



## Limi valley trek - 23 Days

### Limi valley trek

The Limi valley is an isolated and pristine valley nestled in the [Himalayan Mountains](#) known for its stunning natural beauty, unique culture, and ancient Tibetan heritage. It is located in the far northwestern part of [Nepal](#) and is part of the Humla district and lies within the larger Himalayan region. The valley is surrounded by towering peaks, including Mount Kailash- a sacred peak in Tibet (6638 m) and Mount Saipal (7031 m), and is dotted with ancient monasteries and [religious sites](#).

One of the highlights of Limi valley trek is often the eye-catching views of [Mount Kailash](#). It is a sacred mountain for Hindus, Buddhists, Bon, and Jains, and it is visible from parts of the valley. Several pilgrims and trekkers visit the region to witness a glimpse of this iconic peak and believed to cleanse the soul of sins. It is a symbol of purity, spirituality, and enlightenment. The mountain is surrounded by numerous other peaks and is the source of some Asia's major rivers, including the [Karnali River](#), the [Indus River](#), The [Brahmaputra River](#), and the [Sutlej River](#).

The region is blessed with natural beauty, including high mountain peaks, lush green meadows, forests, glacial rivers, and deep valleys. Wildlife enthusiasts may spot various species of birds and wildlife along the way. In addition, the valley is home to the Limi people (Tibetan origin), who have their own unique culture and traditions that reflect strong Tibetan influences. You can explore ancient monasteries (Rinchenling Gumpa and Gumpa Lungnak) and traditional villages and interact with the friendly locals. You can also witness chortens (Buddhist shrines) throughout the valley.

Overall, the Limi valley is a [hidden gem](#) for adventurous and those seeking to experience a unique culture in a remote and pristine part of Nepal. Its more authentic and off-the-beaten-path and untouched beauty make it a must-visit destination for those willing to explore [Himalayan region](#).

### The best time to trek in Limi Valley

#### Spring (March to May)

Spring is one of the most popular times to trek in Limi valley. The valley comes alive with blooming of colorful wildflowers, pleasant daytime temperature, and clear skies, making it easier for trekking. The days are warm, in the lowlands while the nights can still be cool, especially at higher elevations. Moreover, many migratory birds return to the region which offers opportunities to spot various bird species in its divine landscapes. The [rhododendron](#) forests offer a breathtaking display of red, white and pink flowers against the backdrop of the Himalayan Mountains.

#### Autumn (September to November)

It is considered another excellent time to visit Limi valley for [trekking](#). The stable and comfortable weather conditions, dry trails, excellent visibility of the stunning Himalayan peaks, and the verdant hills and valleys make for unforgettable trekking experiences. The temperatures are comfortable during the day, though it can get colder at higher altitude at night. The season is also marked by several significant cultural festivals. You can immerse yourself in local customs,



observe traditional dances, and enjoy the festive atmosphere.

Keep in mind that during the monsoon season (June to August), Limi valley trek can be challenging due to heavy rainfall, slippery trails, and presence of leeches. Similarly, winter is also unfavorable for trekking in this region, as the weather becomes extremely cold and most of the trails may be inaccessible due to heavy snow.

### **Difficulties and challenges you may encounter while trekking in this region**

Limi valley is one of the most remote and isolated region situated at a high altitude, with many of its villages located above 4000 meters. Access to the valley can be difficult and altitude sickness can be a significant concern. Therefore, it's essential to acclimatize properly to avoid health issues. In addition, due to the remote nature of the valley there is basic accommodation facility and you need to camp or stay in local homes. You may also need to carry your own foods, camping gear, and other essentials. Similarly, the trek involves steep ascents and descents, rocky trails, and challenging terrain. You need to be in good physical condition and the ability to adapt and tackle this demanding trek safely and enjoyably.

Despite these challenges, trekking in this region can be an incredibly rewarding experience. The lush green landscapes, cultural encounters, and the sense of adventure make it a unique **trekking destination**. Additionally, it's advisable to book with our trekking agency. We will plan your trek carefully, carry everything you need, and hire experienced local guide who is familiar with the area and its conditions.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

**Day 1: Arrival in Kathmandu and transfer to hotel**

**Day 2: Preparing day for trekking**

**Day 3: Fly from Kathmandu to Nepalgunj**

Overnight stay at a hotel in Nepalgunj. On the border of India.

**Day 4: Fly from Nepaljung to Simikot (2950 m) and trek to Dharapori (2610 m)**

On this day, early in the morning, we will take a flight from Nepalgunj to Simikot and trek to Dharapori. It will take at least 4 hours to reach there by walking.

**Day 5: Trek from Dharapori to Kermi (2870 m) 6 hours**

**Day 6: Trek from Kermi to Yalbang (2860 m) 6 hours**

**Day 7: Trek from Yalbang to Tumkot (3350 m) 7 hours**

**Day 8: Trek from Tumkot to Yari (3720 m) 7 hours**

**Day 9: Trek from Yari to Hilsa (3600 m) via Nara La Pass (4535 m) 8 hours**

**Day 10: Trek from Hilsa to Manepeme (3992 m) 6 hours**

**Day 11: Trek from Manepeme to Halji (3720 m) 7 hours**

**Day 12: Trek from Halji to Gumbayak (4030 m)**

**Day 13: Trek from Gumbayak to Tankchhe (4200 m) 6 hours**

Overnight stay in a tent.

**Day 14: Rest at Tankchhe / hike to Lapche La Pass (5018 m) 9-10 hours**

Overnight stay in a tent.

**Day 15: Trek from Tankchha to Lapche Phedi (4900 m)**

Overnight stay in a tent. We will wake up early in the morning to witness sunrise in a Mount Kailash.

**Day 16: Trek from Lapche Phedi to Talung (Limi camp) (4100 m) 6 hours**

Overnight stay in a tent.

**Day 17: Trek from Talung to Salli Kholsa via Nyalu Lagna Pass (4988 m) 9 hours**

Overnight stay in a tent.

**Day 18: Trek from Salli Khola to Kermi (2790 m) 7 hours**



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**Day 19: Trek from Kermi to Hepka (3000 m) 7 hours**

**Day 20: Trek from Hepka to Simikot (2950 m) 6 hours**

**Day 21: Fly to Nepaljung from simikot and again fly to kathmandu from Nepaljung**

**Day 22: Rest at Kathmandu**

**Day 23: Departure to Airport**