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# Rara Lake Trek

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

## Trip Code

NBT 048

## Destination

Nepal

## Activity

Treks

## Start / End Point

Nepalgunj/Nepaljunj

## Duration

15

## Per Person From

USD 950

## Region

Wilderness Region Trekking

## Max. Altitude

3460m

## Nature Of Trek

Tea House to Lodge Basis

## Best Season

All Round Year

## Activity Per Day

4-6hrs

## Transportation

Both way Flight

## Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

## Trip Highlights

- A night camping at the shore of Rara Lake and a whole day for its excursion.
- Hike up to the Chuchemara Danda, which is at an altitude of 4,087 m and provides a panoramic view of the surroundings, including Rara Lake.
- Traversing through dense pine, rhododendrons, and juniper forests surrounded by the mountains.
- Trekking through the Rara National Park, the smallest National Park in the country.
- An opportunity to witness the endemic flora and fauna of Rara National Park.
- Journey to the Sinja Valley, the birthplace of the Nepali language.

- A cultural voyage that allows you to witness the warmth of the Thakuri and Chhetri communities of the region.
- After the trek, explore UNESCO World Heritage sites in Kathmandu, such as Pashupatinath and Swayambhunath.

## Trip Overview

*"Tell me, oh Rara, who taught you  
To embed jewels in every wave,  
To dissolve and offer, to make one forget  
Each sip of nectar with every breath?"*

This is not random prose. It is a translation of an excerpt from a Nepali poem by the late King of Nepal, **Mahendra Bir Bikram Shah Dev**. The story goes like this: The late king visited Rara Lake in 1964 and was so mesmerized by its beauty that he wrote a poem titled "**Rara ki Apsara**," comparing it with the heavenly maiden. Hence, another name for Rara Lake is also Mahendra Lake. How majestic must Rara Lake be to compel a king to write a poem on its grandeur? The Rara Lake Trek will take you to that very Rara Lake at **2,990 meters**. Besides being a scenic adventure, it is also a cultural exploration as the trail leads through villages of Hindu Thakuri Malla and Tibetan-influenced tribes with rich old traditions and customs.

This incredible journey starts with a scenic flight to the warm tropics in Nepalgunj, a city in western Nepal. Then, we take another sweeping flight to land in **Jumla**, the headquarters town of Jumla itself, located in far northwest Nepal. The trek will then take you through forested hills, rhododendron forests, and multiple villages to reach the lake. One such village is the **Sinja Valley**, where the modern-day Nepali language originated. Camping at Rara Lake will allow you an opportunity to connect with nature. After an enjoyable time around Rara Lake, your return journey heading back to Jumla will be via Pina (2,580m), Chauta (2,770 m), Ghurchi Lagna pass (3,460 m), and Tharamara (3,270 m).

## Details Itinerary of Rara Lake Trek

### Day 1: Arrival in Kathmandu and Transfer to hotel.

On reaching Kathmandu international airport via various respective airlines, our Nepal Base Camp Treks guide or staff will receive you with warm welcome and then a short drive to your hotel in the heart of Kathmandu city.

After checking in your hotel rooms and getting refreshed join at the hotel lobby for group briefing and orientation program where our guide informs you regarding hotels, Kathmandu, Nepali culture, Rara Lake Trekking with welcome dinner in a pleasant and authentic Nepalese restaurant with culture program.

**Highest Altitude:**

1,327 m

**Meals:**

BLD

## **Accomodations:**

Hotel

## **Day 2: Morning free and then fly to Nepalgunj city on route Dolpo.**

In Kathmandu morning free with preparation for Rara Lake Trekking, as per the flight time transfer to Kathmandu domestic airport for sweeping 50 mins flight to Far South West Nepal at Nepalgunj city, a warm semi-tropical climate area close to Indian border on reaching at Nepalgunj transfer to a nice hotel within the city area, with time for short walk around.

### **Highest Altitude:**

1350 m

### **Flight Hours:**

1 hour

### **Meals:**

BLD

### **Accomodations:**

Hotel

## **Day 3: Fly to Jumla then trek to Chauriya Chaur**

Early breakfast for another short connecting flight to Jumla, on reaching Jumla after 40 minutes on air, received by our trekking staff that has traveled here taking a long overland drive and walks, Jumla main headquarter town of Jumla district.

From Jumla start the trek with a short climb walking past nice farm villages to reach our first overnight camp at Chauriya Chaur a nice farm village on route Rara Lake.

### **Trek Duration**

5 Hours

### **Highest Altitude:**

3,055 m

### **Flight Hours:**

30 mins

### **Meals:**

BLD

### **Accomodations:**

Tea House

## **Day 4: Trek on route Botan beneath unnamed pass**

After a lovely morning, our journey starts with an uphill climb into rhododendron, birch and pine tree lined serene forest and then heading towards an unnamed green meadow ridge top and a pass sometimes it's called Jaljala offering fabulous views of Kanjiroba Himal towards North East. Walk continues through tranquil wilderness then on the downhill path for couple of hours through cool forest and reaching on the summer grazing pasture area for the overnight camp in this nice, pleasant spot.

**Highest Altitude:**

3500 M

**Meals:**

BLD

**Day 5: Trek to Botan via Sinja Khola 2,440 m**

Today's walk leads to downhill walk to Sinja for few hours and then following Jaljala Khola (stream) downstream through a forest with dense pine forest and walking past terraced farm fields and terraces, to reach at Sinja village, with a very old ruin temple and monuments, ancient sculptured stones which is covered in moss and weeds, and from here walk follows the river upstream, reaching at Ganj a small village and then our route leads through an impressive gorge to our overnight camp at Botan village, with time for short walk around.

**Trek Duration**

6 Hours

**Highest Altitude:**

2, 680m

**Day 6: Trek to Ghorasain**

As the walk progress, our walk today is only for half day of three to four hours, as the morning walk starts after leaving Sinja Khola then following another stream of Ghatte Khola towards North- Eastwards towards a short uphill, then coming at pretty small valley and into farmlands with primitive water mills which is used for grinding corns, wheat's into fine flour for breads, from here reaching our overnight camp on the border rim of Rara National Park at a small village of Ghorasain, this place with police post, after the camp is set, afternoon free for short walk around and just relax and catch up with the dairy.

**Trek Duration**

4 Hours

**Highest Altitude:**

3,190 m

**Day 7: Trek to Rara Lake**

Walk today heading to our final destination on Nepal largest lake at Rara, starting the morning walk in this serene environment from Ghorasain camp, heading uphill with a climb all the way to Chuchemara Danda at 4, 260 meters, on reaching the top ridge with awesome panorama of surrounding country landscapes and magnificent views of snow capped mountains towards north, after enjoying the marvelous views walk leads to a descend looking down at beautiful Rara Lake through forest of bamboo and birch trees, then crossing at Khatyar Khola walking along upstream of this crystal clear stream to our overnight camp at Rara Lake shore.

**Trek Duration**

6 Hours

**Highest Altitude:**

2,980m

## **Day 8: Rest day at Rara Lake for local excursion around.**

After a week of good walk, a rest day here at Rara an ideal spot for local exploration and to relax, after a leisure morning an optional walk around or climb a wooden tower for panorama of the emerald picturesque lake and surrounding hills with distance snow capped mountain views.

## **Day 9: Trek to Pina via Jhyari**

Morning starting the journey back with an enjoyable and pleasant time in Rara lake and its surrounding, today a good, moderate trek on the path leading to a ridge top at Jhyari small village, from here onwards walk follows Jhyari Bira Khola downstream for a short time then crossing Dhauligar Khola valley, following this Dhauligar Khola (stream) all the way to Pina for our overnight camp, this is small farm village with police post and a some houses serving as lodge and local tea shops.

### **Trek Duration**

5 Hours

### **Highest Altitude:**

2580

## **Day 10: Trek to Chauta 2,770 m via Ghurchi-Lagna 3,460m**

From this village, Pina, our walk continues with an uphill climb into the tranquil and enchanting forest with excellent views of landscapes and mountains towards the north, then with a gradual climb to reach Ghurchi- passes the highest point of this fabulous journey, this place with several chortens (a Buddhist monument) and festooned with prayer flags, our route descends across alpine meadows and pastures, into walnut groves, and then leads to a steep and narrow valley to Chauta village for the overnight camp, this small place with shops and houses serving as the lodge for local and individual travelers and trekkers.

### **Trek Duration**

6 Hours

### **Highest Altitude:**

3,460m

## **Day 11: Trek to Tharamara**

After a nice stop in this village of Chauta, our journey leads following Sinja khola through Bumra and then past a small lodge and tea-shop and health clinic walking under the overhanging rock at Kamra, this is a source of an important herbal medicinal mineral called as Silaji.

From this spot on the downhill walk towards Sinja Khola, and then reaching at Nyawre village, after a nice break here our walk continues following the river upstream and then coming to an uphill walk of about 600 meters climb to Tharamara for overnight camp, this place with nice pasture land with pristine surrounding.

**Trek Duration**

6 Hours

**Highest Altitude:**

3,270 m

**Day 12: Trek back to Jumla**

Our final day trek back to Jumla of this wonderful trip, morning starts with a pleasant descend to a nice green valley and into pristine alpine forests of rhododendron, oaks and pines trees, then reaching to a fertile agriculture tended valley, then walk leads past little villages of Padmara following the same river most of the way to Jumla town for the last overnight stop, after a wonderful circuit and around the Jumla and Muga area, and then back to Jumla town with late afternoon free for walk to browse around this main busy market town.

**Trek Duration**

6 Hours

**Day 13: Fly back to Kathmandu via Nepalgunj.**

Morning as per the flight time to Nepalgunj transfer to Jumla airstrip after bidding farewell to our camping staff and porters, a short scenic flight brings your south at Nepalgunj for short transit stop and then fly back to Kathmandu with panorama views of mountains during airborne and then on reaching at Kathmandu domestic airport transfer back to your hotels with afternoon free at leisure.

**Day 14: In Kathmandu free day with optional sightseeing tour.**

Nepal Base Camp Trek reserves this day as contingency or free day in case of flight delay and cancellation in Jumla, which can occur sometimes due bad and unfavorable weather conditions which is beyond our control.

If all goes well using this spare day for optional tour at places of interest around old heritage sites of Kathmandu-Patan or Bhaktapur, with rest of the day free for individual activities and shopping souvenirs.

**Day 15: Final International departure homeward bound.**

Last day in amazing Nepal with awesome adventure around Rara Lake Trekking, our staff will transfer you to Kathmandu international airport for your final flight back homeward bound or to respective countries.

## Cost Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the Everest base camp trek
- All meals (breakfast, lunch and dinner) during the trek
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Guided city tour in Kathmandu by private vehicle
- Entrance fees for sightseeing/monument visits as per the itinerary
- An experienced, English-speaking and government-licensed trek leader and assistant trek guide (6 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Down filled jacket and sleeping bag (to be returned after trip completion)
- Trekking bag/duffel bag, trekking pole and trekking map are yours to take
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Accommodations

We will be staying at Hotel International Guest House, a 3-star hotel in Kathmandu; and teahouses during the trek. All accommodations are on twin-shared basis during the trek. Twin sharing or Single supplement will be served in Kathmandu.

Nepal Base Camp Treks will arrange rooms with attached washrooms; however, teahouses in some places only have shared washing and toilet facilities. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## Cost excludes

- Visa fee
- Meals in Kathmandu and Pokhara City
- Personal Travelling Insurance
- All expenses (not mentioned) during the trek
- wifi, drinking water, hot water to take shower during the trek
- Tip for tour guide & porters

# Group Discounts Available

| No. of Persons | Price per Person |
|----------------|------------------|
| 1+             | USD 950          |

## Trip Information

### Meals

All menu selected meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome dinner with typical cuisine and Menu selected farewell dinners. While on trek, we have breakfast and dinner in the same tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

### Physical Condition & Experience Requirements

16 days Everest Base Camp Trek is a moderate for those travelers who can walk up to 6-7 hours (10-15km) a day on an uphill and downhill trail will find this trek fulfilling. It is best that we prepare ourselves for the Everest trek by morning jogging and 1 hours exercising regularly at least a month prior to the start of the trek. Trekking to the Everest Base Camp should be relatively easier for those who have experience walking/trekking in a high altitude environment. Past hiking experience would be an asset but no technical skill is required for this trip. It is also important that we consult our doctor. Participants with pre-existing medical conditions such as heart, lung, and blood diseases should inform Himalayan Glacier before booking the trek.

### Temperature Table of Rara Lake Trek

Below is the temperature table for various places you will encounter on your trek to Rara Lake. Note that the temperature is just an approximate average.

| Season                       | Day Temperature | Night Temperature | Weather Conditions                              |
|------------------------------|-----------------|-------------------|-------------------------------------------------|
| Spring (March-May)           | 10°C to 20°C    | -2°C to 5°C       | Pleasant days, cool nights, occasional rainfall |
| Summer/Monsoon (June-August) | 15°C to 25°C    | 5°C to 10°C       | Warm, heavy rainfall, cloudy views              |
| Autumn (September-November)  | 10°C to 18°C    | -3°C to 5°C       | Clear skies, mild days, chilly nights           |
| Winter (December-February)   | 0°C to 10°C     | -10°C to -2°C     | Very cold, chances of snowfall, frozen lake     |

## Why to Take Rara Lake Trek 2025?

### Rara Lake | A Majestic Treasure in the Himalayas

The [Rara Lake trek's major highlight](#) is the Rara Lake itself. It is the largest freshwater lake in Nepal and is located inside the Rara National Park. It covers an area of 10.8 square kilometers and sits at an altitude of 2,990 meters. The lake is about 5.1 Km in length and 2.7 Km in width. Forested hill-like Chuchemara Danda and Murma surround it. The Saipal mountain sits beyond the hill, providing the mountain backdrop to the lake. Rara Lake is home to endemic animals like the Nepalese Snowtrout, Rara Snowtrout, and Rara Lake frog. Similarly, there are about 214 species of birds found in the region. In your trek, you can participate in activities like horse riding, jungle safaris, and boating around Rara Lake.

### Sinja Valley

Sinja Valley of Jumla was once the capital of the Khasa Kingdom back in the 14th century. Your trek to Rara Lake will take you through this valley, which holds great historical significance as it is the birthplace of the Nepali Language. The cliffs near Dullu in Sinja are the earliest examples of Devanagari scripts. There are also caves in the valley with inscriptions and Buddhist Chaityas. The place was added to the tentative UNESCO World Heritage list in 2008.

### Rara National Park

You must trek through the Rara National Park to reach the Rara Lake. It is the smallest national park in Nepal, including sub-alpine and high-temperate vegetation. It is home to oak, juniper, rhododendron, hemlock, and spruce. More than 214 species of birds can be found in this park, along with around 20 mammals. It is also home to animals like Himalayan Tahr, Red Panda, and Yellow-throated marten. Trekking through a diverse landscape amidst diverse flora and fauna will allow us to connect with nature.

### Chuchemara Danda

Chuchemara Danda is another major attraction of the Rara Lake trek. It is a forested hill at 4,087 m that surrounds Rara Lake. During your trek, you will ascend this hill to reach the summit, where you can enjoy a panoramic view of Rara and the snow-capped peaks of Saipal and other surrounding mountains. The viewpoint offers the perfect backdrop for the photograph.

### Saipal Mountain

Saipal Mountain (7,031 m) is a mountain that you can witness from the Rara Lake. It is a distant Himalayan range in the northwestern Bajhang district of Nepal. You will come across this mountain from various vantage points on the Rara Lake trek.

### How to get to Rara Lake

No direct roads will take you to Rara Lake. So, you must first reach the Jumla trek from there. You can reach Jumla either by air or by road.

## **By Air**

The flight to Jumla doesn't operate from TIA, Kathmandu. First, you must fly to Nepalgunj, from where you can fly to the Jumla airport, where your trek commences. The one-way flight would cost you around USD 100 to USD 150. An alternative route to reach Rara Lake is Talcha, where you must fly to Talcha airport from Nepalgunj. From Talcha, you can trek to reach the lake.

## **By Road**

An adventurous option to get to Rara Lake would be by road. Traveling by road on either a public bus, tourist bus, or private vehicle takes 2-3 days to reach the starting point of the trek. You first have to reach Nepalgunj from Kathmandu or any other part of the country. It would take around 20 hours to reach Nepalgunj from Kathmandu. You have to take another road trip from Nepalgunj to reach Jumla, which can be equally strenuous. However, traveling by road is more budget-friendly than traveling by air.

## **Your Days During the Rara Trek**

Your day on the Rara Lake trek will begin with the freshness in the air. Far from the city and pollution, the environment will provide a sense of newness to your day. After you wake up, you will join your guide and the trekking group (if there is one) for a quick breakfast. The guide will brief you about the next destination and the paths ahead. After you are all set to go, you will trek through the diverse landscape of the Jumla and Mugu districts. You will be trekking through the Rara National Park for most of the trek. So, you can expect to encounter changes in vegetation as you ascend/descend.

You will stop at some tea houses en route to your destination for lunch, which will refuel you with the energy to move forward on your journey. The itinerary is made so that you don't have to trek till the evenings. So, you will reach your destination in the late afternoon, when the sun has not yet set. After locating your accommodation, you can explore the nearby settlements or rest before dinner.

While most of your days during the trek look like what is mentioned above, few are different. For example, you can explore Nepalgunj city on the second day after reaching it. After the trek, you can take a separate day sightseeing in Kathmandu. You can also go shopping and enjoy your time at pubs or clubs in Thamel. Overall, your trekking days include walking through the rugged terrain which might seem difficult but actually is adventurous.

## **Rara Lake Distance From Kathmandu**

Rara Lake is about 370 Kilometers northwest of Kathmandu. However, you must take a flight to Nepalgunj, about 500 km from Kathmandu. From Nepalgunj, you must reach Jumla to start the trek to Rara Lake. It is about 40 minutes of flight and covers a distance of 150 km. You have to trek from Jumla to reach the lake. The total distance from Jumla to Rara is about 50 Km.

## **Rara Lake Trek Cost**

The initial package for a 15-day Rara Lake trek at Nepal Base Camp Trek is USD 950. However, the cost might vary depending on your itinerary, chosen services, and personal expenses during the trek. A budget solo trek would be cheaper, ranging from USD 500 to USD 800. Below is the cost breakdown for the Rara Lake Trek.

| Expense Category                        | Estimated Cost (USD) |
|-----------------------------------------|----------------------|
| Permits & Fees                          | \$30 - \$50          |
| Transportation (One Way)                | \$100 - \$150        |
| Accommodation (Per Night for teahouses) | \$5                  |
| Food & Drinks (Per Day)                 | \$25 - \$30          |
| Guide & Porter (Per Day)                | \$40 - \$60          |
| Miscellaneous (Insurance, Gear, Extras) | \$100 - \$300        |

## Permits Required to Trek to Rara Lake

You will need to obtain two specific permits for the Rara Lake trek. They are:

### Rara National Park Permit

The Rara Lake lies inside the Rara National Park, which is a protected piece of land. You need to obtain a permit to trek in such areas. In this case, you must get a Rara National Park permit. You can obtain the permit from the Nepal Tourism Board (NTB) or at the park's entrance gate. The price of this permit (per person) is as follows:

- NPR 3,000 (~ USD 22) for non-SAARC nationals
- NPR 1,500 (~USD 11) for SAARC nationals
- NPR 100 for Nepalese
- Free for children below 10 years

### Trekkers' Information Management System (TIMS) card

You must also obtain Trekker's Information Management System (TIMS) card to trek to Rara Lake. This card ensures your safety and helps locate you in an emergency evacuation. You can obtain this card either from the Nepal Tourism Board (NTB) or the Trekking Agencies' of the Association of Nepal (TAAN). You can also get the E-TIMS card from the E-TIMS card portal. The TIMS card costs NPR 2,000 (~USD 15) for foreigners and NPR 1,000 (~USD 8) for citizens of the SAARC countries.

### Rara Lake Trek Difficulty

Rara Lake trek is a moderately difficult trek due to its remote location, altitude (depending on itinerary), and limited infrastructure facilities. Other difficulties include weather, trekking duration, distance, and trail conditions. But they are all that you can easily deal with with proper preparation. So, here are some of the challenges you will face in your trek.

### Limited Number of Infrastructure Facilities

Remoteness is the major difficulty of the Rara Lake trek. Due to its remote location, a limited number of infrastructure facilities are available in the trek. First, you must take two flights to reach the starting point of the trek. Second, there are fewer tea houses along the way with a limited number of food options. So there is not much to choose from. And third, no major hospitals and health posts are along the trail. So, even a slight health issue can become serious due to a lack of medical care.

## Altitude

Rara Lake is relatively easier in terms of altitude than other popular treks. The highest elevation of the trek is Chuchemara Danda at 4,087 m, which is manageable for any experienced trekker. Even beginners with good fitness can climb the hill. However, altitude becomes a problem if you don't have a habit of sedentary lifestyle and do not exercise. If taken lightly, it can be an issue and pose a risk of altitude sickness. You can simply focus on improving your cardiovascular health and are all set to explore one of Nepal's largest and deepest lakes.

## Trail Conditions

Reaching the largest lake in Nepal comes with the challenges of traversing through the steep ascents and descents. Some sections are rocky and hard to navigate. Hence, the risk of sprain or injuries is a possibility. The forested path can be slippery, especially in the summer/monsoon season. Accidents might occur at any time with one wrong footing. So, navigating these trails requires you to be physically fit.

## Weather and Temperature | Best Time to Visit Rara Lake

The best time to undertake the Rara Lake trek entirely depends upon your preference, i.e., what you want from the trek. If you want a comfortable trekking experience, then Autumn (September to November) might be the right time. But if you want to witness the white blanket surrounding the blue lake, Winter (December to February) is your season. It all comes down to what you want. Now, let us see what each season has to offer so that you can decide which season to choose for your journey to Rara Lake.

### Spring (March to May)

It is in Spring that Rara comes to life. The blooming rhododendrons, wildflowers, trees at their finest form, clear sky, and azure water in the lake all add to the beauty of Rara Lake. The mild temperature of around 10°C to 20°C is also comfortable for trekking.

### Autumn (September to November)

Another good time to explore this stunning lake is in autumn when nature takes on the vintage form. The trees are golden, and the sky is crystal. Additionally, it is the festive season and perfectly fits cultural exploration. The moderate temperature of the daytime, ranging from 10°C to 18°C is ideal for hiking, and the nighttime temperature, ranging from -3°C to 5°C is ideal for obtaining a sound sleep.

### Summer/Monsoon (June to August)

Trekking to Rara in the monsoon invites the adventure your way. If you take this trek in summer, it will be all about rain, mud, greenery, and Rara in its biggest form. However, you must prepare for extremely hot temperatures up to 25°C during the daytime, maybe even more so in lower elevations. Handling the temperature is insufficient: you must handle the heavy rain and slippery trail. So, if you are trekking in summer, you must be cautious.

### Winter (December to February)

Like the monsoon trek, the winter trek to Rara is also challenging and advantageous. The first challenge

is the freezing temperatures. The nighttime temperature can reach up to -10°C or more. Getting proper sleep that heals your body might be difficult in this season. Moreover, the trails will be covered in snow, making navigating harder. But, if you can handle all of those, the peaceful trails will take you through the stunning snow-covered landscapes to the lake, whose beauty is unmatched by any other season.

## **Accommodation Option on Rara Lake Trek**

Hotels, lodges, guest houses, tea houses, and camping are the accommodation options in the Rara Lake trek. You will stay at least a three-star hotel in Kathmandu and Nepalgunj. You don't have to compromise on facilities during your hotel stay. You will be staying in a guest house or a lodge in Jumla, the starting point of the trek. However, the facilities decrease after the trek begins and you hit the trails. The only accommodation option available is tea houses, which are family-run and mostly made of wood and stones.

The tea houses offer enough bedding to keep you warm. They usually have two to three beds in a single room. So, you might have to share a room with a fellow trekker. You can receive other amenities like charging and showers at an extra price. The cost of these tea houses is around USD 5 just for the lodging.

## **Camping as an Accommodation Option**

Another accommodation option for the trek is camping. Our itinerary includes Camping as an option during the trek. After reaching Rara Lake, the staff will set up camps on the shore of the Lake. You can enjoy a short night walk across the lake with the stars in the sky. In addition to camping in Rara Lake, you can also stay at set campsites in scenic locations to obtain an immersive natural experience. Here are a few things you must bring for safe and enjoyable camping.

- Tent
- Sleeping bag and pad
- Camping stove and fuel
- Cookware
- Water filtration system
- Multi-tool
- Ropes

## **Food & Water Along The Trek**

Similar to accommodation, there are multiple food options at Kathmandu, Nepalgunj, and Jumla, ranging from traditional Nepali dishes to international cuisine. However, the options get limited after your trek starts, as the only means to get food to the tea houses along the trails is by foot. Nepalese dal, bhat, tarkari, and achar (Lentil soup, rice, curry, and pickle) are your options for lunch and dinner. Some tea houses might offer Thukpa, noodles, and momo. You can expect bread, porridge, eggs, chickpeas, and oats with tea and coffee for breakfast. You can carry dates, dry fruits, energy bars, and protein bars to deal with hunger when tea houses are not nearby.

For drinking water, you have three options. You can easily buy bottled water at tea houses. However, this can be inconvenient if you are out of water and have no tea houses nearby. Another option is to get a water bottle and refill it in the tea houses where you stayed. The last option is to use water from natural resources, which can be risky and might cause gut problems. So, if you are going for a third option, you can carry water purification tablets.

## Things to Consider During Rara Lake Trek

Precaution plays a major role in a successful trek. The experience of the journey to the mesmerizing Rara surrounded by the verdant landscape shouldn't be compromised because of some mistakes. So, here are a few things you need to consider for your Rara trek.

- Ensure that your visa has enough days left. If it is expiring, you should apply for a renewal to cover the trekking days.
- You should apply for the permits at least a week before the trek starts. You can do so from the NEB or TAAN online portals. While it is not compulsory, it will save you time and hassle.
- The tea houses in the trails don't accept e-payments or credit cards. Hence, you should exchange your currency in Kathmandu. If possible, carry changes of hundreds and fifties.
- Each place has its norms. Hence, try to abide by those rules. For example, do not enter the temples with shoes on. You can ask the locals about the rules and restrictions or ask your guide.
- During the trek, you might need emergency evacuation in case of medical urgency, which can be costly. Hence, ensure that you have travel insurance that covers emergency rescue.
- DO NOT leave behind your waste. You can carry a trash bag to collect your waste. You can bring it back and throw it where it belongs.

## Packing lists for Rara Lake Trek

While most of the packing list for Rara Lake is similar for any season, few might differ. For example, you may not need to carry as many insulated outer layers when trekking in autumn as you would for winter trekking. While packing, you also have to focus on the duration of your trek. Here is the brief packing list for the Rara Lake trek.

| Clothing                                                                                                                                                                                                                                                                                                                                                                                              | Gear                                                                                                                                                                                                                                             | Personal Items                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Lightweight, moisture-wicking base layers<ul style="list-style-type: none"><li>• Fleece jacket and pants</li></ul></li><li>• Waterproof and windproof outer layers<ul style="list-style-type: none"><li>• Trekking pants and shorts</li><li>• Gloves, hat, and scarf</li><li>• Woolen trekking socks</li></ul></li><li>• Trekking boots and Sandals</li></ul> | <ul style="list-style-type: none"><li>• Duffle bag and daypack</li><li>• Sleeping bag (rated at least -20°C)</li><li>• Trekking poles (optional)</li><li>• Water bottles</li><li>• Sunglasses</li><li>• Headlamp</li><li>• Rain covers</li></ul> | <ul style="list-style-type: none"><li>• All necessary documents, including permits</li><li>• Cash (the lesser the change, the better)</li><li>• Toiletries (toothbrush, toothpaste, soap, toilet paper, and other)<ul style="list-style-type: none"><li>• Sunscreen</li><li>• First-aid kit</li><li>• Snacks or energy bars</li></ul></li><li>• Electrolyte (to replenish the minerals)</li></ul> |

## Why Book the Rara Lake Trek With Us

Nepal Base Camp Trek has been operating a travel agency for over a decade and has gained invaluable experience in trekking and mountaineering. Here are other reasons to book the Rara Lake Trek with us.

- Registered trekking agency with all the legal documents.
- We prioritize our client's safety. Hence, we select our guides after assessing their proficiency in providing support during an emergency.
- We provide an experienced English-speaking guide who will help you throughout the trek in navigation, safety, and cultural exploration.
- You can customize your itinerary at the Nepal Base Camp Trek as per your preference.

Whether you are planning for a group trek or want to go solo, we are here to help you. Feel free to contact us about any difficulties you face while planning your Rara Lake Trek.

## **Questions Asked By Rara Lake Trekkers**

### **How Long is the Trek to Rara Lake?**

The trekking distance of Rara Lake trek is approximately 55 Km if no detours are included in the itinerary. Depending on your route, pace, and trekking style, the trek would take 9 to 17 days to complete.

### **Which Route is Best for Rara Lake?**

While some routes take you to Rara Lake from Upper Dolpo, they are challenging and expensive. On the other hand, a Jumla route costs less money and is also moderately difficult.

### **How to Reach Rara Lake from Kathmandu?**

To reach Rara Lake, you must first reach Jumla, where your trek begins. To reach Jumla, you must take two flights: one to Nepalgunj and another from Nepalgunj to Jumla. After reaching Jumla, you have to trek to Rara Lake.

### **Can a Beginner Do Rara Lake Trek?**

Absolutely! Rara Lake is a moderately difficult trek that is achievable even by beginners. However, you must prepare physically at least a month before the trek begins to deal with difficulties like steep ascents and descents and altitude sickness.

### **Can I Go on a Solo Trek to Rara Lake?**

A 100%. You can trek solo to Rara Lake after obtaining all the permits. However, you should also consider hiring a local guide and porter, as the trek involves camping.

### **What is the Best Time to Visit the Rara lake?**

Autumn (September to November) and Spring (March to May) are considered the best time to complete this trek.

## **Can I Customize the Rara Lake trek itinerary?**

Yes! You can. The itinerary of the Rara Lake trek varies depending on your pace, route, and style.

## **Do I need Guides for the Rara Lake Trek?**

Not really. You don't need a guide to trek to Rara. However, a trek guide is compulsory if your route takes you through the restricted region. Also, hiring a guide will help you navigate easily and provide immediate professional assistance.

## **What Permits Do I Need for Rara Lake Trek?**

For the Rara Lake Trek, you must obtain a Trekkers' Information Management System (TIMS) card and a Rara National Park Permit.

## **Are Wi-Fi and mobile networks available at the Rara Lake Trek?**

Some tea houses might have internet facilities, but you might have to pay extra. You can also get a local SIM card during the trek. However, due to the remoteness, there might be connectivity issues.

## **How Many Hours do I have to Trek Each Day?**

Depending on your pace and itinerary, you might have to trek for 4 to 7 hours daily.

## **Can I Take my Credit Cards for the Rara Lake Trek?**

Credit cards are not much of a help during the Rara trek. The teahouses in the region don't accept credit cards. You should exchange your currency with Nepalese, and you can carry it with you.

## **What is the Highest Point of the Rara Lake Trek?**

The highest point of the Rara Lake trek is Chuchemara Danda (Chuchemara Hill), at an elevation of 4,087 m.

## **How do I Prepare for Rara Valley Trek?**

To prepare for the Rara trek, focus on cardiovascular exercises like running and swimming. Training your legs might be useful as you walk for at least 4 hours daily. You can also go on hikes to simulate the trekking experience.

## **Address**

**Nepal Base Camp Treks Pvt. Ltd**

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal