

Arun Valley Trek – An Authentic Journey Through Nepal’s Hidden Himalayan Wilderness

Overview:

The Arun Valley Trek is one of Nepal’s most rewarding off-the-beaten-path adventures, combining remote Himalayan landscapes, authentic mountain culture, and spectacular trekking trails between the eastern Nepal regions of Makalu and Everest. Beginning with a scenic flight from Kathmandu to Tumlingtar, the journey explores the beautiful Arun Valley before gradually crossing high mountain passes and reaching the famous trekking hub of Lukla.

Unlike Nepal’s more crowded trekking routes, the Arun Valley Trek in Nepal offers a peaceful and authentic experience through traditional villages, terraced hillsides, dense forests, and pristine mountain landscapes. The trail passes through diverse environments, from subtropical valleys and fertile farmland to alpine terrain, providing a fascinating glimpse into the natural and cultural diversity of eastern Nepal.

A major highlight of the trek is crossing spectacular Himalayan passes, including Salpa La Pass, Panggom La Pass (3,174 m), and Khari La Pass (3,415 m). These challenging yet rewarding sections of the trail offer breathtaking views of surrounding mountains, remote valleys, and untouched landscapes while creating a true sense of Himalayan adventure.

Throughout the journey, trekkers experience the rich traditions and warm hospitality of local communities, including the Rai, Limbu, and Sherpa people. The remote villages along the route provide an authentic insight into mountain lifestyles, ancient customs, and the cultural heritage that has shaped life in this region for generations.

The trek concludes in Lukla, connecting the peaceful wilderness of the Arun Valley with the gateway to the Everest region. With its combination of remote trails, cultural encounters, mountain scenery, and challenging high passes, the Arun Valley Trek is an ideal choice for trekkers seeking a genuine Himalayan experience away from the crowds.

Quick facts:

Cost: USD per Person

Destinations: Tumlingtar / Salpa Phedi / Panggom La Pass / Khari La Pass / Lukla

Duration: 14 Days

Trek starting point: Tumlingtar

Trek ending point: Lukla

Grade: Moderate

Transportation: domestic flight / private vehicle / local jeep

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 3,415 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▮ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at the hotel.

▮ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight stay at the hotel.

▮ **Day 3: Fly from Kathmandu Tumlingtar(518 m) and Trek to Kartike: 3 – 4 hours drive**

Our adventure begins with a scenic flight from Kathmandu (1,400 m) to Tumlingtar (518 m), where the lush valleys, winding rivers, and distant hills of eastern Nepal stretch out below. The fresh mountain air and quiet rural charm set the tone for the journey ahead.

From Tumlingtar, we trek approximately 12–14 km (7–9 miles) toward Kartike, descending past farms and small villages to Kumal Gaon, perched on the edge of a plateau with sweeping valley views. Following the east bank of the Arun River, we cross a rustic bridge into Bheteni village and continue through subtropical forests and riverside hamlets, stopping at Chyawabesi for lunch or a short break while enjoying the serene landscape.

The trail then winds through more forested slopes and quiet villages, offering glimpses of local life, grazing livestock, and riverside scenery. By late afternoon, we arrive at Kartike (1,050 m), where a cozy teahouse awaits with warm meals and comfortable lodging, giving us a chance to rest and enjoy the peaceful surroundings before continuing deeper into the Makalu region. Overnight stay at a teahouse.

▮ **Day 4: Trek from Kartike to Gothey (1,450 m) : Walking Distance: 11 – 12 km | 4 – 5 hours**

We begin our day leaving Kartike, following gentle trails that wind through farmland, small villages, and terraced slopes. The trek gradually ascends over approximately 11–12 km (6.8–7.5 miles) and takes around 4–5 hours, offering glimpses of surrounding hills and distant valleys along the way, accompanied by the soft sounds of rural life and flowing streams.

Along the route, we pass through quiet settlements and forested patches, observing local villagers tending their fields and grazing livestock. The path provides moments to pause, admire the scenery, and feel the rhythm of life in this remote region of eastern Nepal.

By late afternoon, we arrive at Gothey (1,450 m), a serene village tucked among the hills. Here, a teahouse awaits with warm meals and cozy lodging, giving us a chance to rest and enjoy the peaceful surroundings while preparing for the next leg of the trek deeper into the Makalu region.

▯ **Day 5: Trek from Gothey to Salpa Phedi (1,800 m): Walking distance : 10 – 11 km | 4 – 5 hours**

We start our day leaving Gothey, gradually ascending along trails that meander through lush forests, terraced fields, and small rural villages. Over a distance of approximately 10 – 11 km (6–7 miles), the trek takes around 4 – 5 hours, offering expansive views of the surrounding hills and river valleys as we climb higher into the Makalu region.

Along the way, we cross a charming suspension bridge over the Irhuwa Khola, feeling the gentle sway beneath our feet as the crystal-clear waters rush below, adding a hint of adventure to the journey. We also pass small settlements and grazing areas, catching glimpses of yaks and other livestock, and experience the rhythms of rural Himalayan life.

By afternoon, we arrive at Salpa Phedi (1,800 m), a quiet hamlet nestled among the hills. Here, a teahouse welcomes us with warm meals and cozy lodging, giving us the chance to rest and soak in the serene atmosphere, preparing for the next stage of the trek deeper into the Makalu region.

▯ **Day 6: Trek from Salpa Phedi to Gurase Bhanjyang (2,200 m): Walking distance: 7 – 8 km | 3 – 5 hours**

We begin our day leaving Salpa Phedi, following a gently ascending trail that winds through terraced farmland, patches of forest, and highland grazing areas. The trek covers approximately 7 – 8 km (4.5–5 miles) and typically takes 3 – 5 hours, steadily gaining altitude as we approach the serene highlands of the Makalu region.

Along the way, the trail offers occasional panoramic views of surrounding hills and distant Himalayan peaks, while the forest birds and grazing yaks bring the highland scenery to life. The path is peaceful and scenic, providing plenty of moments to pause, breathe in the fresh mountain air, and take in the natural beauty.

By afternoon, we arrive at Gurase Bhanjyang (2,200 m), a quiet mountain pass framed by towering peaks and pristine forests. A teahouse awaits with warm meals and cozy lodging, allowing us to rest, acclimatize, and enjoy the tranquil surroundings before continuing toward the higher reaches of the Makalu trek.

▣ **Day 7: Trek from Gurase Bhanjyang to Sanam (2,700 m): Walking Distance: 7 – 8 km | 4 – 5 hours**

Our journey continues from Gurase Bhanjyang, following a gently ascending trail that winds through alpine meadows, pine and rhododendron forests, and highland pastures. Covering approximately 7 – 8 km (4.5–5 miles), the trek takes around 4 – 5 hours, steadily climbing 500 m as we move deeper into the heart of the Makalu region.

Along the way, we are treated to expansive views of distant snow-capped peaks and the rolling hills of the Arun valley. The trail passes through serene grazing areas where yaks roam freely, and the air is filled with the chirping of Himalayan birds, creating a peaceful and invigorating atmosphere. Overnight stay at a teahouse.

By afternoon, we reach Sanam (2,700 m), a quiet settlement perched among the hills. A teahouse awaits with warm meals and cozy lodging, allowing us to rest, acclimatize, and enjoy the tranquil high-altitude surroundings, preparing for the higher passes and the journey toward Makalu Base Camp. Overnight stay at a teahouse.

▣ **Day 8: Trek from Sanam to Bung (1,900 m): Walking Distance: 9 – 11 km | 5 – 6 hours**

Leaving Sanam, the trail gradually descends through peaceful forests and traditional hillside paths, opening into small settlements before reaching the village of Share, where an old gompa, local tea houses, and traditional handmade paper practices reflect the area's cultural heritage. The route then continues through a scenic mix of terraced farmland and forested ridges toward the lush valley of Gudel (1,900 m), where whitewashed homes and cultivated gardens sit quietly beneath rolling green hills.

From Gudel, the path winds through scattered hamlets and rural landscapes before finally arriving at Bung, a welcoming mountain village surrounded by terraced fields and forested slopes. Covering approximately 9 – 11 km (5.5 – 6.8 miles) in around 5 – 6 hours, this section offers a balanced blend of cultural encounters and natural beauty, ending with a restful overnight stay in a local teahouse before continuing deeper into the Makalu region.

▣ **Day 9: Trek from Bung to Gai Kharka (2,300 m): Walking distance: 9 – 11 km | 5 – 7 hours**

After breakfast in Bung, we leave the village behind and begin our descent along steep cliffside trails, where narrow paths cut through bamboo thickets and forested slopes. As we make our way down, the terrain feels increasingly rugged and dramatic, gradually transitioning into quieter highland sections.

Along the route, we pass through the picturesque settlement of Najindingma (2,650 m), where we take in views of terraced fields and scattered hillside farms. Continuing onward, we move through open grazing areas and rural trails, with the landscape slowly unfolding into wide views of layered hills and cultivated valleys.

This section covers approximately 9 – 11 km (5.6 – 6.8 miles) and takes around 5 – 7 hours, depending on pace and trail conditions. By the time we reach Gai Kharka (2,300 m), we settle into a peaceful alpine grazing area surrounded by forested slopes, where simple teahouse accommodation offers a quiet and comfortable overnight stay.

▮ **Day 10: Trek from Gai Kharka to Panggom (2,850 m) via Panggom La Pass (3,174 m): Walking Distance: 7 – 9 km | 4 – 6 hours**

After departing Gai Kharka (2,300 m), the trail climbs gradually through dense rhododendron and pine forests, following quiet ridgelines and natural hillside paths. The route is peaceful and remote, with occasional openings that reveal wide valley views.

The ascent continues steadily toward Panggom La Pass (3,174 m), the highest point of the day. From the pass, trekkers are rewarded with sweeping Himalayan scenery, and on clear days, distant views of Mera Peak and surrounding peaks.

After crossing the pass, the trail descends through forested slopes to the hillside settlement of Panggom (2,850 m), where the day concludes in a quiet village setting surrounded by terraced fields and mountains.

This section covers approximately 5 – 7 km (3.1 – 4.3 miles) and takes around 3.5 – 5.5 hours, depending on pace and trail conditions.

▮ **Day 11: Trek from Panggom to Paiyan (2,730 m) via Khari La Pass (3,415 m): Walking Distance: 10 – 12 km | 5 – 7 hours**

Starting from Panggom (approx. 2,850 m), the trail follows a steady ascent through forested ridges and quiet hillside paths, gradually entering a more remote and rugged section of the route.

En route, the path passes through Khatre (approx. 2,830 m) and continues up to Khari La Pass (approx. 3,415 m), a scenic ridge and the highest point of the day, often used as a lunch stop with wide views of surrounding valleys and forested slopes. From here, the trail descends through rhododendron and pine forest into lower rural terrain.

This section covers approximately 10 – 12 km (6.2 – 7.5 miles) and takes around 5 – 7 hours, depending on pace and trail conditions, before reaching Paiyan (approx. 2,730 m), a quiet hillside settlement and peaceful overnight stop on the Everest trekking route. Overnight stay at a teahouse.

▮ **Day 12: Trek from Paiyan to Lukla (2,860 m): Walking Distance: 7 – 9 km | 3 – 5 hours**

The final stretch of the trek begins from Paiyan, marking our last walking day toward Lukla. We follow a scenic trail through forested ridges, stone steps, and small hillside settlements, enjoying a calm and reflective walk through the lower Everest region.

Along the way, we pass terraced fields, rhododendron forest, and traditional villages before gradually joining the main trekking corridor leading to Lukla. The atmosphere slowly becomes livelier as teahouses, prayer flags, and local activity signal that we are nearing the end of our journey.

This section covers approximately 7 – 9 km (4.3 – 5.6 miles) and takes around 3 – 5 hours, depending on pace and trail conditions, before we reach Lukla (2,860 m), marking the completion of our trekking adventure in the Everest region. Overnight stay at a teahouse.

▮ **Day 13: Fly from Lukla to Kathmandu: 30 – 40 minutes**

After successfully completing the unforgettable Arun Valley Trek, we will take an early morning flight from Lukla (2,860 m / 9,383 ft) back to Kathmandu (1,400 m / 4,593 ft). The scenic flight of approximately 30 – 40 minutes offers one final view of the beautiful Arun Valley, Himalayan peaks, deep valleys, and remote mountain landscapes that defined the journey.

As the aircraft descends into the Kathmandu Valley, the peaceful mountain scenery gradually gives way to the vibrant energy of the city. Upon arrival in Kathmandu, guests will be transferred to their hotel and can enjoy the rest of the day at leisure, relaxing and reflecting on the incredible Arun Valley adventure. Overnight at a hotel in Kathmandu.

▮ **Day 14: Departure day:**

Today marks the conclusion of our unforgettable Arun Valley Trek. After arriving in Kathmandu from Lukla, the day is reserved for rest, reflection, and optional last-minute shopping or sightseeing in the vibrant capital city.

It is a wonderful opportunity to revisit the sights, sounds, and flavors of Nepal, capture a few final memories, and celebrate the experiences shared throughout the beautiful Arun Valley region. Later, we bid farewell to our guides and fellow trekkers, carrying home unforgettable memories of the journey.

Depending on flight schedules, airport transfers will be arranged for your onward journey, marking the official end of the trek.

What's Included:

- ✓ Airport Pick-up and drop Service
- ✓ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Domestic flights: Kathmandu – Tumlingtar and Lukla – Kathmandu
- ✓ Sightseeing charges and Entry fees
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (tourist coach / local bus / private vehicle)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Makalu Barun National Park Entry Permit
- ✓ Sagarmatha National Park Entry Permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.