

Salpa Lake Trek - Unveiling the beauty of Salpa Pokhari - 10 Days

Embarking on an unexplored trekking trail of Nepal

Salpa Lake Trek, is a lake nestled within the awe-inspiring landscape of Makalu region of Nepal. Trekking to Salpa Lake is an off-the-beaten-path adventure like none other.

This is a unique trekking experience in Nepal because unlike other popular [trekking trails of Nepal](#) like the [Everest](#), [Annapurna](#), and [Langtang](#) which are flooded with numerous trekkers; the Salpa Lake Trek is a hidden treasure for trekkers willing to unveil the unexplored beauty of remote and off-the-beaten trekking in Nepal. The trail is rich in natural beauty, cultural insights, and breathtaking vistas. Likewise, being an isolated route, the Salpa Lake Trekking trail is a virgin trail with very few trekkers along the way. It is actually an opportunity to explore the unexplored.

Overview of the Salpa Lake Trek – Our Journey to Salpa Pokhari

Salpa Lake Trek is suitable for trekkers with some moderate experience in trekking and looking for a unique and divergent experience in Nepal. The trek starts from Kathmandu and concludes in Tumlingtar, a popular town in the Arun Valley. En route, we traverse through the journey for about 10 days, through diverse landscapes, from the lush foothills to the high-altitude meadows, concluding at our ultimate destination i.e. the sacred Salpa Pokhari, a lake revered by the [Sherpa](#) people.

There are several different routes to reach Salpa Lake. Among these, some routes offer a more challenging or remote experience. Najingdingma to Tumlingtar is a less commonly chosen route that provides a unique perspective. However, this route requires additional planning and a more experienced guide. It is very important to choose a route that aligns with your experience and preferences. We shall consider factors like difficulty level, remoteness, and desired scenery along with the time frame. Considering these factors, Trek Mania Nepal also facilitates [tailor-made itineraries](#) for the Salpa Lake.

Untouched beauty of Salpa Pokhari Trekking Trail

Being less crowded, the trail to Salpa Pokhari allows us to delve into the serene wilderness of the Makalu Region. En route, we witness breathtaking landscapes, from lush valleys carpeted with rhododendron forests to snow-capped peaks piercing the clear blue sky. However, the sceneries and the vistas vary upon the time-frame as well. We can capture panoramic vistas of the Himalayas and discover hidden waterfalls cascading down the mountain slopes while we make our way to the Salpa Lake.

Besides, we can interact with the warm and welcoming Sherpa and Kulung communities and have an insight into their lifestyle and culture. Learning about their traditions lifestyle, and rich cultural heritage is a major highlights of Salpa Lake Trekking. We will experience their hospitality in person, savoring their local culinary, and immerse into their unique way of life.

The trek up to Salpa Lake is a hike through bushes bursting with vibrant colors, a haven for wildlife and vegetation. Keep an eye out for the diverse birdlife, from the colorful Himalayan monal pheasant to the elusive lammergeyer. You might even encounter the occasional glimpse of Himalayan wildlife, like the elusive red panda or the majestic musk deer.

Salpa Pokhari: A Sacred Lake Steeped in Mystery

Our ultimate destination, Salpa Pokhari is a tranquil lake nestled amidst the mountains. We will soak in the mystical aura of this revered site upon reaching there and capture its mesmerizing beauty. The trek offers an opportunity to learn about the significance of the lake in Sherpa culture and traditions.

The Salpa Lake Trekking trail offers a moderate challenge. Our journey consists of gradual ascents and descents. Likewise, the diverse terrain provides a rewarding experience for trekkers of moderate fitness levels. Along the route, we navigate through charming villages, traverse verdant valleys, and conquer mountain passes to reach breathtaking viewpoints.

Best Season for the Salpa Lake Trek

The ideal time to embark on the Salpa Lake Trek is during the spring (March to May) and autumn (September to December) seasons. These months boast clear skies, pleasant temperatures, and minimal rainfall, ensuring optimal trekking conditions. Spring offers stunning wildflowers in bloom, while autumn presents clear skies with majestic views of the snow-capped peaks.

Fitness Requirement to reach Salpa Pokhari

The Salpa Lake Trek is a moderate in difficulty. Hence, it is a perfect trek for moderately experienced hikers who want to experience the unexplored beauty of the Himalayas. The trails involve gradual ascents and descents, with some sections requiring good stamina. Even though the prior trekking experience is not mandatory, a base level of fitness is recommended to ensure you can comfortably navigate the terrain. Regularly engaging in activities like hiking or running before your trek will help you prepare for the physical demands.

Permits for the Salpa Lake Trek

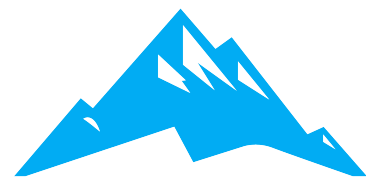
To embark on the Salpa Pokhari Trek, permits are required for the Makalu Region, and obtaining them is a crucial step in planning your Salpa Lake Trek adventure.

Makalu Barun National Park & Conservation Area Permit: This permit is an access to the [Makalu Barun National Park and Conservation Area](#), the home to Salpa Lake trekking trail and the lake itself.

Trekkers Information Management System (TIMS) Permit: This permit helps track trekkers in Nepal and is mandatory for all trekking and expeditions in Nepal.

To obtain the permit, you must get in touch with a registered trekking agency and we at Trek Mania Nepal are one of the pioneers of the Salpa Lake Trekking promotion.

Do we need a guide for the Salpa Lake Trek?



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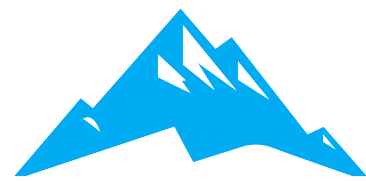
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While it is not legally mandatory to have a guide with you for trekking in Salpa Lake, we highly recommend hiring a Government certified and experienced trekking guide for the trek. This is because the guides possess in-depth knowledge of the trails. The knowledge about the trail ensures your safety – the most important part of trekking. Guides are trained in first-aid and wilderness survival techniques, ensuring your safety throughout the trek. They can also help you choose the most suitable route depending on your experience.

Similarly, the experienced guides act as cultural bridges between trekkers and the locals. They can provide insights into the traditions, customs, and way of life of the local communities you encounter on the trek. They can also assist with any unpredicted challenges that we might encounter along the trail.

And most importantly, [trekking guides](#) are fluent in Nepali language as they are natives. Also, some of the guides from Trek Mania Nepal can also speak the local languages that are spoken along the trekking trail. They can bridge the language gap and facilitate the communication with locals that enriches your cultural experience during Salpa Lake Trekking.





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PRICE INCLUDES

- Airport pickup and drop service.
- Accommodation in Kathmandu ([Hotel Chhimeki](#) 2 night).
- All food during the trek (B, L, D).
- Accommodation during the trek.
- Transportation costs: Comfortable Drive from Kathmandu to the trekking starting point and trekking ending Point by car or Local Jeep Bus (depending upon the price and group size).
- Government license holder English-speaking trekking guide.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20 kg).
- Guide porter salary, lodging, food, and insurance.
- Trekking permits: Conservation Entry Permit and TIMS card.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map.
- Rescue Management Service.
- All Tax (13Vat + 10 Service charge).
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- [Visa fee](#) to enter Nepal.
- International flight tickets.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- Tip for guides and porters
- All required trekking gear like sleeping bags and down jackets made available on rent.

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu

Upon your arrival, a representative from [Hotel Chhimeki](#) will take you to the hotel from the airport. After refreshments at the hotel, we stroll around the vibrant capital city of Kathmandu. We will explore ancient temples like Pashupatinath, Swayambhunath (Monkey Temple), and Boudhanath Stupa, or wander through bustling markets like Thamel. Kathmandu serves as your launching pad before embarking on the trek. Overnight at Hotel Chhimeki.

Day 2: Kathmandu - Salleri (Transportation: Jeep/Bus)

After your breakfast, we will leave the city behind and embark on a scenic drive to Salleri. Salleri – a charming town nestled at the foothills of the Himalayas is the gateway to Salpa Lake. Enjoy the fresh mountain air and breathtaking views as we dwell in the local lifestyle and cuisine of Salleri. Overnight in Salleri.

Day 3: Salleri - Bung (Trekking Distance: Approx. 15 km)

Today, our Salpa Lake trek officially begins! The trail winds its way through the Arun River Valley, offering lush forests teeming with diverse flora and fauna. En route, we pass through traditional villages with Sherpa houses. We can get insight of the local culture and lifestyle along the way.

After reaching Bung, a picturesque village nestled amidst the mountains, we unwind in the serenity of the Himalayas and soak in the stunning mountain views. There are several cozy guesthouses in Bung that provide comfortable accommodations for the night. Overnight in Bung.

Day 4: Bung - Sanam (Trekking Distance: Approx. 12 km)

As we ascend further, the landscape transforms into a vibrant tapestry of rhododendron forests. It is better experienced during the Spring time as the blooming of the flora and faunas are noteworthy during those months.

While ascending further, we can breathe in the fresh mountain air and be captivated by the beauty of these stunning natural wonders. Upon reaching Sanam which is also a renowned village, we can explore its cascading waterfalls that plunge from the mountain slopes. Overnight in Sanam.

Day 5: Sanam - Salpa Pokhari (Trekking Distance: Approx. 18 km)

And finally, today is the day that we step at our ultimate destination of the trek i.e. Salpa Pokhari. Prepare to be awestruck by the captivating beauty of this sacred lake revered by the Sherpa people.

The trail ascends to Salpa Bhanjyang which is also the highest point of our Salpa Lake trek. The ridge offers an eye-dazzling panorama of the majestic Himalayas like Mt. Everest, Mt. Makalu, and the Arun Valley in the backdrop.

After taking a glimpse into the sight that the ridge offers, we descend towards Salpa Pokhari from Salpa Bhanjyang. Upon reaching our highlighted destination, we will soak in the mystical aura of this revered lake and capture its mesmerizing beauty. Overnight in lodges nearby Salpa Pokhari.

Day 6: Salpa Pokhari - Guranse (Trekking Distance: Approx. 15 km)

Leaving Salpa Pokhari behind, we descend through green greeneries decked with wildflowers. Trekking down to Guranse after the previous day's climb taking in the breathtaking scenery, we can interact with the warm and welcoming locals. Whereas, learning about their unique way of life and having a deep insight into their culture is also a major highlight of the Salpa Lake trek. Overnight in Guranse.

Day 7: Guranse - Salpa Phedi (Trekking Distance: Approx. 12 km)

Embark on a moderate trek through diverse landscapes. The trail winds its way through dense forests, offering refreshing shade on a sunny day. Keep your eyes peeled for colorful birds flitting through the branches and the occasional glimpse of Himalayan wildlife like elusive [musk deer](#) or majestic Himalayan pheasants.

Reach Salpa Phedi, a picturesque village situated amidst the mountains. Immerse yourself in the tranquility of the Himalayas and enjoy the breathtaking scenery of snow-capped peaks. Comfortable lodges nestled amidst the village provide a welcoming haven for the night. Overnight in Salpa Phedi.

Day 8: Salpa Phedi - Gothe Bazaar (Trekking Distance: Approx. 5-6 km)

Today's trek takes you further down the valley, offering stunning vistas of the surrounding peaks. The trail becomes more gentle, providing a welcome respite after the previous days' climbs. As you descend, the landscape transitions from dense forests to rolling hills adorned with vibrant wildflowers.

Reach Gothe Bazaar, a bustling market town. Here, you can interact with locals, and explore local shops selling souvenirs and handicrafts like hand-woven woolen rugs, intricately carved wooden statues, and traditional Nepali clothing. Immerse yourself in the vibrant atmosphere of a Himalayan town, a stark contrast to the serenity of the higher trails.

Day 9: Gothe Bazaar - Majwa (Trekking Distance: Approx. 5-6 km)

The trail continues its descent, leading you through charming villages nestled amidst verdant terraced fields. Witness the traditional way of life in the Makalu Region. Observe the backbreaking yet rewarding work of local farmers tending their crops, a practice passed down through generations.

Interact with the friendly locals who call these mountains home. Learn about their customs, traditions, and their deep connection to the land. Reach Majwa, a village nestled amidst lush greenery. Enjoy the peace and quiet of this rural setting and soak in the stunning mountain views, offering a final glimpse of the Himalayas before your departure. Overnight in Majwa.

Day 10: Majwa - Kartike Ghat - Tumlingtar (Transportation: Jeep/Bus)

Today, we conclude our 9-night and 10 days journey of Salpa Lake Trek! After having our breakfast at Majwa, we will have a scenic drive towards Kartike Ghat sighting the mesmerizing sceneries for the last time in this journey. Wind through valleys adorned with lush greenery and witness the majestic peaks gradually recede in the distance.

Our journey finally culminates in the charming town of [Tumlingtar](#), nestled amidst the Arun Valley. Upon arrival, a sense of accomplishment washes over you as you celebrate the successful completion of the Salpa Lake Trek. Reflect on the unforgettable experiences – the serene beauty of Salpa Pokhari, the vibrant culture encountered in villages along the way, and the breathtaking panoramas that unfolded throughout the trek. Overnight in Tumlingtar.

Day 11: Tumlingtar - Kathmandu

With a scenic flight from Tumlingtar to Kathmandu, we will conclude our Salpa Lake Trekking. Upon arrival, we stroll around the Kathmandu city and rest and relax at the hotel or take a walk around Thamel.



FAQ

1. What makes the Salpa Lake Trek unique?

Salpa Lake Trek is an off-the-beaten-path trek in eastern Nepal, offering a mix of natural beauty, remote villages, diverse cultures, and spiritual significance. Salpa Pokhari (lake) is considered a sacred site by Hindus and Buddhists and is believed to have mystical powers.

2. What kind of landscapes and scenery can I expect?

The trek passes through dense rhododendron forests, terraced farmlands, and high ridges, with stunning views of Makalu, Everest, and Kanchenjunga ranges.

3. Is this trek culturally significant?

Yes, the trek passes through Rai, Sherpa, and other indigenous communities, offering a deep cultural experience. You'll encounter ancient monasteries, traditional villages, and spiritual sites along the way.

4. Are teahouses available, or do I need to camp?

The route has basic teahouses in some villages, but camping may be required in remote areas, especially near Salpa Lake.

5. Is this trek suitable for beginners?

The trek is moderate, but the remoteness and limited infrastructure make it more suitable for experienced trekkers looking for solitude and adventure.