Arun Valley Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3350m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,390 per person**

Trip overview

The Arun Valley Trek is one of the most remote and naturally diverse trekking routes in eastern Nepal, offering an authentic blend of deep river valleys, rich biodiversity, and traditional Himalayan village life. This off-the-beaten-path journey follows the spectacular Arun River corridor, connecting the lower hills of eastern Nepal with the gateway to the Makalu Himal region.

Unlike the more commercial trekking routes in central Nepal, the Arun Valley Trek provides a raw and peaceful experience where nature and culture remain largely untouched. The trail passes through isolated Rai, Sherpa, and other indigenous communities, offering meaningful cultural interaction and a true wilderness trekking atmosphere.

Throughout the journey, trekkers are rewarded with dramatic views of eastern Himalayan peaks, including Makalu, Kanchenjunga, Everest, and surrounding ranges. The combination of deep valleys, dense forests, and towering mountains makes this one of Nepal’s most scenic yet least explored trekking regions.

Geography and Landscape

The Arun Valley Trek is located in eastern Nepal, mainly within the Sankhuwasabha and Bhojpur districts, forming part of the greater Makalu Barun region. The route begins from Tumlingtar and follows the Arun River valley, gradually ascending through forested hills, terraced farmland, and remote mountain villages.

The landscape is extremely diverse, starting from subtropical lowlands with warm river valleys and transitioning into lush mid-hills filled with rhododendron, oak, and bamboo forests. As the trek progresses, the terrain becomes steeper and more rugged, leading toward alpine environments and the high Himalayas.

One of the most striking features of the trek is the continuous variation in scenery. Deep gorges, suspension bridges, waterfalls, and terraced fields create a dynamic trekking environment. The Arun River itself, one of the major tributaries of the Koshi system, shapes the entire valley and adds dramatic beauty to the route.

From higher ridges and viewpoints, trekkers can enjoy panoramic Himalayan views, including Makalu,

Kanchenjunga, and distant Everest region peaks on clear days. The remoteness of the trail ensures minimal crowding, offering a strong sense of exploration and discovery.

Climate and Best Time to Trek

The best seasons for the Arun Valley Trek are spring (March–May) and autumn (September–November). These months provide stable weather conditions, clear mountain views, and comfortable trekking temperatures.

Spring is particularly beautiful with blooming rhododendrons, lush green forests, and active wildlife throughout the lower valleys. Autumn offers crisp air, dry trails, and the clearest visibility of Himalayan peaks after the monsoon season.

Winter (December–February) is cold but manageable in lower elevations, though higher sections can be harsh. The monsoon season (June–August) brings heavy rainfall, landslides in some areas, and reduced visibility, making it less suitable for trekking.

Overall, autumn is considered the most favorable season for both cultural exploration and Himalayan scenery.

People and Culture

The Arun Valley region is home to diverse indigenous communities, primarily Rai, Sherpa, and other ethnic groups who have preserved their traditional lifestyles for generations. Their culture is deeply connected to nature, land, and ancestral practices.

Villages along the trail reflect authentic Himalayan rural life, with stone houses, terraced farming, and strong community bonds. Local people rely on agriculture, livestock, and seasonal trade, maintaining a sustainable way of living in remote mountain environments.

Cultural traditions, festivals, and rituals are an important part of daily life, often linked to natural cycles and spiritual beliefs. Trekkers have the opportunity to experience genuine hospitality, traditional food, and local customs that are rarely seen in more developed trekking regions.

The combination of untouched landscapes, deep river valleys, and rich cultural diversity makes the Arun Valley Trek one of the most authentic and rewarding trekking experiences in Nepal.

Highlights

- Remote and less-crowded trekking route in eastern Nepal
- Scenic Arun River valley with forests, gorges, and suspension bridges
- Views of Makalu, Kanchenjunga, and distant Everest ranges
- Rich biodiversity in the Makalu Barun region
- Authentic Rai and Sherpa village culture
- Diverse landscapes from lowlands to alpine hills
- Peaceful, off-the-beaten-path trekking experience
- Moderate to challenging, suitable for experienced trekkers
- Access via Tumlingtar (flight or road from Kathmandu)
- Ideal alternative to mainstream Himalayan treks

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, a company representative will greet you and transfer you to your hotel in Thamel, Kathmandu's vibrant tourist hub known for its colorful streets, trekking shops, and cultural eateries. After some rest, you'll attend a briefing session with your guide, go over the itinerary, and check your trekking gear. In the evening, enjoy a traditional Nepali welcome dinner with local dishes like dal bhat, momo, and chiya (tea). Overnight at a 3-star hotel in Kathmandu.

Day 2 : Trek Permit & Preparation Day in Kathmandu (1,400m)

Altitude: 1,400m – 1,400m

Stay: Hotel · Visit: Kanchenjunga Region · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for final trek preparation and permit arrangements. Your guide will assist you in obtaining the necessary trekking permits and checking all required documents for the Arun Valley Cultural Trail. You can spend the rest of the day shopping for trekking essentials in Thamel, organizing your gear, exchanging currency, or exploring Kathmandu's cultural landmarks such as Pashupatinath Temple, Boudhanath Stupa, or Kathmandu Durbar Square. In the evening, enjoy a relaxed dinner and final briefing before your journey into eastern Nepal. Overnight at a 3-star hotel in Kathmandu.

Day 3 : Fly from Kathmandu to Tumlingtar (460m)

Altitude: 1,400m – 460m

Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration: Flight 35–40 minutes

After breakfast, take a short flight to Tumlingtar in eastern Nepal. The flight offers dramatic views of Nepal's green hills, winding rivers, and scattered hamlets. Tumlingtar, situated on the banks of the Arun River, is a quiet market town and the starting point of your cultural adventure. Upon arrival, settle into your guesthouse and explore the local bazaar, temples, or riverbanks. Overnight at a local guesthouse.

Day 4 : Trek from Tumlingtar to Chewabesi (800m)

Altitude: 460m – 800m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Begin your trek heading north through subtropical forests, banana groves, and terraced fields. The trail is easy and scenic, winding through Rai villages and farmland. Reach Chewabesi, a beautiful Rai community known for its simplicity and hospitality. You'll stay in a traditional village lodge or homestay.

Day 5 : Trek to Gothe Bazaar (1,000m)

Altitude: 800m – 1,000m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Continue your walk through rolling hills and rural trails. You'll pass Tamang and Rai settlements, cross wooden bridges, and enjoy views of lush terraced landscapes. Gothe Bazaar is a lively mid-hill trading center with traditional shops and a local market atmosphere. It's a great place to observe the rhythms of

village commerce. Overnight in a simple lodge.

Day 6 : Trek to Phedi (1,800m)

Altitude: 1,000m – 1,800m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Today, the trail ascends gradually through forests of oak and rhododendron, as the air becomes cooler and the landscape more alpine. You'll pass scattered settlements and traditional farming terraces. Phedi serves as a resting point before the climb to Salpa La. It's peaceful and sparsely populated, with great mountain views. Overnight in a basic teahouse.

Day 7 : Trek to Salpa Phedi (2,500m)

Altitude: 1,800m – 2,500m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

The trail climbs deeper into the eastern mid-hills, passing through dense forest and sacred Rai cultural landmarks, such as mani walls and small shrines. Reach Salpa Phedi, the final settlement before the high mountain pass. The quiet environment and cool mountain air make it an ideal resting point before crossing Salpa La Pass.

Day 8 : Cross Salpa La Pass, Descend to Sanam (2,800m)

Altitude: 2,500m – 3,350m – 2,800m

Walk: 6–7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Today is a highlight of the trek. Start early to visit Salpa Pokhari, a sacred lake important to Rai shamans and Hindu pilgrims. Then continue your ascent to Salpa La Pass, the highest point on the trail. The pass offers breathtaking views of Mount Makalu, Chamlang, and distant Everest peaks. After taking in the vistas, descend through rhododendron forests to Sanam, a peaceful village inhabited by Rai and Sherpa families. Overnight in a homestay or basic lodge.

Day 9 : Trek to Gudel (2,000m)

Altitude: 2,800m – 2,000m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Today's trail descends through pine forests, terraced fields, and waterfalls. Reach Gudel, one of the largest Kulung Rai villages in the region. The village is culturally rich, with ancient customs, shamanic traditions, and stone houses perched on steep hillsides. You'll stay in a community homestay.

Day 10 : Trek to Bung (1,900m)

Altitude: 2,000m – 1,900m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Continue trekking along forested paths and cross rivers via traditional wooden or suspension bridges. Along the way, you'll pass remote hamlets where time seems to stand still. Arrive at Bung, a Rai village surrounded by maize fields, watermills, and chortens. Overnight in a lodge or local home, enjoying homemade food and tranquil surroundings.

Day 11 : Trek to Kharikhola (2,100m)

Altitude: 1,900m – 2,100m

Walk: 5–6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

The trail today gradually ascends along scenic ridges and fields. You'll notice an increase in trekkers as

you approach the Everest region, merging with the classic route used by trekkers heading to Everest Base Camp. Kharikhola is a well-established village with both Rai and Sherpa populations. Stay in a teahouse with better facilities, warm showers, and bakery items available.

Day 12 : Trek to Paiya or Surke (2,300m)

Altitude: 2,100m – 2,300m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Follow the Everest Base Camp trail northward through lush forests and rising terrain. The views now shift to snowy Khumbu peaks and steep gorges. Depending on your pace and trail conditions, you'll stay at either Paiya or Surke, both offering peaceful accommodation options.

Day 13 : Trek to Lukla (2,860m)

Altitude: 2,300m – 2,860m

Walk: 4–5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This final day of trekking leads you to Lukla, a bustling town and key departure point for trekkers and climbers. You'll pass through villages with Buddhist stupas, prayer wheels, and carved mani stones. Celebrate your successful crossing of the Arun Valley Cultural Trail with your guide and team. Overnight in a comfortable lodge with electricity, internet access, and a hot shower.

Day 14 : Fly Back to Kathmandu (1,400m)

Altitude: 2,860m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration: Flight 35–40 minutes

Take a morning flight from Lukla to Kathmandu (weather permitting). Upon arrival, transfer to your hotel and enjoy a free afternoon for rest, shopping, or optional sightseeing at UNESCO sites like Pashupatinath, Boudhanath, or Patan Durbar Square. In the evening, join a farewell dinner at a cultural restaurant. Overnight at a hotel in Kathmandu.

Day 15 : Final Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

After breakfast, your guide will transfer you to Tribhuvan International Airport for your onward flight. You leave Nepal with unforgettable memories of authentic Himalayan culture, quiet trails, and warm village hospitality.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Trek Permit & Preparation Day in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 3 · Fly from Kathmandu to Tumlingtar · 1,400 m · day 21°C / night 12°C
- Day 4 · Trek from Tumlingtar to Chewabesi · 460 m · day 26°C / night 18°C
- Day 5 · Trek to Gothe Bazaar · 800 m · day 24°C / night 16°C
- Day 6 · Trek to Phedi · 1,000 m · day 23°C / night 14°C
- Day 7 · Trek to Salpa Phedi · 1,800 m · day 19°C / night 9°C

- Day 8 · Cross Salpa La Pass, Descend to Sanam · 2,500 m · day 16°C / night 5°C
- Day 9 · Trek to Gudel · 2,800 m · day 14°C / night 3°C
- Day 10 · Trek to Bung · 2,000 m · day 18°C / night 8°C
- Day 11 · Trek to Kharikhola · 1,900 m · day 19°C / night 8°C
- Day 12 · Trek to Paiya or Surke · 2,100 m · day 18°C / night 7°C
- Day 13 · Trek to Lukla · 2,300 m · day 17°C / night 6°C
- Day 14 · Fly Back to Kathmandu · 2,860 m · day 14°C / night 2°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 4 night 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Makalu Barun National Park entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.

- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 16 Mar 2027 · USD 2,390 · Available
- 16 Mar 2027 – 30 Mar 2027 · USD 2,390 · Available
- 06 Apr 2027 – 20 Apr 2027 · USD 2,390 · Available
- 20 Apr 2027 – 04 May 2027 · USD 2,390 · Available
- 04 May 2027 – 18 May 2027 · USD 2,390 · Available

Best time to visit

Best months: March–April and October–November. These remote eastern treks are best in autumn and spring. High passes can be snowbound from December to February, and the monsoon makes trails slippery and leech-prone from June to August.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor

- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation on the Arun Valley Trek is mainly basic and locally managed, consisting of teahouses, homestays, and small community lodges along the route.

Villages such as Tumlingtar, Num, Seduwa, Tashigaon, and surrounding settlements offer simple twin-sharing rooms with basic bedding and shared bathroom facilities. In higher and more remote sections, facilities become more limited, and camping may be required depending on the itinerary.

Despite the simplicity, the warmth and hospitality of Rai, Sherpa, and other ethnic communities make the experience comfortable and culturally enriching.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek, prepared by local teahouses or trekking kitchen staff in remote sections.

Meals are simple, fresh, and locally sourced.

Typical menu options include:

- Traditional Dal Bhat set meals (rice, lentils, vegetables, pickle)
- Noodles, fried rice, and simple pasta dishes
- Soups (vegetable, garlic, and noodle soups)
- Potatoes, eggs, and seasonal greens
- Tibetan bread, chapati, and porridge
- Tea, coffee, and local herbal drinks

Food becomes simpler as altitude increases, but remains sufficient for trekking energy needs.

Difficulty & Physical Requirements

The Arun Valley Trek is classified as moderate to challenging, depending on the chosen route and extension toward Makalu or high passes.

Daily walking ranges from 5 to 7 hours, with continuous ascents, river valley trekking, and remote trail sections. Some parts of the trail are less developed and require good stamina and trekking experience.

No technical climbing skills are required, but strong physical fitness and mental endurance are recommended due to long distances and limited infrastructure.

Permits

Required permits include:

- Makalu Barun National Park Entry Permit
- TIMS Card (Trekkers' Information Management System)

All permits can be arranged in Kathmandu through registered trekking agencies.

Best Season

- Spring (March–May): Clear views, blooming rhododendrons, stable weather
- Autumn (September–November): Best visibility and ideal trekking conditions
- Winter (December–February): Cold but possible in lower regions
- Monsoon (June–August): Heavy rainfall, slippery trails, and limited visibility

Autumn is considered the best season for trekking in the Arun Valley due to clear skies and stable conditions.

Transportation & Access

The trek is accessed via a scenic flight or drive from Kathmandu to Tumlingtar, which serves as the main gateway to the Arun Valley.

From Tumlingtar, trekking begins through lush lowland hills, river valleys, and gradually ascends toward the Makalu region or connecting high Himalayan trails.

The region is remote, and logistics require careful planning due to limited transport infrastructure.

Safety & Acclimatization

The Arun Valley Trek involves varying altitudes and remote terrain, so proper preparation is essential.

Key safety considerations include:

- Long walking days through remote landscapes
- River crossings and less-developed trails
- Gradual acclimatization in higher sections
- Weather changes in forest and mountain zones
- Proper hydration and nutrition management

With proper guidance and pacing, the trek is safe but physically demanding.

Travel Insurance

Travel insurance is strongly recommended and should include:

- High-altitude trekking coverage
- Emergency helicopter evacuation
- Medical treatment coverage
- Trip cancellation and accident protection
- Due to the remote nature of the region, insurance is essential.

Additional information

Guide & Porter Services

A licensed guide is highly recommended for navigation, safety, and cultural interpretation. Porters are also recommended due to long trekking days and remote terrain conditions.

Local guides provide valuable insight into Rai, Sherpa, and other indigenous cultures of the Arun Valley.

Cultural & Natural Highlights

The Arun Valley Trek offers one of Nepal's most diverse and untouched trekking experiences:

- Lush river valleys and deep gorges of the Arun River
- Rich biodiversity within Makalu Barun National Park
- Traditional Rai, Sherpa, and indigenous villages
- Views of Makalu region Himalayan ranges Makalu
- Dense forests of rhododendron, bamboo, and pine
- Remote and less crowded trekking trails
- Cultural diversity and authentic village life
- Gateway route to Makalu Base Camp and eastern Himalayas

Essential Equipment

- Recommended trekking gear includes:
- Strong trekking boots with good grip
- Layered clothing system
- Warm jacket (down recommended)
- Waterproof jacket and pants
- Trekking poles
- Hat, gloves, and sunglasses
- Backpack (30–50L depending on porter use)
- Water purification system
- First aid kit and personal medication
- Rain protection (important in monsoon areas)

Communication & Connectivity

Mobile network coverage is limited and unreliable in many sections of the Arun Valley.

Wi-Fi is generally unavailable in remote villages, so trekkers should be prepared for long periods without connectivity.

Why Choose the Arun Valley Trek?

The Arun Valley Trek is ideal for trekkers seeking remote adventure and natural diversity:

- One of Nepal's least crowded trekking routes
- Gateway to Makalu Himal and eastern Himalayas
- Rich biodiversity and natural landscapes
- Authentic Rai and Sherpa cultural experience
- Remote and peaceful trekking environment

- Suitable for experienced trekkers
- Combination of lowland valleys and high mountains
- Ideal for wilderness and exploration-focused trekking

The Arun Valley Trek offers a raw, authentic Himalayan experience, making it one of the most unique and underrated trekking routes in Nepal.

Frequently asked questions

How difficult is the Arun Valley Trek?

The Arun Valley Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Arun Valley Trek?

For the Kanchenjunga & Makalu region the best months are March–April and October–November. These remote eastern treks are best in autumn and spring. High passes can be snowbound from December to February, and the monsoon makes trails slippery and leech-prone from June to August.

What permits do I need for the Arun Valley Trek?

You need the conservation-area / national park permit and the restricted area permit required for this remote region. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Arun Valley Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Arun Valley Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Arun Valley Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Arun Valley Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/arun-valley-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com