

## Simikot and Limi Valley Trek



Limi Valley Trek is one of the most remote trek, starting from Simikot (Far western Nepal) then continue climbs up to Nara La pass (4530 m) to Hilsa which is near the Tibet border. The trail enters Limi valley making a loop back to Simikot through scenic Nyalu La pass(4940m). The Trans Himalayan Limi valley is very beautiful, picturesque and wonderful. Visiting the monasteries that are more than hundreds years old and experience the unique culture of the Tibetans still in practice.

Trek around this region will be a life time experiences to see the spectacular mountain views of far western Nepal Himalayas as Saipal (7031m), Api, Kanjirowa and Tibet Himalayas as holy Mt. Kailash and Gurlamandhata. Also one can observe the rare flora and fauna. It can be seen the marmots, wolfs, blue sheep, wild horses (kyang), barking deer, musk deer, Himalayan black bear and the snow leopards.

This tough but rewarding trek offers the opportunity to meet the friendly villagers of upper Humla. While coming back cross Nyalu La pass and the trail re-joins the route in Salli Khola and continue the same way back to Simikot.

Duration: 19 days

Price: \$2550

Rating: 4 Star

Group Size: 02-15 Person

Grade: Difficult

Destination: Nepal

Activity: Trekking

Region: Far West/Mid West Region

### Equipment Lists:

|     |   |
|-----|---|
| 1.  | Sleeping bag (down), rated to -10 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).   |
| 2.  | Sleeping bag liner (optional)   |
| 3.  | Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.  |
| 4.  | Sneakers or sandals for camp and town.  |
| 5.  | Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.  |
| 6.  | Thermal underwear, polypropylene or other synthetic (No cotton).  |
| 7.  | Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.  |
| 8.  | Several t-shirts, both long and short sleeved.  |
| 9.  | Shirts long sleeved.  |
| 10. | Rain jacket/poncho(Gore-Tex) or equivalent is ideal   |
| 11. | Down jacket.  |
| 12. | Fleece Jackets  |
| 13. | Warm hat.   |
| 14. | Hat for sun protection.   |
| 15. | Gloves or mittens.  |
| 16. | Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)   |
| 17. | If you wear prescription glasses or contacts, bring spares.   |
| 18. | Two (2) good quality 1 liter water bottles.   |
| 19. | Trekking poles. (optional, and can be purchased in Kathmandu)   |
| 20. | Flashlight or headlamp with extra batteries.  |
| 21. | Reading/writing materials.  |
| 22. | Pictures of where you live, your family, and what you do. (to share with people along the way).   |
| 23. | Camera and spare batteries.   |
| 24. | Special snack items in zip lock bags.   |
| 25. | Ear plugs (for travel)  |
| 26. | Particle masks (for dust)   |
| 27. | Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.   |
| 28. | Women: bring extra sanitary supplies and zip lock bags to pack out used materials.  |
| 29. | Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items. |

### Other Informations:

#### Nepal Entry Visa

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa up on arrival at Tribhuwan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration, [www.online.nepalimmigration.gov.np/tourist-visa](http://www.online.nepalimmigration.gov.np/tourist-visa). Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

*Note: Free Visa for Chinese citizens including HKSAR Passport holders.*

### **Trekking Season**

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

### **A typical day of trekking**

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight. We reach the teahouse/ camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

### **Geography of Nepal**

Nepal covers the land area of 147,181 sqkm, stretching 800km from east to west and 90 to 230km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region. Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 metres. Nepal is divided into five development regions and seventy-five districts. Where as high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000m to above 8,848m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchanjunga (8586m), Lhotse (8516m), Cho Oyu (8201m), Dhaulagiri (8167m), Mt. Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

### **Currency in Nepal**

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations.

Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3.00 pm Sundays through Thursdays and from 10.00 am to 1.00 pm on Fridays. Saturdays are closed.

### **Credit Cards**

All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

### **Climate change**

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters. Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

### **Clothing in Nepal**

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for travelling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

### **Health issues/Altitude sickness**

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously. The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 metres, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

**01.** Drink adequate fluids. At 4,300 metres for example, the body requires 3 to 4 litres of liquid a day. At low altitudes try to drink at least 1 litre a day.

**02.** Accept the fact that you cannot go very high if your time is short.

**03.** Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.

**04.** Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying travel High Solu facilitators immediately.

**05.** For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

### **People and Religions of Nepal**

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here. Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

### **History of Nepal**

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Kirantis ruled Nepal from 9th century B.C. to 1st century A.D. Later Lichchavis took over Kiranti from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty. Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana backseated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy. A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahendra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system', by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities. People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

### **Shopping in Nepal**

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along their goods. But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and DurbarMarg are the most popular Shopping centers.

### **Foods in Nepal**

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/ non vegetable curries. Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

### **Travel Insurance**

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

### **Hotels in Nepal**

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

### **Itinerary:**

#### **Day 01:** Arrival in Kathmandu(1340m)

Arrival in Kathmandu, meet our company representative and transfer to the hotel in Kathmandu.

#### **Day 02:** Flight Kathmandu to Nepalgunj.

Preparation of the trek permits and fly to Nepalgunj in the afternoon. Nepalgunj lies in south-western part of Nepal, on the Terai plains, close to the Indian border.

#### **Day 03:** Flight Nepalgunj to Simikot (2910m)

Early morning flight to Simikot which will takes 45 minute flight over steep mountain ridges. Acclimatization day and Wander around the village. Simikot is a small town and headquarter of the Humla district. Rest in the afternoon. Camping overnight.

**Day 04:** Simikot to Dharapuri (2300m) 4-5 hrs walking.

The trek starts with a short/steep climb of about an hour to a little pass. After the pass it comes a long and steep decent to Dharapuri. The trail goes high above the Karnali River, partly through pine forests, passing a few villages. Along the way, you meet local people, carrying the things. Camping overnight.

**Day 05:** Dharapuri to Kermi (2670 m) 4-5 hrs walking

The trail keeps on following the Karnali River, sometimes high on the slope, with the river far below you and sometimes almost level with it. We walk along fields with mainly barley, buckwheat, rice and potatoes. Just before Kermi village, we will camp with a beautiful view over the mountains.

**Day 06:** Kermi to Yalbang (3020 m) 5-6 hrs walking.

The trail is slightly uphill, passing alongside fields and pine forests. After few hours walking cross a small pass, and steep descend of to Salli khola. The walk goes through beautiful pine forests again. We climb a while before getting to Yalbang. Camping overnight by the school. visit the Monastery above the village; the Namkha Khyung Dzong Monastery. This is the biggest monastery in the region, with around 100 monks living there.

**Day 07:** Yalbang to Tumkot (3350 m) 5-6 hrs walking.

Today the trail goes high above the Karnali River. After about 20 minutes you pass the little village Yangar. The trail is mostly going up and down. You cross the Karnali River by a big wooden suspension bridge. The path climbs high above the Karnali River and goes along the upper site of a deep gorge, you arrive in the beautiful village of Muchu. It is an hour walk to Tumkot where we camp overnight. Visit the very interesting monastery of the Sakyapa sect, the Dhungkar Choezom Monastery, one of the most important Sakya monasteries in the Tibetan region. The monastery lies on a hill, it is a 30 minutes climb to get there. It is the only Sakya Monastery in Humla, and one of the few monasteries of this sect in Nepal.

**Day 08:** Tumkot to Thado Dunga (3750 m) 5-6 hrs walking.

The trail climbs steadily, with a few steep climbings. Soon as leaving Tumkot, the landscape is getting more and more rocky and dry. The few low juniper trees and few sticky bushes. For a while the trail goes over the dirt road that has been built to join to Tibet border. we cross a small village Pani Palwang and take a lunch break. Then walk along the dirt road up to Thado Dunga, camping overnight.

**Day 09:** Thado Dunga to Hilsa (3720 m), crossing over the Nara La pass(4530 m) 5-6 hrs walking.

Today we start walking very early cross over the Nara La pass at 4530m. It is a long steep climb, the landscape looks more and more like Tibet. also we meet big caravans of mules, dzopkeys or yaks coming over the pass. We can see the Nara La pass in the distance, but due to the altitude it is still a hard climb to get there. We can see breathtaking views ahead into Tibet and back towards Yari far below . At the other side of the pass, it looks like you are in Tibet. You are surrounded by barren mountains in many different colors. From the pass comes a long descent to Hilsa, close to the border with Tibet. Camp overnight at Hilsa.

**Day 10:** Hilsa to Manepeme (3990 m) 4-5 hrs walking.

Once we leave Hilsa, crossing a suspension bridge. At the other side of the river, a small, a slightly difficult trail winds its way over a slope, until it connects with a larger trail high on the slope. We get 100meter close to the chinese immigration buildings. This trail follows the Karnali River in eastern direction up till Manepeme. The path climbs gradually with a few steep ups and downs. We walk in a dramatic landscape, where is a small flat area close to the trail and close to a water source and camp overnight.

**Day 11:** Manepeme to Til (3600 m) 5-6 hrs walking.

The trail climbs on and winds its way through the high, steep rocks. The path climbs very steeply for about half an hour to Lamka La, a pass at 4300m. After the pass, easy walk down to Til. We see some white buildings attached high to a slope. This is the monastery from Til with some retreat houses next to it. The village is surrounded by himalayan red birches and terraced fields, which both are bright yellow in September-October. Til is a beautiful authentic Tibetan village, as are all villages in the Limi Valley. Most villagers still wear the original Tibetan dress. We camp at a down below Til vilage, next to the river.

**Day 12:** Til village to Halji village (3650 m) 3-4 hrs walking.

Today is an easy walking to Halji village, following the trail upstream of Limi river crossing the wooden bridges. Once we reach at the campsite below the village, visit the monastery and wander around in the villages. In Halji the monastery, Rinchenling Gompa, is in the village built in the 14th Century and belongs to the Kagyugpa Sect. This is the biggest gompa in the Limi Valley.

**Day 13:** Halji village to Jang village (3900 m) 3-4 hrs walking.

Today is also an easy walk from Halji to Jang, following the Limi river. Jang is the last village in the Limi Valley and, as with the other villages, It's very special place where the Tibetan culture still continues relatively untouched by the modern world. We camp near the village.

**Day 14:** Jang village to Talung (4350 m) 7-8 hrs walking.

The trail goes up slowly but steadily up to Talung. Today we see only few yak herds on the way.

**Day 15:** Talung to Shinjungma (3620m) crossing over the Nyalu La (4940m) 7-8 hrs walking.

Today it's a very tough, but rewarding climb to the highest point during the trek, the Nyalu La. There can be snow, which makes the climb more challenging. From the pass we can see breathtaking 360 degrees views into Humla and into Tibet. We can see the holy Mt. Kailash (6714m) in Tibet and Mt. Saipal (7031 m) and the many more mountains. From the pass it is a steep downhill walk to the lake Selma Tso at 4630m. The trail continues going down, following the Salli Khola, to the campsite at Shinjungma. Overnight camping.

**Day 16:** Shinjungma to Kermi (2670 m) 6-7 hrs walking.

We will meet the villages and walk back to Kermi village. It's a pleasant walk through pine and birch forests and along the beautiful Salli Khola. The trail meets the Karnali river again and turns east towards Kermi village. overnight Camping.

**Day 17:** Kermi to Simikot (2910 m) 6-7 hrs walking.

It's a long day walk to Simikot today. We will take the same way getting back throughup and downs. Overnight Camping or Hotel.

**Day 18:** Flight Simikot/Nepalgunj/Kathmandu.

Early morning flight back to Nepalgunj then we fly same day back to Kathmandu.

**Day 19:** Departure back to home

We will transfer you to the international airport for your departure flight back to home.

**Cost Include:**

- All airport transfers (Pick up and drop) by private vehicles.
- Accommodation 2 nights at Kathmandu (3 star hotel/twin sharing basis) with breakfast and including all govt. taxes. (Hotel Tibet or similar)
- Accommodation 01 nights at Nepalgunj(twin sharing basis) with breakfast and all government taxes.
- Transportation Kathmandu/Nepalgunj/Simikot/Nepalgunj/Kathmandu RT by regularly scheduled or chartered flight, domestic airport tax and surcharges.
- Special varieties of meals on trek prepared by our experienced cook after departing Kathmandu to before arriving back in Kathmandu, all kind of hot and cold drinks, boiled water etc.
- Service of guide, cook, kitchen helpers, Sherpa assistance and required number of porters while on trekking and as well their wages, foods and insurance.
- All necessary trekking equipments (Sleeping tents\*north-face\* Hard and soft Mattress, dining tent, Sherpa tents, toilet tents, Chair and tables, cooking/eating utensils.
- Restricted area trek permit fee.
- Trek Staffs transportation costs.
- Agency service charges and all govt. applicable fees.

**Cost exclude:**

- All meals (lunch/Dinner) during staying in Kathmandu.
- Nepal visa fee US\$ 40 per person.
- Air travels to and from Nepal.
- All personal expenses, travel insurance, rescue charge in emergency.
- All personal clothing and equipments.
- Extra cost to due to flight cancellation or road condition.
- Purchases of bottled water while on the trek, gifts and alcohols.
- Any tipping and donations.

**Other Features:**

- Max. Altitude: 4940m (Nyalu La Pass)
- Activity: Trans Himalayan Trekking
- Trek starting point: Simikot
- Trek ending point: Simikot
- Meals: All Meals during the trek

- Transportation: Flights and Private vehicles