



Itinerary for Limi Valley trek of Humla Nepal

Day 1

Fly from Kathmandu to Nepalgunj

- Altitude – 150 meters
- Special – Scenic view from plane
- Time – 1 hour
- Activity – Flying in plane

1 hour of scenic flight from Kathmandu will take you to Nepalgunj. Today you will overnight in Nepalgunj.

Day 2

Nepalgunj to simikot, by plane; 2950 meter / 9617ft – 4 hours

- Altitude – 2950 meters
- Special – Scenic view from plane
- Time – 30 minutes flight
- Activity – Flying in plane

Today you will be heading towards simikot. It takes around 30 minutes to reach to simikot by flight. Once you reach to Simikot, you will be offered to witness the beautiful surrounding of simikot valley.

Day 3

Simikot to Dharapuri; 2330 meter / 7596ft - 4 hours

- Altitude – 2330 meters
- Special – Awesome views down into the valley
- Time – 4 hours
- Activity – Trekking

Your journey today begins with a short climb of about an hour to a little disregard that is only 9,800 ft (3000 m). After the pass, it's a long and steep plunge to Dharapori. Your journey today will require around 4-5 hours, and will take you high over the Karnali River, mostly through pine woodlands, and pass through a couple of villages. En route, you will meet neighborhood individuals, both Hindu and Buddhist, who are some of the time conveying their weighty loads as far as possible up the precarious path. This evening is your most memorable evening setting up camp, with the site situated close to the Karnali River.

Day 4

Trek to Kermi; 2650 meter / 8639 ft - 4 hours



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- Altitude – 2650 meters
- Special – laikyo gumpa and lhundrup choling gumpa
- Time – 4 hours trek
- Activity – Trekking through following karnali river and passing through cultivated fields

Your walk today is fairly short, allowing you an opportunity to recuperate. The path continues to follow the Karnali River, now and again high on the incline, with the stream far beneath you, and some of the time plunging down so the path is practically level with the water. This part of the stream finds its way through thin georges with high rough inclines. You will walk along fields of primarily grain, buckwheat, rice, and potatoes.

In the early evening you can loosen up in one of the two regular natural aquifers near the town. It's a 30-minute uphill walk, passing Kermi town. Kermi is a little rural town and is the first totally Buddhist town on the path (from Kermi onwards, every one of the towns are Buddhist). There are two fascinating religious communities near Kermi: Laikyo Gumpa, a couple hundred years of age, is around a short ways from the campground and Lhundrup Choeling Gumpa is around a little ways from the camping area. Both are only sometimes visited by travellers.

Day 5

Karmi to Yalbang; 3000 meter / 9780ft – 5 hours

- Altitude – 3000 meters
- Special – small passes and suspension bridge
- Time – 5 hours trek
- Activity – Walking mostly on flat trail along with uphill and downhill

You will arrive at Yalbang following 5-6 hours of walk. Over the village, there is a lovely monastery: the Namkha Khyung Dzong Monastery. You will see you are getting close to the monastery by a colossal stone with a Tibetan mantra cut on it. The Namkha Khyung Dzong is the greatest monastery over there with around 130 priests living there. A Buddhist priest will be glad to show you around, after which you will be welcomed for tea higher up. At 7 am and 4 pm there is an everyday puja (Buddhist supplication function) that you can join in.

Day 6

Yalbang to Tamkot; 3380 meter / 11019ft – 6 hours

- Altitude – 3380 meters
- Special – suspension bridge that spans karnali river
- Time – 6 hours
- Activity – walking along the karnali river



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It's about a hour walk to Tumkot — the primary path doesn't go through Tumkot Village, however rather by a few little teahouses and a camping area. The all out journey today will require 6 hours.

The real town of Tumkot is 20 minutes south of the path. Near the campground and town lies the Dhungkar Choezom Monastery, one of the main Sakya religious communities in the Tibetan area. It's about 20 minutes climb to get to the monastery, however it's certainly worth the walk: this is the main Sakya Monastery in Humla, and one of a handful of the religious communities of this heredity in Nepal.

Day 7

Tamkot to Yari; 3720 meter / 12127ft – 6 hours

- Altitude – 3720 meters
- Special – View of diverse landscapes
- Time – 6 hours
- Activity – Walking uphill and downhill

It is as yet questionable when and in the event that the street will at any point be finished. You will cross the little town Pani Palwang — two or three teahouses along the street — which makes a pleasant spot for some tea or a mid-day break. It's another 1 ½ hour to Thado Dunga, soon after Yari. Your trip today will require 7 hours aggregate, and you will camp simply past the Yari village.

Day 8

Trek over Nara la pass height at 4620 meter 15061/ ft and stay overnight at Hilsa; 3700 meter / 12062ft – 8 hours

- Altitude – 4620/3700 meters
- Special – Nara la pass
- Time – 8 hours
- Activity – Trekking over nara la pass height

Today you will cross the Nara La pass at 14,000 ft (4,330 m). It's a long and tiring trek, yet the view are your prize! As the path climbs, the scene gets more forsaken. Trees vanish totally and the scene seems to be Tibet. Now and again you will experience huge troops of donkeys or yaks (the greater yaks are a particularly amazing sight). Today you will overnight at Hilsa.

Day 9

Hilsa to manepeme; 4000 meters / 13040ft – 6 hours

- Altitude – 4000 meters
- Special – View of rocky landscapes



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- Time – 6 hours
- Activity – Walking uphill following karnali river

Hilsa is the closest part of Tibet-during the high season you will see huge number of Indian travelers crossing the boundary towards Mount Kailash in Tibet. After breakfast, you will cross the engineered overpass of the Humla Karnali River and promptly turn north through the recently constructed street towards Limi Valley, as you can't cross the Nepal-Tibet line. This valley is popular for snow panthers and bharal, Himalayan blue sheep. Walking for 4-5 hours, you will camp at Manipeme at a rise of 12,900 ft (3,930 m). The camp gets its name from the Mani Mantra engraved on an enormous stone.

Day 10

Trek to Til; 3600 meter / 11736ft – 4 hours

- Altitude – 3600 meters
- Special – Ya Yip Phuk, lamka la pass (4300 meters) and greenery Tibetan village
- Time – 4 hours
- Activity – Trekking in uphill and downhill trail

There are three villages situated in the Limi valley-Til, Halji, and Jang. Til village is located around 13,500 ft (4,100 m) and is encircled by grain fields at the western side of the town. It is the nearest village to the Tibet-China line and is the littlest village among the three settlements. There are around 30 families living in this village. On the right half of the town, you'll find the 300-year-old monastery of Kunzum Do-Nag monastery which is blissful to visit.

Day 11

Til to Halzi; 3600 meter / 11736ft – 4 hours

- Altitude – 3600 meters
- Special – Rinchenling Gompa, mani wall and chorten
- Time – 4 hours
- Activity – Walking uphill

Halji is the greatest and most significant village in Limi, and its midway found 800-year-old Rinchhen Ling Gompa monastery which is most visit site.

Day 12

Halzi to jang; 3900 meter / 12714ft – 4 hours

- Altitude – 3900 meters
- Special – peaceful environment
- Time – 4 hours
- Activity – Walking following the limi khola



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Visit the religious community and turn east, walk on the decent wide path past the delightful Buddhist entry door and Mani dividers. From that point, walk one more 90 minutes until you arrive at the town of Jang at 12,900 ft (3,930 m), which flaunts a 250-year-old monastery.

Day 13

Trek to Talung; 4350 meter / 18181ft – 8 hours

- Altitude – 4350 meters
- Special – camping at talung village
- Time – 8 hours
- Activity – trekking

From jang 8 hours of walk will take you to talung. Today you will be camping at Talung village.

Day 14

Talung to shinjungma; 3600 meter / 11736ft - trekking over Nyaula pass 4950 meter / 16137ft – 8 hours total time

- Altitude – 4950/3600 meters
- Special – Nyaula pass and viiew of snow capped mountains
- Time – 8 hours
- Activity – Trekking through crossing nyaula pass

It is around a few hours moving to get to the highest point of Nyalu Pass (14,000 ft/4,990 m). Standing a the highest point of the pass, you will be encircled by a few mountain ranges. Descending from Nyalu Pass you will see a little, lovely lake-this is Sheliman Lake, situated at 15,000 ft (2,570 m).

From Sheliman Lake, you will drop towards Tshongsa glade at 13,600 ft (4,140 m) and cross the Tshongsa River, where you will run into the primary vegetation: a rhododendron woods. Cruising by, you will likewise see the transcending Tshongsa rocks and the delightful Tshongsi Tsan waterfall (the wild Demon of Tshongsa). Walking for 7 hours, an hour from the Tshongsa rocks, you will arrive at the pastureland of Sheng Jungma, in the thicker wilderness territory.

Day 15

Trek back to kermi; 3000 meter / 9780ft -7 hours

- Altitude – 3000 meters
- Special – Bathing at hotspring
- Time – 7 hours
- Activity – Trekking through birch and pine forest and following sali khola



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You will be trekking through birch and pine forest. After crossing through birch and pine forest you will walk following the sali Khola. Today you also get an opportunity to take bath and relax at hot spring.

Day 16

Kermi to Simikot; 2950 meter / 9617ft – 7 hours

- Altitude – 2950 meters
- Special – Beautiful view of Nyinba valley
- Time – 7 hours
- Activity – Trekking

With the sight of beautiful Nyinba Valley you will get back to simikot. It takes the trekkers around 7 hours to reach simikot

Day 17

Fly back to Nepalgunj - Kathmandu

- Altitude – 1380 meters
- Special – scenic view from plane
- Time – 30 minutes flight to Nepalgunj and 1 hour flight to Kathmandu
- Activity – Flying in Plane

Firstly you will be flying back from Simikot to Nepalgunj and then you will fly back from Nepalgunj to Kathmandu.



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