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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

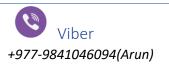
Day 6 Trek from Salpa Phedi to Sanam (2850m).

• 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"

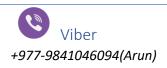
Day 16 Hike up to Kalapatthar (5545 meters) for sunrise and trek down to Pheriche or Pangboche village (4000 meters)

- 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







