



## Humla Valley Trek



### Introduction

Humla is the most remote and one of the poorest districts of Nepal. One of the most culturally fascinating places in all of Nepal, a cultural tapestry woven from ancient Khasa kingdoms, ancestors of the grand Zhangzhung kingdom of the north, with Rajput and Thakuri blended into the mix. There are few tourists, and those you meet will most likely be headed to the border town of Hilsa, a stepping-stone to Mount Kailash in Tibet. From the district capital of Simikot, spread across a ridge at 2900m, the Great Himalaya Trail follows the old salt trading route to Tibet. The trail threads along towering green cliffs above the roaring Karnali which is the longest river of Nepal. You'll pass clusters of flat-roofed mud houses, encountering Thakuri women wearing heavy gold and silver jewellery, and Thakuri men leading flocks of long-haired goats up and down the muddy trail to Tibet.

As you approach Hilsa and the northwestern border, the landscape becomes drier, and the context, Buddhist. It's possible to turn southeast into the Limi Valley's only opened to foreigners in 2002. incredible red rockscapes and mediaeval stone villages. Beyond lies a glacial valley below the 5,000m Nyalu pass, with the aquamarine Tshom Tsho Lake providing remarkable contrast with the burnt sienna of the treeless expanses. keeping the number of visitors down only limited permits are issued every year. This is one of the last true wilderness areas, tucked away inside Humla District where century old Buddhist traditions still exist and the people of the north-western part of the district are more like their Tibetan neighbours to the north than their Hindu neighbours in the south-east part of the district. About 85% of the 56,000

people who live in this sparsely populated district are Hindu. Buddhists, some of whom practice polyandry, occupy the highlands. Possible wildlife on view includes marmot, wolves, wild yak, and Himalayan black bears. Of the rare mammals, snow leopards and blue sheep can be encountered in this area.

## Facts

- Altitude: 3613<
- Duration: 10 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: Feb-May, Aug-Oct
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotels/Local Tea House/Tented trek

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Trip Preparation and Sightseeing around Kathmandu: Meal includes:Breakfast/Dinner
- **Day 3** : Fly from Kathmandu-Nepalgunj 55.minutes and transfer to Hotel. Overnight in Nepalgunj. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Fly from Nepaljung- Simikot 60.minutes and Trek to Dharapori 2,684m. 5-6 Hours Tented Camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Trek from Dharapori to Lek Dinga 3,613m. 5-6 Hours. Tented Camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Trek from Lek Dinga to Yakba 2,820m. 3 Hours overnight in Tented Camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Rest and explore Yakba village/valley. Overnight in Tented Camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Trek from Yakba to Camp 5. 3,049m. 5-6 Hours Overnight in Tented Camp. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Trek from Camp 5 to Simikot 3,000m. 4-5 Hours Tea house / Lodge. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Fly from Simikot-Nepalgunj-Kathmandu and transfer to Hotel. Meal includes:Breakfast/Dinner
- **Day 11** : Final Departure. Included meals:Breakfast

**Note:** The above itinerary can be made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have more time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Ziplining in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

## Full Board Service Includes



- Airport Pickup/Drop
- Domestic Airfare Kathmandu-Nepalgunj-Simikot Round trip.
- All Ground Transportation
- All Required restricted Simikot- Hilsa-Limi special Entry permits, ACAP Permit & National park Fees
- Guide and Porter wages and their insurance
- 3 star or same category hotel on BB {Bed & Breakfast} plan in Kathmandu according itinerary
- Accomodation in Nepalgunj with full board of meals.
- Comfortable high quality VE-25 North face tents for members during camping
- Entire necessary High quality Kitchen utilities with Dining, Toilette, Kitchen tent chair/table.
- Company Guarantee for Emergency evacuation (clients are required to have their own traveling Insurance which copied hand over to company)
- All food, kitchen & camping staff and equipment transfers by bus to Nepalgunj and by air to Simikot.
- Required necessary land transportation
- Full board of meals while on trek
- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talkie
- Guide and porters will be insured as required by Nepal government regulation
- Local supporting staff and required necessary Mules and Yaks to carry loads and their wages.

### Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost, **EMAIL US**, we will send you within 24 hours as your requirements.

### Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climb during the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
- 6.



Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.

7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Any meals in Kathmandu other than breakfast, welcome and Farewell dinner.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist).
- International air fare to and from Nepal.
- Nepal Tourist Visa fee.
- Items and expenses of a personal nature.
- Any kind of alcoholic drinks, cold drinks, laundry, phone calls, internet.
- Personal Trekking Equipments like sleeping bags, jackets (can all be hired in KTM)
- Emergency Evacuation (Helicopter Rescue).
- Any costs which arise due to a change of the itinerary, because of landslides, political disturbance, and strikes etc.
- Any other costs whatsoever, that is not mentioned in the cost includes
- Horse renting and additional porters due to natural calamities during the trek.
- Tips for guide, porters, driver

