

Trip Name : Arun Valley And Salpa Pass Trek

Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Tumlingtar-KTM
Type	Fully Camping Trek
Grade	Medium-Hard
Duration	13 Days
Daily Walk	5-7 hours
People in Group	Minimum 2 and Maximum 12
Best Time	April to mid-May and September to November
Max. Elevation	3460 mt.

Trip Details:

Arun Valley and Salpa Pass trek is a blend of remoteness, adventure and natural beauty. This off-the-beaten and seldom visited trail links the popular Khumbu region with the Arun Valley having a unique ecosystem and the area is protected as Makalu-Barun National Park. There are two passes in the valley, the Salpa La Pass (3,350m/10,991ft) and the Surkie La Pass (3,085m/10,121ft). It is possible that the Salpa La pass will be snowbound during winter. It may not be a good idea to attempt the cross in bad weather or just after the snowfall as it is difficult to trace the route. From the Salpa La summit, it is possible to visit the nearby holy lake- Salpa Pokhari (3,460m/11,352ft). Its about 3,000 meters (9,843ft) drop from the Salpa La pass to the Arun Valley. The view of Milke Danda- a large ridge across the Arun to the east and possibly even the Kanchenjunga massif far to the northeast are simply awesome from the top just before the descent. A special attention is required while descending as the trail could easily be missed in bad weather so it is recommended to head for the large rock outcrop across the meadow and follow the narrow path as it threads through the rocks and down the high rhododendron forested ridge. The diversity of flowers and the butterflies at this altitude are truly appreciated. The spectacular views of Mera Peak, Mt. Everest, Makalu, Cho Oyu and many other mountains are the highlights of this hidden silent trail. Since there are very few modern facilities and amenities, a well-supported camp crew and guided team are necessary for this trek. The Salpa La trek starts at Lukla and concludes at Tumlingtar or the trek can be done vice-versa as well.

Season for Arun Valley Trekking:

The best times for Arun Valley and Salpa La Pass trekking are from the beginning of April to mid May and from the beginning of September to November. The high passes are closed in winter till beginning of spring. The weather must be favourable in order to complete this trek.

High Altitude Warning:

Altitude sickness is a serious concern in the Arun Valley and Salpa La Pass trekking that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Arun Valley and Salpa La Pass trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and

self confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Lukla and Tumlingtar-Kathmandu & ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning,

Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly from Kathmandu to Lukla (2,840m/9,318ft) and trek to Puiyan (2,770m/9,088ft).

Day 02 : Trek Puiyan to Pangum.

Day 03 : Trek Pangum to Najing Dingma (2,910m/9,547ft).

Day 04 : Trek Najing Dingma to Bung.

Day 05 : Trek Bung to Sanam (2,850m/9,350ft).

Day 06 : Trek Sanam to Salpa Pass (3,350m/10,991ft) . Excursion to Salpa Pokhari (3,460m/11,352ft).

Day 07 : Trek Salpa Pass to Guranse (2,880m/9,449ft).

Day 08 : Trek Guranse to Salpa Phedi (1,680m/5,512ft).

Day 09 : Trek Salpa Phedi to Gothe Bazaar.

Day 10 : Trek Gothe Bazaar to Majwa (1,550m/5,085ft).

Day 11 : Trek Majwa to Kartiki Ghat.

Day 12 : Trek Kartiki Ghat to Tumlingtar (457m/1,500ft).

Day 13 : Fly Tumlingtar to Kathmandu.