

Trekking Type :	Camping
Trekking Grade :	Medium-Hard
Trekking Duration :	13 Days
People In Group :	2+
Trekking Price :	\$.0
Max. Elevation :	4039 mt.



[Rara Lake](#) lies in the remote **Karnali** region, North West of Kathmandu and the area surrounding the lake was declared a National Park in 1976. Rara Lake has the distinction of being the largest lake in Nepal. The lake is the obvious focal point of the

**park**

where some well preserved forest and abundance of

**wildlife**

are found in the protected area. The lake is situated at 2990 meters above the sea level but within the park area there is a viewpoint

**called Chuchemara Peak**

(4039m) gives a spectacular view over the

**Himalayas**

on the horizon.

**Treks in the far West: *Wilderness adventures of a special kind...***

Treks in the west of Nepal can be more hardy & different from treks in other parts of the country. The region is less developed and has fewer facilities available for the visitors due to its tough terrain. This makes trekking here much more of an exploration type and intending trekkers must be prepared for some delays and other hardships. It is also considerably more expensive to trek in the remote parts of the west. Ethnic groups of people seen in the northern parts of the area, particularly in Dolpa are of Tibetan origin. Other groups found here are Magar, Gurung and the people of the brahmin origin. The Common fauna seen in the region are leopards, Himalayan Tahr and Blue Sheep.

The most popular trekking areas in this region are Dolpa, Simikot and Lake Rara. The best time to visit is the traditional trekking seasons of spring and autumn. The northern parts are also suitable for summer treks. The region has not been developed to cater to independent trekkers, so all groups must be self sufficient, in all respects of the term.

This remote, rugged land of elevated open valleys, long rides, temperate forest, alpine meadows and virgin rivers was one of the kingdoms of the Khasa Mallas in the 14th Century. The region still holds the remnants of bygone eras, and one can find sculptured temples, stone pillars and carving. Rafting down the Bheri, one of the major tributaries of the Karnali River is certainly a most elating experience viewing the river Dolphins. The area has seldom been visited by westerners and the flow of water and drop of elevation is much faster and steeper than on the Trishuli and Sun Koshi rivers. These are the options you have when trekking in the far western region of Nepal. The ultimate conclusion of the trip, to Karnali Tented Camp inside the Bardia National Park, is the highlight of any fascinating adventure in the far west of Nepal...

**Encounters Nepal has immense experience in this region, too, with some of its guides having been born on the steppes of the far west itself. Should you care to do a trip with *ENCOUNTERS NEPAL***

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**this will open up some fantastic realistic avenues in this region brimming with some of the best landscapes in the world.**

**Rara lake Restricted Area trekking... *when the earth kisses the sky...***

**If you are wishing to get well off the beaten track you may wish to consider a journey to**

### **some of the fascinating restricted regions of Nepal.**

These regions remain pristine wilderness & ecological cultural museums where life has changed very little. An intimate experience of the differing ways people arrange their lives in order to cope with their often harsh physical conditions on some of the toughest terrain on earth. A journey full of questions and contrast awaits everyone who visits this side of Nepal.

Some of the remote areas of Nepal were restricted for foreign visitors until 1991. After multiparty democracy in Nepal, rules have been changed together with new democratic constitution regulations and opened for visiting the most inaccessible and firmly controlled areas in Nepal. The regulation is designed primarily to protect the environment and cultural aspects of the remote regions and provide security and safety for both foreign trekkers and Nepal's northern borders with China.

**The treks must be fully arranged through a registered Trekking Company. It has to be fully equipped with tents, all Support staffs, cooks, etc. The trekking agency arranges the trekking permit through a series of applications and guarantee letters. You cannot trek alone in these restricted areas. You should be at least 2 people in the group.**

***Encounters Nepal* has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.**

### **Itinerary List**

**Day 1** : Kathmandu to Nepalgunj: Fly.

**Day 2** : Nepalgunj to Jumla: Fly.

**Day 3** : Jumla to Danphe Lagna (3130m): Trek.

**Day 4** : Danphe Lagna to Chahutha (3183m): Trek.

**Day 5** : Chahutha to Dhotu (2380m): Trek.

**Day 6** : Dhotu to Rara Lake (3060m): Trek.

**Day 7** : Rara Lake: Excursion and rest day around Rara Lake.

**Day 8** : Rest Day

**Day 9** : Rara Lake to Gorosingha (3190m): Trek.

**Day 10** : Gorosingha to Sinja (2440m): Trek.

**Day 11** : Sinja to Jaljala Chaur (3270m): Trek.

**Day 12** : Jaljala Chaur to Jumla (2370m): Trek.

**Day 13** : Jumla to Nepalgunj and Kathmandu: Fly.

### **Note**

13 Days Rara Lake Trekking Itinerary we are proposing you is only on outline. You could use it to best fitness and interest when practically you are in the field our guide are very comfortable, flexible and understanding to make your trip with full of pleasure.