



Inside Solukhumbu Trek

Trip code	25
Package name	Inside Solukhumbu Trek
Duration	10
Max. elevation	3100 m
Level	BEGINNER
Transportation	Kathmandu - Daap jeep reserve and Phaplu - Kathmandu domestic flight.
Accommodation	Hotel and Lodge with twin sharing bed basis during the trek.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	kathmandu - Pattale Danda - Salleri Phaplu - Chyalsa - Ringmu - Taksindu - Junbesi - Thupthen Choling - Phaplu - Kathmandu
Cost	USD 1,150 per person

Highlights

- A perfect trek to approach the Everest region and the Himalayas.
- Scenic driving with crossing the Sunkoshi river.
- Gompas, Chorten, Mani wall, and Sherpa Culture, as well as beautiful terraced farm fields, picturesque green landscapes, and Nepali village life
- The perspective view from Patale Danda and Raatnaga Danda, Salleri Sightseeing, and Phaplu visit the Tibetan refugee camp of Chyalsa.
- Breathtaking views include Mt. Everest, 8,848m, Lhotse, 8,516m, Nuptse, 7,855m, and Pumori, 7,161m. Likewise, Numbur, 6,957m, Gaurishanker, 7,134m, Mt.Makalu, 8,463m, Mt.Kanchanjunga, 8,586m, and other lesser Himalayan peaks.
- Scenic flights from Phaplu to Kathmandu.

Overview

Inside Solukhumbu cultural trek that mean, apart of SoluDudakunda Municipality, Solukhumbu and also known as the land of Sherpa's is a fantastic trekking destination for those who want to admire the magnificent Himalayas and observe the natural diversity and ethnic culture of the lesser explored lower Solukhumbu region. The inside Solukhumbu Cultural Trek takes you through the rhododendron forests, Buddhist monasteries, and traditional Sherpa villages which show you the stunning beauty of this fantasy-like village. Interesting stops during the trek also magnificently add to the charm of the region. Inside Solukhumbu Cultural Trek for families starts with your arrival in Kathmandu. From Kathmandu, you fly to Phaplu Airport or drive to Salleri Bazar via Pattale Danda (Mt Everest view ponit) and start trekking.

The trail is fairly easy as you walk through the forests and cross suspension bridges. En route, you will see traditional villages and Mani walls as well as prayer flags which symbolize the religious rituals and values practiced in the region. During this journey, you visit many Buddhist monasteries like Taksindu Gompa, Chiwang Gompa, Thupthen Choling Gompa, Salleri Gompa, Chyalsa and Phungmuche monastery and observe the mainly Sherpa and Tamang way of life who belongging to Buddhist. They are very welcoming and will amaze you with their heart-warming hospitality. You will spend a complete day in Junbesi exploring the village and witnessing the culture of the locals. From there, you trek back to Phaplu and end the trek.

The [trek](#) route is filled with breathtaking views of the snow-capped mountains like Number (6959m), Karyolung (6511m), and many other [Everest](#) Himalayan ranges. Autumn (September to November) is an excellent time for this trek as the skies are clear and provide great views. You can also trek (March to May) where the wildflowers bloom. The best-known and most admired of all of Nepal's ethnic groups, the Sherpas migrated to the high valleys south of Mt. Everest from eastern [Tibet](#) about 450 years ago. The name Shar-pa means 'people from the east. Their Tibetan origins are reflected in their language, customs, and religion. The Sherpa homeland is dominated by old mountain gods, the most sacred of these being Number in Solu and Khumbi-la in Khumbu.

Trip Itinerary

Day 1 : Arrival in Kathmandu – Transfer to Hotel, and getting to know Nature Trail (1350m)

After arriving at Tribhuvan International Airport, you will be welcomed by the representative of the Nature Trail Trekking & Expedition and you will be shifted to your hotel (3-Star category). The staff in the hotel will manage your accommodation and check in.

Day 2 : Drive from Kathmandu to Daap Bazar (2840m) – 8 hours

After breakfast, you will leave Kathmandu and drive to Dhap Bazaar. The driving route follows the Sunkoshi River until Ghurmi. On the way, you will get the opportunity to witness the typical Nepalese countryside lifestyle, forest, rivers, and terraced fields. Driving through numerous settlements, you will finally reach Dhap Bazaar. Here you will visit the local market and observe the lifestyle of the local and Sherpa people.

Day 3 : Drive to Phaplu and hike for Chyalsa (Tibetan Camp) (2600m) – 5 hrs

After having a breakfast with the panoramic mountain views including Mt Everest, Makalu, Mera peak, we drive to Phaplu for 2 hours and hike to Chyalsa (Tibetan Camp).

Day 4 : Hike to Raatnang danda (2980m) – 5 hrs walk

You can enjoy the Numbur Himal from here. After breakfast, we will start our hike to Raatnang Danda passing through a beautiful pine forest and nice scenery. We stopped for lunch here next to the top with mountain views. It is also a beautiful place and you enjoy the Everest Himalayan range from here. And the afternoon time will be back to Phaplu again.

Day 5 : Trek to Ringmu (2840m) – 5 hrs walk

The Trekking trail follows Chiwang and Phera through a pine tree and rhododendron forest alive with birds. It's an easy descent through pines to a large suspension bridge over the Dudh Khola at 2510m. From the river the trail snakes up through meadows to Ringmu; a Sherpa village dotted with apple, peach and apricot orchards. Today have some stroll in the village and spend your night.

Day 6 : Hike to Taksindu Gompa (2890m) Via Taksindu Pass (3100m) – 5 hrs walk

We wake up early in the morning and hike to Taksindu-La (3100 m). The trail climbs steeply through the rhododendron and pine forests to a long Mani wall in the hamlet of Pangoma. Your destination is the Buddhist monastery of Taksindu Gompa, which was established by the monks from Tengboche. After having lunch here, you will head back to Ringmu again.

Day 7 : Trek to Junbesi village (2700m) – 5 hrs walk

After breakfast, we will trek descend down a beautiful alpine meadow and cross the river on a suspension bridge. The trail then ascends through a pine forest and takes you to a wooden bridge up ahead. After crossing the bridge, you will make your way to Junbesi. Stay at a teahouse.

Day 8 : Exploring Junbesi village and Gompa

We will still make a short walk to the Thupten Choling monastery which is a couple of hours away. The mountains make the constant appearance in the backdrop as you continue your exploration. In the evening, you can explore the village of Junbesi and observe the daily life reflecting the culture and religious faith of these inhabitants. Or same day we can back to Phaplu by jeep.

Day 9 : Trek to Phaplu 2480m – 4 hrs walk

This is your last day of trekking. The trail slowly climbs downhill until Benighat along the Junbesi Khola. The trek goes through numerous villages and you also get to cross many streams and rivers along the path. The trail then climbs steeply all the way to Phaplu. You can explore the village on your final day in the lower Solukhumbu region.

Day 10 : Fly back to Kathmandu - 25min

After breakfast, today we go to the airport of Phaplu and fly back to the capital city Kathmandu. Once you arrived domestic airport of Kathmandu, a representative of Nature Trail will pick you up and drive to your hotel.

Inclusions

What is included?

- Private Jeep from Kathmandu to Phaplu / Salleri Bazar via Pattale Danda.
- Domestic flight from Phaplu to Kathmandu.
- Trekking permits and TIMS (Trekker's Information Management System) card.
- Experienced and licensed trekking guide.
- Porter service to carry your luggage (one porter for every two trekkers).
- Accommodation in teahouses or lodges twin sharing bed basis during the trek.
- Staffs insurance, well paid salary, lodging and fooding during the trek.
- All meals (breakfast, lunch, and dinner) with Cup of Tea/ Coffee during the trek.
- Basic first aid kit.
- Government taxes and service charges

What isn't included?

- International airfare to and from Kathmandu.
- Nepal entry visa fees.
- Personal travel insurance (covering medical, evacuation, and trip cancellation).
- Accommodation and meals in Kathmandu (beyond the itinerary).
- Personal expenses, such as laundry, phone calls, internet access, etc.
- Additional porters or services if needed.
- Tips for guides, porters, and other staff (tipping is customary in Nepal).
- Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

Complimentary

You will earn **US\$ 25** in travel credits when buying this tour. The **US\$ 25** earned travel credits can be used on any future booking on Nature Trail.