

Limi Valley Trek: Nepal's Last Hidden Himalayan Frontier

Overview:

The Limi Valley Trek is one of Nepal's most remote and rewarding Himalayan journeys, leading deep into the isolated far northwest of the country in Humla district. This is a true expedition-style trek, far removed from the standard trekking routes of Nepal, where the rhythm of life, culture, and landscape remains largely untouched by modern change. It follows ancient trade and pilgrimage paths that once connected Nepal with Tibet, offering a rare combination of wilderness, history, and living Tibetan Buddhist culture.

The journey begins with flights from Kathmandu to Nepalgunj and onward to Simikot, before gradually entering the upper Karnali Valley. From here, the trail winds through quiet mountain villages such as Kermi, Yalbang, Muchu, Halji, Til, and Jang. Each settlement carries its own character, marked by centuries-old monasteries, prayer wheels, mani walls, and chortens that reflect the deep spiritual roots of the region. Life here moves slowly, shaped by the mountains and seasons, and the hospitality of the local communities adds a deeply human dimension to the experience.

As the trek progresses deeper into the valley, the scenery becomes increasingly dramatic. Narrow river gorges open into wide alpine basins, forests give way to high pastures, and the air grows thinner and crisper with altitude. The route reaches its highest point at Nyalu La (4,940 m / 16,207 ft), a spectacular pass that reveals sweeping views across the rugged peaks of western Nepal and toward the Tibetan plateau. From grazing yaks in high meadows to occasional sightings of Himalayan wildlife, the region feels both wild and remarkably intact.

Unlike more developed trekking regions, the Limi Valley offers very limited infrastructure. Accommodation is a mix of basic village lodges and camping, depending on the itinerary, which allows for a more immersive and grounded travel experience. The trek is physically demanding, with long walking days, remote terrain, and significant altitude gain, and is best suited for trekkers with good fitness and prior high-altitude experience.

What makes the Limi Valley truly special is not just its landscapes, but its atmosphere, a quiet, unhurried world where culture and nature remain closely intertwined. It is a journey that feels both remote and deeply authentic, offering a rare opportunity to experience one of Nepal's last great wilderness regions in its purest form.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Nepalgunj / Simikot / Kermi / Nara La / Hilsa / Til / Talun / Nyalu La / Ktm

Duration: 20 Days

Trek starting point: Simikot

Trek ending point: Simikot

Grade: Challenging to strenuous

Transportation: Domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,940 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, September, October and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight stay at a hotel.

□ **Day 3: Fly from Kathmandu to Nepalgunj (150 m): 50 – 60 minutes**

After breakfast, we transfer to the domestic terminal of Tribhuvan International Airport for the scheduled flight to Nepalgunj (150 m / 492 ft). The flight takes approximately 50 to 60 minutes, offering a comfortable and efficient journey from the hills of the Kathmandu Valley to the subtropical plains of western Nepal.

Shortly after takeoff, the aircraft provides sweeping views of the valley before revealing an impressive panorama of the Himalayan range on clear days. As the flight continues westward, the rugged mid-hill landscape gradually gives way to the vast lowlands of the Terai, where dense forests, winding rivers, and fertile agricultural fields create a striking contrast to the mountain scenery left behind.

Approaching Nepalgunj, the warmer climate becomes immediately noticeable. This lively border city serves as the primary gateway to western Nepal and is the starting point for expeditions to destinations such as Rara Lake, Dolpo, Simikot, and the Kailash region. After landing, we transfer to our guesthouse, where there is time to relax or explore the local surroundings, experiencing the unique blend of cultures and the energetic atmosphere that defines this important transit hub. Overnight stay at the guesthouse.

□ **Day 4: Fly from Nepalgunj to Simikot (2,985 m): Walking Distance | 10 – 12 km | 4 to 6 hours**

Early in the morning, we transfer to Nepalgunj Airport for the scheduled flight to Simikot (2,910 m / 9,547 ft), the administrative center of Humla District. The flight takes approximately 50 to 60 minutes and is one of the most scenic mountain flights in western Nepal, weather permitting.

As the aircraft leaves the Terai plains behind, the landscape transforms dramatically into deep river valleys, forested ridges, and rugged Himalayan terrain. On clear days, the journey offers remarkable aerial views of snow-capped peaks, remote mountain settlements, and the untouched wilderness that defines Nepal's far-western region. The final approach into Simikot is particularly memorable, with the small hillside airstrip surrounded by steep slopes and towering mountains.

Upon arrival, the crisp mountain air and peaceful atmosphere provide an immediate sense of entering one of Nepal's most isolated regions. Simikot serves as the main gateway for treks into Humla and the overland pilgrimage route to Mount Kailash via Hilsa. After meeting the local trekking crew and completing the necessary preparations, there is time to stroll through the village, observe the traditional stone houses and terraced fields, or simply relax and acclimatize to the higher elevation. Overnight stay at a local lodge.

□ **Day 5: Trek from Simikot to Dharapori (2,300 m): Walking Distance | 12 km | 4 – 5 hours**

After breakfast in Simikot, we begin our trek toward Dharapori (2,300 m / 7,546 ft). The walk takes approximately 4 to 5 hours, covering around 12 km as the trail follows ridgelines, pine forests, and traditional villages before descending into the Karnali Valley.

The day starts with a gentle climb to a low pass, rewarding us with fine views over Simikot and the surrounding hills. From there, the trail descends through fragrant pine forests and scattered settlements, crossing cultivated terraces and ancient footpaths that have connected Humla's mountain communities for generations. Along the way, we encounter a blend of Hindu and Buddhist villages, offering an early glimpse into the rich cultural diversity of the region.

By late afternoon, we arrive at Dharapori, a peaceful village nestled beside the Karnali River. Surrounded by cultivated fields and traditional stone houses, the settlement provides a quiet setting to unwind after the first day on the trail. We settle into a basic local lodge and enjoy the tranquil atmosphere as we prepare to continue deeper into the remote landscapes of the Limi Valley. Overnight stay at a local lodge.

□ **Day 6: Trek from Dharapori to Kermi (2,670 m): Walking Distance | 12 – 14 km | 5 to 6 hours**

Leaving Dharapuri, we continue toward Kermi (2,670 m / 8,760 ft), following the Karnali River through a remote landscape of terraced fields, rocky cliffs, and scattered settlements. The walk takes around 5 to 6 hours, covering approximately 12 – 14 km as the valley gradually becomes narrower and more rugged. The trail alternates between high ridgeline sections with wide views over the gorge and lower riverside paths where the Karnali flows through deep canyon walls. Small agricultural plots appear along the way, where villagers continue to cultivate barley, buckwheat, rice, and potatoes using traditional methods passed down for generations.

By late afternoon, we arrive in Kermi, a quiet farming village and the first fully Buddhist settlement on the route. After setting up a basic tented camp, there is time to relax or take short optional walks to the natural hot springs and nearby monasteries including Laikyo Gompa and Lhundrup Choeling Gompa. Overnight stay at a camp.

□ **Day 7: Trek from Kermi to Yalbang (3,020 m): Walking Distance | 10 – 12 km | 5 – 6 hours**

Leaving Kermi, we continue toward Yalbang (3,020 m / 9,908 ft), following the Karnali River as the trail ascends deeper into the rugged heart of the Humla district. The walk takes around 5 to 6 hours, covering approximately 10 – 12 km, characterized by a transition from the agricultural lower valleys into the denser pine forests and dramatic cliff-side paths of the upper region.

The trail begins with a steady climb over a ridge before descending to the Sali River, which we cross via a high suspension bridge. From here, the path winds through fragrant forests of pine and juniper, occasionally clinging to the side of steep rocky slopes that offer spectacular, vertigo-inducing views of the emerald Karnali River rushing through the gorge far below. The landscape here feels increasingly wild, with the sounds of the river and the wind through the trees replacing the bustle of the lower settlements.

By late afternoon, the trail leads us to the village of Yalbang, a significant cultural hub in the region. The village is home to the impressive Namkha Khyung Dzong Monastery, one of the most important Sakya monasteries in the area, where the sound of chanting often drifts through the air. After setting up our tented camp, there is time to visit the monastery to witness the evening prayers, explore the village's traditional stone architecture, and interact with the welcoming local community whose lives remain deeply rooted in ancient Tibetan Buddhist traditions. Overnight stay at a camp.

□ **Day 8: Trek from Yalbang to Muchu (3,120 m): Walking Distance | 10 – 12 km | 4 – 5 hours**

Leaving Yalbang, we continue toward Muchu (3,120 m / 10,236 ft), following a trail that climbs high above the Karnali River, offering some of the most dramatic canyon scenery of the trek. The walk takes approximately 4 to 5 hours, covering about 10 – 12 km as we move deeper into the arid, high-altitude landscapes of the Humla region.

The path initially winds through the small village of Yangar before narrowing into sections literally carved out of the sheer rock faces. These cliff-side trails provide breathtaking views of the emerald river surging through the deep valley below. As we gain elevation, the lush pine forests begin to thin, giving way to a more desert-like environment characterized by hardy shrubs and rocky outcrops. We eventually descend to cross the Karnali River once more, this time over a sturdy wooden suspension bridge, before a final steady ascent leads us toward the settlement of Muchu.

By early afternoon, we reach Muchu, a picturesque village nestled amidst terraced fields that stand in stark contrast to the surrounding barren peaks. The village is closely linked with the nearby settlement of Tumkot, where the Dhungkar Choezom Monastery (also known as Mota Gompa) sits perched on a rocky hill. After establishing our camp, there is time to explore the ancient stone houses of Muchu or walk to the monastery to admire its centuries-old murals and soak in the spiritual silence of the valley. Overnight stay at a camp.

▮ **Day 9: Trek from Muchu to Yari (3,700 m): Walking Distance | 8 - 10 km | 5 hours**

Departing from Muchu (3,120 m / 10,236 ft), we press onward toward Yari (3,700 m / 12,139 ft), as the trail enters the stark, high-altitude borderlands. The walk takes approximately 5 hours, covering 8 - 10 km through an increasingly arid landscape of dry earth and low-lying juniper.

The path initially drops to cross the Muchu Khola before climbing steadily through the rocky settlement of Tumkot. As we ascend, the lushness of the lower valley disappears, replaced by sweeping views of the barren mountains that mark the frontier with Tibet. The air grows noticeably cooler and thinner as the trail follows gentle switchbacks along the valley wall, leading us into the heart of the high Himalayas.

By mid-afternoon, we reach Yari, the final permanent village before the Tibetan border. We establish our camp at Thado Dunga (3,750 m), a small flat area just above the main settlement. This stop is crucial for acclimatization, providing a necessary rest period to prepare our bodies for the crossing of the Nara La pass the following day. Overnight stay at a camp.

▮ **Day 10: Trek from Yari to Hilsa(3720m) via Nara La (4,620 m): Walking Distance | 11 – 12 km | 6 – 7 hours**

Pushing forward from Yari (3,700 m / 12,139 ft), we embark on one of the most challenging and rewarding days of the trek as we cross the Nara La pass (4,620 m / 15,157 ft) to reach the border town of Hilsa (3,720 m / 12,204 ft). The journey takes approximately 6 to 7 hours, covering roughly 11 – 12 km of steep, high-altitude terrain.

The morning begins with a rigorous ascent through a barren, desert-like landscape where the only vegetation is the occasional hardy shrub. As we climb toward the pass, the trail offers increasingly spectacular views of the Yari village below and the vast, arid plateaus that stretch toward Tibet. The final push to the summit of Nara La is marked by the sight of colorful prayer flags fluttering in the fierce mountain winds. From the top, we are rewarded with a panoramic vista of the Tibetan plateau and the distant, snow-capped peaks of the Himalayas, providing a profound sense of isolation and grandeur.

The descent from the pass is steep and rocky, requiring careful footing as the trail drops rapidly toward the Karnali River. The landscape here is exceptionally stark, with dramatic rock formations and deep canyons. As we approach the valley floor, the border town of Hilsa comes into view, a bustling transit point for pilgrims and traders. We cross a large iron bridge over the Karnali to enter the settlement, where we establish our camp amidst the unique atmosphere of this remote frontier outpost. Overnight stay at a camp.

▮ **Day 11: Trek from Hilsa to Manepeme (3,900 m): Walking Distance | 13 – 15 km | 5 hours**

Starting from Hilsa (3,720 m / 12,204 ft), we leave the border town behind and cross a large iron bridge over the Karnali River to begin our journey toward Manepeme (3,990 m / 13,090 ft). The trek takes approximately 5 hours, covering about 13 – 15 km along a rugged, high-altitude trail that follows the northern bank of the river.

The path initially winds along a narrow, rocky ledge carved into the steep slopes above the Karnali. This section is exceptionally dramatic, with the trail clinging to the mountainside and offering expansive views of the barren, multi-colored canyons that define the border region. As we progress, the landscape remains stark and treeless, characterized by high-altitude desert terrain and impressive geological formations. The

walk involves several moderate ups and downs, but the gradual net gain in elevation is manageable as we move deeper into the isolated wilderness of the upper Humla region.

By mid-afternoon, we arrive at Manepeme, a small, flat area that serves as our campsite. The site is named after a large, ancient mani stone nearby, which is intricately carved with the sacred Buddhist mantra "Om Mani Padme Hum." Surrounded by towering, jagged peaks and the vast silence of the Himalayas, this remote camp offers a true sense of being at the edge of the world. After setting up our tents, we spend the evening enjoying the solitude and the brilliant starlit sky that only the high altitudes can provide. Overnight stay at a camp.

□ **Day 12: Trek from Manepeme to Til (4,000 m): Walking Distance | 10 – 12 km | 5 – 6 hours**

Ascending from Manepeme (3,990 m / 13,090 ft), we begin a rewarding journey that leads us into the heart of the hidden Limi Valley. The walk takes approximately 5 to 6 hours, covering 10 – 12 km through a landscape of high-altitude cliffs and ancient spiritual sites. This segment marks our entrance into a region where time seems to have stood still for centuries.

The trail initially climbs steeply through rugged rock faces, offering a final, commanding view of the Karnali River before we turn north into the Limi Valley. A highlight of the morning is a visit to the sacred Ya Yip Phuk cave, a significant site where the legendary Buddhist translator Rinchen Sangpo is said to have meditated. The path then continues toward the Lamka La pass (4,300 m), providing a panoramic gateway into the valley. As we descend from the pass, the first sight of the white-washed monasteries and stone houses of Til village appears against the backdrop of the vast, arid mountains.

By late afternoon, we reach Til (4,000 m / 13,123 ft), the first of the three main villages in the Limi Valley. The village is a stunning example of traditional Tibetan-influenced architecture, with its houses clustered tightly together and prayer flags fluttering from every rooftop. After establishing our camp, there is time to explore the village, interact with the local Limipa people, and visit the village monastery. The atmosphere here is one of profound peace and cultural richness, offering a deep connection to the ancient traditions of the high Himalayas. Overnight stay at a camp.

□ **Day 13: Trek from Til to Halji (3,660 m): Walking Distance | 10 – 12 km | 3 – 4 hours**

Continuing from Til (4,000 m / 13,123 ft), we enjoy a relatively gentle and deeply spiritual walk toward Halji (3,660 m / 12,008 ft). The trek takes approximately 3 to 4 hours, covering about 10 – 12 km along the banks of the Limi River. This short day is designed to allow ample time for exploring one of the most significant cultural treasures of the entire region.

The trail follows the river upstream through a wide, open valley where the vastness of the Himalayan landscape is on full display. The walk is mostly flat, passing through high-altitude pastures where you may spot Himalayan blue sheep or the elusive snow leopard if you are lucky. As we approach Halji, the path is lined with impressive mani walls and chortens, signaling our arrival at the largest and most important village in the Limi Valley.

By midday, we reach Halji, a village that feels like a living museum of Tibetan culture. The centerpiece of the village is the Rinchening Gompa, a 1,000-year-old monastery that is considered the oldest in the Humla district. The monastery is a masterpiece of ancient Buddhist art, housing exquisite murals, statues, and rare scriptures that have been preserved for a millennium. After establishing our camp, we spend the

afternoon immersed in the spiritual atmosphere of the Gompa and the traditional daily life of the Halji community. Overnight stay at a camp.

▣ **Day 14: Trek from Halji to Jang (3,930 m): Walking Distance | 8 – 10 km | 3 – 4 hours**

Following the Limi River upstream from Halji (3,660 m / 12,008 ft), we continue our journey toward Jang (3,930 m / 12,893 ft), the final and most remote village in the Limi Valley. This segment is a short and pleasant walk, taking approximately 3 to 4 hours and covering 8 – 10 km. The trail offers a serene conclusion to our exploration of the valley's inhabited settlements.

The path meanders through a wide, arid valley, with the shimmering Limi Khola as our constant companion. The landscape is characterized by vast open spaces and towering, barren peaks that create a sense of profound isolation and grandeur. As we approach Jang, the trail passes through high-altitude pastures where local herders graze their yaks, offering a glimpse into the traditional nomadic lifestyle that has sustained these communities for generations.

By midday, we reach Jang, a village that feels like a true outpost at the edge of the world. As the last inhabited settlement in the valley, Jang retains an incredibly authentic and untouched atmosphere. The village is home to an ancient Gompa, beautifully decorated with colorful murals and statues that reflect the deep spiritual heritage of the region. After establishing our camp, we spend the afternoon exploring the stone-built houses and narrow alleys of Jang, soaking in the quiet dignity of a culture that thrives in one of the most remote corners of the Himalayas. Overnight stay at a camp.

▣ **Day 15: Trek from Jang to Talung (4,370 m): Walking Distance | 10 – 12 km | 5 – 6 hours**

Venturing beyond the final settlement of Jang (3,930 m / 12,893 ft), we bid farewell to the inhabited Limi Valley and enter the vast, high-altitude wilderness toward Talung (4,370 m / 14,337 ft). The walk takes approximately 5 to 6 hours, covering 10 – 12 km through a landscape that feels increasingly isolated and grand. This segment is a true transition into the wild, uninhabited heart of the Himalayas.

The trail follows the Takchhe Khola upstream, winding through a wide, arid valley where the only signs of life are the occasional yak caravan or the soaring of a golden eagle. The terrain involves a steady, gradual ascent, with the air growing noticeably thinner as we climb toward the base of the high passes. The landscape is a striking blend of dry, rocky earth and high-alpine meadows, offering unobstructed 360-degree views of the surrounding snow-capped peaks. The sense of solitude here is profound, as we leave all permanent human habitation behind.

By late afternoon, we reach Talung, a serene and beautiful camping ground situated in a wide valley by the river. At 4,370 m, this is one of our highest campsites, serving as the essential staging point for the crossing of the Nyalu La pass the following day. Surrounded by towering, jagged mountains and the vast silence of the high Himalayas, the camp at Talung offers a raw and powerful connection to nature. After establishing our tents, the evening is spent resting and preparing for the final major challenge of the trek, all under a brilliant, unpolluted night sky. Overnight stay at a camp.

□ **Day 16: Trek from Talung to Shinjungma (3,620 m) via Nyalu La (4,940 m):**

Walking Distance | 14 – 16 km | 7 to 8 hours

Pushing off from Talung (4,370 m / 14,337 ft), we embark on the most physically demanding yet spectacular day of the trek as we cross the Nyalu La pass (4,940 m / 16,207 ft) to reach Shinjungma (3,620 m / 11,877 ft). The journey takes approximately 7 to 8 hours, covering 14 – 16 km of high-altitude terrain and dramatic descents.

The morning begins with a rigorous ascent toward the highest point of our trek. The trail climbs through a stark, glacial landscape where the air is thin and the silence is absolute. Reaching the summit of Nyalu La (4,940 m) is a momentous achievement, rewarded with a breathtaking 360-degree panorama of the Himalayas. On clear days, the sacred peaks of Mt. Kailash (6,638 m) and Mt. Saipal (7,031 m) stand majestically on the horizon, offering a view that few people ever witness. The sense of scale and beauty at this altitude is truly humbling.

The descent from the pass is equally stunning, leading us past the turquoise waters of Selma Tso lake (4,630 m). The trail then follows the Sali River as it carves through deep, forested canyons, marking a dramatic return to the greenery of the lower altitudes. The landscape transitions from high-alpine rock and ice to lush forests of birch and pine. By late afternoon, we arrive at Shinjungma, a peaceful campsite nestled in a verdant valley. After the challenges of the high pass, the evening is spent resting amidst the soothing sounds of the river and the rustling trees. Overnight stay at a camp.

□ **Day 17: Trek from Shinjungma to Kermi (2,670 m): Walking Distance | 15 – 17 km | 6 – 7 hours**

Descending from Shinjungma (3,620 m / 11,877 ft), we begin a pleasant journey back toward the lower valleys, reaching the familiar village of Kermi (2,670 m / 8,760 ft). The walk takes approximately 6 to 7 hours, covering 15 – 17 km along a scenic trail that follows the Sali River. This segment offers a relaxing transition as we return to the warmer altitudes and more lush environments.

The trail winds through beautiful forests of birch and pine, with the rushing Sali River as our constant companion. The path is predominantly downhill, leading us through dramatic rocky gorges and past towering cliffs that define the landscape of the upper Humla region. As we descend, the air grows warmer and the vegetation becomes more abundant, providing a stark contrast to the high-altitude wilderness of the previous days. The trail eventually meets the mighty Karnali River once more, signaling our return to the main trekking route.

By late afternoon, we arrive back in Kermi, where the sight of the village's stone houses and terraced fields feels like a warm welcome. One of the greatest rewards of the day is the opportunity to visit the natural hot springs located just outside the village. Soaking in the warm, mineral-rich waters is the perfect way to soothe tired muscles and celebrate the successful completion of the trek's high-altitude segments. After our relaxing bath, we establish our camp for the final night in the field, enjoying the hospitality and peaceful atmosphere of this traditional Buddhist community. Overnight stay at a camp.

□ **Day 18: Trek from Kermi to Simikot (2,950 m): Walking Distance | 18 – 20 km | 6 – 7 hours**

Leaving the peaceful village of Kermi (2,670 m / 8,760 ft), we begin our final day of trekking toward Simikot (2,910 m / 9,547 ft), the administrative center of the Humla district. Covering approximately 18–20 km in 6 to 7 hours, today's trail features a series of gradual ascents and descents as it follows the Karnali River Valley before climbing steadily to Simikot. This rewarding journey offers a fitting conclusion to the trek, combining spectacular mountain scenery with glimpses of traditional village life. The trail winds through pine forests, cultivated terraces, and charming settlements, crossing suspension bridges and passing ancient mani walls and Buddhist chortens that reflect the region's rich cultural heritage. Along the way, breathtaking views of the surrounding hills and distant snow-capped peaks accompany our walk, while the Karnali River continues to carve its dramatic course through the valley below. The final ascent to Simikot is steady but manageable, rewarding trekkers with expansive panoramas over the Humla landscape.

By afternoon, we reach Simikot, a vibrant hilltop town that serves as the gateway to Nepal's remote northwestern Himalayas. Here, modern conveniences blend with traditional mountain culture, marking a comfortable return to civilization after days spent in the wilderness. After checking into our lodge, there is time to relax, explore the bustling local market, or simply reflect on the incredible journey through one of Nepal's most isolated and culturally fascinating trekking regions. Overnight stay at a local lodge.

□ **Day 19: Fly from Simikot to Nepalgunj and connection flight to Kathmandu**

An early morning flight from Simikot (2,910 m / 9,547 ft) takes us back to Nepalgunj, offering one final opportunity to admire the rugged mountains, deep river valleys, and remote landscapes of the Humla region from the air. The scenic flight takes approximately 1 hour, after which we connect with a scheduled domestic flight to Kathmandu (1,400 m / 4,593 ft), lasting about 50–60 minutes. Flight schedules may vary depending on weather conditions, particularly for the Simikot sector, so some flexibility is essential. As the aircraft leaves the isolated highlands behind, the dramatic Himalayan scenery gradually gives way to the subtropical plains of western Nepal before the second flight returns us to the vibrant Kathmandu Valley. Upon arrival in Kathmandu, our trekking adventure officially comes to an end. After transferring to the hotel, the remainder of the day is free to relax, enjoy a hot shower, explore the city's lively streets, or shop for souvenirs in Thamel. In the evening, there is an opportunity to celebrate the successful completion of the remarkable journey through the remote wilderness and rich cultural landscapes of Humla. Overnight stay at a hotel.

□ **Day 20: Farewell and Final Departure**

After an unforgettable journey through the remote landscapes and vibrant cultural heritage of the Humla region, it is time to bid farewell to Nepal. Depending on your international flight schedule, you may have some free time to enjoy a leisurely breakfast, explore the nearby streets, or do some last-minute souvenir shopping before your transfer to the airport.

At the designated time, our representative will accompany you to Tribhuvan International Airport for your final departure. As your flight takes off, you leave with lasting memories of breathtaking Himalayan scenery, ancient monasteries, welcoming mountain communities, and the incredible adventure of trekking through one of Nepal's most isolated regions. We sincerely thank you for traveling with us and hope to welcome you back to Nepal for another Himalayan adventure in the future. Safe travels and farewell!

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Nepalgunj (twin sharing basis) with breakfast
- ☒ Two way flight between Kathmandu to Nepalgunj & Simikot
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / lodge / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Humla Restricted Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.