

# Arun Valley Trekking

<https://www.nectravel.com/package/arun-valley-trekking/>

Arun Valley trek is blessed with the vast diversity of natural wonders and indigenous culture in Makalu region. This valley lies between the world's highest mountain Mt. Everest (8848 m) and the 5th highest mountain Mt. Makalu (8463m) boasts of an abundance of nature. Due to the presence of these mighty Himalayas, quiet trails through the ethnic community of Rai and Sherpa settlements of Arun Valley trek become more gorgeous and heart warming.

The Arun Valley Trek starts with your flight from Kathmandu to Tumlingtar, the starting point of the trek. This trek goes deep forests with mixed vegetation leading to the beautiful Rai and Sherpa villages in the Arun Valley. One of the main highlights of this trek is the holy pond named Salpa Pokhari which holds a fair during the month of October for Hindu pilgrims from all over the world.

## Itinerary

**Day 01: Arrival in Kathmandu airport & transfer to Hotel**

**Day 02: Trekking preparation day/Kathmandu Sightseeing**

**Day 03: Fly from Kathmandu to Tumlingtar & Trek to Chichira (1,980m): 9/10 hours**

**Day 04: Trek Chichira to Num (1,560m): 6/7 hours**

**Day 05: Trek Num to Seduwa (1,510m).**

**Day 06: Trek Seduwa to Tashigaon (2,070m).**

**Day 07: Trek Tashigaon to Khongma (3,560m)**

**Day 08: Acclimatise in Khongma (3,560m).**

**Day 09: Trek Khongma to Mumbuk (3,550m).**

**Day 10: Trek Mumbuk to Yangla Kharka (3,600m).**

**Day 11: Trek Yangla kharka to Merek (4,570m).**

**Day 12: Trek Mirek to Shersong (4,650m).**

**Day 13: Trek Shersong rest day.**

**Day 14: Trek down the valley via Yangle Kharka to Mumbuk**

**Day 15: Trek to Khongma**

**Day 16: Trek to Tashigaon**

**Day 17: Trek to Num**

**Day 18: Trek to Chichila**

**Day 19: Trek to Mani Bhanjyang**

**Day 20: Trek to Tumlingtar**

**Day 21: Fly to Kathmandu & transfer hotel.**

**Day 22: Warm Departure**