Arun Valley Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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