Trek Mania Nepal Pvt. Ltd.

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Rara Lake Trekking - 13 Days

ABOUT RARA LAKE TREKKING: THE LARGEST LAKE IN NEPAL

Rara Lake is an enchanting lake located in the remote northwestern region of Nepal, inside the pristine boundaries of Rara National Park. This lake is also locally known as Mahendra Daha which abodes at an elevation of 2,990 m above sea level. What makes it even more special is that Rara Lake is Nepal's largest and deepest freshwater lake.

If you are looking for a peaceful escape away from the crowds and to connect with nature, the Rara Lake Trek offers an unforgettable adventure through its trail full of pristine natural beauty and unique cultural landscapes. This complete guide to the Rara Lake Trek from Trek Mania Nepal reveals the magic of this off-the-beaten-track journey and helps you plan your perfect itinerary for Rara trekking.

More about Rara: The Queen of Lakes

Locals often call Rara Lake "Queen of Lakes" with love. It has an area of about 10.8 square kilometres and is surrounded by tall Himalayan peaks and dense forests. On a perfect day, the lake's clear turquoise waters mirror the snow-capped summits, creating an unrivaled spectacle as part of the Rara National Park. Whether you are a nature lover, a photographer, or a spiritual seeker, Rara's tranquil setting provides a meditative escape seldom found in the more commercialized trekking areas such as the Everest Base Camp or Annapurna Circuit.

Rara National Park

Established in 1979, Rara National Park is one of the smallest but most ecologically diverse protected areas in Nepal. The Rara national park expands over 106 square kilometers where trekkers, botanists, and wildlife enthusiasts can explore and discover the area as per their preferences.

The trail weaves through alpine meadows, dense coniferous forests, and sub-alpine ecosystems that are home to over 215 bird species and many other endangered animals. Some of them includes the musk deer, Himalayan black bear, leopard, and Himalayan goral. Bird watchers has claimed that they can spot the colorful Himalayan Monal (Impeyan Pheasant), Nepal's national bird, or the mighty lammergeier vulture soaring overhead while embarking through the Rara National Park.

If you are looking or comparing Rara National Park with other protected areas of Nepal, you can learn more about Nepal's national parks for an extended adventure beyond Rara.

What makes Rara Trek special?

Unlike other popular trekking regions in Nepal that gets crowded with teahouses and tourists, the Rara Lake region offers a quieter, more immersive cultural experience. Throughout our journey, we will pass through isolated villages inhabited by the Magar, Thakuri, and Rara ethnic communities. The communities where daily life still follows traditional rhythms.

These villages that we pass by showcase Nepal's living heritage, with stone-built homes, terraced farmlands, and age-old customs - and if the dates coincide, local festival celebrations could be an amazing part of trekking to Rara.

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By choosing homestays in Rara, you'll get a chance to interact with local families, taste traditional Nepali food, and gain a genuine understanding of Himalayan hospitality.

For other cultural trek routes in Nepal, explore our Homestay Trekking Packages and you can compare them based on your preferences.

Who can join the Rara Trekking Adventure?

The Rara Lake Trek is a moderate difficulty trekking which is suitable for moderately experienced trekkers and those with good physical fitness.

A typical Rara Trek itinerary would be somewhere between 9 to 14 days. The program begins with a flight or drive from Kathmandu to Nepalgunj, from where we have to take a flight or drive to Jumla, the usual trailhead.

Trek Mania Nepal offers fully customizable trekking itineraries for Rara Lake along with the **Jeep Tour to Rara Lake**. We also offer private guides, porters, permits, and accommodation arrangements based on the guest's requirements, along with dietary preferences.

Things to Know before trekking to Rara Lake

Before embarking on the Rara journey, we have to make sure that we have obtained the Rara National Park entry permit and are covered by travel insurance with emergency evacuation coverage.

Likewise, essential gears for this trek includes: a reliable backpack, quality hiking boots, warm layers, a rain jacket, and sun protection. And your regular medicines or personal use items (if any). Our experienced guides will ensure a safe and enjoyable journey with proper navigation and guidance.

For packing guidance, check out our Trekking Gear Checklist for Nepal.

Regarding the season, the ideal trekking seasons for Rara Lake are spring (March–May) and autumn (September–November). These months offer clear skies, stable weather, and the chance to see blooming rhododendrons in the lower elevations.

Things we can experience along the trail

Throughout the journey to Rara Lake, we will be experiencing an ever-changing landscapes. The trail allows us to experience breathtaking Himalayan panoramas, especially from Murma Top - a scenic viewpoint near Rara Lake that offers 360-degree views of the lake and surrounding valleys. As we trek through the highlands, we can hear the rustling of pine trees, the rhythmic flow of mountain streams, and the melodic chirping of Himalayan birds—a natural symphony that enhances the trekking experience.

In addition to the awe-inspiring scenery, you'll encounter ancient Buddhist monasteries, prayer flags fluttering in the wind, and small Hindu shrines—a testament to the spiritual harmony that permeates this region.

Meals during Rara Trek

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Along the trails of Rara Lake trekking, typical Nepali cuisine plays an essential role in enriching the trekking journey. Trekkers can enjoy freshly cooked meals made from locally sourced ingredients of the Rara region. Some of the meals that are popular along the trail includes:

- Dal Bhat – Nepal's beloved national dish of lentil soup and rice.
- Mo:Mo – delicious dumplings filled with spiced meat or vegetables.
- Gundruk – a tangy fermented leafy green, packed with flavor and nutrients.
- Chhurpi – a hard Himalayan cheese made from yak or cow milk, ideal for chewing during long treks.

And the list will go on, these are some of the most popular ones.

Beyond the Lake: Cultural Sites and Nature Reserves

After completing the regular itinerary of our Rara lake trek, if you still got more time then you can consider extending your trip to explore Nepalgunj. It's the bustling city that serves as the gateway to Mid-Western Nepal.

Things to do in Nepalgunj: dive into local markets, savor street food, or visit Bageshwori Temple, a revered pilgrimage site.

For wildlife lovers, a side trip to Bardiya National Park offers a rare chance to spot Bengal tigers, Asian elephants, and one-horned rhinoceroses. Bardiya is one of the best places in Nepal for jungle safaris, and can be combined with your Rara adventure for a complete Himalayan escape.

If you are a wildlife enthusiast, you can read more on wildlife adventures in Nepal.

Planning the Rara Lake Trek

Rara Lake Trek is more than just a hiking path; it's a spiritual expedition deep into the heart of rural Nepal, abundant with natural beauty, biodiversity and cultural immersion. If you're looking for mountain solitude, a different kind of trek or a cultural change from the mainstream, Rara is waiting to welcome you and tell you its stories.

Let Trek Mania Nepal help you craft this once-in-a-lifetime experience to Rara Lake, a true hidden gem of the Himalayas.

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PRICE INCLUDES

- Airport pickup and drop-off 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 the 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 guides and porters.
- All required trekking gear, like sleeping bags and a down jacket made available for rent.

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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

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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.

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FAQ

1. When is the best time to go on the Rara Lake Trek?

The best time to trek Rara Lake is during spring (March to May) and autumn (September to November). These seasons offer clear skies and perfect trekking conditions.

2. How hard is the Rara Lake Trek?

The Rara Lake Trek is rated as moderate. It's suitable for trekkers with basic fitness levels who are used to walking long distances at altitude.

3. What permits do I need for the Rara Lake Trek?

You'll need a TIMS Card and a Rara National Park Permit to trek to Rara Lake.

4. How long does the trek to Rara Lake take?

The trek usually takes 9 to 14 days, depending on your pace and how many stops you make along the way.

5. What is the altitude of Rara Lake?

Rara Lake sits at an altitude of 2,990 meters (9,842 feet), offering stunning views of the surrounding Himalayas.

6. Can I do the Rara Lake Trek on my own?

It's recommended to go with a licensed guide for better safety and to navigate the remote trails of Rara Lake.

7. How do I get to Rara Lake?

Fly from Kathmandu to Nepalgunj, and then take a domestic flight to Talcha Airport, which is close to Rara Lake.

8. Is there mobile network coverage during the trek?

Mobile coverage is limited, but some areas along the trek have signals from NTC or NCELL.

9. What types of accommodation can I expect?

Accommodation is basic and usually consists of teahouses or homestays, offering a chance to experience local culture.

10. What should I pack for the Rara Lake Trek?

Be sure to pack warm clothing, trekking boots, a rain jacket, sunscreen, and a first-aid kit to stay comfortable and safe

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