

## Arun Valley Trek

Duration: 14 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 2,850m.</b>
<b>Activity: Trekking</b>	<b>Group Size: Min 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Explore the naturally blessed wildlife habitat of Arun Valley by joining our electrifying **Arun Valley Trek** which is sure to give you an unforgettable trekking experience in Nepal. Located in the eastern region of Nepal, Arun Valley is geographically situated between the popular Sagarmatha National Park and Makalu Barun National Park. But yet it still hasn't been able to attract travelers and trekkers in huge numbers like its neighboring trekking regions. Though our 14 days Arun Valley trek may not be the first choice of many trekkers, it still is one of the most diverse trekking regions in Nepal which hosts in numerous quantity of plant and animal life. Beginning our journey with a flight to Tumlingtar airport, we start our hike up to Kartike which will be the first place where we shall stay overnight. In Kartike village, you shall experience your first night out in the open landscape of the beautiful Himalayan nation among-st green lush hills. As the sun slowly rises to brighten up the trails, we wake up and start moving towards Gurase Bhanjyang village by traveling through Gothey and Salpa Phedi villages one by one. Trekkers can learn deeply about the ancient culture and traditions of the indigenous communities living in this region while they walk through several ethnic villages. Afterward, we shall head to a place called Gai Kharka but before that, we need to go through Sanam and Bung villages respectively. You can see striking views of snow capped Himalayan mountains which include the majestic Mt. Everest and Mt. Makalu. From Gai Kharka, we start climbing further up and then make a beeline towards Pangom and Painya village before descending down to Lukla town. Upon arriving at Lukla, you shall celebrate your completion of your trek and leave this astounding region by taking a flight back to Kathmandu city. As this trekking trail is often missed out by many tourists who come to Nepal, it beneficially becomes favorable for those who wish to explore some off the beaten path treks where crowds of tourists can be escaped. Contact, **Himalayan Holyland Treks & Expedition** today and be a part of our Arun Valley trek with our expert trekking staffs. <sup>Â</sup>

## Itinerary

**Day 01: Welcome to Nepal, transfer to hotel.**

Welcome to Nepal, upon your arrival in Nepal our representative will welcome you at international terminal of airport and assists to transfer the booked hotel.

**Day 02: Kathmandu sight seeing and permits preparation day.**

Full day Kathmandu valley city tours and necessary permits preparation for Arun valley trek.

**Day 03: Kathmandu-Tumlingtar-Kartike (523M).**

Flight to Tumlingtar from Kathmandu then start trek to Kartike (523M).

**Day 04: Gothey to Salpa Phedi (1680m).**

After breakfast we start trek from Gothey to Salpa Phedi (1680m).

**Day 06: Salpa Phedi to Gurase Bhanjyang (2500m).**

Trek from Salpa Phedi to Gurase Bhanjyang (2500m).

**Day 07: Gurase Bhanjyang to Sanam (2850m).**

Trek from Gurase Bhanjyang to Sanam (2850m).

**Day 08: Sanam to Bung (1900m).**

Trek from Sanam to Bung (1900m).4-5 hrs.

**Day 09: Bung to Gaikharka (2300m).**

Trek from Bung to Gaikharka (2300m).4-5 hrs.

**Day 10: Gaikharka to Panggom (2850m).**

Trek from Gaikharka to Panggom (2850m).5-6 hrs.

**Day 11: Panggom to Painya (2830m).**

Trek from Panggom to Painya (2830m).4/5 hrs.

**Day 12: Painya to Lukla (2840m).**

Trek from Painya to Lukla (2840m).4/5 hrs.

**Day 13: Lukla to Kathmandu flight and farewell dinner.**

Flight from Lukla to Kathmandu early morning, at evening farewell dinner.

**Day 14: Final departure day.**

Our staff drop to you at the airport on time for your next destination or after exploring worlds' deepest valley if you are interested for other activities like Jungle Safari, Rafting, Biking, Tours, Peak climbing or more trekking in other region we organize trip according to your desire.

## Cost Includes

- => Airport pick up and drop by private vehicle
- => Hotel in Kathmandu for 3 Nights twin sharing with breakfast
- => Full day guided sightseeing tour in Kathmandu valley
- => Private vehicle to sight seeing in Kathmandu valley
- => Domestic flights KTM to Tumlingtar and Lukla to KTM
- => All meals and accommodation during Arun valley trekking period
- => Food and accommodation for guide and porters during the trek
- => An experienced English speaking guide trained/Experienced/certified by Gov. of Nepal
- => Highly experienced Arun valley trek staffs
- => Insurance for guide and porters
- => All governmental procedure permits fees, TIMS and local taxes
- => Â Medical kit
- => Travel and rescue arrangements
- => Farewell dinner at typical Nepalese restaurant
- => Trekking map and
- => T-shirt from our company
- => Trip completion certificate

## Cost Excludes

- => Visa fees/ international airfare to and from Kathmandu
- => Lunch and dinner in Kathmandu
- => Travel/ medical insurance and emergency evacuation cost for you
- => Hot shower, battery recharge, internet during this trek
- => Personal expenses such as phone calls, bar bills, extra porters
- => Tips for guide, porters and driver
- => All others expenses not mentioned on price included section