



Rara Lake Trek: Nepal’s Deep Blue Hidden Paradise Guide

Trip Facts

Difficulty Moderate (Beginner friendly with low altitude)	Max Altitude 3,870m/12,697ft	Accommodation Standard Hotels (Kathmandu) & Local Teahouses (Trek)	Meals
Activity -	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 9-14 Days

Trip Overview

Are you searching for an extraordinary wilderness journey completely untouched by mass commercial tourism? The **Rara Lake Trek** is Nepal's premier off-the-beaten-path adventure. Located in the remote, far-northwestern corner of the country, this pristine trail leads directly to the shores of **Rara Lake**—the largest and deepest freshwater lake in Nepal.

Nestled entirely within the protected boundaries of **Rara National Park**, this hidden alpine sanctuary is a paradise for nature lovers. It stands as the ultimate choice for travelers looking to trade crowded commercial trails for tranquil forests, rare wildlife, and absolute peace.

The **Rara Lake route** is highly celebrated by wilderness purists because it provides an authentic look into Nepal's wild, untamed western frontier.

1. The Breathtaking Majesty of the "Queen of Lakes"

The ultimate prize of this journey is standing on the shores of **Rara Lake sitting at 2,990 meters**. Spanning over 10.8 square kilometers, this glittering, high-altitude water basin is famous for dramatically shifting its colors throughout the day, changing from deep sapphire to turquoise and soft emerald green. The water acts as a flawless mirror, reflecting the snow-capped peaks of the western Himalayan ranges.

2. The Boundaryless 360-Degree Views from Murma Top

To truly understand the immense scale of this region, our itinerary includes an essential side-hike up to **Murma Top viewpoint at 3,710 meters**. This is the highest point of the trek and rewards your effort with an astonishing, unobstructed panoramic view. From this high ridge, you will look down upon the entire sprawling expanse of Rara Lake and gaze out at the rugged, snow-dusted mountains stretching toward Dolpo and Tibet.

3. Pristine, Unspoiled National Park Ecosystems



Because Rara National Park is highly protected and sees few tourists, nature thrives beautifully here. Your trail winds through dense, fairy-tale forests of blue pine, spruce, black juniper, and ancient Himalayan cypress. In the spring, the alpine pastures burst into a canvas of wild mountain orchids and wildflowers. This quiet sanctuary serves as a vital habitat for rare wildlife, including the endangered **Red Panda**, Musk Deer, Himalayan Black Bears, and hundreds of migratory bird species.

4. Raw, Authentic Cultural Immersion

Trekking through the historic Karnali zone offers a fascinating look into a side of Nepal untouched by western commercialization. You will walk through traditional, rustic villages inhabited by the indigenous **Thakuri and Chhetri communities**. The accommodation along the route consists of cozy, basic local teahouses or authentic community homestays, providing a rare opportunity to experience genuine, heartwarming western hospitality.

Trip Itinerary

Day 01 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 02 - Fly from Kathmandu to Nepalgunj

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 03 - Fly from Nepalgunj to Talcha Airstrip & Trek to Rara Lake

Difficulty	Max altitude 2,990m/9,810ft	Accommodation	Meals
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Day 04 - Rest & Exploration Day around Rara Lake (Boating & Cycling)

Difficulty	Max altitude 2,990m/9,810ft	Accommodation Lakeside Teahouse / Vetted Lodge	Meals
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Day 05 - Acclimatization Hike to Murma Top Viewpoint

Difficulty	Max altitude 3,710m/12,172ft	Accommodation	Meals
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Day 06 - Trek from Rara Lake to Murma Village & Jhyari

Difficulty	Max altitude 2,990m/9,810ft	Accommodation	Meals
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Day 07 - Trek from Jhyari to Pina Village

Difficulty	Max altitude 3,480m/11,417ft	Accommodation	Meals
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Day 08 - Trek from Pina back to Talcha Airstrip

Difficulty	Max altitude 2,735m/8,973ft	Accommodation	Meals
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Day 09 - Fly from Talcha to Nepalgunj & Connecting Flight to Kathmandu

Difficulty	Max altitude 2,735m/8,973ft	Accommodation	Meals
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Day 10 - Final International Departure

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- 1 night accommodations during Nepalgunj stay in twin sharing basis.
- Internal flight transfer from Kathmandu-Nepalgunj-Talcha and back.
- All the ground transfers upon domestic flight arrival inside Nepal.
- Required Permits & Fees: 1. Rara Lake National Park Entry Permit. 2. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or local lodges for 6 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the teahouse menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Lakeside Extras: Optional boat rentals, horse riding fees, bicycle hire, or entry tickets around Rara Lake.
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 4,000 meters.
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD



for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).

- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

FAQs

Booking, Permits & Logistics with Himal Trek Nepal

• Strict Restricted Area Rules: Rara Lake does not require a restricted area permit, meaning solo travelers can apply through us without group size constraints. • All Permits Handled: We manage all logistics, acquiring your mandatory Rara National Park Entry Permit and official TIMS Card seamlessly. • Best Trekking Seasons: October to November provides the absolute best water clarity and mountain reflections, while March to May brings blooming alpine flora. • Complex Flight Logistics: Accessing Rara requires two separate domestic flights (Kathmandu to Nepalgunj, then a connection to Talcha), which we bundle into your package. • Overland Option Available: If you prefer to avoid mountain hopper flights, we can organize a rugged 4x4 overland jeep journey through the historic Karnali zone.

On the Trail: Wild Accommodation & Remote Amenities

• Rustic Lakeside Lodges: Sleep in basic, cozy local teahouses or park-vetted lodges; due to the remote western frontier, facilities are simpler than Everest. • Connectivity & Wi-Fi: Expect to be mostly offline on the trail; cellular signals are highly volatile and data packages drop frequently past Nepalgunj. • Power & Charging: Power relies heavily on local solar grids or small generators; charging is highly limited or requires a small fee at upper teahouses. • Safe Drinking Water: We treat water safety as a priority, providing fully boiled or chemically purified water daily to preserve the delicate lake ecosystem. • Robust Porter Support: Traverse the national park trails comfortably with a small daypack while our fairly compensated local porters carry your main gear bags.

Health, Safety & Low-Altitude Protection

• Maximum Elevation Peak: Reach a manageable high point of 3,710 meters (12,171 feet) at Murma Top, offering a 360-degree look across the water basin. • Trek Difficulty Level: Rara Lake is rated moderate and beginner-friendly; it has a very gentle altitude progression profile with exceptionally low risks of altitude sickness. • Altitude Sickness Mitigation: Even though risks are low, our guides employ slow pacing and use pulse oximeters daily to monitor your oxygen levels for peace of mind. • Mandatory Travel Insurance: Your travel policy must cover emergency helicopter evacuation up to 4,000 meters with no geographical restrictions for western Nepal. • Essential Packing List: Pack sturdy broken-in boots, a comfortable fleece jacket, a 4-season down sleeping bag, and premium UV-protection sunglasses for the lake glare.