Humla Limi Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Trekking

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel, Lodge and camping

Group Size: Min 1 Pax

Max Elevation: 4,590 m

Best Time: March - May & October - November

Humla Limi Valley Trek traverses around the western Nepal in remote and unspoiled Limi Valley. This trek will take you way back in time and open hundreds of years old culture and lifestyle. The isolation of the region has kept it far away from modernization. It is like the time has stopped for this part of Nepal. Moreover, ancient Buddhist tradition mixed with shamanistic influences is still an important part of daily life here.

During the Humla Limi Valley Trekking, the trail moves along the salt trading route and pilgrimage route. You will cross the Nara La Pass (4,620 m) and other small passes. The trek offers stunning landscape views along with many Himalayan mountains. As the trail passes through dense forests, you might get to witness snow-leopard, blue sheep, hyenas, musk deer, jackals, etc. The trail is difficult and demands good physical fitness.

Highlights

- Adventurous and trodden trail

- Scenic flight from Kathmandu to Nepalgunj to Simikot
- Get to see wonderful landscape views
- Explore unspoiled Limi Valley
- Cross Nara La Pass
- Experience rich culture and tradition influenced by shamanism
- Trek through picturesque villages
- Witness breath-taking views of the Himalaya mountains

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing and preparation day.

Day 3: Flight from Kathmandu to Nepalgunj.

Day 4: Flight from Nepalgunj to Simikot & trek to Dharapani (2,270m); 6 hrs.

Day 5: Trek to Kermi (2,630m); 5 hrs.

Day 6: Trek to Chumsa Khola (3,400m); 6 hrs.

Day 7: Trek to Dharmasala (4,000m); 7 hrs.

Day 8: Trek to Talung (4,380m); 8 hrs.

Day 9: Trek to Jang (4,070m); 7 hrs.

Day 10: Acclimatisation day.

Day 11: Trek to Halji (3,670m); 6 hrs.

Day 12: Trek to Till (3,700m); 6 hrs.

Day 13: Trek to Manepeme (3,940m); 9 hrs.

Day 14: Trek to Hilsa (3,740m); 5 hrs.

Day 15: Trek to Palbang (3,390m); 8 hrs.

Day 16: Trek to Mucha (2,930m); 5 hrs.

Day 17: Trek to Chumsa Khola (3,400m); 6 hrs.

Day 18: Trek to Dharapani (2,270m); 6 hrs.

Day 19: Trek to Simikot.

Day 20: Flight from Simikot to Nepalgunj to Kathmandu.

Day 21: Leisure time in Kathmandu.

Day 22: Flight back to home.

Cost Includes

- Arrival and departure transfer services to/from both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu and Nepalgunj
- Experienced and government-licensed trekking guide, Experienced cook & all the staffs during the trekking
- Schedule flight tickets for Kathmandu-Nepalgunj-Simikot-Kathmandu
- All the camping equipment like; cooking utensils, kitchen tent, dining tents, toilet tents, tables, chairs sleeping tent twin basis
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All the food and fuel for trek
- All necessary permits for Limivalley trek
- All wages, equipment, medicals, and accidental insurances for involved staffs
- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, brochure, duffel bag, etc

Cost Excludes

- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell

dinner)

- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section