Rara Lake Trek
https://www.tmgadventure.com/packages/rara-lake-trek/

Trips Facts

- **Trip Code**: TMG-RL100
- **Group Size**: 1-15 px
- **Included Meals**:
- **Trip Mode**:
- **Elevation**: 3900m
- **Accommodation**: Hotel and tea house
- **Transport**: 208
- **Start Point**: Kathmandu
- **End Point**: Kathmandu
- **Best Season**: March, April, May, September, October, November

Trip Highlights

- Visiting beautiful camping sites
- Crossing various passes like the Khali Langa Pass
- Visit the Giant Lake Rara
- Amazing sceneries of valleys, forests and several streams

Located in one of the remote villages of Nepal, Rara Lake resides peacefully in Mugu district. The biggest and the deepest lake of Nepal is the highlight of the Rara National Park that has a collection of the unique flora and fauna. Mugu was once a part of the ancient Malla kingdom of the Karnali River basin now it is a place with a fascinating blend of Buddhist and Hinduism as well as Shamanism and the ancient Bonpo religion. This area is also famous for the unique herbs (Yarshagumba) which has many medical properties.

Jumla on the other hand is hidden away in the shadows of Sisne Himal. It is believed to be the place where the Nepali language was originated from the “sinja” of Jumla. Residing on the banks of Tila River it is one of the place where the unique red rice is grown and is loved for its special taste. Jumla is also very famous for the apples and different apple chips, brandy and pickles.

Accommodation

You will be staying at a 3-star hotel (Value) in Kathmandu on bed and breakfast with an attached bathroom, and at the best possible hotel or lodge or guesthouse during the trek. For more information on accommodation during the trek, please read the following words given below.

The higher places you reach during the trek, the accommodation facilities of the lodge decreases, in other words, the lodges that are at a higher altitude have a basic level of Toilet, you will have to spend a night in a twin sharing room, and you will not find an attached bathroom.
Transportation

Private car or van or bus or tourist bus or plane.

In your trip cost, we have also included the transportation fare, so that you do not have to pay from your pocket when you are in Nepal. The fare includes pick up from the airport as well as drop off at the airport, including other transportation facilities like tourist bus or local bus or plane in which part of Nepal you are traveling. You will be seeing us outside the airport holding the name of TMG Adventure when you arrive in Kathmandu. If you arrive in the late evening, we will straightly take you to the hotel, and if you arrive in the day time, you will take you to our office. For more information, you can check it in what is included section.

Meals

You are trekking near the mountains, that is, you are trekking at a higher altitude, so your body needs energy, and you will get the energy from the food you eat. The foods that we provide you have the right amount of carbohydrate, protein, and fat. We will provide you these in all three square meals: breakfast, lunch, and dinner.

Guides

All our trekking guides have done training on how to tackle with altitude mountain sickness as well as how to use the first aid kit. They are also taught to take care of the trekkers 24/7 if they are affected by an altitude mountain sickness or if they are sick during the trek. Emergency evacuation if you need, you will be provided a helicopter. That is the reason why our guides have 24/7 access to TMG Adventure in Kathmandu.

Travel Insurance

Travel Insurance is a must because you are trekking near the mountains at an altitude of more than 3000 m. You must ensure in your country before coming to Nepal, before starting your trek. Please bring with you a copy of insurance, and your insurance policy must cover the medical expenses, helicopter evacuation from the altitude of 5000 m to 6000 m, and other things related to your health. Please give the copy to TRAVEL MAX GUIDE. It will send the information to the insurance company if you use the mountain rescue operation, mentioned above.

Passport and visa

Before coming to Nepal, your passport has must have the validity of 6 months, and you can put the visa on your passport at Tribhuwan International Airport in Kathmandu, Nepal. The current cost of the Nepalese visa is the US $ 40 for 30 days, and you must also bring 4 passport-sized photos. If you are from China or SAARC countries, a free visa will be provided to you.

Trekking Information

The following are the best seasons for trekking in Nepal, and each of these has its charm, the one which is on the top of the list is the best.

- Winter season (December – February, including September, October, and November)
- Spring season (March-May)
As a trekker, you can do different types of trekking in Nepal, and they have been given below.

- **Tea House Trekking (Lodge Trek)**
- **Camping**
- **Home Stay**

**Walk miles for a good cause**

TMG Adventure is not just a tour operator in Nepal but also a contributor for a good cause to our communities and the Himalayas people especially working on behalf of children where are abundant from education. Company work through FAN (First Act Nepal) It’s a team that works purely for our children. Support for their well being through education providing child sponsorship programs. Assisting them in school uniforms, stationery, and school fees.

TMG Adventure donates a certain amount of its income to FAN annually, and the amount that it donates varies from year to year because the income that it earns also varies from year to year. Sometimes the income of TMG Adventure is high, and sometimes, it is low. Accordingly, the donation is made.

TMG Adventure also has a volunteering program, and if you are interested, then you can help these children through this program. For more, you can contact us via email, make a call or visit our office. You can also be a part of encouragement by engaging and sharing your ideas in our project.

**Outline Itinerary & Maps**

- **Day 01: Arrival at Kathmandu, trip arrangements, meeting with staff**
  
  After arrival at the airport, transfer to the hotel in Kathmandu for check in. Meeting at our travel office for your trip arrangements and an introduction to our trekking staff. The rest of the day is free to explore or take a rest at the hotel. Overnight stay in Kathmandu.

- **Day 02: Sightseeing around Kathmandu Valley**
  
  After breakfast our driver and tour guide will pick you up from the hotel to go sightseeing in the valley. Our first destination is the ancient Durbar Square of Bhaktapur, afterwards we drive to Patan Durbar Square where we also have a lunch break. In the afternoon we visit the sacred Hindu Temple of Pashupatinath, the giant Buddhist Stupa of Boudhanath and we finish up high at the hilltop Stupa of Swayambunath AKA the Monkey Temple. Our driver drops you back off at your hotel for your overnight stay.

- **Day 03: Fly to Nepalgunj**
  
  A morning 55 minutes flight from Kathmandu to Nepalgunj a sub metropolitan city located in the terrain region of Nepal. We will stay here to explore this beautiful city and spend the night.

- **Day 04: Nepalgunj- Jumla by flight and trek to Padmara**
We depart in the morning by flight towards Jumla, on the way we can experience beautiful aerial views of the landscape. From Jumla we start the trek towards Padmara. There are two tracks leading to Rara. We follow the trail northeast along the right side of the Chaudbise Khola through forests. Continuing on until reaching Urthu, crossing a bridge brings us in the Chaubise region. Now ascending steeply the trail leads us through a narrow gorge of the Ghurseni River until reaching the valley. At the head of the valley we reach Padmara village for our overnight stay.

- **Day 05: Padmara - Burma**

After breakfast we follow the ascending trail along the right side of the Ghurseni River. We leave the fields behind us and start our climb towards our first pass the Khali Langa. From here we are rewarded with some great views of the landscape. As we follow down the right bank of stream to a bridge crossing we have descend through thick forest. Reaching the wooden bridge over the Sinja Khola called Lah Gad. We follow the trail until a final steep climb until reaching our next destination Burma where we will set up camp for the night.

- **Day 06: Burma - Pina**

Today we head for Pina. Following the river until reaching Bhargaon, continuing on until we can cross a stream by a wooden bridge and climb up to Chautha. The trail leads us in to a beautiful meadow and finally ascends through forests until reaching Pina. We set up camp here for the night as tomorrow we head for Rara Lake.

- **Day 07: Pina- Rara Lake**

Rara Lake is only a short distance from Pina, it is a short but pleasant trek with beautiful scenery. Climbing a slope, ascending though forests and fields we descend towards a calm stream. Crossing the stream we have a climb up to Jhari. From here we ascend further wedge along a ridge after a while we can see the first views of the majestic lake. With the lake insight it’s a pleasant descend until reaching the south side of the lake. Following the lake’s side we head to the north side where we find Rara village. We set up camp nearby the lake for our overnight stay.

- **Day 08: Explore the Rara Lake**

Today we explore and relax around Rara Lake. It is one of biggest lakes in Nepal and it takes at least 8 hours to walk around the whole lake. Being home to otters, fish and many other amphibians the lake offers a lot to discover. Overnight at the camp.

- **Day 09: Rara Lake to Ghorasinga**

Heading for Ghorasinga we follow the lake until its outlet. Continuing downstream we reach a bridge just passed Murma. After crossing we have climb through open clearings and again through forests. Following the ridge with spectacular mountain views we head up to an altitude of 3,749 meters and then descending on the east side of Chuchemara Danda. Being a steep descend we walk steadily until reaching Ghorasinga where we set up camp for the night.

- **Day 10: Ghorasinga to Sinja Valley**

After breakfast we head out again. Starting with a climb towards the Diyabala Danda south of
Ghorasinga. The climb brings us through forests and along the high fields of Lumsa. Here we are rewarded with great views of the Sinja Valley as we descend all the way to Sinja. Overnight stay at the camp

- **Day 11: Sinja Valley to Chere Chaur**
  
  Crossing the log bridge over the Sinja Khola (river) we follow the stream until ascending on a ridge. After this we descend back to the stream and follow a zigzag trail through wild forests along the stream. Having a gully climb now until we reach our next pass from where we descend again towards Chere Chaur for our overnight camp stay.

- **Day 12: Cherechaur to Jumla**
  
  Today we head back to Jumla, it is our last day of trekking. Jumla town is not far from here and we follow the trail descending slowly until reaching Jumla for our overnight stay.

- **Day 13: Fly to Nepalgunj and flight to Kathmandu**
  
  We have an early flight back to Nepalgunj and transfer on another flight back to Kathmandu. After arriving at the airport we transfer to the hotel for check in and refreshing. We meet back at the office for your trek review.

- **Day 14: Rest day in Kathmandu**
  
  Today is a day at full leisure in Kathmandu, wander the streets of Thamel, and relax at the restaurants or hotel. A full day at your disposal.

- **Day 15: Departure**
  
  This day your trip concludes here. TMG’s representative will drop you to the Tribhuvan International Airport by the private vehicle.