

## Overview

Jumla offers the best scenery on the north-western most side of Nepal. Rara Lake lies at an altitude above 2,990 meters (9,810 ft) above sea level covers an area of 10.8 km<sup>2</sup> (4.2 sq mi). The lake having a length of 5 kilometers (3.1 mi) and a width of 3 kilometers (1.9 mi) has a maximum depth of 167 meters (548 ft). It flows into the Mugu Karnali River via the Nijar River (Nijar Khola). The morphology, physics, chemistry and biology measure high pH, conductivity and total hardness. The lake was report to be very slightly polluted and was classified as oligotrophic in limnological terms.

Summer offers quiet pleasing weather but winter is cold. The best holiday time to the lake is September/October and April to May. From December to March, the temperatures go low below the bitter cold, and heavy snowfall occur up to one meter, blocking the way to the lake. April to June is warm in this region. Monsoon region is short in this region that occurs between the months of July to October. A research shows that the average rainfall is 800mm in ten years noted from 1994-2003 A.D. The surface temperature of the lake was found to be 7.5°C to 7.6°C and was visible below 14m to 15m. GORP founder Bill Greer has described the lake: "a shimmering blue jewel set in a ring of snowy peaks"

Rara Lake Trekking has been a popular destination point for trekking in the west. The trail is very much "off the beaten path" and affords glimpses of culture and scenery very different from those in the rest of the country. The centerpiece of the park is the biggest lake of Nepal. Along mountain paths and a series of picturesque villages, one reaches the magnificent banks of Rara lake. The park includes Trans- Himalayan valley with high ridges covered with forest and alpine pastures. Rara Lake being surrounded by Rara National Park has unique floral and faunal importance with rare and vulnerable species. The park was established in 1976 to preserve the beauty of the lake and protect it from sedimentation and adverse human activities. The Park flora consists of 1074 species, of which 16 are endemic to Nepal; the fauna 51 species of mammals and 214 species of birds. Rara National Park, considered one of the finest parks in the world, abounds in coniferous forest and is the ideal habitat for the musk deer, Himalayan black bear and other faunae. The Danfe (Impeyan Pheasant) the national bird of Nepal flies above while a variety of fish, the snow trout, inhabit the Rara lake. Adding charm to the region is its generally open-hearted and friendly people. The lake is you can find the lake surrounded by pine, pruce and juniper forest .The Rara Lake Trekking can begin in Jumla (over an hours flight from Kathmandu) or from the nearer Nepalgunj.

Jumla Rara Lake Trekking is fully camping trekking; there are no any lodge and home stay facilities. We, Guide in Himalaya operates fully supported camping trip to Rara Lake in most economical price and provides satisfying service with local guide and porter.

## Outline Itinerary

### Day 01 : Arrive in Kathmandu transfer to the Hotel

**Day 02 : Full day Kathmandu Valley sightseeing in world heritage sites**

**Day 03 : Fly to Nepalgang**

**Day 04 : Fly plane to Jumla/2500m**

**Day 05 : Jumla to Danphe Lagna camp/3500m**

**Day 06 : Danphe Lagna camp to Chautha/2770m**

**Day 07 : Chautha to Dhotu**

**Day 08 : Dhotu to Rara Lake/2980m**

**Day 09 : Rest day and explore**

**Day 10 : Rara Lake to Gorosingha**

**Day 11 : Gorosingha to Sinja/3000m**

**Day 12 : Sinja to Jaljala Chaur.**

**Day 13 : Jaljala Chaur to Jumla**

**Day 14 : Jumla to Nepaljung to Kathmandu. by domestic flight.**

**Day 15 : Depart Kathmandu**

## **Cost Includes**

- Free airport-hotel-airport pick and drop by private car/van
- 3 nights room in peace, clean and standard hotels in Kathmandu, B andB service.
- 1day Kathmandu Valley sightseeing with tour guide with private car/van
- Well experienced, government registered, fluent English speaking and friendly guide.
- All meals: lunch, breakfast and dinner during the trek.
- Tea, coffee, cookies and fresh fruits during the trekking.
- All ground transportations, camping gear and kitchen utensils during the trek
- Food, accommodation, salary and insurance of your guide and porters.
- Domestic flights (Kathmandu- Nepaljunga -Jumla –Jumla-Nepaljunga to Kathmandu
- All camping gear, tents, kitchen utensils, cook, kitchen staffs and necessary porters.
- Group medical kit, water purifier and other necessities.
- Rara National Park Entrance permit and TIMS Card.
- Porters to carry all personal and group equipment and porters insurance

## **Cost Excludes**

- All bar bills, beverages such as coke, fanta, mineral water
- Hot shower and hot water, laundry, toiletries.
- Personal travel insurance, international air ticket, Nepal visa and phone calls
- Rescue operation charge in case of emergency.
- Gratitude and tips for your guide, porter and driver.