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## Rara Lake Trekking

- Duration: 16 Days Days
- Max Altitude: 3,350 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

### Overview

The Rara Lake Trekking takes place in one of the most remote and rural areas of Nepal – offering a glimpse of Nepali culture and scenery in a way that is quite different from any other trekking destination in Nepal.

## Rara Lake Trekking

The pinnacle of this trip is the beautiful and pristine Rara Lake. With an area of 9.8 square kilometers and a depth of 167m, 'The Queen of Lakes' is regarded as the most extensive and deepest lake in Nepal. They were lying at an altitude of 2,990m above sea level. The [trekking route](#) to reach it is rough and involves many ups and downs, taking you through wild forests and isolated villages. As such, it's remoteness and tricky trekking trails attract only a small number of brave trekkers each year, ensuring Rara Lake stays in pristine condition and continues to this day to lie as a gem amidst the Rara National Park.

The Rara National Park is a habitat for many beautiful and rare flora and fauna in the remote western part of the country. With lush greens and vibrant colors from all sorts of flowers playing host to various species of endangered birds and mountain wildlife, such as musk deer, the Himalayan black bear, wild cats, wolves, goral, and even [red panda](#).

Along with the lake, and its park surroundings, on this journey, you can expect to see some of the world's most renowned mountain peaks and peek into the lives of people living in some of the most remote lands on earth. We recommend visiting between September to October and April to May to make the most of this trip.

We operate Rara Lake Trek in both groups and private tours. As with all our treks, we offer a fully customizable itinerary, with personalized travel and accommodation plans available upon request. So if you want to know more about the itinerary options, trek cost, trek difficulty, or anything else, please

don't hesitate to get in touch with a friendly member of our team. Or, if you would like to read about what it's like to experience this adventure, check out our Rara Lake Trek Blog.

Day 01

## **Arrival in Kathmandu**

Dinner and overnight stay at a 3-star hotel in Kathmandu.

On arrival, you will land at Kathmandu airport, where our friendly team will greet you and take you to your hotel. Depending on what time you arrive, you are free to rest, or if you are itching to start exploring, you can spend the rest of the day soaking up the atmosphere of the Capital. You will then have dinner and an overnight stay in a highly recommended hotel

Day 02

## **Sightseeing in Kathmandu valley and trek prep**

Breakfast and overnight stay at a 3-star hotel in Kathmandu

After a welcoming breakfast, today you will have the opportunity to see some of Kathmandu's most famous UNESCO-listed world heritage sights, including Pashupatinath, Boudhanath, and Swayambhunath. Once you return, you will meet your guide and begin preparation for your trek.

Day 03

## **Fly from Kathmandu to Nepalgunj**

Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel

Just a short flight today from Kathmandu to Nepalgunj in Western Nepal, so there is lots of time to explore! A fascinating Terai town hosting a zoo, local market, and chances to explore the nearby villages, it's a great stopover before our next flight the following day.

Day 04

## **Fly from Nepalgunj to Jumla**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

This morning, we will swap flat plains for the hills of Jumla. Situated on the foothills of the Sistine Himalaya, it is one of the least accessible districts in the country and the gateway for the most adventurous of trekkers wishing to explore the remote Karnali region of Nepal. On arrival, there is time for one last overnight stay before the trek begins!

Day 05

## **Trek from Junla to Danphe Kanga**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

Today, we can finally begin trekking! We follow the Tila Khola River to the Chaudhabise Khola, which we will follow through fields and pine forests. We will then start hiking towards the Padmara Valley and stop

resting in the small village of Uthugaon. Our trek continues through a narrow canyon, up the Khali Lagna Pass, and through a deep forest filled with pines. We then have one final descent through a mixed forest of spruces, birches, and rhododendrons to arrive at our campsite.

Day 06

## **Trek from Danphe Kanga to Chautha**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

We begin with a ly, gentle descent along a stream. The decline soon becomes steeper as we battle through firs, birch, walnut, and bamboo forests. It's then time to start an uphill climb that passes an overhanging rock that provides a cure-all mineral for which the area is famed. We continue uphill to Bhadra before one final descent to our night destination.

Day 07

## **Trek from Chautha to Dhoti**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

We continue along the same stream but begin uphill today on our way to Bhulbule, the entrance to The Rara National Park. We continue our uphill trek towards Lagna Pass, marked with chortens and multi-coloured prayer flags. We then head downhill, scaling our way through spruce forests, before the path begins to level out and we reach the settlement of Dhoti, where we will rest for the evening.

Day 08

## **Trek from Dhoti to Rara Lake**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

Today is a short and pleasant trek as we take in the delights of the north. We begin by traversing a steep north-facing slope and cross several fields on our way down to a small stream. After crossing a bridge, we climb up to the Thakuri village of Jhyari, and after a little break, we continue to climb up steadily through cedar forests and follow the trail along the northern side of Rara Lake.

Day 09

## **Explore Rara Lake**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

Today is a joy as we take a break from trekking and regain strength in some of the world's most beautiful surroundings. Rara Lake is the largest freshwater lake in Nepal. Explore this remote region that keeps the crystal waters pristine and sacred. It's the perfect environment for flora and fauna alike to thrive, so there's much to marvel at.

Day 10

## **Trek from Rara Lake to Ghorasain**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

After a day of rest and refreshment yesterday, we are ready today for an early start downstream – following the Khatya Gad. After crossing a bridge over the Murma, we steadily climb south through dense forest. We then continue along the ridge until it turns southeast and descends to our final destination, Khorasan.

Day 11

## **Trek from Ghorasain to Sinja**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

Our day starts by embarking on a beautiful trail that descends to Botan. We trek through the forest before scaling the high fields of Lumsa to take in lovely views of the south along the Sinja valley. We then descend to Okharpati Village and later to Sinja for the evening.

Day 12

## **Trek from Sinja to Jaljala Chaur**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

Once we've set off from Sinja, the trail crosses the Sinja Khola over a wooden cantilever bridge. We'll pass through lots of villages as we cross over the river. As we continue, we'll spend the rest of our trek hiking through forests of pine, birch, and oak, fields of barley and corn, and meadows filled with horses!

Day 13

## **Trek from Jaljala Chaur to Jumla**

Breakfast, Lunch, and Dinner with an overnight stay in a tent camp

Today is the final day of our trek! We have one last push as we climb through forests to reach a meadow, marking the beginning of a nice descent to Jumla – where we shall rest and reflect on our fantastic journey.

Day 14

## **Jumla flight to Nepalgunj and same day Kathmandu**

Breakfast, Lunch, and Dinner with an overnight stay at a 3-star hotel

We must take two short flights today – first to Nepalgunj and then back to Kathmandu. On arrival, you are free to spend the rest of your day enjoying the excitement of the Capital – either taking a rest or exploring the city's nightlife.

Day 15

## Free day in Kathmandu

Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel

Today, there is no plan – but to have fun and explore! With endless shops to stock up with treats for home and sights yet to be discovered, there are many things to do before leaving the Capital behind tomorrow.

Day 15

## Final Departure

Breakfast

It's time to fly home! Say goodbye to Nepal and your fellow trekkers! A member of our friendly team will take you to the airport.

## What To Expect?

### What's included

- Airport/hotel pick up and drop off by private car.
- Two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekkers' Information Management System)
- All government taxes and tourist service charges

### What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 – US\$ 20 per day
- Your travel insurance ( Rescue )
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

# Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## **Your safety is our priority:**

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



## **Responsible and Eco-Friendly**

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## **Map**



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