Nepal Arun Valley trek

Duration: 16 Days | Location: Makalu Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Makalu Region, Nepal

Duration: 16 Days

Difficulty: 7/10

Trip Style: Nepal Arun Valley trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 2760 m

Group: Min-2, Max 20

Summary

Nepal Arun Valley trek/Nepal Trekking Arun Valley Trek lies in the of Makalu in the eastern region. the fifth highest mountain with the elevation of 8481m./

Overview

Trip Introduction

Nepal Trekking Arun Valley Trek lies in the lap of Mt. Makalu in the eastern region.This is the fifth highest mountain with the elevation of 8481 m. This is also one of the best trekking destination. We have to fly one hours to Tumlingtar and drive to chichila village with the settlement of Rai, Limbu, Black smith, and Sherpa. The view is super perfect from Arun Valley. The panoramic views of snow capped mountains can be observe route is situated in the Makalu region, Arun Valley is blessed with the vast diversity of natural wonders and culture. This valley lies between the world's highest mountain, Mt. Everest (8848 m).

The Arun Valley Trek starts with your flight from Kathmandu to Tumlingtar, the starting point of the trek. The trek features traversing through deep forests with mixed vegetation leading to the beautiful Rai and Sherpa villages in the Arun Valley. of the main highlights of this trek is the holy pond named Salpa Pokhari, which holds fair during the month of October for Hindu pilgrims from all over the world. One Another highlight of the trek is the view of Chamlang (7321 m) and Makalu (8481 m) seen from the top of Salpa Bhanjyang. Ghorpani Poon Hill trek

The trek takes you to Makalu Barun Conservation Area and leads you Hinku valley to reach Sagarmatha National Park via the vast pastureland's and small Sherpa villages. The trail then returns to Lukla, via the more frequented Everest Base Camp route. Part of this trek passes through the Sagarmatha National Park, a UNESCO World Heritage site. Himalayan wildlife commonly seen are musk deer, mountain goats, colorful pheasants, rare Red Pandas and even Snow Leopards. Pine, juniper and birch trees are common here, as well as colorful rhododendron flowers in spring. Milke Danda Trek

Day by day itinerary

Trip Itinerary

Day 01 : Arrival at Kathmandu, Transfer to Hotel

Upon arrival in Kathmandu, you will be kindly welcomed by our team and later you will be taken to your hotel. Feel free to enjoy your day here in Kathmandu. You will stay overnight in a hotel.

Day 02 : Fly from Kathmandu to Tumlingtar.

The early morning flight from Kathmandu gives us attractive views of the hills, gorges, and the eastern Himalayas until we land in Tumlingtar. Upon arrival in Tumlingtar, you walk through the forested trail and descend through the farms to reach Kumal Gaon, situated on the edge of a broad hill. We move through the eastern bank of Arun River, crossing it on a bridge leading to the settlement of Bheteni. From here, walk to Chewabesi (250m) and stop here to take the lunch. Passing through the sub-tropical forest, continue south along the east bank of Arun River through Rai, Chettri, and Brahmin villages to reach the lively village of Kartike. Overnight in Kartike.

Day 03: Kartike – Gothe (775m)

Walk through the meadows to pass the bridge over Arun River to reach the tiny village of Baluwa Besi. The trail climbs into Sal forest and passes several villages before continuing on a trail through rice terraces to reach the Rai village of Marduwa. The trail then continues along the Irkhuwa Khola through rice and banana farms to arrive in Gothe Bazaar. Overnight in Gothe.

Day 04: Gothey – Phedi (1680m)

Ascend through Rai and Sherpa villages crossing suspension bridges over Irkhuwa Khola to reach Dobane. Pass through the beautiful villages of Tendor and Tallo Phedi, and ascend through terraced fields and later through damp forest area following the south bank of Irkhuwa Khola. A winding trail through the riverbed of Irkhuwa Khola brings us to Phedi. Overnight in Phedi.

Day 05: Phedi – Gurase (2880m)

Ascend from Phedi to climb along small streams through the densely forested trail. After ascending, reach the village of Thulo Fokte and cross the stone path through the forest, with lots of sunny clearings for occasional rests. Climb up towards the forest of oak, birch, and rhododendron, and drop down from the top of Bilbate. Further walking for about 30 minutes, we reach the village of Gurase. Overnight in Gurase.

Day 06: Gurase – Sanam (2850m)

Today the trail begins after passing through lush rhododendron forest to reach Salpa Pokhari. Situated in Salpa Bhanjyang, Salpa Pokhari is a holy pond, visited by throngs of Hindu pilgrims each year during the full moon of October. The area is bounded by hemlock and fir trees and is abundant with various birds, flora, and fauna. Glimpses of Makalu (8463m) and Chamlang (7321m) can be seen from Salpa Bhanjyang. Reach the open part with loose stones and rhododendrons above Salpa Bhanjyang and descend to the mainstream. Move on the path across the hillside and through the moist forest to reach Sanam. Overnight in Sanam.

Day 07: Sanam – Bung (1900m)

Descend through the forest of rhododendron, brown oaks, and chir pines towards the village of Sorung. About two hours trek from Shorung, we reach the Rai village of Gudel. Cross Hinku River on a steel suspension bridge, after which the main trail descends through a collage of rice, millet and soybean terraces to reach the village of Bung. We need our Makalu Barun Conservation Area entry permit to enter Bung. Overnight in Bung.

Arun Valley Trek route is situated in the Makalu region, Arun Valley is blessed with the vast diversity of natural wonders and indigenous culture. This valley lies between the world's highest mountain, Mt. Everest (8848 m), and the fifth highest mountain, Makalu (8463m), and boasts of an abundance of nature. Due to the presence of these mighty Himalayas, the quiet trails through the Rai and Sherpa settlements of Arun Valley Trek become more gorgeous and heartwarming.

Day 08: Bung – Gaikharka

Descend steeply through the cliff of a hill covered in wispy bamboo. Pass Najindingma village and enter a clear area of savannah, used as summer grazing of yaks by the people from surrounding settlements. Another one and the half hour drop across damp forest takes us to Gaikharka. Here, you'll have pleasing views of green terraces and dispersed farmhouses. Overnight in Gaikharka.

Day 09: Gaikharka – Vasme

Descend through the edge to walk through numerous ups and downs across the ravines and old moraines. The trail slowly descends and later ascends through the rhododendron and juniper forest alongside Hinku River to reach Vasme. Vasme offers a distant view of Mera Peak (6476m) along with the glimpses of the Upper Khumbu region. Overnight in Vasme.

Day 10: Vasme – Panggom (2804m)

Begin by passing the small village of Vasme through the rhododendron forest. A steep ascend through the forest takes us to the top of Panggom La Pass (3174m), from where amazing views of the snow covered Mera Peak (6476m), Kusum Kanguru (6367m), Kangtega (6685m), and other peaks can be seen. Then a steep descend through the ridge takes us takes us to the beautiful Sherpa village of Panggom. Here, we can visit the PaldiOrken Choling Gompa and Hillary School. Overnight in Panggom.

Day 11: Panggom – Paiya (2730).

Ascending through the lush forest of rhododendron and oak, we head towards the village of Paiya. A gradual ascend through the ridge takes us to the top of Kari La (3145m), which serves as a vantage point to view the beauty of Kusum Kanguru (6367m), Thamserku (6608m), and Kangtega (6685m). Afterward, descend gradually and cross a wooden bridge above Paiya Khola and head towards Paiya. Overnight in Paiya.

Day 12: Paiya – Phakding (2610m)

From Paiya, ascend gradually through the lush forest with mixed vegetation to arrive in Chutok La (2945m). Then a slow descend takes us to Surke, from where the trail ascends through Chheplung and Nurning to reach Phakding. En route, we pass many small monasteries and Mani walls before reaching the small Sherpa village of Phakding. Phakding hosts an amazing view of Kusum Kangaru (6367m) and Thamserku (6608m). Overnight in Phakding.

Day 13: Phakding to Lukla

Leaving Phakding, cross the suspension bridge over Dudh Koshi River and descend through rhododendron and pine forests to reach Lukla. We cross many Buddhist villages and their prayer flags on the way to Lukla. On reaching Lukla, we celebrate our accomplishment. Overnight in Lukla.

Day 14: Fly From Lukla – Kathmandu

We fly back to Kathmandu from Lukla (40 minutes) with the views of the mighty Himalayas. From the airport, we drive you to the hotel, after which you can enjoy the whole day resting in your room or shopping in the nearby markets. Overnight at a 3-star hotel in Kathmandu.

Day 15: Departure

Today is your final day in Nepal. After breakfast, our team will drop you at the airport before the scheduled time. We hope to see you again.

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Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

All necessary airport picks up and drop-off by private car

Accommodation in Kathmandu (2 nights)

All necessary trek Permit,National Park permit and fees.

All necessary land transport and domestic flight tickets

All accommodation food during the trek.

An English speaking government certified trekking guide.

Porter to carry you baggage (1 porter for 2 trekkers)

Food, accommodation, salary, insurance for the trekking staff.

Exclusions

Your travel insurance (compulsory).

International airfare and airport departure tax.

Nepal entry visa fee.

Personal expenses such as alcoholic drinks, cold drinks and mineral water etc.

Lunch and dinner in Kathmandu.

Personal trekking equipment.

Tips for trekking staffs and driver etc.

All expenses which are not mention in price include section.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.

- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars

- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 16 Days.

Group Size: Min-2, Max 20.

Trekking Region: Makalu.

Trip Type Name: Nepal Arun Valley trek .

Highest Altitude of the trek: 2760 m.

Highest Point: Nepal Arun Valley trek (2760 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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