

Arun Valley Trekking (Salpa Pass)

Trekking Type :	Camping
Trekking Grade :	Medium-Hard
Trekking Duration :	13 Days
People In Group :	2+
Trekking Price :	\$.0
Max. Elevation :	3350 mt.



The Salpa Pass trail links the Khumbu (Everest) region with the unique ecosystem of the Arun Valley. The valley lies in Makalu-Barun National Park area. This trek begins at Lukla and ends at Tumlingtar. There are two passes in the valley, the Salpa Pass (3350m) and the Surkie~La Pass (3085m). We pass by along the holy lake Salpa Pokhari, beautiful waterfalls and many Sherpa villages. This area is renowned for its Tungba - a Sherpa alcoholic drink. Spectacular views of Mera Peak, Mt. Everest, Makalu, Cho-Oyu and many others in the Khumbu region spread before you. This is a silent trek for those who look for less crowded region.

Itinerary List

Day 1 : Kathmandu to Lukla (2840m) / to Puiyan (2770m): Fly, trek.

Day 2 : Puiyan to Pangum: Trek.

Day 3 : Pangum to Najing dingma (2910m): Trek.

Day 4 : Najing dingma to Bung: Trek.

Day 5 : Bung to Sanam (2850m): Trek.

Day 6 : Sanam to Salpa Pass (3350m): Trek.

Day 7 : Salpa Pass to Guranse: Trek.

Day 8 : Guranse to Salpa Phedi (2760m): Trek.

Day 9 : Salpa Phedi to Gothe Bazaar: Trek.

Day 10 : Gothe Bazaar to Majwa (2550m): Trek.

Day 11 : Majwa to Kartiki Ghat: Trek.

Day 12 : Kartiki Ghat to Tumlingtar (900m): Trek.

Day 13 : Tumlingtar to Kathmandu (1350m): Fly.

Note

13 Days Arun Valley Trekking (Salpa Pass) Itinerary we are proposing you is only on outline. You could use it to best fitness and interest when practically you are in the field our guide are very comfortable, flexible and understanding to make your trip with full of pleasure.