

Rara Lake Trek – Journey to Nepal's Largest Alpine Lake in the Remote Himalayas

Overview:

The Rara Lake Trek is a peaceful and rewarding journey into the remote wilderness of western Nepal, leading to the breathtaking shores of Rara Lake (2,990 m), the largest lake in Nepal. Surrounded by dense forests, rolling hills, and distant Himalayan peaks, Rara offers a rare combination of natural beauty, tranquility, and cultural authenticity away from Nepal's more crowded trekking destinations.

Located within Rara National Park, the trek explores the remote landscapes of the Jumla and Mugu regions, where traditional villages, terraced fields, pine and rhododendron forests, and quiet mountain trails reveal the untouched character of western Nepal. Along the route, trekkers experience the unique lifestyle, traditions, and warm hospitality of local communities while walking through one of the country's least-explored regions.

The major highlight of the trek is reaching Rara Lake, often referred to as the "Queen of Lakes" because of its crystal-clear waters and stunning natural surroundings. The lake changes shades throughout the day as sunlight reflects across its surface, creating a peaceful Himalayan landscape framed by forests and mountains. A hike to Murma Top (3,700 m) provides one of the finest viewpoints in the region, offering a spectacular panoramic view of Rara Lake, surrounding hills, and the distant snow-capped peaks of the Himalayas.

Beyond its scenic beauty, the Rara Lake Trek offers an opportunity to explore the rich biodiversity of Rara National Park, home to diverse flora and fauna, including musk deer, Himalayan black bear, and numerous bird species. The combination of remote trails, pristine forests, peaceful villages, and breathtaking viewpoints makes this trek a truly unique western Nepal adventure.

The Rara Lake Trek is ideal for trekkers seeking a quieter alternative to Nepal's popular routes. With its untouched landscapes, authentic cultural encounters, and the unforgettable views from Murma Top, this trek provides a remarkable journey to one of Nepal's most beautiful and hidden Himalayan destinations.

Quick facts:

Cost: USD per Person

Destinations: Nepalgunj / Jumla / Sinja / Rara Lake / Murma / Talcha

Duration: 12 Days

Trek starting point: Jumla

Trek ending point: Talcha

Grade: Moderate

Transportation: domestic flight

Accommodation: tea house, camp, tourist standard hotel in Kathmandu

Max altitude: 3,700 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, September, October and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▣ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

▣ **Day 3: Fly from Kathmandu to Nepalgunj (150 m)**

After an early breakfast in Kathmandu (1,400 m / 4,600 ft), we take a scenic flight to Nepalgunj (150 m / 492 ft), a busy gateway city in Nepal's western lowlands. The flight takes around 55 to 60 minutes and offers wide aerial views as the Kathmandu Valley gradually fades into rolling mid-hills before opening up into the vast, flat plains of the Terai. On clear days, distant Himalayan peaks can still be seen above the cloud line.

Upon arrival in Nepalgunj, the climate changes noticeably, becoming warm and subtropical.

After a short transfer to the hotel, the rest of the day is free to rest and prepare for the next stage of the journey. Nepalgunj is a lively border city with a mix of cultures and serves as an important hub for travel into far-western Nepal.

The evening is spent at leisure, allowing time to relax and adjust to the warmer lowland environment before continuing deeper into the mountain regions. Overnight stay at a Lodge in Nepalgunj.

▣ **Day 4: Fly to Jumla (2,540 m) and Trek to Chere Chaur (3,050 m) | 4 – 5 hours**

After an early breakfast in Nepalgunj (150 m / 492 ft), we take a short scenic flight to Jumla (2,540 m / 8,330 ft), the main gateway to the remote Karnali region. The flight takes around 35 to 45 minutes and offers wide views as the flat Terai plains gradually transition into winding river valleys and rugged mid-hills before landing in the high mountain basin of western Nepal.

Upon arrival in Jumla, we begin our trek, passing through small settlements around Khalanga Bazaar, the main town of the district. The trail then gradually climbs through terraced farmland, traditional villages, and pine forest, following a steady uphill route into quieter highland terrain. Along the way, we pass local farming communities and scattered hillside hamlets that reflect the rural lifestyle of the region.

The trek takes around 4 to 5 hours to reach Chere Chaur (3,050 m / 10,007 ft), a peaceful pasture area surrounded by forested hills. As we gain elevation, the air becomes cooler and the landscape more open. Upon arrival, we settle into a teahouse for an overnight stay.

▮ **Day 5: Trek from Chere Chaur to Chalachaur (2,980 m) via Jaljala La Pass (3,585 m) | 5 – 6 hours**

Leaving Chere Chaur (3,050 m / 10,007 ft) after breakfast, we continue our trek toward Chalachaur, gradually ascending through open ridges and forested hills. The trail climbs steadily through remote highland terrain, with a mix of pine forest, alpine slopes, and open sections.

After several hours of ascent, we reach Jaljala La Pass (3,585 m / 11,762 ft), the highest point of the day. From the pass, there are wide views across the surrounding ridgelines and deep valleys of the Karnali region, with a strong sense of high-altitude wilderness.

From Jaljala La, the trail descends through forested slopes and seasonal grazing areas toward Chalachaur (2,980 m / 9,777 ft). The walk takes around 5 to 6 hours in total, ending at a quiet stopover settlement surrounded by forest, where we settle into a teahouse for the night.

▮ **Day 6: Trek from Chalachaur to Sinja Village (2,490 m): 5 – 6 hours**

After breakfast at Chalachaur (2,980 m / 9,777 ft), we continue our journey toward Sinja Valley (2,490 m / 8,167 ft), one of the most historically significant regions in western Nepal. The trail descends through pine and oak forests before gradually entering the fertile valley carved by the Sinja Khola, with occasional views of terraced hillsides and scattered rural settlements along the way.

The trek takes approximately 5 to 6 hours and follows a pleasant route through mixed woodland, cultivated farmland, and traditional village landscapes. As we lose elevation, the terrain becomes greener and more settled, offering a glimpse into the agricultural lifestyle that continues to shape daily life in the region.

By late afternoon, we arrive in Sinja Valley, the former capital of the ancient Khasa Kingdom and a place closely associated with the early development of the Nepali language. Surrounded by traditional villages and historic sites, the valley remains an important cultural landmark of the Karnali region. Upon arrival, we settle into a teahouse for an overnight stay.

▮ **Day 7: Trek from Sinja to Ghorosingha (3,050 m) | 5 – 6 hours**

From Sinja Valley (2,490 m / 8,167 ft), we continue our trek toward Ghorosingha (3,050 m / 10,007 ft) after breakfast, following an eastward trail that runs alongside the Hima River, locally known as the Jaljala River. The path first crosses agricultural land and small rural settlements before gradually entering more forested and isolated terrain.

The trek takes approximately 5 to 6 hours. We pass through Laha village, one of the last inhabited points on this section of the route, after which the trail begins a steeper ascent through pine and mixed forest. Further ahead, the route follows the Ghatte Khola, a small mountain stream that runs through the hillside and accompanies the final climb toward Ghorosingha.

By late afternoon, we reach Ghorosingha, a small highland settlement and an important stop before entering the Rara region. An army post near the settlement acts as a key landmark for trekkers arriving in this area. Upon arrival, we settle into a teahouse for an overnight stay in the quiet forested surroundings of the upper Karnali hills.

▣ **Day 8: Trek to Rara Lake (2,990 m) | 4 – 5 hours**

Leaving Ghorosingha (3,050 m / 10,007 ft) after breakfast, we begin the final and most rewarding section of the journey toward Rara Lake. The trail first climbs steadily through pine and juniper forest, following the ridge line above the Karnali valleys. Early on, the route ascends toward the Chuchhemara Danda viewpoint area, where the landscape begins to open up with wide views of the surrounding hills.

From the higher ridge, the trail continues through forested slopes and alpine meadows inside Rara National Park. On clear days, the first distant glimpse of Rara Lake appears from the ridgeline before the descent begins toward the lake basin. Along the way, the route passes through Khatyar Khola valley sections and small forest clearings, with occasional seasonal grazing areas and wildlife habitats typical of the park.

The trek takes approximately 5 to 6 hours in total. As we descend toward the lake area, the forest gradually opens into a broad, peaceful basin surrounded by pine-covered hills. By late afternoon, we reach Rara Lake (2,990 m / 9,810 ft), the largest lake in Nepal, where we settle into a teahouse near the shoreline for an overnight stay.

▣ **Day 9: Exploration Day | Hike to Murma Top (3,700 m)**

Today is set aside for full exploration around Rara Lake (2,990 m / 9,810 ft), the largest and one of the most beautiful alpine lakes in Nepal. The day is relaxed and flexible, allowing time to experience the lake at different moods, from calm morning reflections to the soft light of late afternoon.

After breakfast at the teahouse, we begin the hike toward Murma Top (3,700 m / 12,139 ft), one of the best viewpoints in the region. The trail gradually climbs through pine forest and open ridges above the lake, offering continuous changing perspectives of the valley below. The hike takes around 4 to 6 hours round trip depending on pace and time spent at viewpoints.

From the top, there are wide panoramic views of Rara National Park, with Rara Lake lying deep below surrounded by forested hills and distant snow-capped ranges on clear days. After spending time at the viewpoint, we descend back toward the lake area, walking through peaceful forest trails and open meadows.

The rest of the afternoon is free for relaxation by the lakeside, short walks around the shoreline, or simply enjoying the quiet atmosphere of Rara. Overnight stay at a teahouse near the lake.

▮ **Day 10: Trek to Talcha Airport (2,735 m) and Fly to Nepalgunj | 2 – 3 hours**

After an early breakfast at Rara Lake (2,990 m / 9,810 ft), we begin our final walk of the trek toward Talcha Airport (2,735 m / 8,973 ft). The trail follows a gentle descent through Rara National Park, passing through pine forest, open clearings, and quiet hillside terrain with occasional views back toward the lake basin.

The trek takes approximately 2 to 3 hours at an easy pace. Along the way, the landscape gradually shifts from alpine forest to more settled surroundings near Talcha, with small local settlements and agricultural patches appearing as we approach the airstrip area.

Upon reaching Talcha Airport, we board a scenic flight back to Nepalgunj (150 m / 492 ft), leaving behind the high hills of Mugu and descending once again into the warm lowlands of western Nepal. On arrival, we transfer to the hotel for rest. Overnight stay in Nepalgunj.

▮ **Day 11: Fly back to Kathmandu | 1 hr**

After breakfast in Nepalgunj (150 m / 492 ft), we take a morning flight back to Kathmandu (1,400 m / 4,600 ft). The flight takes around 55 to 60 minutes and offers a final aerial perspective of Nepal's diverse landscapes, from the flat Terai plains rising toward the mid-hills and eventually the Kathmandu Valley.

Upon arrival in Kathmandu, we transfer to the hotel. The rest of the day is free for rest, shopping, or exploring the city at your own pace. Overnight stay at a hotel.

▮ **Day 12: Departure day:**

After breakfast in Kathmandu (1,400 m / 4,600 ft), you will have free time depending on your flight schedule. If time allows, you may take a short walk around the hotel area or do some last-minute shopping in the city.

At the appropriate time, we transfer you to Tribhuvan International Airport for your onward journey. This marks the end of your trip in Nepal, taking with you lasting memories of the hills, forests, and remote wilderness of western Nepal, including Rara Lake and Rara National Park.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Nepalgunj (twin sharing basis) with breakfast
- ☒ Two way flight between Kathmandu to Nepalgunj
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / lodge / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Rara National Park Entry Fee
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.