Mundum Trail Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/mundum-trail-trek/

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