

## Limi Valley Trek - 21 Days

Are you tired of the normal trekking destinations and want something different? Limi Valley Trek is your ticket to untouched terrains, remote Thumulp distilling of Tibetan roots and splendid views of the Himalayas. This 21-day trek is located in the fabulous [Humla district](#) of northwest Nepal offering trekking adventure that is as tough as it can be thrilling. It leads you through some of the most remote parts of Nepal that are still entirely untamed by the progress of the new age.

During your trek, you will have to cross several passes including Nara La pass (4,620m) and Nyalu La pass (4,950m), and the old trade trail of salt that was between Nepal & Tibet. Every day of the trekking presents stunning features of nature such as clear water of rivers and fresh waterfalls and beautiful scenery including mountain including [Kailash](#).

The trek also offers a rare opportunity to immerse yourself in Tibetan culture. You'll visit ancient villages like Til, Halji, and Jang, where locals still follow Tibetan Buddhist traditions passed down through generations. The 1,000-year-old Rinchenling Monastery in Halji, a spiritual and architectural marvel, is a highlight of this cultural journey. Along the way, you'll encounter warm, welcoming locals who provide an authentic glimpse into their lives in one of the world's most remote corners.

The Limi Valley Trek is not all about beautiful landscapes and cultural development; it is also a haven for nature lovers. This contains a variety of wildlife, from blue sheep, Himalayan foxes, to the rare snow leopard. Birdwatchers' delight will be in finding rare species as the Himalayan griffons and eagles soar above the valley.

Limi Valley Trek is classified as moderate to hard treks aimed at those trekkers, who want to explore more and practice more; some physical health is required here. The journey begins with a flight into Simikot and then daily trekking through surroundings areas, passes and valleys. For the experienced trekker, Limi Valley is more of a dream come true while for those wanting to get [off the beaten path](#), the beauty will leave you alone in reverence.

This trek has it all that a dream trekker would look for – adventure, stunning landscapes, and an experience of a totally different culture. Therefore let your boots and pack on and be ready to discover more about the Himalayas on the Limi Valley Trek – a trek that is sure to leave its memories on you till you are back home.

### WHY CHOOSE THE LIMI VALLEY CIRCUIT?

The Limi Valley Circuit offers something for every trekker, from spiritual seekers to nature lovers. Here are some standout reasons to choose this trek:

- 1. Remote Adventure:** Unlike popular trekking routes like Everest or Annapurna, Limi Valley sees fewer travelers, offering pristine trails and untouched landscapes.
- 2. Cultural Immersion:** The three villages of Halji, Til and Jang are typically Tibetan. Go to monasteries of the ancient place like Rinchenling monastery established in Halji and check the normal practices that are still going on of one thousand years ago.

**3. Spectacular Scenery:** Get breathtaking views of the Himalayan giants, including Mt. Saipal, Mt. Kailash, and the distant Tibetan Plateau. The Nyalu La Pass offers a panoramic view that will take your breath away.

**4. Wildlife Spotting:** The Limi Valley is home to diverse wildlife, including blue sheep, Himalayan yaks, and even snow leopards. Birdwatchers will also enjoy spotting rare species like Himalayan vultures and eagles.

### **BEST TIME FOR THE LIMI VALLEY TREK (GUIDE'S PERSPECTIVE)**

The best times for the Limi Valley Trek are spring (March to May) and autumn (September to November).

**Spring (March–May):** In this season, weather is not very hot, sky is blue, flowers grow along the trail and the weather is suitable. Due to the profound green cover and stable weather, it is stress-free to hike.

**Autumn (September–November):** Autumn was perfect with good light and cool weather, no haze to obscure the view of the hills and Himalayas. It is sunny, and the tracks are good for hiking.

Avoid monsoon (June–August) due to heavy rains and winter (December–February) as trails may be snowbound, making high passes impassable.

### **LIMI VALLEY TREK DISTANCE**

The Limi Valley Trek spans an approximate **200 kilometers (124 miles)** through diverse landscapes ranging from lush forests to barren highlands. Here's a breakdown of what you can expect:

- 1. Simikot to Dharapori:** The journey begins with a gentle introduction to Humla's villages and landscapes.
- 2. Dharapori to Kermi:** A trail filled with medicinal hot springs and ancient monasteries.
- 3. Kermi to Yalbang:** Discover the iconic Namkha Khyung Dzong Monastery, a center for spiritual learning.
- 4. Yalbang to Tumkot:** Gradually ascend, passing fields of barley and serene rivers.
- 5. High Pass Crossings:** Navigate the challenging yet rewarding Nara La Pass (4,620m) and Nyalu La Pass (4,994m) with awe-inspiring views of Mt. Kailash and the Tibetan Plateau.
- 6. Exploring the Valley:** The Limi Valley itself features three major villages—Til, Halji, and Jang—each rich with Tibetan culture and history.

Throughout the trek, you'll encounter waterfalls, roaring rivers, suspension bridges, and endless views of the Himalayan peaks.

**[Contact us](#) now to reserve your spot or customized itinerary and get more information on this epic journey into the heart of the Himalayas.**

## PRICE INCLUDES

- 3-night hotel in Kathmandu on a bed-and-breakfast basis
- 1-night hotel in Nepalgunj on a bed and breakfast basis.
- Domestic flights from Kathmandu - Nepalgunj - simikot and return airfare (Nepalgunj - Kathmandu)
- One expert trek leader with a local assistant
- All meals (the best and healthiest food in the local tea houses) And accommodations
- Trekking permit and national park fees
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils.
- Three-time meals during a trek, along with Tea/coffee and snacks.
- Staff's salary, food, insurance, and clothing.
- Farewell dinner in Kathmandu.

## PRICE EXCLUDES

- Nepal Visa
- International flights
- Personal expenses and meals in Kathmandu.
- Travel insurance (It's mandatory to have for Rescue and evacuation ).
- Tips and gratitude for staff and guide.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight
- Personal expenses like Alcohol, Local fabric, and Local monuments.

## ITINERARY IN DETAIL

### **Day 1: Day 1: Arrival in Kathmandu (1,400m)**

Touch down in Nepal's vibrant capital. Our team will welcome you and transfer you to your hotel. Spend the evening exploring the bustling streets of Thamel or relaxing after your journey.

### **Day 2: Day 2: Kathmandu Exploration and Trek Preparation**

Dive into Kathmandu's rich history with guided tours of UNESCO World Heritage Sites. In the afternoon, we'll conduct a trek briefing and finalize preparations.

### **Day 3: Day 3: Fly to Nepalgunj (150m)**

A scenic flight takes us to Nepalgunj, a town near the Indian border. Experience the warm Terai climate and perhaps explore the local market.

### **Day 4: Day 4: Fly to Simikot (2,950m)**

We board a morning flight to Simikot, the administrative center of Humla. Upon arrival, we'll acclimate and explore this charming town.

### **Day 5: Day 5: Trek to Dharapuri (2,300m) – 5 hours**

Our trek commences with a descent through pine forests and terraced fields, leading us to the village of Dharapuri.

### **Day 6: Day 6: Dharapuri to Kermi (2,650m) – 5-6 hours**

The trail follows the Karnali River, passing through barley and buckwheat fields. In Kermi, relax in natural hot springs and visit ancient monasteries.

### **Day 7: Day 7: Kermi to Yalbang (3,010m) – 6 hours**

We continue along the Karnali, ascending gradually. A highlight is the Namkha Khyung Dzong Monastery, offering insights into local spiritual practices.

### **Day 8: Day 8: Yalbang to Tumkot (3,380m) – 6 hours**

Today's path takes us through remote villages and lush landscapes, culminating in Tumkot, home to the unique Dhungkar Choezom Monastery.

### **Day 9: Day 9: Tumkot to Yari (3,690m) – 4 hours 45 minutes**

As we gain altitude, the terrain becomes more rugged. Yari provides a perfect spot to rest before tomorrow's pass crossing.

### **Day 10: Day 10: Yari to Hilsa via Nara La Pass (4,620m) – 6 hours**

It was a challenging day as we crossed the Nara La Pass, rewarded with panoramic views of the Tibetan plateau. Descend to Hilsa, a border village by the Karnali River.

### **Day 11: Day 11: Hilsa to Manepeme (3,990m) – 6 hours**

We enter the Limi Valley, trekking through landscapes dotted with juniper and wildflowers, reaching the serene campsite at Manepeme.

**Day 12: Day 12: Manepeme to Til (4,000m) – 6 hours**

The trail leads us to Til, a village preserving traditional Tibetan culture. Explore the stone houses and interact with friendly locals.

**Day 13: Day 13: Til to Halji (3,670m) – 4 hours**

A shorter trek today brings us to Halji, home to the 11th-century Rinchenling Monastery, a spiritual and cultural treasure.

**Day 14: Day 14: Halji to Jang (3,960m) – 4 hours**

We continue through the valley to Jang, another village reflecting the region's rich heritage.

**Day 15: Day 15: Jang to Talung (4,370m) – 7 hours**

The trail ascends, offering stunning mountain vistas, as we make our way to the high-altitude campsite at Talung.

**Day 16: Day 16: Talung to Shingjuma (3,620m) via Nyalu La Pass (4,950m) – 8 hours**

Crossing the Nyalu La Pass, the highest point of our trek, we are rewarded with unparalleled views before descending to Shingjuma.

**Day 17: Day 17: Shingjuma to Kermi (2,670m) – 6 hours**

We retrace our steps to Kermi, where the inviting hot springs await to soothe our muscles.

**Day 18: Day 18: Kermi to Simikot (2,950m) – 6 hours**

Our final trekking day brings us back to Simikot, marking the completion of our circuit.

**Day 19: Day 19: Fly to Nepalgunj and Kathmandu**

We take morning flights, first to Nepalgunj and then onward to Kathmandu. Enjoy a restful evening in the city.

**Day 20: Day 20: Leisure Day in Kathmandu**

A free day to explore Kathmandu's markets and cafes, or perhaps indulge in a spa treatment.

**Day 21: Day 21: Departure**

Our journey concludes as we transfer you to the airport for your onward flight, carrying memories of an unforgettable adventure.

## FAQ

### 1. What is the Limi Valley Trek?

The Limi Valley Trek is a remote trekking route in the Humla district of northwestern Nepal, near the Tibetan border. It offers a blend of natural beauty and cultural experiences, passing through traditional Tibetan Buddhist villages and high-altitude landscapes.

### 2. What permits are required for the Limi Valley Trek?

Trekking in the Limi Valley requires a special permit due to its restricted area status. The permit costs \$50 per person for the first week, with an additional \$7 for each extra day. Additionally, a Trekking Information Management System (TIMS) card is necessary, costing NPR 1,000. These permits can be obtained through a recognized Nepal trekking agency.

### 3. How long does the Limi Valley Trek take?

The trek typically spans 17 to 21 days, depending on the specific itinerary and pace. Trekkers usually hike for five to six hours daily, starting around 8 a.m.

### 4. What is the difficulty level of the Limi Valley Trek?

The Limi Valley Trek is considered moderate to strenuous. Trekkers should be in good physical condition and have some previous mountain walking experience, as the terrain can be challenging with narrow and rocky paths.

### 5. What is the best time to trek in the Limi Valley?

The optimal trekking seasons are autumn (mid-September to November) and spring (March to early June). During these periods, the weather is more stable, and the high passes are generally free of snow.

### 6. What wildlife might be encountered during the trek?

The Limi Valley is home to diverse wildlife, including Himalayan bears, wild horses, blue sheep, musk deer, mountain eagles, and, with some luck, the elusive snow leopard.

### 7. Are individual travelers allowed on the Limi Valley Trek?

Individual travelers are not permitted on the Limi Valley Trek. A minimum group size of two trekkers is required to obtain the necessary permits.

### 8. What type of accommodation is available during the trek?

Accommodation is a mix between small authentic villages and camps beneath the snow-capped mountains. It's important to note that individual travelers are not allowed on the Limi Valley trek.

### 9. How can one access the starting point of the trek?

The trek usually begins in Simikot, which is accessible by air from Nepalgunj. From Simikot, the journey proceeds through remote and scenic landscapes into the Limi Valley.

### 10. What is the estimated cost of the Limi Valley Trek?

The cost varies based on the level of support and services. A twin-share arrangement with minimal guiding costs approximately \$2,725 per person, while a fully supported twin-share experience is around \$4,250 per person.

### **11. Is prior trekking experience necessary for the Limi Valley Trek?**

Given the trek's moderate to strenuous nature and high altitudes, prior trekking experience is recommended. Trekkers should be prepared for several hours of hiking daily at elevations above 3,000 meters.

### **12. Is a guide required for the Limi Valley Trek?**

Yes, individual travelers are not allowed on the Limi Valley Trek. Trekkers must be accompanied by a registered guide, and it's advisable to arrange the trek through a recognized Nepal trekking agency.

### **13. Are there any cultural highlights on the trek?**

Yes, the trek passes through traditional Tibetan Buddhist villages such as Halji, Til, and Dzang, offering insights into centuries-old cultures and lifestyles. The Halji Monastery, one of the oldest in the region, is a notable cultural site.

### **14. What are the transportation options to the trailhead?**

Trekking in Limi valley initiates from Simikot. To reach Simikot, one has to fly from Kathmandu to Nepalgunj, then to Simikot. Flight delays often occur, so it is better to include a few days extra in your schedule.

### **15. Is altitude sickness a concern on Limi Valley trek?**

Yes, there is a risk of altitude sickness on this trek, as it is a high-altitude one. For safety, proper acclimatization and awareness of symptoms are important, as is a gradual ascent.

### **16. What should I pack for the Limi Valley Trek?**

Essential items include spare clothes, waterproof jacket, hat and gloves, a well-insulated sleeping bag, good quality trekking boots, Basic first Aid kit, and personal rations. Because of its location, it may be best to carry anything that one might need as it may be hard to find out on the trail.

### **17. Are there any health facilities available during the trek?**

There are few health facilities in this part because the area is more or less deserted. Trekkers should always have their own first aid box with set and any prescribed medicines for them. Travel insurance, that will cover high altitude trekking and emergency evacuations, is strongly suggested.

### **18. Can I charge electronic devices during the trek?**

Opportunities to charge devices are limited. It's advisable to carry portable chargers or solar-powered chargers to keep your electronics functional.