Mundum Trail Trek

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

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3600m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,690 per person**

Trip overview

The Mundum Trails Trek is a newly developed cultural trekking route in eastern Nepal that offers an authentic blend of indigenous heritage, pristine nature, and panoramic Himalayan views. This off-the-beaten-path journey takes travelers through the homeland of the Rai communities, where ancient traditions, sacred landscapes, and spiritual practices known as “Mundum” (oral scriptures) are still actively preserved.

Unlike the crowded trekking routes of central Nepal, the Mundum Trails Trek provides a peaceful and immersive experience focused on culture, spirituality, and untouched natural beauty. The trek is ideal for those seeking meaningful travel, local interaction, and a deeper understanding of eastern Nepal’s indigenous identity.

Throughout the journey, trekkers enjoy stunning views of Himalayan peaks including Makalu, Kanchenjunga, Everest, and surrounding eastern Himalayan ranges. The combination of cultural richness and dramatic landscapes makes this trek one of Nepal’s most unique emerging routes.

Geography and Landscape

The Mundum Trails Trek is located in eastern Nepal, primarily in the Bhojpur, Khotang, and Okhaldhunga districts, within the lower Himalayan and mid-hill regions. The route passes through Makalu Barun National Park and surrounding forested landscapes, connecting remote villages, ridgelines, and sacred natural sites.

The landscape is diverse and largely untouched, featuring terraced hillsides, dense rhododendron and oak forests, alpine pastures, and high ridges with sweeping Himalayan views. Unlike the arid western regions of Nepal, this area is lush and green, with rich biodiversity and frequent wildlife sightings.

One of the most striking features of the trek is the continuous view of the eastern Himalayas. On clear days, trekkers can see Makalu, Kanchenjunga, and even distant views toward Everest. The rolling hills and ridge walks provide constant panoramic scenery, making it a photographer’s paradise.

The trails are less developed compared to popular trekking regions, adding a sense of adventure and discovery. Traditional stone paths, forest trails, and ancient foot routes connect villages that have preserved their ancestral way of life for generations.

Climate and Best Time to Trek

The best seasons for the Mundum Trails Trek are spring (March–May) and autumn (September–November). These periods offer stable weather, clear skies, and excellent visibility of the eastern Himalayan ranges.

Spring is especially beautiful, with blooming rhododendrons and lush green landscapes covering the hills. Autumn provides crisp air, dry trails, and some of the clearest mountain views of the year.

Winter (December–February) is colder but still suitable in lower elevations, offering quiet trails and clear skies. The monsoon season (June–August) brings heavy rainfall, making trails slippery and limiting mountain visibility, so it is generally not recommended.

Overall, autumn is the most favorable season for both cultural exploration and mountain viewing.

People and Culture

The Mundum Trails region is home to the Rai indigenous communities, whose culture is deeply connected to nature and guided by the ancient Mundum oral traditions. These traditions include storytelling, rituals, songs, and spiritual practices that explain the relationship between humans, ancestors, and the natural world.

Villages along the trail preserve a strong sense of identity, with traditional houses, sacred groves, and community rituals forming an essential part of daily life. The Rai people maintain close ties to the land, practicing farming, animal husbandry, and seasonal cultural ceremonies.

The trek offers deep cultural immersion, allowing visitors to experience local hospitality, traditional food, and spiritual practices that are rarely seen in mainstream tourism routes.

The combination of untouched landscapes, eastern Himalayan views, and rich indigenous culture makes the Mundum Trails Trek one of Nepal’s most meaningful and emerging trekking experiences.

Highlights

- Trek through pristine forests, waterfalls, and peaceful nature trails
- Experience Limbu, Rai, Gurung, and Sherpa cultures
- Views of Kanchenjunga, Makalu, and Everest on clear days
- Rich biodiversity with birds, wildlife, and forest species
- Eco-friendly camping and cozy local lodge stays
- Birdwatching, nature walks, and cultural encounters
- Explore remote Himalayan villages with living traditions
- Quiet, off-the-beaten-path wilderness adventure away from crowds

Day-by-day itinerary

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

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Travel Duration: Airport transfer only

Arrive in Kathmandu, the vibrant capital of Nepal. Transfer to your hotel and enjoy some free time

exploring the bustling streets of Thamel, nearby heritage sites, or local cafés. Overnight stay in Kathmandu.

Day 2 : Trek Permit Preparation and Trek Briefing (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: Full day preparation

Today is dedicated to trek preparation. Obtain the necessary trekking permits, complete final gear checks, and attend a trek briefing with your guide. You may also explore Kathmandu's cultural landmarks and local markets. Overnight stay in Kathmandu.

Day 3 : Kathmandu to Basantapur (2,200m)

Altitude: 1,400m – 2,200m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Travel Duration: 8 to 10 hours drive or flight + jeep combination

Begin your journey with a scenic drive or a combination of a short domestic flight and jeep ride to Basantapur, a peaceful village that marks the start of your trek. Settle into a local lodge and rest up for the days ahead.

Day 4 : Trek Basantapur to Chauki (2,700m)

Altitude: 2,200m – 2,700m

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

Start trekking through lush rhododendron forests and terraced fields. The quiet, green surroundings and the gentle trail offer an excellent introduction to the region's natural beauty. Overnight stay in a cozy teahouse at Chauki.

Day 5 : Trek Chauki to Gufa Pokhari (2,800m)

Altitude: 2,700m – 2,800m

Walk: Approx. 5 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Follow scenic ridge trails with panoramic views as you approach Gufa Pokhari, home to a sacred lake with local spiritual significance. Choose to stay at a lodge or enjoy a homestay experience, savoring the warmth of local hospitality.

Day 6 : Trek Gufa Pokhari to Gurase (3,000m)

Altitude: 2,800m – 3,000m

Walk: 4 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

A shorter day trekking through dense forests rich with rhododendrons and moss-covered trees. The serene and less-traveled paths make this section perfect for peaceful reflection. Camp or shelter accommodation available.

Day 7 : Milke Danda Viewpoint Day Trip (3,600m)

Altitude: 3,000m – 3,600m

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

Early morning hike to the Milke Danda ridge, one of the trek's highlights. Revel in spectacular 360-degree views of the Himalayan panorama stretching from Kanchenjunga to Makalu. Return to

Gurase or Gufa Pokhari for overnight rest.

Day 8 : Trek Gufa Pokhari back to Basantapur (2,200m)

Altitude: 2,800m – 2,200m

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

Retrace your steps through familiar forests and villages, soaking in the last moments of the natural splendor. Stay overnight in Basantapur.

Day 9 : Return to Kathmandu (1,400m)

Altitude: 2,200m – 1,400m

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

Travel Duration: 8 to 10 hours drive or flight + jeep combination

Travel back to Kathmandu by the same route via jeep and domestic flight or road transport. Enjoy a farewell evening in the city and celebrate the completion of your unforgettable trekking adventure.

Day 10 : Departure from Kathmandu

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Travel Duration: Airport transfer only

Transfer to Tribhuvan International Airport for your onward flight. Depart with wonderful memories of the Milke Danda trekking experience and the beauty of eastern Nepal.

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 25°C / night 9°C
- Day 2 · Trek Permit Preparation and Trek Briefing · 1,400 m · day 25°C / night 9°C
- Day 3 · Kathmandu to Basantapur · 1,400 m · day 25°C / night 9°C
- Day 4 · Trek Basantapur to Chauki · 2,200 m · day 21°C / night 3°C
- Day 5 · Trek Chauki to Gufa Pokhari · 2,700 m · day 18°C / night 0°C
- Day 6 · Trek Gufa Pokhari to Gurase · 2,800 m · day 18°C / night -1°C
- Day 7 · Milke Danda Viewpoint Day Trip · 3,000 m · day 17°C / night -2°C
- Day 8 · Trek Gufa Pokhari back to Basantapur · 2,800 m · day 18°C / night -1°C
- Day 9 · Return to Kathmandu · 2,200 m · day 21°C / night 3°C
- Day 10 · Departure from Kathmandu · 1,400 m · day 25°C / night 9°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

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

3. Permits

- All necessary 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 – 11 Mar 2027 · USD 1,690 · Available
- 16 Mar 2027 – 25 Mar 2027 · USD 1,690 · Available
- 06 Apr 2027 – 15 Apr 2027 · USD 1,690 · Available
- 20 Apr 2027 – 29 Apr 2027 · USD 1,690 · Available
- 04 May 2027 – 13 May 2027 · USD 1,690 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

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 along the Mundum Trail is mainly provided in community homestays and basic

teahouses.

Facilities are simple but warm and welcoming, typically offering twin-sharing rooms or shared homestay spaces with local families. Comfort levels vary depending on village infrastructure, but cultural hospitality is a key highlight of the experience.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek, prepared by local households.

Typical food includes:

- Traditional Dal Bhat set meals
- Local millet, maize, and buckwheat dishes
- Seasonal vegetables and greens
- Dhindo (traditional staple food)
- Eggs, bread, and simple snacks
- Local tea and homemade beverages

Meals are organic, locally sourced, and deeply connected to rural Himalayan food culture.

Difficulty & Physical Requirements

The Mundum Trail Trek is classified as easy to moderate, suitable for beginners, cultural trekkers, and families.

Daily trekking ranges from 3 to 6 hours, with gradual ascents through hills, forests, and village trails. No technical climbing or high-altitude risk is involved.

Permits

Required permits include:

- Local area entry permits (as applicable in Khotang region)
- TIMS Card (Trekkers' Information Management System)

Permits are generally arranged through trekking agencies or local authorities depending on the itinerary.

Best Season

- Spring (March–May): Clear skies, blooming forests, and pleasant temperatures
- Autumn (September–November): Best visibility and major cultural festivals
- Winter (December–February): Cold mornings but good cultural experience
- Monsoon (June–August): Very green landscapes but slippery trails

Transportation & Access

The trek is accessed via eastern Nepal travel routes:

- Drive or flight from Kathmandu to Lamidanda Airport (weather dependent)
- Road access via Salleri or Okhaldhunga routes
- Trekking begins from local trailheads in Khotang villages

The journey involves remote hillside travel through traditional Rai settlements.

Safety & Acclimatization

The Mundum Trail is a low to mid-altitude trek, making it generally safe for most travelers.

Key considerations include:

- Moderate uphill and downhill walking
- Basic trail navigation in rural terrain
- Seasonal weather changes in hill regions
- Staying hydrated and maintaining steady pace

Guides are helpful for cultural interpretation and route assistance.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage (low to moderate altitude)
- Medical emergency coverage
- Trip cancellation protection
- Basic evacuation coverage (road/air if required)

Additional information

Guide & Porter Services

Local guides are highly recommended for cultural understanding, storytelling, and navigation.

Porters are available but not always necessary due to the moderate nature of the trek.

Cultural & Natural Highlights

The Mundum Trail Trek is best known for its deep cultural and spiritual significance:

- Homeland of the Kirat Rai indigenous community
- Ancient Mundum oral tradition and rituals
- Traditional villages with wooden and stone houses
- Sacred caves, forests, and pilgrimage sites
- Panoramic views of Makalu and Everest range (in clear weather)
- Authentic homestay cultural immersion
- Seasonal festivals and local rituals
- One of Nepal’s most culturally unique trekking routes

Essential Equipment

Recommended trekking gear includes:

- Comfortable walking shoes or light trekking boots
- Light layered clothing system
- Windproof jacket and rain protection
- Warm clothing for mornings and evenings
- Hat, sunglasses, and sunscreen
- Small daypack (20–30L)

- Basic first aid kit

Communication & Connectivity

Mobile network coverage is available in some villages but can be weak or inconsistent in remote hill sections.

Wi-Fi is limited, and trekkers should be prepared for a mostly offline travel experience.

Why Choose the Mundum Trail Trek?

This trek is ideal for travelers seeking culture, authenticity, and off-the-beaten-path experiences:

- Deep immersion in Kirat Rai culture and traditions
- Community-based homestay experience
- Less crowded and highly authentic route
- Beautiful mid-hill landscapes and forests
- Cultural storytelling of the Mundum tradition
- Easy to moderate trekking suitable for all ages
- Sustainable and locally supported tourism model
- One of Nepal’s most emerging cultural trekking routes

Frequently asked questions

How difficult is the Mundum Trail Trek?

The Mundum Trail 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 Mundum Trail Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Mundum Trail Trek?

You need entry tickets for the heritage sites you visit. 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 Mundum Trail 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 Mundum Trail 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 Mundum Trail 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 Mundum Trail 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/mundum-trail-trek/

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