



Arun Valley With Everest Base Camp Trek, Via Milke Danda - 28 Days

Milke Danda is a **Himalayan wilderness trekking** walk through a nature path of the forests which has a great ecological variation from the subtropical forests to alpine vegetation. It is renowned for having the highest diversity of rhododendron flower species in Nepal. It also offers panorama views of the Himalayan including **Mt. Everest (8848 m), Kanchenjunga (8586 m), and Makalu (8463 m)**.

Arun valley is one of the world's deepest valleys almost 5000 m deep from where hundreds of mountain can be viewed with naked eyes. . It is also known as a place of **Hindu holy Lake** Salpa Pokhari (3414 m). People with **religious** faith visit there with believe to be washed of their sins. Arun valley trekking offers significant views of **Mt. Everest, Mt. Baruntse, Mt. Jhamserku, Mt. Amadablam, Chamlang, Mt. Makalu, Kusum, Mera Peak**, and other many astonishing mountains.

The Everest Base Camp Trek is adventurous trek that leads your footstep to **the world's highest Peak Mount Everest** which is the located in the Solukhumbu district of **Nepal** at 8848 m (29029 ft) above sea level. The Sanskrit name of Mount Everest is Sagarmatha, which means "Peak of Heaven." It offers an opportunity to explore the remote and untouched areas of the Everest region, passing through Sherpa villages, suspension bridges, alpine forests, and monasteries.



PRICE INCLUDES

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge
- Trekking permits and TIMS card

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu

Our office representative will warmly welcome you upon your arrival at the Tribhuvan International Airport, Kathmandu. You will be transferred and checked into your hotel. Stay overnight at hotel.

Day 2: Kathmandu to Basantapur, Biratnagar (flight 45min 4 hours drive)

Today, you will fly from Kathmandu to Basantapur, Biratnagar. The stream to Basantapur has beautiful picturesque where you can stop by and explore the rushing Tamor River and take some photographs with the majestic Namaste waterfall and rice farmland.

Day 3: Trek to Chauki (2640 m) 5 to 6 hours

In the next morning, you will have a quick visit to Basantapur. The locals from the area come to offer handcrafted goods and gardening supplies. After breakfast, you will have an easy walk up into the lush rhododendron forest through a path that goes to Chauki village. Along the trail to village, you will frequently pass tiny local tea shops and also can witness the Makalu and Kanchenjunga mountain ranges. Stay overnight at the guesthouse.

Day 4: Trek to Gupha Pokhari (2930) 5 to 6 hours

You will walk through the path that lead closer to the glorious Himalayas and the rhododendron woodland. As you gradually ascend through the forest trail, you will be encounter with some of the wild animals and also see small herbs and plants. Stay overnight at the guest house.

Day 5: Trek to Milke Danda (3660 m) 5 to 6 hours

Milke Danda is the Marvelous place which offers you the glorious views of the Himalayas and amazing terrian. Most of the people believe that Gupha Pokhari grants your wishes. Stay overnight at the guesthouse.

Day 6: Exploration of Milke Danda

You will witness the astonishing views of the Everest, Makalu, and Kanchenjunga and glimpse of evergreen Milke Dabda. Similarly, rhododendron forest is the cherry on top of colorful hills. Stay overnight at the guesthouse.

Day 7: Trek to Nundaki (3124 m) 6 to 7 hours

It is a beautiful path, where one can experience and admire the captivating views of the mountainous peaks. When you trek down the road, you will go through shepherd's small huts and the grass lands. Stay overnight at the guesthouse.

Day 8: Trek to Chainpur (1335 m) 5 to 6 hours

Chainpur is a majestic trek that is relatively more accessible as you descend slowly. It is the enchanting village which has vintage marketplace known for various antique items. Stay overnight at the guesthouse.

Day 9: Trek to Tumlingtar (515 m) 3 to 4 hours

As you trek to tumlingtar, you will walk across the path of crop fields where you can explore a diversity of people from mixed cultures working in fields. You can also experience agricultural farmer lifestyle.



Day 10: Trek to Gothe Bazaar (800 m) 6 to 7 hours

You will trek from Tumlingtar to Gothe Bazaar. The trail goes through Chewabesi crossing a narrow suspension bridge over the Arun River. You will witness mules carrying cardamom for trade- in nearby towns. Then, trek through the forests area of cash and food crops such as cardamom, papaya, banana grown along the way. Before reaching Gothe Bazaar, the route follows a riverside trail after crossing a couple of bridges. After settling down, you can interact with the local and observe their unique traditions, dress and language. Stay overnight at teahouses.

Day 11: Trek to Dobhane (1800 m) 5 to 6 hours

After having sound sleep at Gothe, you will trek along the bank of Benukhuwa Khola, passing through the fields where locals have grown paddy, banana and citrus fruits. Heading to the north river bank, you will come across a paper factory that produces Nepali paper from a locally grown plant (LOKTA). Stay overnight at teahouses.

Day 12: Trek to SalpaPhedi (3000 m) 5 to 6 hours

The trail to SalpaPhedi is relatively flat, with occasional descents to the riverside. After crossing the rice terrace fields and the small settlements into the subtropical forested path, bamboo bridges and the SanuKhola, you will reach SalpaPhedi. Once you reach there you can visit the nearby gompa and stupa. Stay overnight at Salpa Phedi.

Day 13: Trek to Gudel (2400 m) crossing Salpa Pass (3350 m) 6 to 7 hours

You will start the journey with a steep descent from SalpaPhedi walking through Irkhuwa and SanuKhola river. Then, you will ascend to higher elevations through rhododendron forest to reach Thulophokte. Visit the small ChochenGompa where you can explore many impressive mani walls along the way with Buddhist prayers and drawings on them.

From Gompa, Salpa pass is a few more steps that take you to Solukhumbu. Reaching at the top of the pass, you can view stunning Mt. DudhKunda and Makalu. From the pass, Sanam is an 2 hours descent to Sherpa village that lead towards Siare. It is a small settlement passing through rhododendron forest. Taking a left to descend, you will eventually reach a big village Gudel mainly inhabited by the Kulung tribe. The view of the Mt.Chamlang and Mera Peak is stunning. Stay overnight at Gudel.

Day 14: Trek to Gai Kharka (2450 m) crossing Surkie La Pass (3100 m) 5 to 6 hours

The next morning starts with across a bridge crossing Hinku river that flows from Mera Peak. While moving 54 kilometers ahead south of Mt. Everest, you will reach Bung village. Passing through small settlements known for growing rice in this fertile land, you will reach another charming Khairaula village. Here, you will pass a school and iron bridge to a small trail up the hill. Walking through stone step that leads into the rhododendron forest, you will come across a small stupa where the foot path decorated with mani walls. Continuing to Charikot, you will move ahead to western course leading to Surkie La Pass. After enjoying the distant mountain views from the top of the pass and exploring the colorful prayer flags and wonderful mani walls, you will take a descend down a steep path through forest into a yak grazing pasture called Gai Kharka. Overnights stay at Gai Kharka.

Day 15: Trek to Kharte (2600 m) crossing Pangmum La Pass (3350 m) 6 to 7 hours



On that day, you will trek to Hinku valley that takes you towards Dudh Koshi River valley. The Pangmum La Pass is a relatively easy climb but before reaching the Pass, you have to cross a lot of ascend and descend till the Hinku Khola River. After exploring the incredible views of Kusum Kanguru and Mera Peak, you will continue to walk to Kharte. Stay overnight at Kharte.

Day 16: Trek to Phakding (2610 m) 5 to 6 hours

You will enter the Dudh Koshi valley as you walk towards Phakding village. On the trail, you will witness your first view of the snow-capped peaks such as Sherpa, kusum kangar, khumbila and gyachen kang. Descending along the main path of jiri, you will reach on the foot of a towering hill, Puiyan village which is the gateway to the Mera Peak Trek. Before ascending to a high waterfall, you will follow the Dudh Koshi River towards Chauri Karka known as the bread basket of the Khumbu regions as the grounds are fertile enough to grow food crops. The route eventually joins Phakding. Stay overnight at a teahouse.

Day 17: Trek to Namche Bazaar (3440 m) 6 to 7 hours

Early morning, you will start your day with walking beside the Koshi River passing through pine forest and breathtaking views of Thamserku peak towering above the valley of Benkar is out of the world. Passing a long suspension bridge shared for trade where the donkeys and mules pass carrying a heavy load. Then the trek continues to Monjo village a gateway to the Sagarmatha National Park. At the Monjo check point, you must show your permits, documents and take an entrance ticket. Taking descend to the river crossing a suspension bridge head to Jorsale village. After having lunch at Jorsale, the trek begins to a steep forested area until you reach the confluence of the Dudh Koshi and Bhote Koshi Rivers. Before reaching Namche Bazaar, you will ascend to Tope Danda, a vantage point from where beautiful glimpse of Namche town is clearly visible. Stay overnight at teahouse.

Day 18: Acclimatization day in Namche Bazaar

Namche Bazaar is the starting point of many Everest regions trek. It is filled with locals and traders from nearby villages who come to sell and buy various products. On your first acclimatization day after the long trek, you can have delicious foods as there are many shops, bakeries, and restaurant. You can get yourself a decent pizza and espresso that you might be craving. On this day if you like, you can explore the Namche Monastery and visit the famous Khunde Hospital, set up by Sir Edmund Hillary as well. However, you can also hike to a famous view point which is Everest view hotel for up-close views of Mt. Everest and Mt. Ama Dablam. Overnights stay in Namche Bazaar.

Day 19: Trek to Tengboche (3860 m) visit Tengboche Monastery (5 to 6 hours)

Leaving Namche, you will take the northern way towards Tengboche village. Today, you will walk on the sandy Dudh Koshi River, walk past a flight of stone steps and explore some of the highest peaks in the world and stunning views of Mt. Everest, Mt. Ama Dablam, Nuptse and Lhotse. Then you will continue walking into a forest towards a suspension bridge over the Phunki Tenga River, passing a rocky trail. Following the steep rocky route that leads to an army checkpoint and taking a steep climb from there, you will reach the Tengboche village. Stay overnight at Tengboche.

Day 20: Trek to Dingboche (4410 m) via Pangboche (5 to 6 hours)



After exploring the beautiful Tengboche village, you will head to another significant village of Pangboche. Every year the tourists and local pilgrims come to visit the oldest Pangboche monastery in the Khumbu region. Passing the home of local nuns and crossing Imja George, you will eventually reach Pangboche. Along the trail, you will witness many mountain goats/ rams climb on rugged cliff terrain in search of foods. Keep walking to the Lobuche river path proceeding to Sombare's village from where you will reach Dingboche in a couple of hours. Stay overnight at Dingboche.

Day 21: Acclimatization at Dingboche optional hike to Nagarjun Hill (5100 m) 4 to 5 hours trek

In this day of the trek it is the second acclimatization day at Dingboche to cope with the decreasing air pressure and increasing altitude. It's better to take whole day rest but if you want you can hike to a nearby viewpoint. It is a short hike so carry your small day pack and head to Nagarjun hill crossing the 5000 m, after having some late breakfast. The hike starts with steep climb on non- technical sections with loose rocks. It is advised to take smaller steps and follow your guide. Within a minute walk, you will reach Nagarjun hill. It is locally known as Nankartshang, named after a Buddhist hermit. After taking some memories and enjoying the views, take a same trail to Dingboche and take a rest. Stay overnight at Dingboche.

Day 22: Trek to Lobuche (4910 m) 5 to 6 hours

The treks begin by heading to the foot of the Khumbu Glacier. It is one of the highest Glacier in the world and the largest in Nepal which falls in the Lhotse- Nuptse ridge. Then walk to Dugla village for lunch. From there, you will take the steep full of twists and turns climb to Thukla Pass known as the best for hosting memorial stupas in honor of the brave mountaineers who had lost their lives in their expectations of Everest. Stay overnight at Lobuche.

Day 23: Trek to Gorak Shep (5140 m) and hike Everest Base camp (5364 m) 7 to 8 hours

The next day, the trail proceeds to Gorak Shep. As a long trek, followed by a hike to the much-awaited Everest base camp will start with making your way to Gorak Shep, taking small steps as the temperature keeps dropping, and the path gets tougher. After walking an hour and a half in the rugged terrain with gravel, icy slopes, and loose stones, you will reach in your destination Everest Base Camp. The welcoming views of the 8000 m mountains of the Khumbu region, dramatic views of the Khumbu Glacier and Khumbu Icefall will wash away all of the tiredness. Stay overnight at Gorak Shep.

Day 24: Hike to Kala Patthar (5550 m), Trek to Pheriche (4240 m) 6 to 7 hours

On this day, you will hike to Kala Patthar. The word Kala Patthar means "black rock" as it is a ridge sitting on the southern edge of Pumori Peak. It is the highest viewpoint of this trek at 5550 m. It offers the 360° glorious view of the surrounding gigantic mountains such as Nuptse, Changtse, Lhotse, Cho Oyu, and Pumori. All the trekkers simply do not complete the Everest Base Camp trek without hiking to Kala Patthar viewpoint. The reason might be to witness the top of Mt. Everest and explore the surrounding high mountains.

Day 25: Trek to Namche Bazaar (3440 m) 7 to 8 hours

Following the Imja River towards Tengboche, continue your walk after lunch towards Namche Bazaar. It is relatively easier and much faster trek than the other days. After a long hike in the icy Everest region, you can enjoy a warm bath at your teahouse.



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Day 26: Trek from Namche to Lukla (2840 m) 6 to 7 hours

Walking on the stone steps towards a dense forest, you will reach the entrance to Lukla that is Pasang Lhamu Memorial Gate. Enjoy your last day in Khumbu by communicating with people, enjoying authentic delicacies, and having locally brewed drinks.

Day 27: Fly Lukla to Kathmandu (1400 m) 35 minute flight

This is the last day of your Khumbu region trek. The flight to Kathmandu offers stunning mountains view. Upon the arrival in Kathmandu, our one of the representative will help you to transfer in your hotel.

Day 28: Final Departure from Kathmandu

At the time of your departure day one of our member will drop you off at the Tribhuvan International Airport after breakfast.