



Arun Valley Trek - Itinerary

1. Arrival in Kathmandu (1350m)

Welcome to Nepal – the Mystical Land of Himalayas! Our airport representatives pick you up from the airport and transfer you to designated Hotel and you are given short description related to the upcoming trip. You can meet the guides and other staffs as well.

2. Kathmandu Sightseeing & Preparation

We do sightseeing around Kathmandu. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Bouddhastupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. In the evening, we prepare for the coming trek and double check every documents, clothing and required equipments.

3. Flight Kathmandu to Tumlingtar (450m) - 1 hrs

We take early morning flight to Tumlingtar. The flight is pretty picturesque with views of Lush hills, valley, gorges and views of Himalayas. We drive to our hotel – you can take rest or roam around the town to get familiar with the environment. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Tumlingtar to Marduna (1200m) – about 6 hrs

We trail along the river bed of Arun River and reach Balwa Besi for our lunch. This is our first trek of the trip, so we can experience that the surrounding is really exciting and views are unusual with its own uniqueness. We trek through dense forest to reach Marduna. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Marduna to Dobani (975m) – about 5 hrs

We climb uphill through the trail of forest and get to see amazing green forest and gorges. The trail is peace with fewer crowds and after we reach the top of the hill, we descend down to Chikhuwa Khola and eat lunch at Ghote Bazaar – it is populated small town. From here, it is steady walk to Dobani. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Dobani to Salpa Phedi (1700m) – about 6 hrs

We take another uphill walk and cross many small streams. We reach Tallo Phedi for lunch and further climb up to Salpa Phedi. It is very nice place with enough tea houses and the hospitality they deliver is as tasty as their food. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Salpa Phedi to Guranse (2920m) – about 6 hrs

We take rocky trail to the top of the hill. The views are tranquil and breathtaking from the top. As we walk through the route of forest, the sun can penetrate the forest and the landscape is full of colorful grassland and meadows. We reach toward rhododendron forest and walk till we reach Guranse. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Guranse to Sanam (2650m) – about 6 hrs

Today's trail is a tough one and we cross a pass. We first ascend from Guranse to reach at the top of the Salpa La Pass at 3350 meters. After the successful climb, we descend down to Dhaka. Dhaka is great place with nice lodges and different menu to choose from. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Sanam to Bung (1700m) – about 6 hrs

We take steep down trail and it is pretty difficult. Our first stop is at Guidel for lunch and then we trek down to Hongu Khola. We cross a bridge and climb up, the trail passes terraced hill and small Rai village of Bung. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Bung to Boskam Gompa – about 5 hrs

We take short trek to Boskam Gompa to complement our previous strenuous journey. The trail for today is uphill and reaches Boskam Gompa. It is a nice village influenced by spirituality. We take rest in the village and also learn the local culture. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Boskam to Vasme – about 6 hrs

We leave Boskam village behind and pass the Gaikharka through untidy jungle and reach Hinku Khola. The journey covers grassy land. We cross a long suspension bridge over Hinku Khola and take straight climb to the vertical valley of Sibuje, which is also famed as Vasme. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Vasme to Pangum – about 6 hrs

We pass a small Vasne village and we trek through rhododendron forest. We have to cross Pangum La Pass and from the top of the pass; enjoy amazing view of Mera peak. We walk for a bit from the Pass and reach Pangum. The hospitality they provide and less tourists makes the stay worthwhile. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Pangum to Painya – about 6 hrs

The day of trailing through the isolated villages of mountains ends. It is our last day in the remote area. We take some ups and downs and complete some challenging trails. We even cross Kari La Pass at 3145 and take steep downhill to reach Painya and conclude our trek. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Trek to Lukla – about 6 hrs

Leaving behind Painya – a beautiful village overlooking tributary of Dudh Koshi River, we join regular trail and reach Lukla. The trail passes some Sherpa villages and we have to cross some bridges. At Lukla, you can take rest but it is better to walk around and learn local culture as well as visit monasteries. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Fly to Kathmandu – 35 min

We take scenic flight back to Kathmandu. And maybe you can do shopping or buy souvenirs for your friends and family. Or better you can relax, have some massage and dine the best meals of the city in some of the best restaurants. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

16. Departure/Farewell

After successful completion of the trip, our representative drops you off to the airport for your further journey. You are delivered to the airport approximately 3 hours before the departure so that there may not be any delays. Have a safe journey!

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>