



● Trekking at a Glance

DURATION

15 Days

MAX ALTITUDE

2956m

BEST TIME

Mar - May & Sep - Nov

ACCOMMODATION

Hotel / Tea House

THE OVERVIEW

Arun Valley provides really superb views of both Mt. Everest and Mt. Makalu. It is located between the Sagarmatha and Makalu-Barun National Parks. Trek in this valley provides an alternative approach to the Khumbu region. The trek requires stamina and fitness to fully appreciate the beauty of the region which provides some outstanding mountain views. Commencing with a flight to Lukla to the east of Everest, the first week is spent trekking through virgin territory into the Solukhumbu region before a push up on the main Everest trail to Kala Pattar for tremendous close-ups of Everest, Nuptse and Lhotse along with...

01

Arrival at Kathmandu

Arrive in Kathmandu, Nepal's vibrant capital. Upon arrival, you will be greeted by your guide and transferred to your hotel. Take this day to rest and prepare for the trekking journey ahead. You can spend your time exploring the local culture or relaxing at your hotel.

ALT: 1,400m MEAL: Dinner

02

Fly from Kathmandu to Lukla. Trek to Paiya

In the morning, take a scenic flight from Kathmandu to Lukla, a small mountain airport in the Khumbu region. Upon arrival, start your trek towards Paiya. The trail will take you through Sherpa villages, beautiful forests, and offers glimpses of snow-capped peaks.

ALT: 2,730m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

03

Trek from Paiya to Panggom

Today's trek will take you through dense forests and traditional villages. The trail is relatively easy, allowing you to acclimatize while still enjoying the stunning landscape. Panggom is a scenic village located at the foot of the mountains.

ALT: 2,840m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

04

Trek from Panggom to Chutek

The trek today will bring you through lush forests and offer fantastic views of the surrounding mountains. You will walk through small settlements and farmland, providing a glimpse into the local way of life.

ALT: 2,500m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

05

Trek from Chutek to Najingdingma

Today's trek takes you deeper into the valley, crossing suspension bridges and walking through forests filled with rhododendron trees. The path is picturesque, and you'll be surrounded by beautiful landscapes.

ALT: 2,650m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

06

Trek from Najingdingma to Khiraule

Continue your journey towards Khiraule. The trail descends and climbs through charming villages and green hills, offering beautiful views of the surrounding peaks. This is a relatively short day with an opportunity to enjoy the peaceful environment.

ALT: 2,380m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

07

Trek from Khiraule to Gudel

The trek today brings you to the village of Gudel, passing through forests and along riverbanks. The path offers beautiful scenery, and Gudel itself is a quiet village where you can interact with the locals.

ALT: 1,900m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

08

Trek from Gudel to Sanama

Trek from Gudel to Sanama, following a trail through alpine meadows and dense forests. As you gain altitude, the views become more panoramic, providing glimpses of the distant peaks.

ALT: 2,850m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

09

Trek from Sanama to Jaabari crossing Saalpa Pass

Today, you'll ascend to Saalpa Pass, where you'll get stunning views of the surrounding mountains and valleys. After crossing the pass, continue to Jaabari, where you will spend the night in a local lodge.

ALT: 2,956m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

10

Trek from Jaabari to Phedi

Today's trek will take you through scenic landscapes as you descend towards Phedi. The route is comfortable, with less steep terrain and beautiful views along the way.

ALT: 1,685m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

11

Trek from Phedi to Gathe Bazaar

The trail descends further as you make your way to Gathe Bazaar. The walk will take you through forests and small villages. You will pass through some of the most peaceful sections of the trek.

ALT: 775m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

12

Trek from Gathe Bazaar to Chewabesi

Continue your descent through scenic paths towards Chewabesi. The route is mostly downhill, passing through lush landscapes and traditional villages.

ALT: 250m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

13

Trek from Chewabesi to Tumlingtar

Trek to Tumlingtar, where the Arun Valley trek officially ends. Enjoy your last day on the trail as you reach the village with its amazing views of the valley and the surrounding mountains.

ALT: 460m HIKE: 5-6 hours MEAL: Breakfast, Lunch, Dinner

14

Fly from Tumlingtar to Kathmandu

In the morning, take a flight from Tumlingtar back to Kathmandu. After arriving in Kathmandu, you can relax and take the day to explore the city or shop for souvenirs.

ALT: 1,450m MEAL: Breakfast, Lunch, Dinner

15

Departure

After breakfast, you'll be transferred to the airport for your flight back home. Your adventure ends here, but the memories will stay with you forever.

MEAL: Breakfast

END OF SERVICES

- What's Included

- Accommodation: Three standard hotels, twin-sharing basis
- Local guide & support staff
- Meals on the trek: Breakfast, Lunch, Dinner, Tea, Coffee (A day)
- Small adventure equipment
- Porter service (2 trekkers per 1 porter)
- Arun Valley Trekking permits (ACAP, TIMS)
- First aid box
- All government and local taxes
- Makalu National Park entry permits
- Pickup and drop from airport to hotel (private vehicle)
- Farewell group dinner
- Guide and porter insurance fee
- Kathmandu Lukla – Tumlingtar – Kathmandu flight ticket

- What's Not Included

- International airfare
- Nepalese Visa fee
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra)
- Lunch and dinner in Kathmandu
- Tips for guide, porter, and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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