Mundum Trek



Trip Overview

Mundum Trekking Trail is a new cultural trekking trail that goes through peaceful mountains in eastern part of Nepal. Adventure on this new trekking trail explores cultural rai of the ethnic Kirati people, the inhabitants of the eastern hills and mountains. This trail opened up only since January 2018 for the trekkers. Mundhum is the religious scripture of Kirati people who live in this region and this holy book guides their social and cultural life. As the trail meanders through the settlements where the ethnic Kirati people.You will get to know their unique culture and lifestyle closely. This trip has acquired the name to highlight the cultural experience of the region in addition to the wonders of nature and the mountains.This Cultural trekkingTrail goes up to the elevation of 4,200 meters from sea level to the viewpoint of Silchung Peak.

Total Trip Days: 13 Nights / 14 Days

Region: Eastern Nepal

Max Altitude: 4,200 meters (Silichung Hill)

Activity: Trek

Trip Highlights

- Experience the rich culture, traditions, and lifestyle of the Kirati Rai people
- Trek through remote villages and settlements in eastern Nepal
- Spectacular views of major Himalayan peaks including Everest, Kanchenjunga, Cho Oyu, Lhotse, Makalu, Thamserku, Ama Dablam, Kangtega, Dorje Lakpa, and Kusum Kanguru
- Explore serene landscapes with forests, lush valleys, and high ridges
- Visit sacred sites and witness local festivals and rituals (where timing permits)
- Off-the-beaten-path trekking route with minimal crowds
- Enjoy peaceful trekking trails with teahouse and tented accommodations

Itinerary

Day 1:

Meet, assist upon arrival in Kathmandu airport by our representative and escort to the hotel in Kathmandu.
Kathmandu is the capital and, with close to three million inhabitants, the largest metropolitan city of Nepal. The city is the urban core of the Kathmandu Valley in the Himalayas, which contains two sister cities: Lalitpur (Patan), 5 kilometres (3.1 mi) to its south and Bhaktapur or Bhadgaon, 12 kilometres (7.5 mi) to its east, and a number of smaller towns. The municipal area is (50.67 square kilometres (19.56 sq mi.)
The city stands at an elevation of approximately 1,400 metres (4,600 ft) in the bowl-shaped valley in central Nepal surrounded by four major mountains, namely: Shivapuri, Phulchowki, Nagarjun and Chandragiri. Kathmandu valley is part of three districts, Kathmandu District, Lalitpur District and Bhaktapur District, with the highest population density in the country and accounting for about 1/5 of its population.
Upon arrival at the hotel we will have a short briefing at the hotel about the itinerary and the do's and don'ts with a welcome drink for about 15 minutes. Then the keys will be handed over of the respective rooms to the guests.
Overnight at the hotel in Kathmandu (No Meals)

Day 2:

Breakfast at hotel
AM: Trekking Preparation
PM: Proceed for sightseeing tour to Pashupatinath Temple and the Boudhanath Stupa
Pashupatinath temple: One of the most sacred Hindu shrines in the world, Pashupatinath lies in the bank of river Bagmati. The two-storied pagoda houses a sacred lingum, or the phallic symbol of Lord Shiva. Although the temple dates back to the 4th century, it was brought into its present shape in the early 18th century. The temple is most noted for its gold-plated roofs and silver-coated doors. Sadhus and sages, who follow the lifestyle of Lord Shiva, are seen covered with ashes and loincloths. The banks of the river Bagmati, is also considered one of the holiest places in which to get cremated and cremations can be witnessed here. All tourists are requested that certain respect is shown for the grieving.
Continue to Boudhanath, possibly the world's largest Buddhist stupa and a site of great veneration for Buddhists. Around the stupa have sprung up number of monasteries of the different sects of Tibetan Buddhism including one (on the west side of the stupa) that houses an enormous seated statue of Maitreya Buddha splendidly adorned.
Overnight stay at hotel in Kathmandu (B)

Day 3:

Breakfast at the hotel
AM: Drive to Diktel Bazar.
It’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’ll also see the villages along the road. You’ll see beautiful sceneries along the riverside. You will have a few stops at some places for lunch and rests. After a long drive, we will finally reach the headquarters of Khotang district, Diktel. We will walk around the local market there.
Overnight stay at Simple Teahouse Lodge in Diktel Bazar.

Day 4:

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.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Chakhewa Village (B, L & D)

Day 5:

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.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Dhotre (B, L & D)

Day 6:

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 stay at Simple Teahouse Lodge / Tented Camp in Maiyung (B, L & D)

Day 7:

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 experiencing beautiful things. Finally, after several hours of walking, we will reach the Rawa Dhap. We will stay overnight there.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Rawadhap (B, L & D)

Day 8:

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.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Salpa Bhanjyang (B, L & D)

Day 9:

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 Salpa Bhanjyang. We will spend the rest of the day exploring around and by resting.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Salpa Bhanjyang (B, L & D)

Day 10:

Now it is time that we retrace the previous trekking trails back to Hyakule. We will be walking through the peaceful trails 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 walk, we will reach Hyakule. For today, we will stay overnight at Hyakule.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Hyakule (B, L & D)

Day 11:

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 lovely practices of the traditions and culture.
Overnight stay at Simple Teahouse Lodge / Tented Camp in Hanspokhari (B, L & D)

Day 12:

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 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 stay at Simple Teahouse Lodge in Bhojpur (B, L & D)

Day 13:

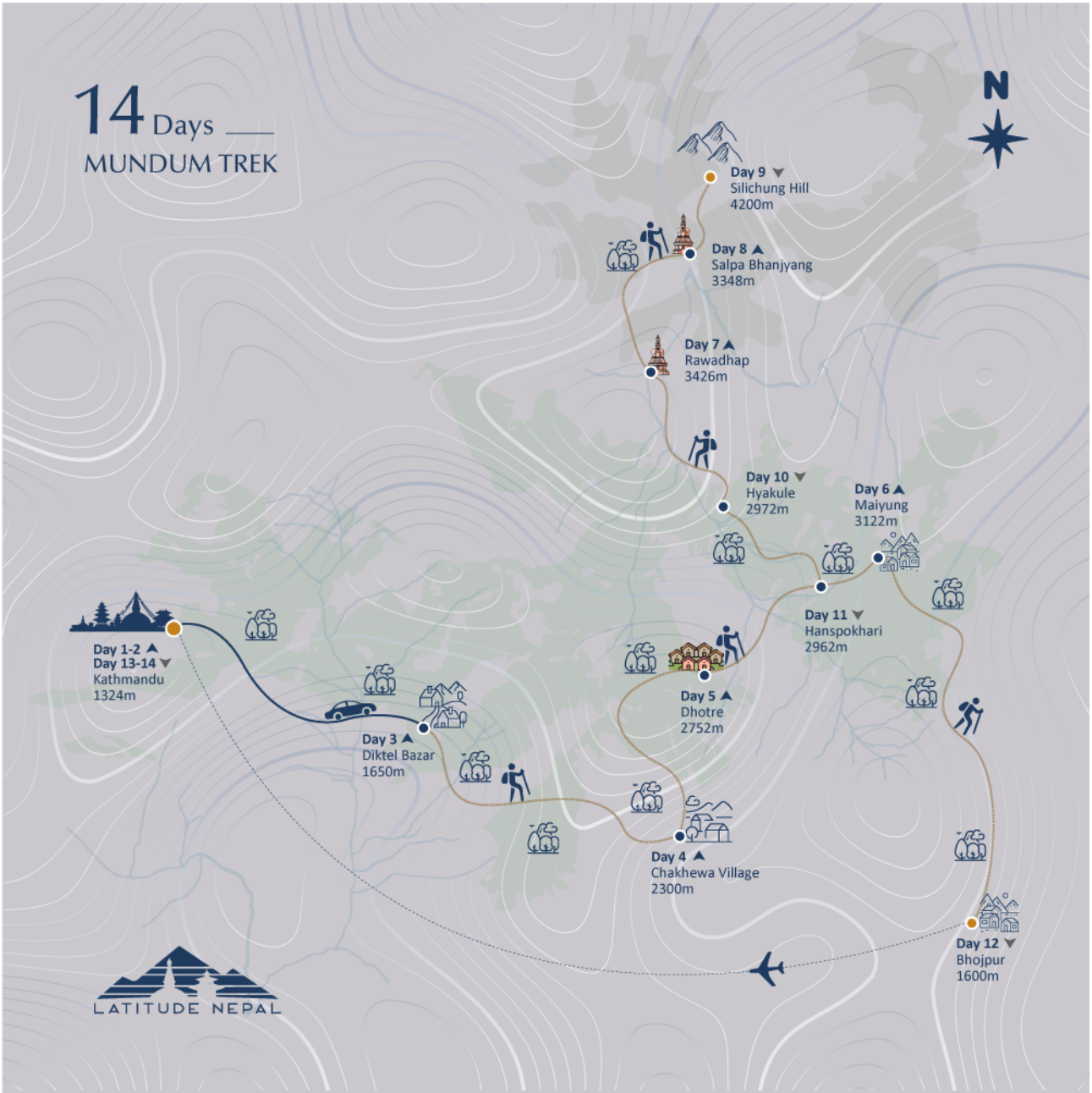
From the airport in Bhojpur, we will take a flight to Kathmandu. The flight is a scenic one. Enjoy the aerial views of the awesome valleys, rivers, hills, and Himalayas. The flight duration is around two and a half years. We will land in Kathmandu and will drive to the hotel. You can walk around in the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

Overnight stay at the hotel in Kathmandu (B)

Day 14:

Free till departure and later, transfer to the International airport to connect the flight to onward destination.

Route Map



ALTITUDE CHART

