

Limi Valley Trekking

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

Duration

17

Difficulty

Moderate

Highlights

- Enjoy the ultimate trekking experience in the himalayas of Nepal.
- Have a taste of local cuisine and foods during your stay at the comfortable tea houses.
- Visit villages like Halji and Gombayok which will help you experience the ancient tibetan cultures.
- During your visit one will get to experience and view the Byas Rishi, Api, Kanjirowa, Kanti, and the Gorakh Mountains.

Trip Overview

Most of the time, Limi Valley Treks pursues the unexplored paths that frequently lead to ancient settlements. Where the nomadic, genuine way of existence has been frozen in time since long ago. On the Limi Valley Hike, authentic Tibetan culture with its unique language, traditions, and way of life are clearly visible. At villages like Halji and Gombayok, trekkers can explore living museums. where they could 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.

The Himalayan Peaks of Tibet, which include the holy peak, Mt. Kailash, and Gorlamdanda, are where the beauty of nature continues to extend from this location. A beautiful view to take in from the acme is Lake Mansarovar, which is located at the base Mount Kailash.

You get the chance to observe rare and endangered plant and animal species by trekking to Limi Valley. If you're lucky, you might see any of the trek's hundreds of herb and animal species, including blue

sheep, wild horses, and snow leopards.

In spite of all the hardships the residents of Limi Valley have faced for decades, life looks easy on this intriguing journey, an unconventional camping trek in far-western Nepal.

Background

If you wish to hike Nepal's most inaccessible and rarely traveled routes. The Limi Valley Trek may be the one that most appeals to you in terms of cultural diversity. Trek through the village of Limi via the paths that border the Karnali River. Trekkers can enjoy a variety of magnificent features provided by the longest River in Nepal.

About Us

Nepal alternative treks is one of the best trekking and travelling agency in Nepal. With thousand of happy visitors visiting to the beautiful locations of Nepal. We are known for providing some of the best services to our costumers.

Therefore, your Limi Valley trekking with the Nepal Alternative Treks can be a memorable journey for lifetime. We provide the best accommodation and camping facilities with some of the best trekking and travelling guide who will guide you to your journey. Moreover, these guides will help you in some of the tough times during your trek to the Lumi Valley.

Day-to-day-Itinerary

Day 1: Fly to Nepalgunj

You will be met by one of our representatives when you land at Kathmandu's Tribhuvan International Airport and driven to your accommodation. You will take a flight to Nepalgunj, which is in the country's western lowlands, later in the day. You will have some time to explore the town after the hour-long flight.

Accommodation	Altitude:
Luxury Lodge in Nepalgunj	(200m)

Day 2: Fly to Simikot and trek to Dharapuri

You will fly to Simikot, the beginning location of the Limi Valley Trek, after breakfast. During the about 45-minute flight, the Himalayas will be seen to you in all their magnificence. You will begin your hike from Simikot to the little settlement of Dharapuri, which is situated at a height of 2300 meters. During the trip, you'll pass across a few suspension bridges and tiny towns.

Accommodation

luxury Lodge in Dharapuri

Altitude:

(2300m)

Day 3: Trek to Kermi

You'll begin your walk toward Kermi after breakfast. The walk travels by charming pine forests and little towns. You will go to Kermi, a little village well-known for its hot springs, after crossing the Karnali River on a suspension bridge. When unwinding in the hot springs, you may take in the stunning surroundings.

Accommodation

Teahouse at Kermi

Altitude:

(2870m)

Day 4: Trek to Yalbung

You may need to tackle a few tough hills during today's excursion. The trail offers breathtaking views of the Mountains while passing through lovely woodlands. You will arrive in Yalbung, a little settlement 3060 meters above sea level.

Accommodation

Camping at Yalbung

Altitude:

3060m)

Day 5: Trek to Talkot

You will continue your journey to Talkot after breakfast. The trail offers breathtaking views of the Mountains while passing through lovely valleys. You will arrive to Talkot, a little settlement at a height of 3073 meters.

Accommodation

Teahouse at Talkot

Altitude:

(3073m)

Day 6: Trek to Yari

The hike today is a little more difficult because you have to pass the 4620-meter-high Nara La Pass. Since the terrain is hilly, some amount of physical fitness is required. Yet, the breathtaking vistas of the Mountains and the nearby valleys make the effort worthwhile. You will arrive at the little settlement of Yari, which is 3663 meters above sea level.

Accommodation

Camping at Yari

Day 7: Trek to Hilsa via Nara La Pass

You will arrive at Hilsa, a little settlement situated at a height of 3700 meters, after a brief journey today. The trail offers breathtaking views of the Mountains while passing through lovely valleys. The Nara La Pass, which is situated at a height of 4620 meters, will be crossed.

Accommodation	Altitude:
Homestay at Nara La Pass	(3700m)
	(4620m)

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 passing through lovely valleys. You will arrive at the little community of Manepeme, which is 3990 meters above sea level.

Accommodation	Altitude:
Homestay at Manepeme	(3990m)

Day 9: Manepeme to Til

You will arrive in Til, a little community at a height of 4000 meters, after a brief journey today. The trail offers breathtaking views of the Mountains while passing through lovely valleys.

Accommodation	Altitude:
Teahouse at Til	(4000m)

Day 10: Rest day in Til

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

Accommodation	Altitude:
Teahouse at Til	(4000m)

Day 11: Trek to Tatopani via Halji

After leaving Til, we'll cross a little river to go to Halji hamlet, where there is 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.

Accommodation	Altitude:
Luxury Lodge in Tatopani	(3950m)/ (3670m)

Day 12: Trek to Talung

We will hike today to Talung village, which is located 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 that is surrounded on both sides by high rocks. Although the trip is somewhat difficult, the breathtaking scenery will make it all worthwhile.

Accommodation	Altitude:
Camping at Limi River	(4370m)

Day 13: Trek to Shinjungma

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

Accommodation	Altitude:
Luxury Lodge in Shinjungma hamlet	(3620m)

Day 14: Trek to Kermi

We will make the walk back to Kermi village today, where we can unwind and recover. We can take a 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 particular culture and way of life.

Accommodation	Altitude:
Teahouse at Kermi village	(2670m)

day 15: Trek to Dharapuri

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

Accommodation

Teahouse at Dharapuri

Altitude:

(2300m)

Day 16: Trek to Simikot

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

Accommodation

Guesthouse at Simikot

Altitude:

(2950m)

Day 17: Fly to Nepalgunj and to Kathmandu

We will fly from Simikot to Nepalgunj and then on to Kathmandu today. We will have the chance to think back on our incredible journey to Limi Valley and the priceless memories we have created along the way. After we arrive in Kathmandu, we will be transferred to our hotel so that we may rest and unwind before continuing on with our trip.

Accommodation

Luxury Hotel in Kathmandu

Frequently Asked Questions

What is the best time of year to go on the Limi Valley Trek?

From late April to early October is the ideal time to take the Limi Valley Trek. The climate is often moderate and clear during these months, with consistent temperatures and little precipitation.

What is the highest altitude on the Limi Valley Trek?

The Nara La Pass, which rises 4,620 meters above sea level, is the highest point on the Limi Valley Trek.

Is altitude sickness a concern on the Limi Valley Trek?

On the Limi Valley 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 smokes, and take altitude sickness medication.

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.

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 must be obtained in Kathmandu from the Nepal Tourism Board.

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

On the Limi Valley Trek, the permits cost about USD 50 per person per day.

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 to do so for your own safety and convenience. A guide can offer knowledge about the region and its culture, assist with navigation, and facilitate communication with locals.

What kind of accommodation is available on the Limi Valley Trek?

The lodging options on the Limi Valley Trek are modest and straightforward, with teahouses and lodges providing straightforward rooms with communal toilets. You must bring your own sleeping bag and hiking supplies.

What kind of food is available on the Limi Valley Trek?

The majority of the food served on the Limi Valley Trek is Nepalese and Tibetan fare, including straightforward dishes like momos, noodle soup, and dal bhat (rice, lentils, and veggies) (dumplings). There are both vegetarian and non-vegetarian options.

What should I pack for the Limi Valley Trek?

You should bring walking boots, a sleeping bag, a first aid kit, a headlamp, warm, waterproof clothing, and other required trekking equipment. Having cash on hand for personal costs and tipping your guide and porter is also advised.

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