

Limi Valley Trek - 17 Days

URL: <https://nepalalternativetreks.com/trip/limi-valley-trek/>

Limi Valley Trek Quick Information

Weather

-10°C to 20°C

Duration

17 Days

Difficulty

Moderate

Accommodation

Tented camp/Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Flight/Jeep

Daily Activity

06 hours walk

Religion

Buddhist

Ethnic People

Limey

Region of Nepal

West Nepal

Max Altitude

4000m./13200ft.

Per Person Cost

USD 2450

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Hills, Village, Rivers, Waterfall, Terrace, Mountain

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$2,450.00
Group Of 5 - 8	USD \$2,400.00
Group Of 9 - 12	USD \$2,350.00
Group Of 13 - 18	USD \$2,300.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Limi Valley Trek Overview

The Limi Valley Trek in western Nepal is one of the finest off-the-beaten-path treks. This remote trek follows the ancient salt trading route and offers unique cultural and natural experiences. It was opened to trekkers in 2002 because of its proximity to the Tibetan border. To protect the fragile ecosystem of the Limi Valley, authorities issue only a limited number of permits each year. This restriction keeps visitor numbers low, ensuring the area's flora and fauna remain intact for future generations.

Most of the time, Limi Valley Trek pursues unexplored paths that frequently lead to ancient settlements. The nomadic, genuine way of existence has been frozen in time for a long time. On the Limi Valley Hike, authentic Tibetan culture, with its unique language, traditions, and way of life, is clearly visible. Trekkers can explore living museums at villages like Halji and Gombayok, where they can best view ancient Tibet.

The hike up to Gyuo Kharka, at a height of 5150 meters, is the Limi Valley Trek's primary feature. This offers the chance to see the view that will make you fall in love with nature's splendor. The stunning beauty of the Himalayas, including Saipal (7031m), Byas Rishi, Api, Kanjirowa, Kanti, and the Gorakh Mountains, can be seen from the summit of this pass.

Limi Valley Trek Highlights

- Cross the two breathtaking high mountain passes, Nyalu La at 4995 meters and Nara La at 4620 meters.
- Witness the fantastic views of mountains like Mt. Saipal, Mt. Api, Mt. Kanjirowa, Mt. Byas, Annapurna, Rishi, etc.
- Explore the country's isolated region, experiencing its distinctive lifestyle and unique Tibetan culture.
- Walk along the path that follows the Karnali River as it carves through stunning rock formations.
- The beautiful landscape of Mount Kailash, which sits on the Tibetan Plateau, is truly breathtaking.
- Encounter diverse wildlife and plant life, including blue sheep, snow leopards, jackals, hyenas, musk deer, yaks, wild horses, rhododendrons, edelweiss, and Himalayan blue sheep.
- Relax in the rejuvenating waters of the Chugzur hot springs.

Weather

Best Time For Humla Limi Valley Trek

The best seasons for trekking in the Limi Valley are spring and autumn. During these times, the weather is clear, sunny, and comfortable for walking. The rhododendron bloom in spring makes the trails even prettier. Additionally, because Limi Valley is located in a rain shadow area, trekking during the monsoon season is also possible. Only experienced trekkers visit Humla during monsoon season.

Winter is not an ideal season for this trek as the trails are surrounded by dense snow, making it almost impossible to trek to this region during that time. Additionally, the temperature can drop as low as -20°C during winter.

January

-10°C to -5°C

February

-10°C to -3°C

March

-8°C to 0°C

April

-5°C to 5°C

May

0°C to 10°C

June

5°C to 15°C

July

10°C to 20°C

August

10°C to 20°C

September

5°C to 15°C

October

-3°C to 10°C

November

-8°C to 5°C

December

-10°C to -3°C

Difficulty

What is the level of difficulty for the Limi Valley Trek?

Due to its difficult terrain, high altitude, and steep ascents and descents, the Limi Valley Trek is done in a remote area. It is suggested for seasoned hikers with a high level of physical fitness and endurance.

17 Days Limi Valley Trek Itinerary

Day 1: Fly to Nepalgunj from Kathmandu

Upon landing at Kathmandu's Tribhuvan International Airport, one of our representatives will meet and drive you to your accommodation. Later in the day, you will take a flight to Nepalgunj, located in the country's western lowlands. After the hour-long flight, you will have time to explore the town.

Destination:

45 minutes flight

Accommodation

Lodge in Nepalgunj

Altitude:

(200m./660ft.)

Meals

Lunch, Dinner

Day 2: Fly to Simikot and trek to Dharapuri

After breakfast, you will board a flight to Simikot, the district headquarters of Humla. It is the starting point of the beautiful Limi Valley Trek. During the 45-minute flight, you will be treated to magnificent views of the Himalayas. Upon arrival, your actual trek begins from Simikot to the small settlement of Dharapuri, which sits at 2300 meters. You will traverse several suspension bridges and pass through quaint villages.

Destination:

45 minutes flight - 12 km /04
hours walk

Accommodation

Lodge in Dharapuri

Altitude:

(2300m./7590ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Kermi

After breakfast, you'll begin your walk toward Kermi. This trek will take us through charming pine forests and little towns. After trekking along the Karnali River, we will cross it on a suspension bridge and head to Kermi, a little village well-known for its hot springs. You may take in the stunning surroundings when unwinding in the hot springs.

Destination:

14km./05 hours walk

Accommodation

Tented camp at Kermi

Altitude:

(2870m./9471ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Yalbung

During today's excursion, you may encounter a few challenging hills along the trail. However, your efforts will be rewarded with breathtaking views of the mountains as you pass through enchanting woodlands. Your destination for the day is Yalbung, a little settlement at 3060 meters above sea level.

Destination:

15km./05 hours walk

Accommodation

Tented camp at Yalbung

Altitude:

(3060m./10098ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Talkot

After breakfast, you will continue your journey to Talkot. The trail offers breathtaking views of the mountains as you pass through lovely valleys. You will arrive at Talkot, a little settlement situated at a height of 3073 meters.

Destination:

15km./05 hours walk

Accommodation

Tented camp at Talkot

Altitude:

(3073m./10140ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Yari

Today's hike presents a bit more challenge as you ascend the 4620-meter-high Nara La Pass. The terrain is hilly, requiring a certain level of physical fitness. Yet, the breathtaking vistas of the Mountains and the nearby valleys make the effort worthwhile. Your today's destination is the little settlement of Yari, situated at 3663 meters above sea level.

Destination:

16km./06 hours walk

Accommodation

Tented camp at Yari

Altitude:

(3663m./12087ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Hilsa via Nara La Pass

After a brief journey today, you will arrive at Hilsa, a small settlement situated at an altitude of 3700 meters. Along the trail, you will be treated to breathtaking views of the mountains as you pass through picturesque valleys. You will also traverse the Nara La Pass, towering at 4620 meters.

Destination:

18km./06 hours walk

Accommodation

Tented camp at Hilsa

Altitude:

(3700m./12210ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Manepeme

You will go off on your trip toward Manepeme after breakfast. The trail offers breathtaking views of the mountains while you pass through lovely valleys. You will arrive at the little community of Manepeme, which is 3990 meters above sea level.

Destination:

14km./05 hours walk

Accommodation

Tented camp at Manepeme

Altitude:

(3990m./13167ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Manepeme to Til

After a brief journey today, you will arrive in Til, a little community at a height of 4000 meters. The trail offers breathtaking views of the mountains while you pass through lovely valleys.

Destination:

15km./06 hours walk

Accommodation

Tented camp at Til

Altitude:

(4000m./13200ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Rest day in Til

Today is a rest day. You can explore the village and surrounding areas, interact with the locals, and learn about their culture and traditions.

Destination:

Excursion around

Accommodation

Tented camp at Til

Altitude:

(4000m./13200ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Tatopani via Halji

After leaving Til, we'll cross a little river to go to Halji hamlet, a stunning old monastery. It is one of the oldest monasteries in the Humla region and features stunning statues and murals. We'll hike on to Tatopani after touring the monastery. We will pass lovely waterfalls, prayer flags, and breathtaking mountain vistas on the route.

Destination:

14km./05 hours walk

Accommodation

Lodge in Tatopani

Altitude:

(3670m./12111ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Talung

We will trek today to reach the Talung village along the Limi River. It is a little, picturesque settlement that is both distant and composed of stone and wood. We will also travel through a little gorge surrounded by high rocks on both sides. Although the trip is somewhat difficult, the breathtaking scenery will make it all worthwhile.

Destination:

14km./05 hours walk

Accommodation

Camping at Limi River

Altitude:

(4370m./14421ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Trek to Shinjungma

Today's hike will take us through alpine meadows and heavily forested areas. We will cross several small streams through the Shey Phoksundo National Park. Wildlife that we might see includes musk deer, blue sheep, and snow leopards. We will spend the night at Shinjungma hamlet, which is located in a lovely valley and offers a stunning view of the mountains.

Destination:

16km./06 hours walk

Accommodation

Tented camp in Shinjungma
hamlet

Altitude:

(3620m./11946ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: Trek to Kermi

We will return to Kermi village today, where we can unwind and recover. We can plunge in the naturally hot water and enjoy the hot springs. We can go to the village and talk to the residents there to learn about their culture and way of life.

Destination:	Accommodation	Altitude:
14km./05 hours walk	Tented camp at Kermi village	(2670m./8811ft.)

Meals

Breakfast, Lunch, Dinner

day 15: Trek to Dharapuri

After leaving Kermi, we will hike through lovely woodlands and terraced farms to Dharapuri. We will also traverse a number of suspension bridges over rivers. Because the hike will be straightforward, we can take our time and savor the stunning views along the way.

Destination:	Accommodation	Altitude:
14km./05 hours walk	Tented cmap at Dharapuri	(2300m./7590ft.)

Meals

Breakfast, Lunch, Dinner

Day 16: Trek to Simikot

Today, we will hike to Simikot, the district of Humla's administrative hub. A suspension bridge will be used to cross the Karnali River after some tiny communities. When we get there, we will check into a guesthouse in Simikot, where we can take hot showers and eat hearty meals.

Destination:	Accommodation	Altitude:
16km./06 hours walk	Guesthouse at Simikot	(2950m./9735ft.)

Meals

Breakfast, Lunch, Dinner

Day 17: Fly to Nepalgunj and connection fly to Kathmandu

Today, we will fly from Simikot to Nepalgunj and then back to Kathmandu. We will have the chance to reflect on our incredible journey to Limi Valley and the priceless memories we have created. After we return to Kathmandu, we will be transferred to our hotel so that we may rest or explore the beautiful Kathmandu Valley.

Destination:

30 minutes flight to Nepalgunj/
45 minutes flight to Kathmandu
45 minutes flight to Kathmandu

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

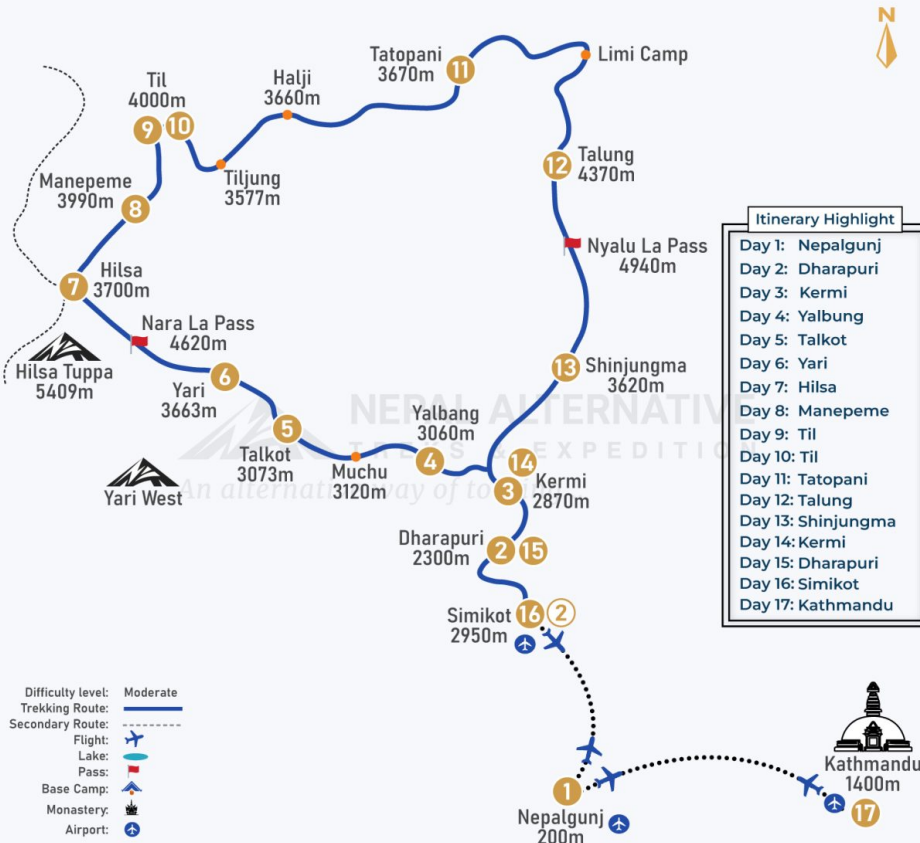
What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu.
- All meals (Breakfast, Lunch, Dinner with tea/coffee) during the trip.
- All camping gear and kitchen utensils during the trek
- One experienced, first aid trained, fluent English speaking, local language speaking, friendly and government authorized trekking guide, a cook, kitchen helpers
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Kathmandu - Nepalgunj - Simikot and return flights with airport taxes.
- All necessary Limi Valley Trekking permits.
- Guide and staff's food, accommodation, salary and insurance etc .
- Government tax, vat and office service charges.
- Public liability insurance etc.

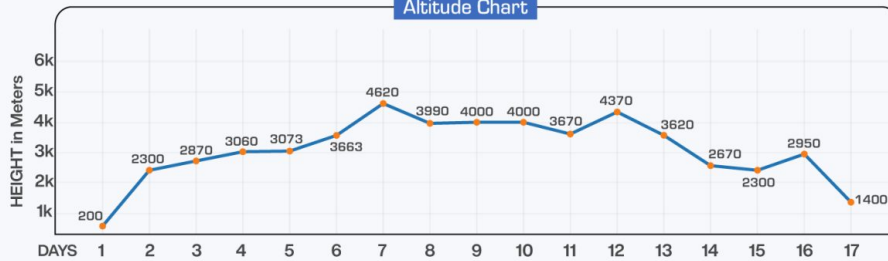
What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, hot shower, hot water, battery charge, laundry, phone bill, bar bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and staff .(Highly suggested).

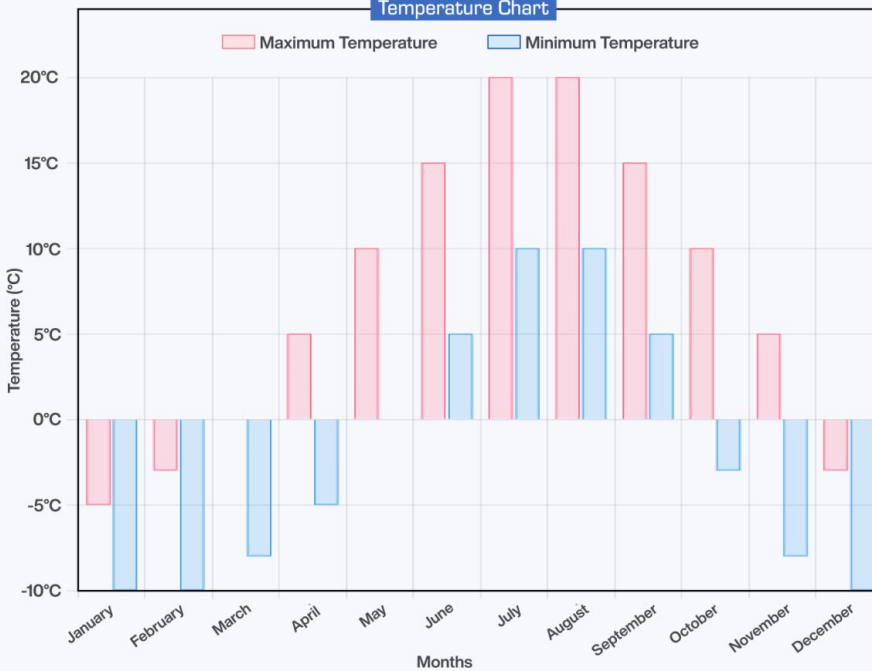
Limi Valley Trek Route Map



Altitude Chart



Temperature Chart



Additional Trip Information

Where is Limi Valley Located?

The Limi Valley is in the northwest part of Nepal's Humla District. It's a high-altitude valley that borders Nepal and Tibet to the north. The Limi River drains it, a tributary of the Humla Karnali River. The Limi Valley is drained by the Limi River, which flows into the Humla Karnali River. This valley has just three villages: Dzang, Halji, and Til.

These villages are situated at different heights—Dzang is at 3,920m, Halji at 3,700m, and Til at 4,100m above sea level. To reach the Limi Valley, travelers first journey to Simikot, the headquarters of Humla District.

You can reach the Limi Valley from Simikot using two different paths. One route starts by following the Humla Karnali River from Simikot to Hilsa then crossing the river. From there, you ascend the eastern trail to Limi Valley, entering near Til village. This route typically takes 5-7 days to traverse. The other route also starts by following the Humla Karnali River upstream but diverges north at the confluence of the Salli Khola and Humla Karnali rivers. This path takes you over the 4,995m high Nyalu Lagna pass.

Then, it goes into Talung Valley. After a day's walk, it reaches Limi Valley near Takche, east of Dzang village. Walking this route generally takes 4-5 days.

Can Beginner Trek to Limi Valley?

It's an ideal spot for those looking for a unique and exciting experience. Yes, a beginner with a strong willpower and a decent fitness can easily overcome this trek. Even though the trek will take numerous days, the majestic views motivate you to keep going. Acclimatization is a must in these cases, as you will be trekking above 5000 meters.

Accommodation and Meal During Limi valley Trek

The Humla Limi Valley trek is one of the least explored regions of Nepal, and it has a very low population. This trek requires total camping as no teahouses or a variety of food options are available. Only a few teahouses in Simikot and some other places provide necessary supplies.

High-quality tents and the kitchen, dining, sleeping, and toilets are provided for accommodation. Essentials like a gas stove for cooking, necessary utensils, towels, hand wash soaps, toilet paper, and dining chairs and tables are also included.

Since there are no teahouses along the trail, you'll enjoy preparing food with the provided cook. Besides tented camps, rest days are spent in the best available hotels with maximum facilities. Meals include the staple Nepali diet of dal-bhat, vegetable curry, soups, eggs, bread, jam, porridge, herbal tea, ginger tea, coffee, noodles, seasonal vegetables, and salads.

Frequently Asked Questions

What is the highest altitude on the Limi Valley Circuit route?

The Nara La Pass, which rises 4,620 meters above sea level, is the highest point on the Limi Valley Trek. Apart from this, the three settlements—Dzang at 3,920m, Halji at 3,700m, and Til at 4,100m above sea level—offer diverse perspectives of the region's altitude variations.

Is altitude sickness a concern on the Limi Valley Trek?

On the Limi Valley circuit Trek, altitude sickness can be a risk. It's crucial to properly acclimatize by ascending gradually and having rest days as needed. Also, if your doctor advises it, you should consume plenty of water, abstain from alcohol and smoking, and take altitude sickness medication.

Do I need a permit to go on the Limi Valley Trek?

Yes, a permit is required to participate in the Limi Valley Trek. A Restricted Area Permit and a TIMS card is required. It can be obtained in Kathmandu from the Nepal Tourism Board or any other trekking agencies.

What is the cost of the permits for the Limi Valley Trek?

On the Humla Limi Valley Trek, permits cost about USD 50 per person per day. Additionally, you must obtain a TIMS card, which costs NPR 2000.

Is it possible to do the Limi Valley Trek independently, or do I need a guide?

Although it is feasible to do the Limi Valley Trek alone, it is advised not to do so for your own safety and convenience. This trek is different as it is a restricted area where very few tourists are permitted to trek. A guide can offer knowledge about the region and its culture, assist with navigation, and facilitate communication with locals.

What should I pack for the Limi Valley Circuit trek?

You should bring walking boots, a sleeping bag, a first aid kit, a headlamp, warm, waterproof clothing, and other trekking equipment. Essential items to pack include extra layers for warmth, a water bottle to stay hydrated, sunscreen, sunglasses, a hat for sun protection, and a sturdy backpack to carry your belongings. Having cash on hand for personal costs and tipping your guide and porter is also advised.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early

departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can

participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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