

Hilsa Limi Valley Trek - 20 Days

The Humla Limi Valley Trek is a captivating adventure that takes you through the remote and untouched landscapes of northwestern Nepal. This trek is a hidden gem, offering an immersive experience into the rich Tibetan culture, serene monasteries, and breathtaking views of the Himalayas. The Limi Valley, which remains isolated from mainstream tourism, provides an opportunity to explore ancient traditions and witness the raw beauty of the high-altitude desert.

Hilsa Limi Valley Trek Highlights

Scenic Beauty: The trek is renowned for its stunning landscapes, including panoramic views of Himalayan peaks such as Mount Saipal, Mount Kailash (visible from the trail), and other towering mountains like Api and Nampa. The trail winds through deep gorges, high mountain passes, and alongside the majestic [Karnali River](#), which adds a unique charm to the trek.

Cultural Experience: The Limi Valley is home to ethnic Tibetan communities that have preserved their age-old traditions. The villages of Halji, Til, and Jang are rich in Tibetan culture, with ancient monasteries like Halji's Rinchenling Gompa, which is over 1,000 years old. The local people follow Tibetan Buddhism, and their way of life reflects the traditions passed down through generations.

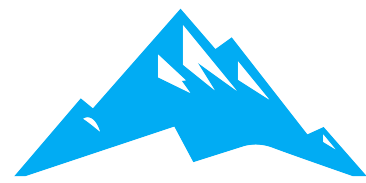
Wildlife and Flora: The valley lies in the rain shadow of the Himalayas, making it a haven for diverse wildlife such as the elusive snow leopard, blue sheep, and Himalayan wolves. The flora varies from dense pine forests in the lower altitudes to sparse juniper and alpine shrubs at higher elevations.

Humla Limi Valley Trek Itinerary

Embark on a 20-day adventure with Trek Mania Nepal's Humla Limi Valley Trek, taking you through one of Nepal's most remote and culturally vibrant regions. Your journey begins in the bustling city of [Kathmandu](#), where you'll prepare for the trek with sightseeing and essential briefings. From Kathmandu, you'll fly to Nepalgunj and then to Simikot, the gateway to the Limi Valley. The trek winds through picturesque villages like Dharapuri, Kermi, and Yalbang, allowing you to experience traditional Tibetan Buddhist culture and stunning landscapes along the Karnali River.

As you ascend to higher altitudes, you'll cross the breathtaking Nara La Pass and the challenging Nyalu La Pass, both offering panoramic views of the majestic Himalayas. Highlights include visits to ancient monasteries, encounters with friendly locals, and breathtaking vistas of peaks such as Saipal and Api. The trek also features diverse terrains, from dense pine forests and terraced fields to barren highlands and alpine meadows. After traversing remote campsites like Hilsa, Manepeme, and Til, you'll descend back to Simikot before flying to Kathmandu for your final departure. This comprehensive itinerary ensures a memorable and immersive trekking experience, blending natural beauty with rich cultural heritage.

Difficulty Level of Hilsa Limi Valley Trek



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The Humla Limi Valley Trek is a demanding trek that requires good physical fitness and previous trekking experience. The trek involves crossing high mountain passes, walking on rugged trails, and spending several days at altitudes above 3,000 meters. Acclimatization is crucial, and trekkers should be prepared for long walking hours each day.

Best Time to Trek

The best time to undertake this trek is between May and October. The monsoon season, which affects most parts of Nepal, has little impact on the Limi Valley due to its location in a rain shadow area. This makes the summer months ideal for trekking. Spring and autumn are also good seasons, offering stable weather and clear skies, enhancing the visibility of the surrounding peaks.

Permits Required

Trekkers need a special trekking permit to enter the Limi Valley, which is classified as a restricted area by the Nepalese government. This permit can only be obtained through a registered trekking agency like Trek Mania Nepal. Additionally, a [TIMS](#) (Trekkers' Information Management System) card is also required.

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PRICE INCLUDES

- Airport pickup and drop service.
- Accommodation 3 nights in Kathmandu.
- Accommodation 2 nights in Nepalgunj
- All food during the trek (B, L, D included).
- Accommodation during the trek.
- Transportation, (depending upon the price and group size).
- Domestic flights: Kathmandu - Nepalgunj - Simikot - Nepalgunj - Kathmandu
- Government license holder English speaking trekking guide and his salary, lodging, food, and insurance.
- A Porter for 2 trekkers with a max load of 20KG each including his salary, lodging, food, and insurance.
- Limi Valley Restricted Area Permits and TIMS Card
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map with company logo.
- Rescue Management Service.
- All Tax and Company Service Charge
- Farewell Dinner.

PRICE EXCLUDES

- All kinds of Drinks.
- Foods in Kathmandu.
- Visa fee to enter Nepal.
- International flight tickets.
- Extra night accommodation and meal costs in due to any change in the scheduled itinerary.
- All required trekking gear like sleeping bags and down jackets made available on rent.
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- Tip for guides and porters

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,350m)

Upon your arrival in Kathmandu, you will be welcomed by our representative at the Tribhuvan International Airport and transferred to your hotel. Spend the rest of the day at leisure, recovering from your journey or exploring the nearby streets of Thamel, known for its vibrant shops and restaurants.

Day 2: Kathmandu Sightseeing and Trek Preparation

This day is dedicated to exploring the UNESCO World Heritage Sites in Kathmandu. Visit the iconic Swayambhunath (Monkey Temple), the sacred Pashupatinath Temple, and the ancient Kathmandu Durbar Square. In the afternoon, meet with your trekking guide for a briefing and final preparations for the trek.

Day 3: Fly from Kathmandu to Nepalgunj (150m)

Today, you will take a flight from Kathmandu to Nepalgunj, a city in the southwestern part of Nepal near the Indian border. The flight offers scenic views of the Himalayan foothills. Upon arrival, you will be transferred to your hotel. Spend the evening preparing for the next day's flight to Simikot.

Day 4: Fly from Nepalgunj to Simikot (2,950m)

Early in the morning, take a flight from Nepalgunj to Simikot, the administrative headquarters of the Humla district. Simikot is the starting point of your trek. After landing, you will have time to explore the local market and acclimatize to the altitude. Simikot offers a blend of traditional and modern lifestyle, with Tibetan influences visible in the local architecture and customs.

Day 5: Trek from Simikot to Dharapuri (2,300m)

Your trekking adventure begins with a descent from Simikot to the village of Dharapuri. The trail initially descends to the Karnali River and then gradually climbs through terraced fields and villages. The route offers a beautiful introduction to the landscapes of Humla, with views of lush greenery and traditional stone houses. The trek today is relatively short, allowing you to adjust to the trekking routine.

Day 6: Trek from Dharapuri to Kermi (2,670m)

Today's trek follows the Karnali River as you head towards Kermi, a small village known for its hot springs. The trail is mostly flat with gentle ascents, passing through pine forests and barley fields. Kermi is the first Buddhist village on the trek, and you can visit local monasteries like Laikyo Gompa and Lhundrup Choeling Gompa.

Day 7: Trek from Kermi to Yalbang (3,020m)

The trek continues along the Karnali River, offering scenic views of the surrounding hills and forests. The trail gradually ascends to Yalbang, a picturesque village with a large Buddhist monastery, the Namkha Khyung Dzong Monastery. You can visit the monastery and interact with the monks, gaining insights into their daily lives and practices.

Day 8: Trek from Yalbang to Muchu (3,120m) or Tumkot (3,380m)

From Yalbang, the trail follows the Karnali River, ascending through a gorge. As you trek higher, the landscape becomes more rugged, with fewer trees and more rocky terrain. The village of Muchu offers a glimpse into the traditional Tibetan way of life, and if you continue to Tumkot, you can visit the Dhungkar Choezom Monastery, which belongs to the Sakya lineage of Tibetan Buddhism.

Day 9: Trek from Muchu/Tumkot to Yari (3,700m) or Thado Dunga (3,750m)

The trek today involves a steady ascent as you approach the higher altitudes. The trail passes through the small village of Pani Palwang, where you can stop for lunch before continuing to Yari or Thado Dunga. The landscape here is more arid, with only a few juniper trees dotting the trail. You will camp in a suitable spot near the village.

Day 10: Trek from Yari/Thado Dunga to Hilsa (3,720m) via Nara La Pass (4,620m)

This is one of the most challenging days of the trek as you cross the Nara La Pass, the highest point on the trail. The ascent to the pass is steep, but the panoramic views from the top make the effort worthwhile. From the pass, you can see the Tibetan plateau to the north and the Limi Valley to the south. After crossing the pass, the trail descends sharply to Hilsa, a small border town near Tibet.

Day 11: Trek from Hilsa to Manepeme (3,990m)

Leaving Hilsa, you will cross a large iron bridge over the Karnali River and begin the trek towards Manepeme. The trail climbs gradually with occasional steep sections, offering beautiful views of the barren landscape. Manepeme is a remote camping site with few facilities, emphasizing the wilderness of the region.

Day 12: Trek from Manepeme to Til (4,000m)

Today's trek is long and challenging, as you make your way to the village of Til. The trail passes through steep rock faces and high cliffs, with the option to visit the Ya Yip Phuk meditation cave, an important site in Buddhist history. As you approach Til, the landscape becomes greener, with terraced fields and birch trees surrounding the village.

Day 13: Trek from Til to Halji (3,660m)

The trek from Til to Halji is relatively short, allowing you to spend more time exploring the ancient village of Halji. This village is home to the 1,000-year-old Rinchenling Gumpa, one of the oldest monasteries in Nepal. Halji is the cultural heart of the Limi Valley, and you can immerse yourself in the local Tibetan Buddhist culture.

Day 14: Trek from Halji to Jang (3,930m)

Today's trek takes you to the village of Jang, another traditional Tibetan settlement. The trail is scenic, with views of snow-capped peaks and the flowing Limi River. Jang is known for its ancient monastery, and the village offers a peaceful setting to rest and reflect on your journey.

Day 15: Trek from Jang to Talung (4,370m)

The trail from Jang to Talung involves a gradual ascent as you move deeper into the high-altitude terrain. The landscape becomes more rugged, with fewer signs of vegetation. Talung is a remote campsite, offering a stunning view of the surrounding mountains and a sense of solitude in the wilderness.

Day 16: Trek from Talung to Shinjungma (3,620m) via Nyalu La Pass (4,995m)

Today's trek is one of the most challenging yet rewarding segments of the journey. You will cross the Nyalu La Pass, the highest point of the trek, at an elevation of 4,995 meters. The ascent to the pass is steep and requires careful pacing due to the altitude. Upon reaching the top, you'll be rewarded with awe-inspiring panoramic views of the Himalayas, including glimpses of Mount Kailash and the distant Tibetan plateau. The descent from the pass is equally steep, leading you down to the campsite at Shinjungma. The total walking distance is approximately 14 kilometers, and it takes about 7-8 hours to complete this leg of the trek.

Day 17: Trek from Shinjungma to Kermi (2,670m)

After the challenging crossing of Nyalu La, today's trek is a more gradual descent as you make your way back towards lower altitudes. The trail leads you through a diverse landscape, starting with high alpine terrain and gradually transitioning to greener valleys. Kermi is known for its hot springs, where you can relax and soothe your muscles after the strenuous trek. The distance covered is around 14 kilometers, taking 5-6 hours.

Day 18: Trek from Kermi to Simikot (2,950m)

The final day of trekking involves a steady ascent back to Simikot, where your trek began. The trail offers a mix of landscapes, from terraced fields to pine forests. As you approach Simikot, you'll have time to reflect on the journey and enjoy the last views of the Humla region. The distance is approximately 18 kilometers, with a walking time of 6-7 hours.

Day 19: Fly from Simikot to Nepalgunj and then to Kathmandu

In the morning, you'll take a short flight from Simikot to Nepalgunj, where you'll connect with another flight back to Kathmandu. The flights offer stunning aerial views of the mountains and valleys you've just explored. Once in Kathmandu, you'll be transferred to your hotel, where you can relax and enjoy your last evening in Nepal.

Day 20: Final Departure

After breakfast, you'll be transferred to Tribhuvan International Airport for your onward flight. If you have extra time, you can do some last-minute shopping or sightseeing in Kathmandu before your departure.