Limi Valley Trekking

Entering the rarely visited and mystic Limi Valley of Humla Region seems like stepping back in time. Due to the isolated location, the villages are very untouched and pure. Century-old Buddhist traditions interwoven with shamanic influences are still an important part of daily life.
The trekking route follows the ancient salt trading and pilgrimage route to the border of Nepal and Tibet. This is a rather strenuous hike. You have to cross two high passes which involve long climbs and long descents. But the unforgettable landscapes, the views from the passes and the contacts with the friendly villagers of the Limi Valley make it a wonderful trip.

Fast Fact
Trek Days 16
Total Days in Nepal 20
Maximum Elevation 4949 meters
Trek Grade Moderate to Difficult
Accommodation Camping

Duration: 20 days

Price: $1900

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Humla Region

Itinerary:

Day 1: Arrive in Kathmandu, transfer to hotel and welcome dinner in the evening.

Day 2: Sightseeing in Kathmandu Valley and preparation for the trek.

Day 3: Fly from Kathmandu to Nepalganj - 1h.

Day 4: Fly from Nepalganj to Simikot (2910m) - 45 minutes and commence trek to Dharapuri (2300m) - 4h.

Day 5: Tuling - Kermi (2670m) - 5h.

Day 6: Kermi - Yalbang (3020m) - 5h.

Day 7: Yalbang - Muchu (2920m) - 4h.

Day 8: Muchu - Bhyagutepani (3650m) - 5h.

Day 9: Bhyagutepani - Hilsa (3720m) via Nara-la Pass (4520m) - 6h30.

Day 10: Hilsa - Manepeme (3990m) - 4h30.

Day 11: Manepeme - Til Khola (4000m) via Lamka-la Pass (4300m) - 6h.

Day 12: Til Khola - Jang (3930m) - 6h30.

Day 13: Rest day in Jang (3930m). Visit the hot springs.

Day 14: Jang - Talung (4370m) - 8h.

Day 15: Talung - Shinjungma (3620m) via Nyalu-la Pass (4949m) - 8h.

Day 16: Shinjungma - Kermi - 7h.

Day 17: Kermi - Simikot - 6h.

Day 18: Fly from Simikot to Nepalganj - 45 minutes. Fly from Nepalganj to Kathmandu - 1h.

Day 19: Free day and farewell dinner during evening.

Day 20: Final departure.