DESTINATION FIELD GUIDE & TRAVEL BROCHURE

Rara Lake

Nepal | Elevation: 2,990m | Best Time: March - May & Sept - Nov



PROVINCE / REGION	ALTITUDE RANGE	BEST SEASONS
Nepal	2,990m	March - May & Sept - Nov

CLIMATE ZONE	FROM KOHALPUR HQ	TOUR FORMAT
Alpine / Temperate	340 km via Karnali Highway	Private Custom Quote Dispatch

REGIONAL GUIDE - Destination Overview

Nepal's Largest High-Alpine Sapphire SanctuarySitting at an altitude of 2,990 meters in remote Mugu District, Rara Lake covers 10.8 square kilometers of deep crystalline water ringed by blue pine, spruce, and Himalayan rhododendron forests. Because of its isolation in Karnali Province, Rara remains dramatically quieter than central Himalayan lakes while offering unmatched overland adventure from Kohalpur and Nepalgunj hubs.Golden twilight calm along the northern timber boardwalk at Rara Lake, Mugu District.Overland Access via Karnali Highway vs. Talcha Air CharterPrivate 4x4 Expedition: Our Rara Lake 4x4 Overland Expedition climbs along the Bheri River valley via Surkhet, Dailekh, Manma, and Nagma before ascending into pine ridges toward Jhari and Murma Top.Trail Intelligence: Monsoon and winter culvert maintenance varies each month -- read our driver-verified briefing on Driving the Karnali Highway and why October stands out in The Magic of Rara Lake in Autumn.Chuchemara Ridge & Wildlife: Look out for Himalayan musk deer, red pandas, Danphe pheasants, and panoramic sunrise ridges overlooking Saipal and Kanjiroba massifs.Park Governance & Trip PlanningEntry permits into Rara National Park are administered under DNPWC protected area guidelines with regional tourism coordination referenced via Nepal Tourism Board. Pair private 4WD transport from our Kohalpur 4x4 Fleet Services for flexible ridge photography stops.

KOHALPUR CORRIDOR - Highway Schedule & Transit Stops

01 **Kohalpur HQ Departure [06:00 AM]**
4x4 Scorpio vehicle dispatch, luggage tie-down, highway departure.

02 **Surkhet Valley (Birendranagar) [08:30 AM]**
Breakfast in provincial capital and gateway to Karnali Highway.

03 **Rakam Karnali River Gorge [01:00 PM]**
Riverside lunch stop beside turquoise Karnali river.

04 **Manma Kalikot Ridge (2,000m) [05:00 PM]**
Overnight stay at cliffside town above mountain clouds.

05 **Sinja Valley Malla Ruins [11:00 AM (Day 2)]**
Ancient stone temples, apple orchards, and historical briefing.

06 **Rara Lake Shoreline (2,990m) [03:30 PM (Day 2)]**
First magical view of sapphire lake waters andSaipal Himal reflection.

STOPOVERS - Middle Destinations En-Route

01 **Historic Sinja Valley [295 km from Kohalpur]**
The birthplace of Nepali language and capital of ancient 12th-century Khas Empire with monolithic stone pillars.

02 **Manma Cliffside Town (Kalikot) [225 km from Kohalpur]**
High cliffside town perched dramatically above Karnali River gorge, famous for steep mountain terraces.

Top Activities & Experiences

- Boating Across Sapphire Waters: Rowing across Nepal's largest freshwater lake surrounded by snow-capped peaks and aromatic pine forests.
- Murma Top Sunrise Hike (3,700m): Hiking to the highest panoramic ridge for 360-degree views of Rara Lake, Saipal, and Kanjirowa peaks.
- Horseback Shoreline Trails: Riding mountain horses along the pine-shaded grassy meadows of Milichaur.
- Stargazing by the Shore: Crystal-clear high altitude night skies with Milky Way visible to the naked eye.

Travel Logistics & Permits

- Paved to Nagma; rough gravel mountain 4x4 track to Salleri/Murma requiring 4WD high-clearance vehicles.
- NTC 4G/3G network operates on the lake shore; Ncell is intermittent along the Karnali Highway.
- Rara National Park entry permit and mountain road safety clearance arranged by our base office.
- Army medical post at Rara; basic health post at Salleri (5 km); district hospital at Gamgadhi (14 km).

DIRECT KOHALPUR HQ DISPATCH & RESERVATIONS

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Address: Kohalpur-11, New Road Chowk, Banke, Nepal | Generated: 20 Nov 2026

All expeditions operate with high-clearance 4WD vehicles owned directly by our Kohalpur dispatch office. Experienced mountain drivers, first-aid equipment, and 24/7 communications provided on every journey.