



Humla Limi Valley Trek

The Humla region of Nepal lies in a far west of the country and is so remote, that it has been out of reach for most visitors until very recently. Today it is one of the ultimate trekking dreams for hikers and those who wish to discover the unique natural and cultural landscape of Tibetan Buddhists. The first six days of the trek will take us through remote Humla villages, as we head to the Tibet border following the Karnali River, one of the main tributaries of the magnificent Ganges that feeds a large part of the Indian subcontinent. After we reach the border of Tibet at the small town of Hilsa, we will go West, following the Tibetan border, and the course of the Limi River for another ten days. Surrounded by magnificent mountains, we will be passing rare Tibetan Buddhist villages, nomads and their animals and will be bathing in hot springs on our way.

This is a trek for those with a real sense of adventure, who are happy to embrace basic living conditions in order to experience remote, rural mountain people's life in Nepal. It is qualified as moderate, with occasional strenuous days and thus a reasonable level of fitness is required.

Throughout this trek we will be sleeping in tents. Our group will consist of experienced and reliable staff, including a guide, cooks and porters to carry all the trekking gear, together with some pack animals. We can guarantee high quality camping equipment and a variety of healthy, hygienic and delicious food on this adventure.

A set of well-worn hiking boots, with a few pairs of good hiking socks are an absolute necessity. No technical experience or mountaineering gear is necessary. While porters will carry the majority of your luggage, you will need to bring a durable daypack to carry necessary items for quick access during the trek, such as water, toilet paper, camera, a warm layer, snacks etc. A full kit list will be sent to you upon confirmation of your participation on the trek.





Itinerary

Day 1: Arrival in Nepal and **passport to Himalayan Quests.**

Day 2: Trek briefing and preparation.

Day 3: Fly from Kathmandu to Nepalgunj on the border of India. Overnight in a hotel in Nepalgunj.

Day 4: Early in the morning we fly from Nepalgunj to Simikot (2910m) heading over the Terai and into the foothills of the Himalayas. On the 45 minutes flight we will have a first chance to glimpse the high snow-capped Himalayan peaks. Landing in Simikot, the centre of Humla district, we will have some time to explore the streets of this small hill town and have lunch, prepared by our crew. After lunch we will walk to Dharapuri (2300m), through the spectacular landscape of the Karnali River valley. We will camp in Dharapuri, approx. 5 hours.

Day 5: Dharapuri to Kermi (2870m). Today we will follow the Karnali River Valley, passing through little Hindu and Buddhist villages. We will have a hot lunch on the way and camp high above the Karnali, with magnificent views of the valley. Close to Kermi (approx. 30 minute walk) are small hot springs, where we can relax our bodies. Kermi is the first of the completely Buddhist villages on our way and from here on, we will be passing many other little Buddhist villages and settlements, and their little temples – gompas, approx. 6 hours.

Day 6: Kermi to Yalbung (3060m). Again today we walk mostly by the Karnali River. On the way we will meet caravans of mules, goats and dzos (crossbreed of a yak and a cow) that are bringing goods from Tibet to the villages in Humla. We will have a hot lunch by the river along the way and again, camp above the river below a small village

and one of the biggest and most important monasteries in this area – Namkha Khyung Dzong Gompa, approx. 6 hours.

Day 7: Yalbung to Talkot (3073m). Today we walk to Talkot. The path will lead us high, the scenery will change from dense forests to more bare areas of stone and sand, with low bushes scattered all around. After we reach our campsite by the river, we can take a 30 minute walk to one of the most important monasteries of the Sakya lineage of Tibetan Buddhism in this region – Dhungkar Choezon Gompa, approx. 5 hours.

Day 8: Talkot to Yari (3663m). A very slow and gradual ascent brings us high on to deserted land, below the Nara La Pass. About half way we reach a dirt road that was built to connect the China/Tibet border to the villages lower in the region. This night we will camp below the Nara La Pass, with beautiful views of the valley, approx. 7 hours.

Day 9: Yari to Hilsa (3700m) via Nara La Pass (4620m). Today is a strenuous day as we cross the Nara La Pass. The pass is marked by colourful Tibetan prayer flags, fluttering in the strong wind, sending prayers out into nature. The views of the mountains on the other side of the pass are breathtaking. Descending from the pass we can see the Limi Valley and Tibet. We then make a long decent to Hilsa, a small town on the Tibet – Nepal border. Camp in Hilsa, approx. 6 hours.

Day 10: Hilsa to Manepeme (3990m). Today we continue our ascent taking us from the Tibetan border into the beauty of the Limi Valley. Camp in Manepeme, approx. 5 hours.

Day 11: Manepeme to Til (4000m). First we head up over a small pass and then down, all the way to the River Limi, where we will stop for lunch. After lunch, we continue for a short while to our camping spot in Til, approx. 6 hours.

Day 12: Rest day in Til by the Limi River, where we can do short day walks, rest by the river and observe the big Himalayan vultures – griffons, nesting right above us.





Day 13: Til through Halji to Tatopani (3950m). This long day takes us first to the small town of Halji, nestled between the snow-peaked mountains in the south and the glacier in the north. With its beautiful gompa – Buddhist temple and long wall of mani stones, Halji makes an interesting stop on our way. Just out of Halji we stop for lunch and then continue to a camping place called Tatopani, which means "hot springs". Natural hot springs, coming from the ground beneath our camp offer an opportunity to wash both our clothes and ourselves. Camp in Tatopani, approx. 8 hours.

Day 14: Tatopani to Talung (4370m). From Tatopani we walk through swampy wetland, and up over a small pass and then back down, passing a beautiful turquoise lake to our camping ground by the river in Talung, approx. 8 hours.

Day 15: Talung via Nyalu La Pass (4949m) to Shinjungma (3620m). We start early for the climb up over Nyalu La Pass. From the top of the pass there are breathtaking 360-degree views. This long day takes us through beautiful grasslands, up over a high pass and back down to the river to our camping ground, approx. 8 hours.

Day 16: Shinjungma to Kermi (2670m). A long day of mostly downhill walking, taking us through rhododendron forests. We hit the trail once again in Kermi, where we will camp above the Karnali River, approx. 7 hours.

Day 17: Rest day in Kermi with possible day walks and a visit to the local hot springs.

Day 18: Kermi to Dharapuri (2300m). Today we retrace our steps along the river to Dharapuri. Camp by the river in Dharapuri, approx. 6 hours.

Day 19: Dharapuri to Simikhot (2950m). On our last day of the trek, we finish with the long uphill back to Simikhot. We will camp in the small camping ground at Simikhot and the afternoon can be spent relaxing and exploring the local bazaars, approx. 6 hours.

Day 20: In the morning we fly from Simikhot back to Nepaljung and from Nepaljung to Kathmandu on the same day.

This trek emphasises:

- >> Responsible tourism
- >> Respect for the local population, their living habits, customs and religion
- >> Use of local products for eating
- >> Protecting the natural and human habitat
- >> Learning about the religious heritage of the areas we visit

Costs

Please contact info@himalayanquests.com for costs and further information.

Notes

- >> The trek itinerary is a guide only and may be subject to change at short notice
- >> In order to preserve the remote nature of this trek, it is limited to a maximum of 12 trekkers and requires a minimum of 6 for it to run. 12 trekkers and requires a minimum of 6 for it to run.
- >> **In order to obtain your Humla restricted access permit, we need your original passport at least 2 working days before departure.**

