



## **Rara Lake Trek - Itinerary**

### **1. Arrival in Kathmandu (1,300m/4,264ft)**

After your arrival in the airport you will be greeted by a representative of Sunrise Adventure and drop to hotel. In evening we will provide you short briefing about your trip at Sunrise Adventure Treks. Overnight stay in a hotel.

### **2. Kathmandu sightseeing: World Heritage Sites**

After breakfast sightseeing tour by visiting UNESCO World Heritage Sites visit Patan Durbar Square enjoy Nepalese art and architecture. The architecture is typical of the Malla dynasty who ruled over Nepal from the 12th to the 18th century. Swayambhunath Temple is popular among foreigners as the Monkey Temple owing to the large monkey population residing in the area. Pashupatinath Temple is situated on the banks of the Bagmati River and is one of the principal temples of Lord Shiva. The Baudhanath Stupa is one of the largest stupas in South Asia which is built on the ancient trade route to Tibet. You get a chance to collect the beautiful memories in Nepalese histories. Overnight stay in a hotel.

### **3. Fly from Kathmandu to Nepalgunj (150m/490 ft): 1 hour**

After completing the excursion in Kathmandu, we take a flight from Kathmandu to Nepalgunj for about 1 hour, located in Western Nepal. Nepalgunj, is also known as the gateway to Simikot, Humla which is situated near the border of Nepal and India. Nepalgunj is a very interesting town place that showcases the diverse culture of Nepal. In Nepalgunj, we visit the local market, mini-zoo and nearby villages. On the way, we can see the people living there from different customs and culture. Overnight in Nepalgunj. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Fly from Nepalgunj to Jumla (2,540m/8,334ft): 20 minutes**

Now, it's time to go up of the geographical regions, after breakfast we leave the Terai plains of Nepalgunj and fly to the hilly region where we get to observe the landscape of Jumla. Jumla is one of the least accessible districts in Nepal which is also the administrative headquarters of Karnali Zone. Situated in the foothills of the Sisne Himalaya, Jumla is also the gateway for trekkers who want to explore the remote Karnali region of Nepal. Overnight in Jumla. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek from Jumla to Chere Chaur (3055m/10,023ft)**

Jumla is the starting point of our trek. After breakfast, today we leave Jumla and ascend to Chere Chaur via Jugad Khola. Chere Chaur is a very charming place, offers us beautiful scenic environment of Jumla town, Tila valley and Chyakhure Lekh. On the way, we go up through the stages and pass Khalanga Bazaar, a small market place for the nearby villages. We also pass a couple of villages and a temple before reaching our destination. Overnight in Chere Chaur. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **6. Chere Chaur to Chalachaur (2980m/9,777ft)**

This is the second day of our trek, first having the early breakfast; we take the western trail and ascend slowly until the Jaljala pass (3580m) above the sea level. We cross the pass and continue trekking on a relatively straight trail until reaching Jaljala Chaur. From here we ascend up on a steep trail and enter the Rara Lake Circuit before reaching Chalachaur. Overnight in Chalachaur. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Chalachaur to Sinja Valley (2490m/ft)**

Uphill trek to Sinja Valley. On the way we pass through several villages and walk along the dense forest with Jaljala Khola (stream). Sinja Valley holds an important place in the history of Nepal as the valley houses ancient remains with capital city of the Khasa Kingdom that ruled this area from the 12th to the 14th century. Different the ancient remains, structures and temples of this settlement were uncovered during excavations spearheaded by the Department of Archaeology at Cambridge University. Overnight in Sinja Valley. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge

## **8. Sinja to Ghorosingha (3050m/10007ft)**

We leave Sinja on an uphill trail alongside Hima River and cross by the Laha village. From the village we climb on a steep trail for a while followed by a relatively easy trail, pass by the beautiful forests and valleys. From Laha, it is a steep climb up until Ghorosingha alongside Ghatte khola (stream).so, we have to pass through the suspension bridge. Overnight in Ghorosingha. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge

## **9. Ghorosingha to Rara Lake (3010m/9876ft)**

Our steep ascent of today begins with the breakfast. The trail we walk through is alongside Chuchhemara Danda from where we get a chance to observe the spectacular views of Himalayas, along with the vast and tranquil Rara Lake. The lush green vegetation, flora and faunas of the Rara National Park provide you unexpected beautiful moments of your life. On the way to Rara Lake, we pass through Khatyar Khola Camp, Khatyar stream and few villages including Murma. From Murma, trail gets a little bit easier. Then, we continue walking towards Chapri village quarter head of Rara National Park. Overnight at Rara Lake. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Explore Rara Lake**

Rara Lake is the largest freshwater lake in Nepal located at an altitude of 2290 m. After breakfast we explore the area, on the southeast corner of the Lake, there is Thakur Baba's temple. So, you get a chance to observe the temple. While boating we get to admire the picturesque setting of the lake and discover quite a few varieties of fish. Here, we can find the amazing views of mountains as Chuchemara Peak lies on the southern side of the Rara Lake whereas Ruma Kand and Malika Kand peaks frame its northern area. Overnight at Rara Lake. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Rara Lake to Pina (2440m/ 8006ft)**

Today, our trail is easy and we walk on a relatively straight path until Gamgadhi, headquarters of the remote Mugu District of Nepal. From Gamgadhi, the trail descends down steeply to Pina Village. Overnight stay at Pima. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Pina to Burma (2850m/9351ft)**

From Pina we descend and cross the Ghurchi Lagna pass at 3480 m during which we get to observe the panoramic views of mountains. We continue our descent and pass through a few villages before reaching Bumra. The Bumra village is also known as Nauri Ghat. Overnight at Burma.

### **13. Trek ends: Burma to Jumla (2540m/8334ft)**

We take an early breakfast and then cross two suspension bridges above Hima River. After crossing the village we walk downhill. Walking for a few hours takes us to a hot spring where we can ease our aching body with a dip or a natural hot bath. Not long after the hot spring, we cross Danphe Lagna pass at 3691 m. After reaching at Cherechaur, we follow the same trail back to reach Jumla. Overnight in Jumla. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **14. Fly to Nepalgunj, fly to Kathmandu**

After reaching Nepalgunj, we fly back to Kathmandu. And after reaching at Kathmandu we take a rest or do some shopping. At evening the company, Sunrise Adventure Treks will offer you evening meal and cultural program. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **15. Final departure**

Our representative will drop you to airport before 3 hours of your departing time. Have a safe flight back home or you can join another trip in or outside Nepal with Sunrise Adventure Treks.

## **INCLUSIONS**

- All airport pick up and drop by private car/van
- Four nights accommodation with breakfast at a 3-star category hotel in Kathmandu
- Kathmandu city sightseeing tour with a professional tour guide as per the above itinerary
- One night accommodation in Nepaljung at hotel
- KTM - Nepalgunj - Jumla - Nepalgunj - KTM all airfare including airport departure tax
- Meals on full board (breakfast, lunch, dinner, tea & coffee) prepared by our expert cook
- Twin sharing tented accommodation during the trek
- An experienced guide (trained by Ministry of tourism), required the number of porters, their food, accommodation, salary, insurance, equipment
- Trekking equipment (two men tent, dining tent, kitchen tent, table, kitchen utensils, and other necessary equipment during the trek)
- Special trekking permit (Rara Lake trek is in the restricted zone, we need the permit to visit this area)
- Rara Lake national park entry fees\
- Safe drinking water, boiled/iodine tablets
- First aid medical kit bag
- All government and local taxes
- Our official expenses

## **EXCLUSIONS**

- Your International airfare and travel insurance
- Some Lunch and dinner in Kathmandu
- Nepal entry visa
- Personal shopping hot shower during trekking all cold drinks and alcoholic drinks items
- Tips for trekking crew (Tipping is appreciated but it is not mandatory)

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)