

Limi Valley Trek

Standard Itinerary

Limi Valley Trek Itinerary:

Day 01: Kathmandu

Arrival at Kathmandu, Tribhuvan International Airport 1,310m assist by Himalayan Nepal Trek staff and welcome you transfer to hotel, BB plan

Day 02: Kathmandu

Trip arrangements, meeting with staff, and sightseeing (UNESCO World Heritage Site) overnight at hotel BB plan.

Day 03: Nepalgunj

Flight from Kathmandu to Nepalgunj 165m 55 minutes. Overnight at hotel.

Day 04: Simikot

Flight from Nepalgunj to Simikot 2950m 40 minutes and trek preparation. Overnight at Lodge.

Day 05: Dharmapuri

Trek to Dharapuri 2300m 4 hours. Overnight tent.

Day 06: Kermi

Trek from Dharmapuri to Kermi 2670m 4 hours. Overnight tent.

Day 07: Yalbang

Trek to Yalbang 3020m 5 hours. Overnight tent.

Day 08: Muchu

Trek to Muchu 3120m 4 hours or Tumkot 3380m 5 hours. Overnight tent.

Day 09: Yari

Trek to Yari 3700m 4 hours. Or to Thado Dunga 3750m 5 hours. Overnight tent.

Day 10: Hilsa

Trek to Hilsa 3720m across the Nara La Pass 4620m 7 hours. Overnight tent.

Day 11: Manepeme

Trek to Manepeme 3900m 5 hours. Overnight at tent.

Day 12: Til

Trek to Til 4000m 6 hours. Overnight at tent.

Day 13: Halji

Trek to Halji 3660m 3 hours. Overnight at tent.

Day 14: Jang

Trek to Jang 3930m 4 hours. Overnight tent.

Day 15: Talung

Trek to Talung 4370m 8 hours. Overnight tent.

Day 16: Shinjungma

Trek to Shinjungma 3620m across the Nyalu La Pass 4940m 8 hours. Overnight tent.

Day 17: Kermi

Trek to Kermi 2670m 7 hours. Overnight at tent.

Day 18: Simikot

Trek to Simikot 2950m 6 hours. Overnight at tent.

Day 19: Nepalgunj

Flight to Nepalgunj 165m and Kathmandu 1310m same day transfer to hotel evening farewell dinner in Nepali cultural dance restaurant overnight hotel on BB plan.

Day 20: Departure

Departure from Kathmandu to your onward destination our representative will drop you at the airport for your further destination.

Includes and Excludes

Includes

- 6 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night Hotel in Nepalgunj diner and breakfast plan.
- Sightseeing world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Domestic flight from Kathmandu to Nepalgunj/Simikot/Nepalgunj/Kathmandu.
- Staff transportation Kathmandu /Simikot /Kathmandu.
- Twin-sharing accommodation during the trek (according to programs Tent/Tea house/lodge).
- All camping equipment's two-man tent north face kitchen tent dining tent toilet tent chair mattress kitchen equipment including kitchen and camping staff etc.
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porters during the trek.
- All Government local tax Rara National Park entry permit and TIMS card).
- Humla Limi and Muchu Village restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.

- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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