



Limi Valley Trekking - Itinerary

1. Arrive in Kathmandu (1350m)

Our airport representative picks you up from airport and transfers you to hotel for further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

2. Kathmandu Sightseeing & Trip Preparation

After half day sightseeing around Kathmandu. We visit our office and meet guides as well as other staffs. We then gather to discuss about the upcoming trip then make ourselves ready by checking necessary documents and equipments.

3. Fly Kathmandu to Nepalgunj – 1 hrs

Today, we fly to Nepalgunj – Nepalgunj is located in South Western Nepal, in Terai region near to Indian Border. It is famous for Bageshowri Temple of Hindus and richshaw/cycle ride. The settlement somewhat resembles India and we reach horse cart full of colorful people after leaving the busy Bazaar. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek to Dharapuri (2300 m)-4 hrs

We cross a little pass at 3150 meter and then take steep downhill to reach Majgaon. Along the way you can see people with traditional dress with heavy loads of goods taking uphill. From Majgaon, we trek down and follow the Trail of Karnali River at right side. This place is also called flat and we can see stunning landscape and greenery here. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Trek to Kermi (2670 m) -4 hrs

Today, we trail along the Karnali River and find our way through the high rocky slopes. The trail passes through the vegetation of barley, buckwheat, rice and potatoes. On reaching Kermi Village, you can take rest at one of two natural hot springs. We can visit Monastery in the village. There are two of it – Laikyo Gompa, a few hundred years old and about 45 minutes far from Kermi another is Lhundrup Choeling Gompa – less half a century and about 30 minutes far from village. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Trek to Yalbang (3020 m) -5 hrs

We pass alongside fields of barley and buckwheat. Two hours of trek takes us to big suspension bridge over Sali River and we continue our trek through beautiful pine forest. Along the trek, we meet caravans of mules & dzopa and villages of Simikot. Upon reaching Yalbang, we can go to the biggest Monastery of the region – Namkha Khyung Dzong Monastery. The monastery is occupied by 130 monks and belongs to Nyingmapa

lineage also the oldest Buddhist lineage. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Trek to Muchu (3120 m) -4 hrs or Tumkot (3380 m) -5 hrs

We trek high above the Karnali River and pass little villages of Yangar. We walk pass the carved rocks and cross Karnali River with the help of big wooden suspension bridge. Along the trek, we can spot small teahouses offering tea, noodle soup, etc and finally after 4 hours of trek , we arrive Muchu. The village of Tumkot is just 1 hour from here. There is a famous Dhungkar Choezom Monastery in this village which is just 25 minute of walk from there and caretaker of the Monastery will be explaining us about the monastery. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Trek to Yari (3700 m) or Thado Dunga (3750 m) -5 hrs

We trek slowly as the landscapes changes and the trail gets dirtier. The road is unfinished and we cross a small village Pani Palwang with tea houses and is a choice of lunch for trekkers. After 1 and half hour of walk takes us to wither Yari or Thado Dhunga. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Trek to Hilsa (3720 m), crossing the Nara La (4620 m) -6 hrs

We have to crss Nara La Pass (4620m) – the walk is long and tiring but worth a try. The trail gets more barren as we climb and we meet big caravans of mules, yaks or dzopas. We pass few teahouses at Thado Dhunga and then reach a place with big tents. From here, we can see Nara La pass at distance. The trek down to Hilsa is either a long dirty road or a steep shortcut down to the village. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Manepeme (3990 m) -5 hrs

We cross a big iron bridge and start our trek. We traverse though small difficult trail over a slope till it connects with large trail high on the slope. The trail houses few steep ups and downs with bare, steep and amazing colorful rocks that connects with water sources on the site. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek to Til (4000 m) -6 hrs

We trek though the high and steep rocks for about 2 hours. And, we have to choose between a small path which stays level for a while or a larger path that goes steeper as we climb. Both the trail has greener sides along the way and is influenced by Buddhism. The village Til has green environment with birches and fields of barley. We can see two beautiful mountains towering over the village and as we enter the village, we can experience the culture that is greatly influenced by Tibet. The people still wear the Tibetan dress and we can see amazing culture. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Trek to Halji (3660 m) -3 hrs

The trek to Hilji is easy and flat. The trail offers mountain goats and blue sheep, you can encounter snow leopard if you are lucky. The village is completely blended with the environment and after entering through a passing gate Chorten, we reach the village. The village is famous for Rinchenling Gompa Monastery built in 14th century. We have statue of Sakyamuni Buddha, different masks and costumes. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Trek to Jang (3930 m) -4 hrs

The trek is short lived; we follow Limi River and reach Jang. The village is untouched with Tibetan influence as the location is secluded which is far from the modern developed world. Jang has a beautiful Gumpa which you can enter for free but you have to pay extra if you want to make pictures. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Trek to Talung (4370 m) -8 hrs

The trail begins to modernize as we leave the last village of Limi valley. We walk through impressive and completely isolated landscapes. The trail is little harder and we have to cross few rivers. We slowly go uphill to Talung for camping. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Trek to Shinjungma (3620 m), crossing the Nyalu La (4940 m) -8 hrs

Today, we climb the Nyalu La pass (4940m), it is spectacular as well as tough but the reward is the amazing 360 degree views of Tibet and Humla. If the sky is clear you can see Mount Kailash (6713m), Mount Saipal (7031m) and other mountains. The trail may have snow and ice and it makes the climb even more challenging. From the pass, the trail is steep down to Lake Selma Tso (4630m) and the trail changes dramatically. You can see trees with beautiful views, slopes full of trees and Mount Saipal at the horizon. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

16. Trek to Kermi (2670 m) -7 hrs

Our altitude decreases by 1000 meters and reach Kermi. The return trip is same from here and the trail is rocky with interesting landscapes and beautiful curves of Karnali River. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

17. Trek to Simikot (2950 m) -6 hrs

We pass the amazing vegetation and relive the old moment with mules and dzopas along the way. This is the last day of trek and the trail is same as the beginning but we get to experience the moment twice – double the fun. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

18. Fly Simikot – Nepalgunj - Kathmandu

We take amazing flight to Nepalgunj and take flight back to Kathmandu. Both the flight offers amazing landscapes and dramatic change of village and city. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

19. Departure/Farewell

After successful completion of the trip, our representative drops you to the airport for your journey home. You are dropped off 3 hours earlier so that there is no any delay in flight. Or you can join another adventure and explore hidden gems of Nepal. Till then, have a safe journey to Home!

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.

- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipments during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>