Mundum Trial Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1-12 Persons

Trip Grade Basic

Accommodation Hotel-Lodge-Tea House

Max Height 4150 Metres

Start From Kathmandu

End At Kathmandu

Transportation Flight-Bus -Car

Duration 14 Days

Meals included Breakfast-lunch-Dinner Days

Best season:
March-May, Sep-Nov

Trip Overview

Mundum Trail is a cultural walking trail in Nepal's Far East region, showcasing the cultural riches of the ethnic Kirati people and the inhabitants of the eastern hills and mountains. The trail, named after the Mundum, is a sacred book of the Kirati People and passes through their lands. The trail is rated as medium-hard and is best experienced during the spring season **(March, April, and May)** when the leaves are green and the landscape is lush. The trail is rated moderate, or grade B, and is best accessed in October, November, and December. It is possible that the trek is a lesser-known or newly established trail, or it might have a different name. Trekking routes and trails in Nepal can vary, and new trails may not have gained widespread recognition or detailed documentation. It is recommended to consult local trekking agencies or experienced guides for the most up-to-date information about the trail's highlights, itinerary, culture, wildlife, and Himalayan views. Trekking in Nepal requires proper preparation, permits, and knowledge of the trail, especially for less-frequented or newly opened routes. The Mundum Trial Trek offers breathtaking Himalayan landscapes, stunning mountain views, and cultural experiences in traditional villages with diverse ethnic groups. Its itinerary can vary depending on the specific route, duration, and points of interest.

Nepal is home to a variety of wildlife, including the elusive snow leopard, red panda, Himalayan thar, langur monkeys, and various bird species. For specific details about the Mundum Trial Trek or any other lesser-known trail, consult local experts or trekking agencies in Nepal. These experts can provide valuable information about the best time to visit, necessary permits, and safety precautions. They can also help customize the itinerary to cater to individual preferences and fitness levels. Exploring these lesser-known trails allows trekkers to experience a more authentic and off-the-beaten-path adventure in the breathtaking landscapes of Nepal.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 01: Arriving at Kathmandu International Airport and transferring to Hotel.

1 Breakfast Hotel Bus-Jeep-Car 1345 m

You will arrive at Tribhuvan International Airport in Kathmandu. Our local representative will welcome you. She/he will take you to your hotel in Kathmandu. Take some rest after you check into the hotel. You will stay overnight at your hotel.

Day 02: Preparation for Mundum Trekking

3-5 Breakfast Hotel Car 1345 m

Before the beautiful trek, you will have a preparation day. On this day, you can buy some clothing or snacks, or other trekking essentials. If you have already brought everything, you can go touring beautiful places in Kathmandu. There are many historic and cultural sites in Kathmandu. You can visit some. Some of the most popular sites are the Basantapur Durbar Square, Boudhanath Temple, Pashupatinath Temple, Swoyambhunath Stupa, and others.

Day 03: Drive from Kathmandu to Diktel Altitude: 1650 meters Driving Duration: 8 to 9 hours

8-9 Breakfast + Lunch + Dinner Lodge -Home Stay Jeep+Bus 1660 m

It&rsquo's surely a long drive today. Though long, this day is enjoyable. You will be driving towards the east of Kathmandu over the beautiful highway. You will see the beautiful rivers along the highway. You&rsquo'll also see the villages along the road. You&rsquo'll see beautiful scenery along the riverside. You will have a few stops at some places for lunch and rest. After a long drive, we will finally reach the headquarters of Khotang district, Diktel. We will walk around the local market there. Overnight in a local hotel.

Day 04: Diktel to Chakhewa Highest Altitude: 2300 meters Trek Duration: 5 hours

6-7 | Breakfast + Lunch + Dinner | Tea House | Trekking+Hiking+Walking | 2300 m

Today, we will begin to trek. We will have a morning breakfast at the hotel. Then, we will begin to trek. The trekking trail is beautiful! The semi-hilly landscapes, beautiful jungles, and beautiful settlements en route are amazing. We will be covering 24 kilometers of remotest trails. Walking through the villages of Dorap Chiuri and Dobela feels incredible. Chakhewa is a beautiful place where we will stay overnight today.

Day 05: Chakhewa to Dhotre Highest Altitude: 2752 meters Trek Duration: 5 hours

6-7 | Breakfast + Lunch + Dinner | Lodge-Tea House | Trekking+Walking+Hiking | 2755 m

It's a fresh morning at Chakhewa. We will have a filling breakfast there and will pull off a new day. From Chakhewa, we will walk through the incredible beautiful trails to Dhotre. We will be walking through the Maluwa village. Then there is a pass called Dalsinga Pass. After the pass, we will walk over the scenic ridge of Merung Hill. At Dhotre, we will stay overnight today.

Day 06: Dhotre to Maiyung Highest Altitude: 3122 meters Trek Duration: 6 hours

6-7 | Breakfast + Lunch + Dinner | Tea House-Home Stay | Trekking+Walking | 3125 m

From Dhotre, we will trek to Maiyung. The trail is beautiful with mesmerizing views of the surroundings. You will have an amazing time walking through the peaceful trekking trails. After around six hours of trekking, we will reach Maiyung. Overnight in Maiyung.

Day 07: Maiyung to Rawadhap Highest Altitude: 3426 meters Trekking Duration: 6 hours

7-8 | Breakfast + Lunch + Dinner | Tea House -Home Stay | Trekking+ Hiking+ Walking | 3425 m

This part of the trail passes through incredible Kirat and Rai settlements. At the villages, you will see the farmers cultivating crops on their beautiful fields. You will also see the old-aged people wearing their traditional attires. We will make our way through small Kirat villages like Satdobato, Hyakule, Lauri Bina, and others. It's a unique experience of walking through the villages and experiencing beautiful things. Finally, after several hours of walking, we will reach the Rawa Dhap. We will stay overnight there.

Day 08: Rawadhap to Salpa Bhanjyang/ Salpa Pokhari Highest Altitude: 3348 meters Trekking Duration: 7 hours

6-7 | Breakfast + Lunch + Dinner | Home Stay+Lodge | Trekking+Walking-Hiking | 3348 m

Remember, you are already above 3000 meters. Walk slowly enjoying the immensely beautiful nature and culture around. The trekking trail is remote, yet beautiful. Today, we will be walking through some amazing villages. The highlights of today's trek are the mani wall of Nikasa, Handi Lake, and of Kulu Pankha Bhanjyang (Salpa Pass). After an awesome day, we will reach Salpa Bhanjyang. We will stay overnight there.

Day 09: Explore Silichung Highest Altitude: 4170 meters Trekking Duration: 5 hours

5-6 Breakfast + Lunch + Dinner Lodge-Home Stay Trekking-Hiking-Walking 4170 m

Today is an exploration day in Silichung. We will wake up early and will hike to the Silichung hill early in the morning. There is this beautiful viewpoint of Silichung (Salpa) Peak. We will climb to the viewpoint at 4153 meters. Trust me, you will love the spectacular views of the magnificent Himalayas, mountains, green hills, and incredible valleys. You will also see the alluring views of Mt. Everest, Kanchanjunga, Cho Oyu, Lhotse, Mt. Makalu, Thamserku, Kangtega, Amadablam, Dorje Lakpa, and Kusum Khungurung. After a wonderful morning, we will return to Silichung. We will spend the rest of the day exploring around and resting. Overnight in Silichung.

Day 10: Salpa Bhanjyang to Hyakule Highest Altitude: 2980 meters Trekking Duration: 6 hours

6-7 Breakfast + Lunch + Dinner Lodge-Tea House Trekking-Hiking-Walking 2980 m

Now it is time that we retrace the previous trekking trails back to Hyakule. We will be walking through the peaceful trails and exploring the natural beauty around. We will meet with some locals. Interacting with them is fun. They are friendly and will say hi with a sweet smile. After hours of easy walking, we will reach Hyakule. For today, we will stay overnight at Hyakule.

Day 11: Hyakule to Hanspokhari Highest Altitude: 3000 meters Trekking Duration: 6 hours

6-7 Breakfast + Lunch + Dinner Tea House-Lodge Trekking-Hiking-Walking 3000 m

We will start a new day with a beautiful breakfast. After having breakfast, we will set off on the splashing trekking trail to Hanspokhari. The trail is as exciting as on the other days. We will be enjoying the splendid views of the hills. Walking through the lush jungles offers incredible satisfaction. This trail becomes more beautiful in spring when the wildflowers and Rhododendrons bloom at their best. We can also extend this trek and walk to the Ekrate village. This is a beautiful village of Kirat people. There, you can see the basic way of life and the lovely practices of the traditions and culture.

Day 12: Hanspokhari to Bhojpur Highest Altitude: 1600 meters Trekking Duration: 6 hours

6-7 | Breakfast + Lunch + Dinner | Lodge-Tea House | Trekking-Hiking | 1600 m

On the 12th day of our Mundum trek, we will be trekking to Bhojpur. We will walk through the rugged trekking trails towards Bhojpur in the morning. We will take a rest at different places on the trek. We will cross the Kakhuwa Pass. We will also be walking through several small and beautiful villages en route. Some of them are Ekrate, Barse Danda, Suntale Gaun, Dhap Kharka, and others. Finally, after around six hours of trekking, we will reach Bhojpur. Overnight there.

Day 13: Flight from Bhojpur to Kathmandu

45 | Break Fast | Hotel | Flight-Car | 1345 m

From the airport in Bhojpur, we will take a flight to Kathmandu. The flight is a scenic one. Enjoy the aerial views of the awesome valleys, rivers, hills, and Himalayas. The flight duration is around two and a half years. We will land in Kathmandu and will drive to the hotel. You can walk around in the evening. Overnight at a hotel in Kathmandu.

Day 14: Transfer to the International airport for final departures

20 | Break Fast | Hotel | Car-Flight | 1345 m

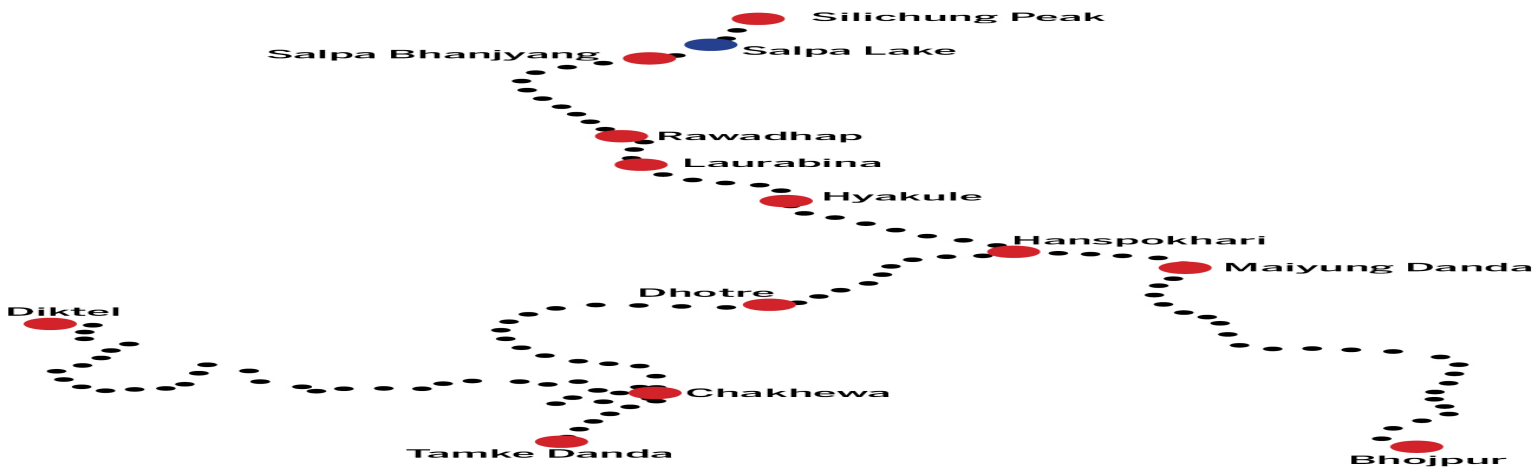
Today is your last day in Nepal. We will pick you up three (3)hours before your flight. You will check into the airport and will fly to your homeland.

Cost Includes

- Airport/ hotel pick up and drop off by private vehicle
- Hotels in Kathmandu, inclusive of breakfast
- Three Times Meals during the trek
- Government licensed, experienced English speaking guide
- One porter per two people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes
- One trekking map per person
- Kanchenjunga permit and conservation fee
- Sleeping bags and down jackets for the trek (should be refunded after the trek)
- Surface transportation
- First aid kit
- Domestic flight tickets KTM–BDR/Suketa
- Fresh fruit during the trek

Cost Excludes

- Travel and rescue insurance
- Beverage bills, bar bills, and personal expenses
- Nepal entry visa

- Tips for guide, porter, and driver
- Extra day Kathmandu Hotel
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended

Trip Map