

Rara Lake Circuit Trek – 12 Days

Overview

- **Country:** Nepal
- **Trip Grade:** Moderate
- **Maximum Altitude:** 3,585 m (Jaljala Pass)
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Group Size:** Min 2 trekkers
- **Best Time:** Spring (Mar–May) & Autumn (Sep–Nov)

The Rara Lake Trek is one of Nepal's most peaceful and scenic journeys, taking you to the stunning Rara Lake in far-western Nepal. This trek offers untouched landscapes, clear blue waters, and quiet trails far from crowded trekking routes.

The journey begins with flights to Nepalgunj and Jumla, followed by trekking through forests, villages, and high passes. As you ascend, the scenery changes from green hills to alpine meadows and pristine wilderness.

The highlight is reaching Rara Lake, surrounded by pine forests and snow-capped peaks. The calm atmosphere, fresh air, and natural beauty make it a truly unforgettable experience.

When To Visit

- **January:** Average
- **February:** Good
- **March:** Best
- **April:** Best
- **May:** Best
- **June:** Good
- **July:** Average
- **August:** Average
- **September:** Best

- **October:** Good
- **November:** Best
- **December:** Average

Itinerary

Day 1: Day 1: Arrival in Kathmandu (1,400 m)

Welcome to Nepal! After arriving in Kathmandu, our team will transfer you to your hotel. You can relax after your journey or explore the vibrant streets of Thamel filled with shops, cafes, and temples. In the evening, we'll have a trek briefing and gear check to prepare you for the adventure ahead.

Accommodation: Hotel | **Meals:** Welcome Dinner

Day 2: Day 2: Fly to Nepalgunj

Today we fly to Nepalgunj, a warm city in western Nepal and the gateway to remote trekking regions. The change in landscape from hills to plains is quite noticeable. After reaching, you can rest and prepare for the next day's mountain flight.

Accommodation: Hotel | **Meals:** Breakfast

Day 3: Day 3: Fly to Jumla (2,540 m) & Trek to Chauriya Chaur (3,055 m)

A scenic flight takes us to Jumla, one of Nepal's remote mountain districts. From here, we begin trekking through forests, fields, and small villages. The trail gradually ascends to Chauriya Chaur, offering peaceful surroundings and a true Himalayan village experience.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 4: Day 4: Trek via Jaljala Pass (3,585 m) to Bota

Today is one of the most exciting days as we cross Jaljala Pass, the highest point of the trek. The trail offers stunning views of forests and distant hills before descending toward Bota. The combination of uphill challenge and scenic beauty makes this day memorable.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 5: Day 5: Trek via Sinja Valley to Bota (2,440 m)

We follow the trail through the historic Sinja Valley, once an ancient kingdom of Nepal. The route passes rivers, traditional villages, and open landscapes. This day offers a unique mix of natural beauty and cultural

heritage.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 6: Day 6: Trek to Ghorasinga (3,050 m)

The trail gradually climbs through pine forests and quiet mountain paths. As we approach the Rara region, the environment becomes more peaceful and untouched. The fresh air and natural surroundings make this a refreshing day of trekking.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 7: Day 7: Trek to Rara Lake (2,980 m)

Today we finally reach the beautiful Rara Lake, the largest lake in Nepal. Surrounded by forests and hills, its crystal-clear blue water creates a magical and peaceful atmosphere. This is the highlight of the entire trek.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 8: Day 8: Exploration Day at Rara Lake

Enjoy a full day at Rara Lake exploring its surroundings. You can walk along the lakeshore, hike to viewpoints, or simply relax and enjoy the peaceful nature. The calm environment makes it a perfect day to rest and take in the beauty.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 9: Day 9: Trek to Talcha (2,260 m)

We begin descending from the lake through forests and scenic trails. The route offers beautiful views of hills and landscapes as we head toward Talcha village. It's a relaxed day with a gentle downhill walk.

Accommodation: Teahouse | **Meals:** Breakfast, Lunch, Dinner

Day 10: Day 10: Fly to Kathmandu via Nepalgunj

After breakfast, we take a flight back via Nepalgunj to Kathmandu. The journey offers a final glimpse of Nepal's diverse landscapes from mountains to plains. Upon arrival, transfer to your hotel and relax.

Accommodation: Hotel | **Meals:** Breakfast

Day 11: Day 11: Free Day in Kathmandu

Today is a leisure day in Kathmandu. You can explore cultural sites, shop for souvenirs, or relax in cafes. It's also a great time to reflect on your trekking experience.

Accommodation: Hotel | **Meals:** Breakfast

Day 12: Day 12: Final Departure

Your Rara Lake adventure comes to an end today. Our team will transfer you to the airport for your onward journey. We hope you leave with unforgettable memories of this peaceful Himalayan trek.

Meals: Breakfast

Cost Details

Cost Includes

- Airport transfers
- 2 nights hotel in Kathmandu
- Hotel in Nepalgunj
- Teahouse accommodation during trek
- All meals during trekking
- Rara National Park Permit
- TIMS Card
- Licensed guide and porter
- Domestic flights (Kathmandu–Nepalgunj–Jumla–Kathmandu)
- First aid kit

Cost Excludes

- International airfare
- Nepal visa fee
- Travel insurance
- Personal expenses
- Hot showers / Wi-Fi charges
- Tips for guide and porter

Trek Essentials

Head & Hands

- Sun hat / cap
- Warm beanie
- Sunglasses
- Gloves (light & warm)

Clothing

- Base layers & trekking shirts
- Fleece / jacket
- Waterproof outerwear
- Down jacket

Footwear

- Trekking boots
- Socks (multiple pairs)
- Sandals

Gear

- Daypack (30–40 L)
- Sleeping bag (-10°C)
- Headlamp
- Trekking poles
- Water bottles

Personal & Safety

- Sunscreen & lip balm
- First aid kit
- Power bank
- Toiletries

Documents

- Passport & visa
- Permits (Rara National Park & TIMS)
- Insurance