



COMMUNITY ACTION TREKS

Arun Valley Trek

A trek off the beaten track with dramatic scenery.



NEPAL





GRADE
MODERATE

MAX ALTITUDE
4300m

TREKKING DAYS
14

TRIP LENGTH
18 DAYS

MIN PEOPLE
4

Arun Valley Trek

This mainly low altitude trek is centred on the Arun Valley, an area of eastern Nepal that sees few westerners yet is, in many respects, ideally suited to trekking. The mighty Arun River has its origins in Tibet, north of Everest. One of Nepal's largest rivers, it cuts a deep gorge through the Himalaya on its route south to the Ganges plain. Its densely forested valley, believed to be the deepest in the world, supports an incredible diversity of flora and is inhabited by Rai, Limbu, Chhetri and Brahmin villagers.

Highlights of the trek are the lush and dramatic scenery of the Arun Valley, the chance to visit a community which is benefiting directly from Community Action Nepal, and the several days spent in the wilderness of the Makalu-Barun Conservation Area. This is a trek for those wanting to get off the beaten track and some of the trekking days are quite long, though most are not especially strenuous. The Arun Valley can be quite hot, even in the winter months, because of its low altitude.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£2080 per person* (land only price - see last page)
*prices are subject to change



Arun Valley Trek

Itinerary

CAMPING TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

Day 2

Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Flight to Tumlingtar 500m.
Camp overnight.

Day 4

Tumlingtar to Bhotebas 1600m (6.5 hours walking).

We start trekking along the main trade route to Khandbari 800m, a bustling market town and the last of any size we will encounter on our trek. We climb steadily on to the plateau that separates the Arun River from its tributary, the Sabha, to reach Bhotebas. These first days of our trek are along the main Makalu Base Camp trail, so we can expect to meet other trekkers though this is never a particularly busy route.

Day 5

Bhotebas to Num 1500m (8.5 hours walking).

We climb to just over 2000m and during much of the day will be crossing and re-crossing the ridge. Some of the route passes through wonderful broadleaf forests, draped in moss, which every so often clear to give views of Makalu to the north. We reach Mure at 1981m and then begin our descent towards Num.





Day 6

Num towards Jimmigaon 1620m (8.5 hours walking).

A strenuous day. Leaving the main trail, we cut down into the Arun Valley. Descending almost 800m we trek through thick jungle which, because it is on the eastern side of the valley, sees little sun. We cross the river at 689m before climbing up the other side, towards Jimmigaon. We have now left the Makalu Base Camp trail and from now on we are not likely to meet any other trekkers.

Day 7

Jimmigaon area to Nurbuchaor 2000m (8 hours walking).

We continue climbing out of the valley entering the Makalu - Barun Conservation Area, a buffer zone which borders the National Park of the same name. The dense, uninhabited forests of rhododendron, birch and bamboo in this protected area are especially rich in flora and fauna. We follow trails, which link islands of pasture in the forest, where herders graze their yaks. We camp near the settlement of Nurbuchaor above the Iswa Khola river.

Day 8

Nurbuchaor to Taklung (8 hours walking).

Still climbing steadily today, we aim to reach the ridge that separates the Iswa and Apsuwa Khola rivers. We camp amongst the pastures at Taklung.

Day 9

Taklung to Daware Phuk (8 hours walking).

Today we may start to get views of Chamlang (7319m) as we follow the ridge towards its impressive south face. We camp at a place known as Daware Phuk.

Day 10

Exploration and / or rest day.

Those who wish to may explore further along the 4300m plateau which commands sweeping views of 7319m Chamlang and surrounding peaks. Otherwise, you may use today as a rest day and explore the surrounding area.

Day 11

Return to Taklung (8 hours walking).

We follow the ridge back to Taklung.

Day 12

Taklung to Walung 1500m (8 hours walking).

A long day of descent as we make our way back down into the Arun Valley to Walung. Walung's monastery, or gumpa, was completed with funding from Community Action Nepal and we are likely to get a warm welcome from the villagers. Also, in line with our community development programme, a health post previously funded by CAN is housed in part of the Gumpa.

Day 13

Walung to Pekhuwa 600m (7 hours walking).

We start to make our way down the western side of the Arun Valley. Trekking on this side of the valley is very different as the trails are seldom used - we are unlikely to come across any other trekkers. Camp at Pekhuwa.

Day 14

Pekhuwa to river side camp 600m (8 hours walking).

A varied day of short ascents and descents but mostly following the Arun River. Overnight camp by the Sankhuwa River, a tributary of the Arun.

Day 15

River side camp to Chewa Beshi (7 hours walking).

Today we follow the valley closely through farmed and forested terrain. We cross to the east bank of the river and camp at Chewa Beshi.

Day 16

Chewa Beshi to Tumlingtar 500m and flight to Kathmandu.

A short walk brings us to Tumlingtar from where we catch the return flight to Kathmandu. The rest of the day is free for packing, last-minute shopping or relaxing in the hotel.



Day 17

Free day in Kathmandu.

Today you have time to shop for crafts or explore the city. Kathmandu is a great place to buy presents! Half day or full day sight-seeing trips can also be arranged to Patan or Bhaktapur, the other two historical cities in the Kathmandu Valley through our Kathmandu Office.

Day 18

Depart Nepal

Transfer to Kathmandu airport.





The price includes on a camping basis:

- Transfers between Kathmandu airport and hotel accommodation
- Flights to and from Tumlingtar
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast
- All ground transportation as per the itinerary
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags).
- Services of local porters on camping basis (15kg max per person), Sirdar (head guide), assistant guide (depending on group size) and kitchen staff.
- All Nepalese staff' insurance as per Government regulations
- All Trekking permits & National Park Fees

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.