



EBC Arun Valley Trekking Itinerary

Day 1

Arrival at Kathmandu and transfer to Hotel by our representative.

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

Day 2

Guided Sightseeing tour in Kathmandu and last preparations for the Arun Valley Trek.

- Altitude – 1380 meters
- Special – Kathmandu city tour
- Time – Full Day
- Activity – Sightseeing of UNESCO world heritage sites

Day 3

Fly to Tumlingtar and trek to Chyawabesi .

- Altitude – 260 meters
- Special – Scenic view from plane and during trek
- Time – 1 hour flight and 3/4 hours walk
- Activity – Flying in Plane and Trekking

Day 4

Trek from Chyawabesi to Gothe bazaar (750m).

- Altitude – 750 meters
- Special – Scenic view of surrounding
- Time – 5/6 hours walk
- Activity – Trekking

Day 5

Trek from Gothe bazaar to Salpa Phedi (1680m).

- Altitude – 1680 meters
- Special – View of diverse landscapes
- Time – 5/6 hours walk
- Activity – Walking uphill and downhill

Day 6

Trek from Salpa Phedi to Sanam (2850m).

- Altitude – 2850 meters



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- Special – spectacular views of the deep valley, Salpa Pokhari “a sacred pool”, vegetation and wildlife in the area
- Time – 10/11 hours walk
- Activity – hike through rhododendron forests with mani walls and stupas intermixed

Day 7

Trek from Sanam to Bung (1900m).

- Altitude – 1900 meters
- Special – Explore the paper factory, tea shop, and old Gompa
- Time – 5/6 hours walk
- Activity – Gradually walk descend through mixed forests until reaching to village

Day 8

Trek from Bung to Gai kharka (2300m).

- Altitude – 2300 meters
- Special – Scenic view of surrounding
- Time – 5/6 hours
- Activity – Walking across bung

Day 9

Trek from Gai kharka to Paiyan (2230m).

- Altitude – 2230 meters
- Special – Greenery around the trail
- Time – 5/6 hours walk
- Activity – Trekking through jungle

Day 10

Trek from Paiyan to Phakding (2830m).

- Altitude – 2830 meters
- Special – Joining the main trail to EBC
- Time – 5/6 hours walk
- Activity – Cross the suspension bridges and ancient ethnic settlements

Day 11

Trek from Phakding to Namche Bazaar (3480m).

- Altitude – 3480 meters
- Special – View of mountain ranges
- Time – 6/8 hours
- Activity – Trekking through river valley and pine jungle



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Day 12

Trek from from Namche Bazaar to Phortse village (3890m).

- Altitude – 3890 meters
- Special –
- Time – 5/6 hours
- Activity –

Day 13

Trek to Dingboche (4365m).

- Altitude – 4365 meters
- Special – View of tall mountain ranges
- Time – 4/5 hours
- Activity – Trekking

Day 14

Trek to Lobuche (4910m).

- Altitude – 4910 meters
- Special – Lobuche village
- Time – 3/4 hours
- Activity – Trekking

Today the hike is flat for the entire day except 2 hour uphill for thukla pass. On the top of thukla pass, the view of pheriche valley and the surrounding mountain is admiring. At the top of thukla pass there are memorials of 100s of people who died in Everest. You can find the memorials of Scott fitcher, Rob hall, Babu chhiri Sherpa and many other mountaineers. After getting to the top of this pass, walk to lobuche is pretty flat. The view on the other side of Lobuche is stunning. Lobuhce has worlds highest bakery, visit the small bakery at 5000mteres above the sea level.

Day 15

Trek to Gorakshep (5180m).

- Altitude – 5180 meters
- Special – View of various mountain ranges
- Time – 3 hous
- Activity – walking by the side of the world's longest glacier "Khumbu Glacier"

Day 16

Hike up to Kalapatthar (5545 meters) for sunrise and trek down to Pheriche or Pangboche village (4000 meters)

- Altitude – 5545/4000 meters
- Special – Exploration of pangboche village and various mountain ranges from Kalapatthar



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- Time – 6 hours
- Activity – Trekking

Trek early in the morning up to Kalapatthar (5545m) for fabulous Himalayan views including Mt. Everest 8848m, Mt Lhotse 8516m, Mt. Nuptse 7855m, Mt. Pumori 7161m, Amadablam 6856m, Mt. Thamserku 6723m, Mt. Kantega 6685m. Trek down to Pheriche (4345m). From Gorakshep we will start to trek downhill around 9am in the morning and try to get as lower as we can, but Pheriche is the commonly chosen camp by most of the trekkers. Walk is downhill for most of the time and it gets windy after Thukla pass all the way to Pheriche village, so getting ready with wind stoppers is a good idea for today. As today is the first day of downhill walk, if you have knee problem, use your Knee caps and let your guide know if any assistance needed. Scenery of river valley seen from Thukla pass and view of Pheriche village from the corner of the river valley is magnificent

Day 17

Trek back to Namche bazaar.

- Altitude – 3440 meters
- Special – Exploration of namche village
- Time – 4/5 hours
- Activity – Trekking

Day 18

Trek back to Lukla (2830m).

- Altitude – 2830 meters
- Special – View of mountains and greenery
- Time – 6 hours
- Activity – Trekking

Day 19

Fly Back to Kathmandu in the morning.

- Altitude – 1380 meters
- Special – Scenic view of mountains and greenery
- Time – 25 minutes flight
- Activity – Flying in Plane

Day 20

Final Departure from Kathmandu.

- Time – 30 minutes airport transfer time
- Activity – Flying to next destination



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