rara Lake Trek, a journey that transcends the physical, transporting you to a realm of tranquility, breathtaking beauty, and rich local cultural heritage. This meticulously crafted guide to Rara trekking unveils the secrets of this extraordinary trek, empowering you to craft an unforgettable adventure.

## A Haven of Serenity: Rara Lake, the "Largest Lake in Nepal"

Rara Lake, fondly christened the "Queen of Lakes" by the Nepali people, reigns supreme at an altitude of 2,990 meters (9,842 feet). This deepest and the biggest freshwater lake in Nepal wonder, sprawling over 10.8 square kilometers (4.2 square miles). The lake boasts crystal-clear waters reflecting the grandeur of the Himalayas that form its dramatic backdrop. Rara Lake is surrounded by lush coniferous forests teeming with diverse flora and fauna. And exudes an aura of serenity, beckoning trekkers seeking solace in nature's embrace.

## Unveiling the Tapestry of Rara National Park:

The Rara Lake Trek ventures through the heart of Rara National Park, a haven for nature enthusiasts. Established in 1979, this park encompasses over 106 square kilometers (41 square miles) and is a treasure trove of biodiversity. Lush green meadows adorned with vibrant wildflowers carpet the lower regions, gradually evolving into dense forests of pine, spruce, and juniper as you ascend. Keep your eyes peeled for glimpses of the elusive musk deer, the majestic Himalayan black bear, the elusive leopard, and the surefooted Himalayan goral, all calling this park home. Birdwatchers will be enthralled by the symphony of birdlife, with over 215 species, including the colorful Impeyan pheasant and the lammergeyer, a majestic bearded vulture.

## A Journey of Cultural Encounters: The Trail Less Traveled:

The Rara Lake Trek unveils a facet of Nepal rarely witnessed by throngs of tourists. As you traverse the trails, you'll be greeted by charming villages, each a window into the rich cultural tapestry of the region. Interact with the warm and welcoming Magar and Rara communities, whose lives are intricately woven with the rhythm of nature. Witness their traditional way of life, from their methods of agriculture to their time-honored crafts. Engage in conversations, learning about their folklore and beliefs, fostering a deeper connection with the land and its people.

## Embarking on the Rara Lake Trek: A Guide for Adventurers:

The Rara Lake Trek caters to trekkers of moderate experience, offering a rewarding challenge with manageable daily ascents. The typical itinerary ranges from 9 to 14 days, with the option for shorter or extended treks depending on your preferences. The journey usually commences in the bustling capital city of Kathmandu, where you can immerse yourself in the vibrant culture before embarking on your adventure. We at, Trek Mania Nepal, can organize the Rara Trekking as per your needs and availability of time.

## Pre-Trek Considerations for Rara:

**Seasonality:** The ideal time to embark on the Rara Lake Trek is during the spring (March to May) and autumn (September to November) months. These seasons boast pleasant weather conditions with clear skies and comfortable temperatures. The spring season offers a visual spectacle with blooming rhododendrons painting the landscape in vibrant hues.

**Physical Fitness:** While the trek is considered moderate, a base level of physical fitness is recommended. Regular exercise, particularly cardiovascular training, will ensure you can comfortably navigate the trails.

**Permits and Insurance:** Obtaining the necessary permits for entry into Rara National Park is crucial. Travel insurance with medical evacuation coverage is highly recommended for unforeseen circumstances.

## Rara Trekking Packing Essentials:

**Trekking Gear:** Sturdy hiking boots, a comfortable backpack, breathable clothing for varying temperatures, a raincoat, and a warm down jacket are essential.

**Navigation Tools:** A reliable map and compass, or a GPS device, will be helpful for navigating the trails.

**First-Aid Kit:** Pack a comprehensive first-aid kit to address minor injuries and ailments.

**Sun Protection:** Sunscreen, sunglasses, and a hat are vital for shielding yourself from the sun's rays at high altitudes.

## Experiences that Define the Rara Lake Trek:

**Panoramic Vistas:** As you ascend the trails, prepare to be captivated by breathtaking panoramas. Witness the snow-capped peaks of the Himalayas paint the horizon in majestic hues. Gaze upon the glistening expanse of Rara Lake from the Machan (a kind of view tower), a jewel nestled amidst the verdant embrace of the national park.

**Flora and Fauna:** Immerse yourself in the rich tapestry of life within Rara National Park. Spot rare and elusive animals, from the musk deer to the Himalayan black bear.

**Be captivated by the Symphony of Nature:** The trek offers a sensory experience beyond compare. Listen to the melodious chirping of birds, the gurgling of mountain streams, and the rustling of leaves in the cool mountain breeze. Disconnect from the hustle and bustle of everyday life and reconnect with the rhythm of nature.

**Unveiling the Rich Cultural Tapestry:** As you traverse the trails, you'll encounter charming villages inhabited by the Magar and Rara communities. Be welcomed by their warm hospitality and immerse yourself in their way of life. Witness traditional agricultural practices, witness the creation of handcrafted artifacts, and learn about their time-honored customs and folklore.

**Experiencing Local Gastronomy:** Savor the flavors of the region with freshly prepared meals using locally sourced ingredients. Delight in hearty dishes like Dal Bhat, a staple Nepali lentil soup served with rice and vegetables, or savor Mo: Mo, steamed dumplings filled with meat or vegetables. Indulge in regional specialties like Gundruk, a fermented green leafy vegetable dish, and Chhurpi, a hard cheese made from yak or cow milk.

**A Glimpse into Religious Sites:** Dotted along the trail are quaint monasteries and temples, testaments to the region's deep-rooted spiritual beliefs. Engage with local monks and learn about their practices and philosophies. Observe daily rituals and witness the serenity that permeates these sacred spaces.

**A Celebration of Festivals:** If your trek coincides with a local festival, prepare to be enthralled by vibrant cultural displays. Witness traditional dances accompanied by the rhythmic beats of drums and flutes. Immerse yourself in the festive atmosphere and witness the vibrant colors and joyous spirit of the celebrations.

**The Enchantment of Homestays:** Experience authentic Nepali hospitality by opting for homestays in the villages along the trek route. These accommodations offer a unique opportunity to interact with local families, learn about their daily lives, and gain a deeper understanding of the region's culture.

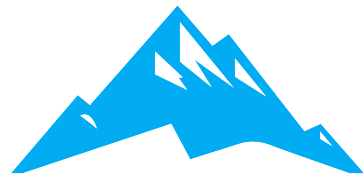
**Memories Etched in Time:** The Rara Lake Trek is more than just a physical journey; it's a transformative experience. It's about connecting with nature, immersing yourself in a rich culture, and forging lasting memories that will stay with you long after you return home.

#### **Beyond the Trek: Exploring the Environs:**

**Nepalgunj:** After completing the trek, consider exploring the bustling city of Nepalgunj, a gateway to the region. Immerse yourself in the vibrant markets, sample the local street food, and delve into the city's rich cultural tapestry.

**Bardiya National Park:** For wildlife enthusiasts, a visit to [Bardiya National Park](#), situated south of Rara National Park, is a must. This park boasts diverse flora and fauna, including tigers, rhinos, elephants, and a plethora of bird species.

**Rara Festival:** Plan your trek to coincide with the annual Rara Festival, typically held in mid-June. This vibrant celebration showcases the region's rich culture, with traditional dances, music, and displays of local crafts. Contact Trek Mania Nepal for the arrangement and Rara Festival Trek planning.



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## PRICE INCLUDES

- Airport pickup and drop service.
- Accommodation in Kathmandu (Hotel Chhimeki 2 nights).
- All food during the trek (B, L, D).
- Accommodation during the trek.
- Transportation costs: Comfortable Drive from Kathmandu to trekking starting point and trekking ending point by car or Local Jeep Bus (depending upon the price and group size).
- Government license holder English speaking trekking guide.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg).
- Guide porter salary, lodging, food and insurance.
- Trekking permits: Rara National Park entry Permit and TIMS card.
- First aid medical box.
- T-shirt, Duffel Bag and Trekking Map.
- Rescue Management Service.
- All Tax (13% Vat + 10 Service charge).
- Farewell Dinner

## PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- Tip for guide and porters.
- All required trekking gears like sleeping bags and down jacket made available on rent.

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu (1,327 meters/4,354 feet)

Arrive in Kathmandu, the vibrant capital city of Nepal. Immerse yourself in the city's bustling energy and explore its rich cultural tapestry. Visit iconic landmarks like Durbar Squares, Swoyambhunath Stupa (Monkey Temple), and Pashupatinath Temple (time permitting). Savor delicious Nepali cuisine and soak in the unique atmosphere of this historical city.

### Day 2: Kathmandu - Jumla (2,540 meters/8,333 feet)

Enjoy a scenic flight from Kathmandu to Jumla, a gateway town to the Rara Lake Trek. Jumla boasts a unique culture and historical significance, evident in its traditional architecture and ancient Jumla Bazaar. Spend some time exploring the local markets, interacting with friendly locals, and acclimatizing to the higher altitude. (Accommodation: Hotel Chhimeki)

### Day 3: Jumla - Chere Chaur (3,055 meters/10,023 feet)

The trek commences! Leaving Jumla, the well-defined trail winds through charming villages and terraced fields. Enjoy stunning panoramas of the surrounding mountains as you gradually ascend towards Chere Chaur. This beautiful meadow offers breathtaking views of the distant Himalayas and serves as your resting point for the night. Keep an eye out for colorful birds and vibrant wildflowers, especially abundant during spring. (Trekking distance: Approximately 5 hours; Accommodation: Teahouse)

### Day 4: Chere Chaur - Khali Lagna (3,310 meters/10,863 feet) - Sinja Khola (2,790 meters/9,153 feet)

Today's hike takes you through a diverse landscape. The trail initially ascends through rhododendron forests, offering a feast for the senses with vibrant blooms and the melodious chirping of birds. Cross Khali Lagna, a scenic pass with panoramic mountain views, before descending towards Sinja Khola, a picturesque valley nestled amidst lush greenery. This charming village provides a glimpse into the local way of life and a chance to interact with the welcoming Magar people. (Trekking distance: Approximately 6-7 hours; Accommodation: Teahouse)

### Day 5: Sinja Khola - Bumra (2,286 meters/7,500 feet)

Descend through dense forests teeming with diverse flora and fauna. Observe the intricate ecosystem and keep an eye out for elusive wildlife like monkeys and pheasants. The trail eventually leads you to the charming village of Bumra, nestled amidst rolling hills and offering a tranquil atmosphere. Engage with the locals and learn about their customs and traditions. (Trekking distance: Approximately 4-5 hours; Accommodation: Teahouse)

### Day 6: Bumra - Rara Lake (2,990 meters/9,842 feet)

Today's hike is an exciting one, leading you towards the highlight of the trek – the mesmerizing Rara Lake. The trail gradually ascends, offering glimpses of the glistening lake as you approach. Finally, witness the majestic expanse of Rara Lake in all its glory, a turquoise jewel embraced by the snow-capped peaks of the Himalayas. Capture breathtaking photos and savor the tranquility of this idyllic location. Settle into your lakeside accommodation and prepare for an unforgettable experience. (Trekking distance: Approximately 5-6 hours; Accommodation: Teahouse)

### Day 7: Exploring Rara Lake

Dedicate this day to fully immersing yourself in the beauty and serenity of Rara Lake. Rent a boat and embark on a tranquil journey across the crystal-clear waters, soaking in the breathtaking scenery from a unique perspective. Explore the surrounding trails leading to vantage points offering panoramic vistas of the lake and the majestic Himalayas. Learn about the rich history and local legends associated with this sacred lake. Consider visiting a nearby monastery and interacting with the monks for a deeper cultural experience.

#### **Day 8: Rara Lake - Gujara (3,110 meters/10,203 feet)**

Bid a temporary farewell to Rara Lake and embark on the journey towards Gujara. The trail ascends through diverse landscapes, offering opportunities to spot various birds and wildlife. An eye out for the elusive Himalayan tahr, a wild goat species with impressive horns, that occasionally grace the higher slopes. Reach Gujara, a high-altitude meadow offering breathtaking panoramas of the surrounding mountains and a unique opportunity to experience the beauty of the alpine zone. (Trekking distance: Approximately 4-5 hours; Accommodation: Teahouse)

#### **Day 9: Gujara - Pina (2,440 meters/8,006 feet)**

Today's trek leads you downhill through a scenic landscape. The trail winds through dense forests and charming villages, offering glimpses into the lives of the local inhabitants. As you descend, the vegetation becomes more diverse, and the temperature gradually rises. Reach Pina, a picturesque village nestled amidst lush greenery and boasting fertile farmland. Enjoy the warm hospitality of the locals and savor a delicious Nepali meal prepared with fresh, local ingredients. (Trekking distance: Approximately 5-6 hours; Accommodation: Teahouse)

#### **Day 10: Pina - Ruma (2,340 meters/7,677 feet)**

The trail continues its descent, offering a chance to observe the changing landscapes. Traverse through terraced fields and charming villages, witnessing the agricultural practices of the local communities. The route might involve crossing a few streams and suspension bridges, adding a touch of adventure to the journey. Reach Ruma, a village nestled in a valley and surrounded by rolling hills. This tranquil location provides a perfect opportunity to relax and reflect on your experiences so far. (Trekking distance: Approximately 4-5 hours; Accommodation: Teahouse)

#### **Day 11: Ruma - Jumla (2,540 meters/8,333 feet)**

The final leg of the trek leads you back to Jumla. The trail gradually ascends towards the town, offering panoramic views of the surrounding valleys. As you approach Jumla, celebrate your accomplishment and savor the memories of your adventure. Enjoy a farewell dinner with your trekking crew and immerse yourself in the vibrant atmosphere of the Jumla Bazaar. (Trekking distance: Approximately 4-5 hours; Accommodation: Hotel)

#### **Day 12: Jumla - Kathmandu**

Catch a scenic flight back to Kathmandu, the bustling capital city of Nepal. Reflect on the breathtaking landscapes, rich culture, and unique experiences you encountered during the Rara Lake Trek. Consider exploring Kathmandu's hidden gems or indulging in some souvenir shopping before your departure.

#### **Day 13: Departure Day**

Relax and enjoy a leisurely breakfast at your hotel in Kathmandu. A representative from Trek Mania Nepal will ensure a smooth transfer to Tribhuvan International Airport in time for your international flight back to home. Farewell and hope to see you again for some other adventure in Nepal.