

Trip Name : Rara Lake Trek

Starting Point	Fly in KTM/KEP-Jumla
Ending Point	Fly out Jumla-KEP/KTM
Type	Fully Camping Trek
Grade	Medium
Duration	13 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to June and September to November
Max. Elevation	4039 mt.

Trip Highlights:

- The spectacular view of the Rara Lake
- Great chance to watch a vast range of migratory birds
- Observation of the remoteness of Nepal
- Various species of flora and fauna
- Panoramic views of Snowy peaks on the horizon
- Ancient and isolated villages
- Buddhist monasteries
- Enthralling culture and tradition

Trip Details:

Rara Lake having an area of 10.8 sq.km is the largest lake of Nepal and sits at an altitude of 2,980 meters (9,777ft) from sea level in the north-western high mountains of Nepal. This is still comparatively less explored area located in the Mugu district. The Lake is oval shaped with an east-west axis and has a maximum length of 5km and a width of 3km surrounding by magnificent coniferous forests with a depth of 167m. Its radiant blue water is home to the snow trout (Schizothorax Orenius Sinuatus), the only fish recorded in the lake. The area surrounding the lake was declared as Rara National Park in 1976. The park is Nepal's smallest protected area comprising an area of 106sq.km. The Rara Lake attracts migrant wildfowl and is regarded among one of Nepal's finest regions for bird watching where we can see coots, snow cock, different species of pheasants, grebes, mallard, common teal, red-crested pochard and gulls. The majority of the vegetation in the park is dominated by blue pine and several species of rhododendrons. The park is home to around 20 different species of mammals such as Musk deer, Himalayan black bear, Leopard, Jackal, Himalayan tahr, Yellow throated marten, otter, wild dog, common langur, Rhesus macaque and Red panda. The elevation of the park ranges from 2,800 meters (9,186ft) to 4,039 meters (13,252ft). Chuchemara Peak (4,039m/13,252ft) is the highest point in the park. The snowcapped summits of Ruma Kand (3,731m/12,241ft) and Malika Kund (3,444m/11,300ft) located on the northern side of the lake provides a spectacular view over the Himalayas on the horizon. There are flights available from Nepalgunj to Jumla where we start our trek to this stunning area.

Season for Rara Lake Trek:

Trekking around Rara Lake is the best in late spring (April to June) and autumn (Sept to Nov). The days are sunny and warm but the nights are cold. The only issue is cold and might be a problem due to ice/snow blockade in some places and closed in winter and early spring.

High Altitude Warning:

Altitude sickness might be a serious concern in the Rara Lake trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Rara Lake trek as medium level trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Rara Lake trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- A City Hotel in Nepalgunj for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Nepalgunj (KEP)-Jumla-Nepalgunj (KEP)-Kathmandu and ground transfers
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly from Kathmandu to Nepalgunj, overnight at a hotel.

Day 02 : Fly Nepalgunj to Jumla (2,370m/7,775ft). Trek preparation day.

Day 03 : Trek Jumla to Danphe Lagna Camp (3,645m/11,959ft).

Day 04 : Trek Danphe Lagna Camp to Chautha (2,770m/9,088ft).

Day 05 : Trek Chautha to Ghurchi Lagna (3,446m/11,306ft).

Day 06 : Trek Ghurchi Lagna to Dhur (2,410m/7,907ft).

Day 07 : Trek Dhur to Rara Lake (2,980m/9,777ft).

Day 08 : Rest day at Rara Lake for excursion.

Day 09 : Trek Rara Lake to Gorusingha (3,305m/10,843ft).

Day 10 : Trek Gorusingha to Sinja (2,490m/8,169ft).

Day 11 : Trek Sinja to Jaljala Chaur (3,270m/10,728ft).

Day 12 : Trek Jaljala Chaur to Jumla.

Day 13 : Fly Jumla to Kathmandu via Nepalgunj.