



Mundum Trail - Salpa Pass Trek

Trip code	
Package name	Mundum Trail - Salpa Pass Trek
Duration	14
Max. elevation	4150 m
Level	MODERATE
Transportation	Domestic flight (Phaplu - KTM) and Jeep sharing (Kathmandu - Diktel Bazar)
Accommodation	3***hotel, Tea House + Camping twin sharing bed basis during the Trekking.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu - Diktel Bazar - Chakewa - Deurali - Maiyung Has Pokhari - Rawadhaap - Salpa Pokhari - Sanam - Bung - Phaplu - Kathmandu.
Cost	USD 1,550 per person

Highlights

- Explore the region indigenous to the Kirat-Rai Tribe, one of the Trans-Himalayan tribes of Nepal.
 - Almost a virgin trail, less travelled by common hikers.
- Travel through pastures, lush forests, rivers, lakes, villages, and valleys.
- Simple Ridge Walk and rejoice panoramic view
 - Limbu and Rai ethnic local and their life style.
 - Halesi where Guru Padmasambhva has meditated.
 - Wildlife such as Red Pandas, Musk deer, Himalayan Thar , Danfe and more on.

- Catch awe-striking views of Everest, Mt Kanchenjunga, Makalu, Lhotse, Nuptse and more.

Overview

Mundhum Trail is a newly explored trekking trail located in Far East Nepal. Mundum means the holy book of the Kirati People. As the trek goes through the lands of the Kirati People, it is named Mundum Trail. Inaugurated in 2018 by the Government of Nepal, Mundum Trail is a perfect trekking route for the remote cultural and pristine natural trek. By choosing this trek, you'll travel the Eastern hills of Nepal, home to the Kirati People, one of the Sino-Tibetan ethnic groups.

The word "Mundum" finds its roots in Kirati culture and history; it's an oral guide to the Kirati way of life and holds more traditional implications than religious tones. It is this fact that's behind the christening of a new and up-and-coming trekking trail in Nepal's eastern hills, the Mundum Trail. The trail charts hilly districts such as Khotang, Solukhumbu, Bhojpur, and Sankhuwasabha.

The trail begins at Chakhewa, first two days we will drive to Halesi which is 223 km from Kathmandu and Diktel another 37 KM. There are rewards here from the get-go. Halesi, arguably the most prized destination in the trail, is most famous as a religious site for Hindus, Buddhists, and kiratis, coming alive during festivities such as Sakela, Shivaratri, Bala Chaturdashi, Ram Nawami, and Teej, among others.

Places such as Panchadevi, Kakani, Bhairavnath, Kalikasthan, Murdum Cave, Maratika Gompa, and Mahadev Cave see visitors in droves during these festivals. It is believed that the Mahadev Cave hosted Gautam Buddha for his penance. Most visitors to Halesi like to take a dip in the Dudh Koshi River in Jayaram Ghat in the town. But there's more to Halesi than its religious heritage

On this trail of Mundum, you'll walk to witness the snow-capped mountains, breathtaking landscapes, lush forests, vast pastures, iconic hamlets, chiming rivers, waterfalls, lakes, sacred sites, and more. The trek has excellent views of Lhotse, Everest, Nuptse, Chamlang, Number, Makalu, Kanchenjunga, and more if you are a mountain lover.

Above everything, you'll touch and explore a culturally vibrant place. The region is one of the last places where you can meet the Kirat ethnic. You will get to stay in the Kirat-rai communities of the trail. And that is the best way to gain insights into indigenous culture, tradition, and lifestyle. Those villages you will explore on Mundhum Trail, one of the virgin trekking routes, have been there since old age. So this trek is an escape for you if you love knowing foreign people and cultures.

It is a relatively easy route to take. You do have to be a super trekker for this trek. However, you'll have to walk several uphill to reach ridges and hilltops. There will be nights when you have to settle in a tented camp. Otherwise, Mundhum Trail Trekking, one of the less explored trails, is a comfortable tour. It is a 13-day trip where you have to walk on average 4-5 hours of slow walking on trekking days.

Trip Itinerary

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

You will be welcomed by our Trek Guide at Tribhuvan international airport Kathmandu and transferred to your hotel. Brief about the trip in the evening.

Day 2 : Drive (Kathmandu - Halesi - Diktel Bazar) 1355m - 8 hrs

From Kathmandu, you'll take a private jeep in the morning to Diktel Bazaar in the Khotang district, which lies at the altitude of 1650 meters above sea level. It will take 7 to 8 hours to Diktel Bazaar.

Day 3 : Drive to Chakhewa Bhanjyang 2300m - Hike to Temke dada 3010m - 4 hrs walk

After breakfasts; we drive some 42 KM to Chakhewa Bhanjyang which lies at the altitude of 2300m. The after check in and lunch; we have side trip hike to Temke Danda (3010m). You will see the mountain ranges from Mt. Everest, Lhotse, Sisapangma, Makalu, Cho Oyu, as well as sections of Tibet and India, are all visible from Temke Peak then retrace to Chakhewa and spend the night in a lodge or home stay.

Day 4 : Trek from Chakhewa to Dhotre Deurali 2780m - 5 hrs walk

Following breakfast, we start the trek from Chakhewa to Dhotre, another beautiful Kirati village. From Chakhewa to the 2752-meter-high Dhotre, it will take 7 to 8 hours walk passing through a grove of stunning rhododendrons on the way from Chekhewa to Dhotre. Stay overnight in tea houses in Dhotre.

Day 5 : Trek from Dhotre Deurali to Maiyung Has Pokhari 3150m - 6 hrs walk

Our official trek will begin on this day. Leaving Dhotre in the direction of Maiyung after breakfast. Before arriving in Hanspokhari (Duck-pond), Maiyung, you must first pass via Chautara and Mattim Danda. Maiyung, which is at the eleven of 3120m above sea level. Camping is the only option available here due to the lack of teahouses and lodges.

Day 6 : Trek from Maiyung to Rawadhap - Lahure bina 3430m - 6 hrs walk

You will get to know the Mundhum Trek native tribe better today. You will spend the night at the Rawadhap camp after passing ethnic settlements like Satdobato, Hyakule, and Laure Bine behind. The longest trekking day is today, during which we must walk for 7 to 8 hours. The Mundhum Trail Trek will be more exciting because of the agricultural fields, friendly people, and distinctive Kirati customs and culture.

Day 7 : Trek from Lahure Bina to Salpa Pokhari 3350m - 7 hrs walk

Discover the Kirati and Rai people's exotic culture, customs, and lifestyle as we hike from Rawadhap to Salpa Bhanjyang. Bhanjyang means to a gap, a low area between two landmasses with higher elevations. We will spend the night at Salpa Pokhari after traversing the Mani wall of Nikasa, the Mani of Handi Lake, and the Mani of Salpa pass. Salpa is a well-known holy site, and many pilgrims travel there to offer devotions. The voyage from Rawadhap to Salpa basecamp about 4 to 5 hours for this day.

Day 8 : Excursion Silichung Peak (4153m) and Rest at Salpa Pokhari.

We takes early morning hike to Silichung Danda (peak) at 4153m. This is the uppermost point of Mundum Trail Trek. The outstanding Himalayan mountain ranges, valleys, lush forests, and avalanches can all be seen from here. Kanchenjunga, Cho Oyu, Lhotse, Makalu, Thamserku, Kangtenga, Amadbalam, Dorje Lakpa, Kusu Khungaru, and other mountains will also be seen. Afterward, you'll go to Salpa Lake. Overnight in Salpa Pokhari in a tea house or camp.

Day 9 : Trek from Salpa Pokhari to Hyakule 2730m - 6 hrs walk

You'll take the same route from Rawadhap to Hyakule. 7-8 hours will be required to make it groggily down the hill area. Hyakule is a high point in the hilly area at 2,972 meters. You'll spend the night at camp.

Day 10 : Trek from Salpa Pokhari to Sanam 2850m - 7 hrs

It is also a long length. The distance is only 14 km, but you have to climb about 1800 m of 3340 m to Salpa pass, then descend 500 m. It's nice to see the landscape change as you go up: you start in the middle of rice fields, pass small settlements, climb into forests, which turn into thickets, and up you walk through thick rhododendron forests. You reach the Sherpa settlement of Thulophokte (2286 m), which is a good place for lunch. Thulopokte has a small Buddhist monastery, Chochen Gompa, belonging to the Gelugpa sect. Ask the people next door for the key! After a few hours, you reach Salpa Pass (2936 m) with camping facilities. If you don't want to go to Sanam, this is the place to stay. It takes around one and a half hours from the guesthouse to Salpa Pass (3340m). You'll notice that you're arriving by beautiful Mani Walls (stones with Buddhist prayers and pictures carved into them). With good weather, you can have a good view from the pass to Dudh Kund (6465m). Salpa pass brings you to Solukhumbu. From the pass you can go to Salpa Lake (3414m), which is about an hour's walk, from this viewpoint you can see a great view of the Himalayan range: Mt Kanchenjunga, Makalu, Mera Chuchuro and Everest. It takes about 2 hours to reach the small Sherpa village of Sanam from Salpa pass through beautiful pine and rhododendron forests. You pass the small settlement of Huaca. Shortly after Huaca the path there is a Y, here (for a while) take the right trail. The road gradually descends to Sanam.

Day 11 : Trek from Sanam to Bung 2200m - 5 hra walk

From Sanam, the trail descends through rhododendron forests, past some mani walls. With good weather, you can see the snow-capped Mount Numbur (6959m) on the horizon. And after passing a huge gemstone and wall, there is a Y-junction, take the right trail, and go flat. Pass the small settlement of Siare. The trail continues to the left, going downhill. About two and a half hours after leaving Sanam, one reaches Gudel (2042 m), a large village inhabited mainly by Kulung Rai. Mera

Shikhar (6476 m) and Chamlang Himal can be seen from here. Take the path that follows the river below through this village. After crossing the river bridge, you will arrive at Bung village spread over the hill. You pass the road to the National Park Office in Makalu Barun National Park. And the trail continues to climb through forests and farmlands, passing a hamlet with a small settlement.

Day 12 : Drive from Bung to Phaplu - 5 hrs

we take a regular jeep/bus to get Phaplu passing several villages. The journey to Phaplu takes about 5 hours drive from Bung Bazar.

Day 13 : Fly / drive back to kathmandu 1380m - 25min flight/9 hrs drive

Phaplu to Kathmandu is approximately 275 km far and takes roughly 9 hrs to drive on the mountain road. The drive compresses the various of landscape through the villages. If you travelling with a little bit comfort then will be an airport in Phaplu where you can fly out to Kathmandu . It takes about 25minutes and the airfare will be extra.

Day 14 : Departure to homeland

Another Big Day, fly back to home after complete your Himalayas journey with Nature Trail Trekking Company. Its time for say good bye Nepal and see you again for next trip. Thanks for joining with us.

Inclusions

What is included?

All ground transfers by private vehicle as per our itinerary.

All meals (Breakfast – Lunch – Dinner with Cup of Hot Drinks) in trekking period prepared by experienced cook.

2 Nights , 3***Hotel in accommodation Kathmandu (including breakfast, and taxes)

11 Nights, Accommodation in Hotel & Lodge and Camping twin sharing bed basis during the trekking.

Domestic airfares (Phaplu - Kathmandu) Local Jeep Sharing (Kathmandu - Diktel Bazar - Chakhewa).

Organized Camping Trek arrangement, including all high quality camping equipments and tents such as Two Men Tent, Kitchen Tent, Toilet Tent, Table, Chairs, Mattresses etc..

National Park / Conservation Area Permit Fees (Makalu Barun Conservation Area).

TIMS card and Khumbu Rural municipality fee.

Guide, porters and their daily wages, insurance with all necessary lodging - fooding arrangements.

We also provide a complimentary farewell Dinner with Live Nepalese Cultural Program in Thamel

What isn't included?

All International Airfares / Airport taxes.

Expenses of personal nature such as bottled drinks, mineral water, laundry and etc.

Rescue and evacuation (helicopter operation) - if needed.

Personal medical and travel insurance.

Tips for staff and Gratitude.

Complimentary