



Rara Lake Trek



Introduction

Rara Lake, The unique opportunity to be among those who have trekked on the remote trails of western Nepal. It is the biggest and deepest freshwater lake in the Nepal's Himalayas. It is the main feature of Rara National Park, located in Jumla and Mugu Districts. In September 2007, it was declared a Ramsar site, covering 1,583 ha including the surrounding wetland. followed by a flight to Nepalgunj and then to Jumla. From Jumla, you will set forth on a journey that promises greater solitude and a chance to be in the presence of the fantastic Rara Lake. It is the highest lake in Nepal and proudly addressed by the Nepalese as the Queen of Lakes . which showcases nestled snow-capped mountains and leads you through accessible forest. This trek puts you to walk in a solitary path, wherein you follow off-the-beaten trail and enjoy the gifts of nature in a full swing; above all, you experience a variety of nature. All these that you see and where you walk, take place in the Rara National Park, a habitual place for musk deer, Himalayan black bear, leopard, Himalayan goral, Red Panda, and "Danfe" Besides this, the park also abounds with coniferous trees, such as pine, juniper, and spruce.

The founder of the Great Outdoors Recreation Pages, Bill Greer has described the Rara Lake as **"a shimmering blue jewel set in a ring of snowy peaks"**.

Facts

- Altitude: 3480<
- Duration: 15 days
- Grade: Easy/Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: February-May/September-December (Spring/Autumn)
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Tented camp/Tea House Lodge
- Transportation: Private car/Tourist Bus/Air

Highlights

- Visit UNESCO world cultural heritage sites of Kathmandu Valley.
- Watching different varieties of birds during the trail.
- Visit largest lake of Nepal which size is approx 13 KM.
- Outstanding landscapes and mountain views during the trek.
- Exploring an isolated and mysterious beauties of remote Nepal.

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Sightseeing around Kathmandu World Heritage Sites. Meal includes:Breakfast
- **Day 3** : Fly Kathmandu to Nepalgunj (150m) 1:50-1:55 minutes. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Fly from Nepalgunj to Jumla (2,540m): 20-25 minutes. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Trek from Jumla to Chere Chaur (3055m). Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Chalachaur to Sinja Valley (2490m). Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Sinja to Ghorosingha (3050m). Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Ghorosingha to Rara Lake (3010m). Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Explore Rara Lake. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Rara Lake to Pina (2440m). Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Pina to Bumra (2850m). Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Trek ends: Bumra to Jumla (2540m). Meal includes:Breakfast/Lunch/Dinner
- **Day 13** : Fly to Nepalgunj, fly to Kathmandu. Meal includes:Breakfast/Dinner
- **Day 14** : Final Departure

Note: The above itinerary can be tailored to your client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have interest in add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Twin sharing accommodation in Kathmandu B/B
- Sightseeing transportation by Non A/C or A/C comfortable vehicle
- Historical monuments cities sightseeing with English speaking tour guide
- Required necessary Domestic flight Kathmandu-Nepalgunj-Jumla, Nepalgunj-Kathmandu
- Required necessary Permit/ National Park fee.
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- 3 time meal (Breakfast, Lunch and Dinner) during entire trip
- Fees to be paid for Trekkers Information Management System - TIMS. (Note : You are required to bring two passport size photo for this purpose)
- Government licence holder professional english speaking guide
- Professional cook for the Trek and required necessary kitchen boy and helper
- Nepali staff insurance and their wages
- Tea House and Tented accommodation during trek. VE-25 North Face will be provided for the clients.
- Nepal Government tax and Office service charge

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service), which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced on client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [MY ACCOUNT](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Airport pick up and airport drop by private transportation
- Nepal entry visa fee US\$ 25 (duration 15 days) and US\$ 40 (duration 30 days)
- Historical monuments entrance fee
- Wire Transfer charge or Credit card service charge as company rule
- Lunch and Dinner during the stay in Kathmandu

- Snacks, soft drink during the trek
- Personal trekking equipment
- International or domestic air tickets and airport taxes
- Personal trekking equipments and Clothing
- Alcoholic beverages, laundry, Telephone calls and all type of hot drinks during Jeep tour Soft drinks such as cola, mineral water etc
- High risk medical / travel insurance and First aid kit
- Tips to the guide, porter, driver or any other trekking staff
- Excess baggage charge
- Extra night accommodation in Kathmandu in case of early arrival, early departure from the trek or due to any reason from the planned itinerary
- Any other not mention above cost includes

