



Accommodation and Other Facilities

There are two hotels just near the park headquarter for visitor's accommodations. Also few hotels and tea-shops are at 30 minutes walking distance from the head quarter. Camping site is available just near the park headquarter for visitors. There is a health post located at 30 minutes walking distance from the park headquarters for medical facilities but a comprehensive first aid kit including medicines for intestinal disorders is advised. Tea-shops and hotels are available in different places along the Jumla-rara trekking route. There are fairly good trails around the most part of the park. Few view towers (Machan) are there to have beautiful view of the lake and surrounding landscapes. There is Murma Top view points at 3-4 hours trek from the Rara lake from where the complete view of the Rara lake and beautiful landscapes of the surroundings can be viewed.

How to get the Park

The park can be reached by air and road. There is a regular air flight from Kathmandu to Nepaljung and Nepaljung to Talcha (Rara) everyday. From Talcha airport, it is 2-3 hours compulsory trek to reach Rara lake and the park headquarters. Visitors also can take a vehicle, four wheel drive is preferred, from Nepaljung to Talcha. It's around almost two days drive by own vehicle. Visitors who prefer to trek are advised to take air flight from Nepaljung to Jumla and then trek 3-5 days to reach Talcha.

Use of Park's revenue

30-50% of the Park's revenue goes directly to the buffer zone communities for:

- Biodiversity Conservation
- Community Development
- Conservation Education
- Income generation and skill development

Safety Precautions

High altitude sickness can affect you if elevation is gained too rapidly and without proper acclimatization. The symptoms are -headache, difficulty in sleeping, breathlessness, loss of appetite and general fatigue. If someone develops the symptoms, stop ascending immediately. If symptoms persist, the only proven cure is to descend to a lower elevation. Medical advice can be sought at the Murma health post, near the Park headquarter and district hospital at Gomgadhi.

General Code of Conduct

Follow the minimum impact code while trekking so that you and your host (local nature and people) benefit for indefinite

years to come. Because what you benefit from a particular tourism destination at present and future largely depends on how you impact the local environment and culture.

a. Conserve forests

- The use of firewood is prohibited.
- Don't light campfire. Cook with kerosene or gas and take sufficient warm clothing.
- Choose lodges that use alternatives to wood for cooking and heating.

b. Stop Pollution

- Carry out what you carry in.
- Buy only what won't pollute, or carry it out.
- Use safe drinking water or purify water yourself.
- Do not use polythene/plastic materials.
- Take only photographs, leave only footprints.

Park regulations to follow or things to remember

- An entry fee of Rs. 3,000 (Foreigners), Rs. 1,500 (SAARC Nationals), Rs. 100 (Nepali) visitor and Rs. 25 for tourist porter should be paid at designated ticket counter.
- Valid entry permits are available from the National Parks ticket counter at the Nepal Tourism Board, Bhrikuti Mandap, Kathmandu or park entrance gate of RNP.
- The entry permit is non-refundable, non-transferable and is for a single entry only.
- Entering the park without a permit is illegal. Park personnel may ask for the permit, so visitors are requested to keep the permit with them.
- Get special permit for documentary/filming from the Department of National Parks and Wildlife Conservation (DNPWC).
- Documentary/filming fee of US\$ 1,500 (Foreigners), Rs. 50,000 (SAARC Nationals) and Rs. 10,000 (Nepali) should be paid at DNPWC. Additional 25% should be paid while using drone for documentary/filming.
- Drone (UAV) fee is same as documentary/filming fee while using it for other purposes.
- Don't remove or damage plants and animals. All flora and fauna are fully protected and must not be disturbed.
- Rubbish must be placed out, buried or disposed off in designated areas.
- No one should walk within the park between sunset and sunrise.
- Do respect the cultural and religious sites.
- Camping inside the park should be made only at the designated areas.
- Carry out non biodegradable items such as batteries, plastic bags and bottles.
- Never trek alone, hire a local guide if you can't find a companion.

Wish you a very happy and memorable experience

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RARA NATIONAL PARK

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Background

Rara National Park (RNP) was declared in 1976 is situated in north-western high mountains of Nepal. The Park area is 106 km² which extends in Mugu and Jumla districts of Karnali Province. It is the smallest National Park in the country but holds biggest lake, Rara, at an elevation of 2990 m in Mugu district. This beautiful natural lake is oval in shape with longest length 5.1 km, maximum width of 3 km, surface area 10.8 km² and 167 m in depth. The highest point of the Park is Chuchemara peak which is at 4097m elevation. The unique landscapes and the Rara lake are major attractions of the Park for foreign and domestic tourists. Rara lake of RNP was declared wetlands of international importance under the Ramsar Convention in 2007.

Rara lake is surrounded by magnificent conifer forests. The lake is fed by around 20 small tributaries coming from all around the lake watershed and drained to Mugu-Karnali river to the south through only one outlet called Nijar. The color of the lake depends upon the sky that's why lake colour looks like changing time to time. The lake water is so clean and resembles to the freshwater ecosystem with three endemic species of snow trout and little vegetation around the lake edges. The snow trout (*Schizothorax raraensis*) is endemic to this lake. During winter, about 49 species of migratory birds can be seen in the lake. The elevation of the park ranges from 1800m to 4097m.

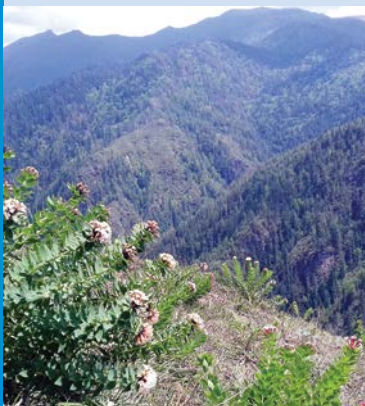
In 2006, an area of 198 km² surrounding the Park was declared as buffer zone (BZ). The Park and local people jointly initiated community developments conservation activities and manage natural resources in BZ. The National Park and Wildlife Conservation Act 1973 has made provision of ploughing back 30-50 percent of the Park's revenue into community development and conservation of the BZ.

The buffer zone of the park lies in Mugu and Jumla district. The total population of the buffer zone is 13,876 (10,617 in Mugu and 3,259 in Jumla district). The total households in buffer zone is 2,548 (2,028 in Mugu and 520 in Jumla). The buffer zone has been divided into 10 user committees (7 user committees in Mugu and 3 in Jumla district) based on geographic features. The nearest village from the Rara lake and the park headquarter is Murma. Majority of the people belongs to Hindu religion and major ethnic groups are Chhetri, Thakuri and Dalits. The major economic activities of the people is agriculture and animal husbandry. There are several ancient temples and shrines of local importance inside the park viz. Rara Mahadev, Thakurnath Mahadev, Chhapru Mahadev, Lauda. Mahadev and Dopshwor Mahadev whereas Chhayanaath, Rinmokshhya are other famous religious places in this region.

Major Flora and Fauna

The majority of vegetation in the Park is dominated by blue pine and different species of rhododendrons. The other major species includes Himalayan Spruce (*Picea smithiana*), Oak (*Quercus semicarpifolia*), Himalayan Cypress (*Cupressus torulosa*), Birch (*Betula utilis*), Deodar (*Cedrus deodara*), Lauth Salla (*Taxus wallichiana*), walnut (*Juglans regia*) and Himalayan Poplar (*Populus ciliata*). Rangelands are dominated by herbs and grass species like *Carex atrofusca*, *Juncus himalensis*, *Kobresia duthei*, *Parnsia nubicola*, *Polygonum spp.* *Juniperus indica*, *J.lindleyana* and *Aletris pauciflora*.

Major Non-Timber Forest Products (NTFPs) and medicinal plants includes; Kutki (*Neopicrorhiza scrophulariflora*), Panchaunle (*Dactylorhiza hatagirea*), Jatamansi (*Nardostachys grandiflora*), Satuwa (*Paris polyphylla*), Sugandhwal (*Valeliana jatamansi*), Attis (*Aconitum heterophyllum*), Padmchal (*Rheum emodii*) and Guchi Chayau (*Morchella conica*).



52 species of mammal have been recorded in the RNP. The Park is home for Musk Deer (*Moschus chrysogaster*), Himalayan Black Bear (*Ursus thibetanus*), Red Panda (*Ailurus fulgens*), Leopard Cat (*Prionailurus bengalensis*) Himalayan Ghoral (*Nemorhaedus goral*), Himalayan Thar (*Hemitragus jemlahicus*), Wild Dog (*Cuon alpines*) and Wild Boar (*Sus scrofa*).

Three endemic species of Snow Trout viz. *Schizothorax macroptalus*, *Schizothorax nepalensis* and *Schizothorax rarensis* have been recorded in the lake (BPP, 1995). *Schizothorax rarensis* is endemic to this lake.

Out of 778 birds recorded in Nepal, 272 species have been recorded in the park. Rara lake serves as an important transit point for migratory waterfowls across the Himalayas. Common Coots (*Fulica atra*) are plentiful in the lake and several of them stay even for the whole year. Tufted Duck (*Aythya fuligula*), Mallard (*Anas platyrhynchos*), Great-crested Grebe (*Podiceps nigricollis*), Red-crested Pochard (*Netta ragina*), and Gulls (*Larus spp.*) visit the park during winter. Other common birds of the park are Cheer Pheasant (*Catreus wallichii*), Snow cock (*Teragallus himalayensis*), Chukor Partridge (*Alectoris chukor*), Impeyan Pheasant (*Lophophorus impejanus*), Kalij pheasant (*Lophura leucomelana*) and Blood Pheasant (*Ithaginis cruentus*).

Fact sheet

Rara National Park and its Buffer zone	
National Park declared year	1976 AD
National Park area	106 km ²
Location	Karnali province (Mugu & Jumla district)
Bio-climatic zone	Temperate to Alpine
Elevation	1800m to 4097m above mean sea level
Major peaks	Chuchemara (4039 m), Murma Top (3726m) and Ruma Kandh (3645m)
Main mammals	<i>Moschus chrysogaster</i> , <i>Ursus thibetanus</i> , <i>Ailurus fulgens</i> , <i>Prionailurus bengalensis</i> , <i>Nemorhaedus goral</i> , <i>Hemitragus jemlahicus</i> , <i>Cuon alpines</i> and <i>Sus scrofa</i> etc.,
Main birds	<i>Lophophorus impejanus</i> , <i>Catreus wallichii</i> , <i>Lophura leucomelana</i> , <i>Teragallus himalayensis</i> , <i>Fulica atra</i> and <i>Anas platyrhyncho</i> etc.,
Major tree species	<i>Picea smithiana</i> , <i>Quercus semicarpifolia</i> , <i>Cupressus torulosa</i> , <i>Betula utilis</i> , <i>Cedrus deodara</i> , <i>Taxus wallichiana</i> , <i>Juglans regia</i> and <i>Populus ciliata</i> .
Buffer zone declared	2006 AD
Buffer zone area	198 km ²
Municipality	1 (Chhayanaath Rara)
Rural Municipalities	3 (Soru, Khatyad and Kanakasundari)
Buffer zone user committee	10
Population	13876
Major castes	Brahman, Chhetri, Kami etc.
Economy	Agriculture, animal husbandry, trade and labor

Major Attractions

- Rara lake (largest lake of Nepal)
- Chuchemara peak (4097m), Murma top (3726m) and Ruma Kandh (3645m).
- Snow Leopard, Musk Deer, Red Panda and Himalayan Monal
- Himalayan flower at summer and snow falling at winter
- Chhapru Mahadev and Rara Mahadev (Temple)
- Local culture

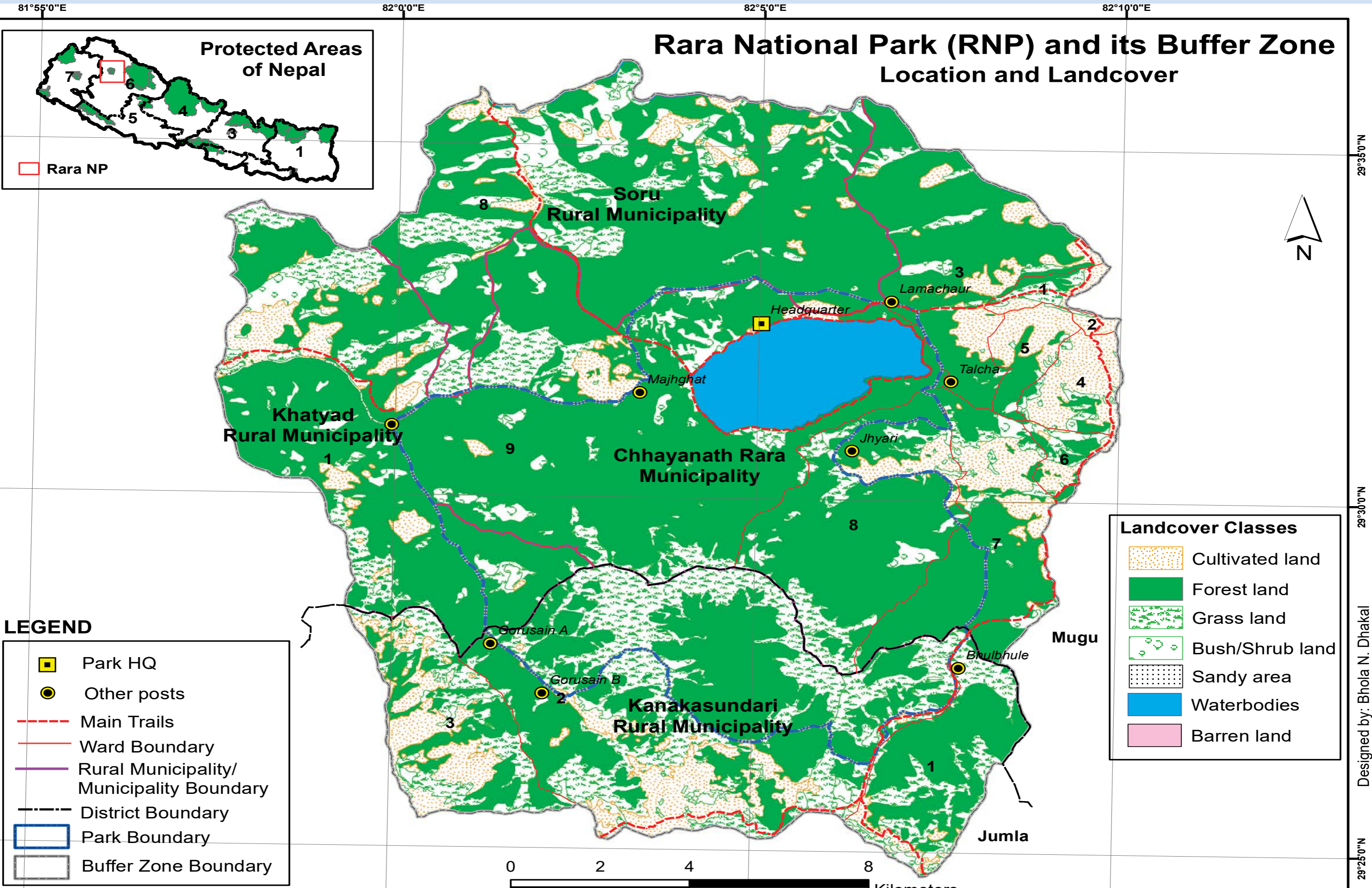


Best Season

Summer is pleasant. However, winter is quite cold. Best time to visit the park is September to November and March to June. Average annual temperature in the last 10 years is little over 11°C. Monthly maximum and minimum mean temperature is 27°C and 4°C in June and December respectively. From December to February, the temperature drops down below to freezing point, and occasional heavy snowfall accumulates up to 3-4 feet high. Pretty rain fall occurs in June to August and the park looks more beautiful in this season due to flowering plants. April normally sees the start of the warmer season which steadily increases to a pleasant temperature until September.

Rara National Park (RNP) and its Buffer Zone

Location and Landcover



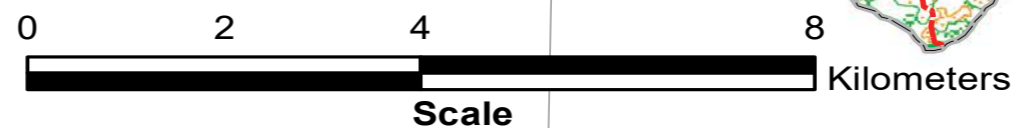
LEGEND

- Park HQ
- Other posts
- Main Trails
- Ward Boundary
- Rural Municipality/
Municipality Boundary
- District Boundary
- Park Boundary
- Buffer Zone Boundary

Landcover Classes

- Cultivated land
- Forest land
- Grass land
- Bush/Shrub land
- Sandy area
- Waterbodies
- Barren land

Source : DoS, RNP/DNPWC, MoFAGA, GoN



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29°35'0"N
29°30'0"N
29°25'0"N
Designed by: Bhola N. Dhakal