



Limi Valley

Limi valley is an isolated valley in the wilderness of Humla. The trip starts with a flight from Nepalung to simikot which is the administrative headquarters of Humla. Entering the mystic limi valley is like stepping back in time. Due to the remoteness the centuries old traditions are still applied in this valley and we follow the ancient salt trading and pilgrimage route to Tibet border and turn north east and cross the high pass or Nara la and Nyalu la of Limi valley and back to simikot to take our final flight back to Kathmandu.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

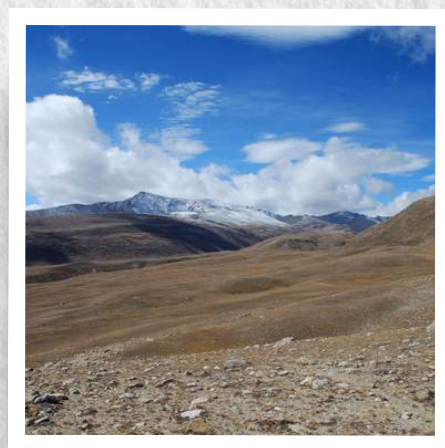
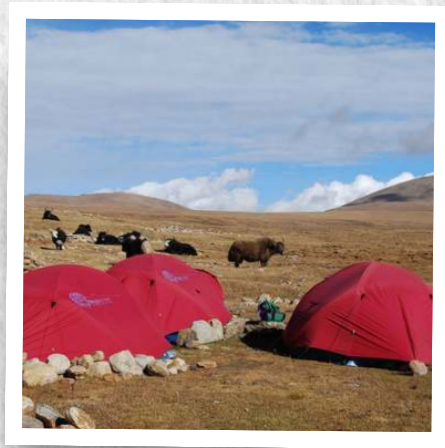


Day 3: Kathmandu fly to Nepaljung

Attend a scenic flight from Kathmandu to Nepaljung which is the south west lowland of Nepal close to the Indian boarder. The city is extremely hot during summer. Explore the city on man pulling rikshaw or take a horse cart and stay overnight.

Day 4: Fly to simikot and trek to Darapani

Leaving the hot and humid Nepaljung we fly to a small mountain village of Simkot, the headquater of Nepal most remote district Humla. We climp up from the airstrip on a rocky trail pass fields and ascend to forested ridge and descent to Dundaphage, take level walk to the village of Dharapani.



Day 5: Dharapani – Kermi

We cross a long scare slop and follow the river pass by waterfall and shepherded camp then give a climb over a ridge to the village of Kermi.

Day 6: Kermi – Yalbang

After kermi we enter a big valley with field of potatoes and buckwheat, pass through small pine forest and descend to salli khola. After crossing the river, the trail climb over a rocky ridge before descending to Humla Karnali. We follow the valley crossing over the ridges several times and arrive at Yalbang. Explore Yalbang and the monastery.

Day 7: Yalbang – Tumkot

The trail twists its way above the river and come to Muchu village after crossing over the bridge. Then the trail follows over a ride to Tumkot.

Day 8: Tumkot – Yari

Passing the rocky trail, we climb through a rocky George and pass by palbang and its beautiful mustard field to a small settlement of Yari.

Day 9: Acclimatization day

Day 10: Yari – Nara la pass – Hilsa

A tough day ascending steeply to the top of Nara la (4620m) and descend down over looking the Tibetan plateau and follow the loose stony trial down to hilsa.

Day 11: Hilsa to Manepeme

We cross a bridge and follow the slightly difficult trail which winds its way over a slope and connect with a large trail and follows the river in the eastern direction. We have dramatic landscape of bare and steep rocks waiting for us with some steep up and down.

Day 12: Manepeme trek to Till

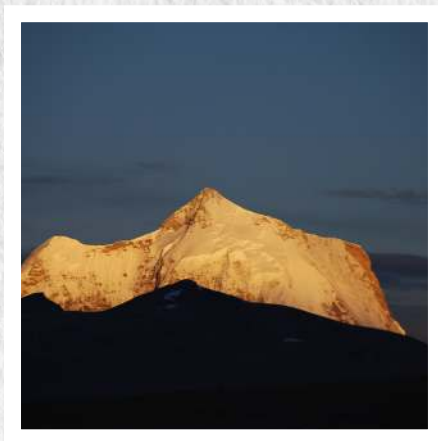
After starting the day in 2 hours we reach Ya Yip Phuk cave which was used by Lotsawa Rinchen Sangpo (985-1055 A.D.), a famous translator of Buddhist scriptures for meditation. His activities were crucial to the revival of cultural exchange between Tibet and India, paving the way to the so-called second dissemination of Buddhism in Tibet. The trail is green and rocky at times. We climb 30 minutes to Lamka La from where you can see Til and its white

Day 13: Til to Halji

The path follows the Limi River upstream and it is relatively flat walking. The trail offers a nice view and in addition you can see some local animals. Upon reaching Halji we see the Richening Gompa, built in the 14th Century. This is the central attraction of the Limi Valley because of its religious importance. The building of Halji is of dry stone construction with inter-linking flat roofs providing easy communication between neighbors.

Day 14: Halji to Jang

We follow the trail along the Limi Khola to Jang which is the last village in the valley. The Tibetan culture is still untouched, and the village is still unique away from the modern world. The village is set alongside and facing the Limi Khola on the gently sloping north side of the valley amidst terraced barley fields. The village is neatly arranged in two clusters separated by fields and main thoroughfare along the valley.



Day 15: Jang trek to Talung

We leave the last village and take our long walking day through ravine up and down trail. The path is difficult with dry landscape. We make our camp at Talung and prepare our self to the heights pass of the trek the next day.

Day 16: Talung cross Nyalu la (4949m) and to Shinjungma

Its another hard day we have some steep climb waiting for us up to the pass of Nyalu la which is the highest path of our trip. The hard work pays off with a spectacular view of Himalayas from the pass. The trail then drops down after the pass to Shinjungma.

Day 17: Shinjungma trek to Kermi

Today our trail turns into more greenery section. We walk through pine and birch forest along the Sali river which later on meet with Karnali river and turn east toward the village of Kermi where you could relax your tired body in natural hot spring.

Day 18: Kermi trek to Simikot

It the last day of our trek and we have some pleasant walk at the beginning, but it will be followed by some hours of climbing up to a small pass and the gradual trail takes us to simikot.

Day 19: Simikot Fly Nepaljung and fly to Kathmandu

We take morning flight to Nepaljung and take afternoon flight back to Kathmandu

Day 20: Free day, souvenir and more

Use your free day to see the local market and shop around.

Day 21: Drive to airport and fly back

We will drive to the airport and farewell



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