

# Limi Valley Trek

## Description

The Limi Valley trek is a popular trekking route in Nepal. Located in the remote far-western region of Nepal, the Limi Valley offers stunning landscapes and a unique cultural experience. The trek takes you through remote villages, high mountain passes, and pristine alpine meadows.

The Limi Valley trek is known for its untouched natural beauty and rich Tibetan Buddhist culture. It provides an opportunity to explore the traditional lifestyle of the local people, who have preserved their ancient customs and traditions for generations.

The trek usually starts from Simikot, the district headquarters of Humla, and follows a trail that takes you through picturesque villages like Yalbang, Tumkot, and Halji. You'll pass through scenic landscapes with snow-capped mountains, lush valleys, and crystal-clear rivers.

One of the highlights of the Limi Valley trek is the visit to the ancient monasteries of Halji and Tumkot. These monasteries are considered sacred by the local people and offer a glimpse into the region's religious and cultural heritage.

Due to its remote location, the Limi Valley trek requires a special permit and is best undertaken with a local guide or trekking agency. The trek can take around 15 to 20 days, depending on the specific itinerary and trekking pace.

Overall, the Limi Valley trek is a challenging yet rewarding adventure that allows you to immerse yourself in the untouched beauty of Nepal's far-western region and experience its unique cultural heritage.

## Highlights

- Remote and untouched natural beauty
- Cultural immersion with the Tibetan ethnic group
- Ancient monasteries and religious sites
- Rich biodiversity and rare wildlife
- Challenging high-altitude trekking
- Close proximity to the Nepal-Tibet border
- Off-the-beaten-path experience

## Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1400m	
02	Kathmandu Sightseeing and Preparation		
03	Day 3: Nepalgunj to Simikot & Trek to Dharapuri		
04	Dharapori to Kermi	2,860m/9,383ft	
05	Kermi to Yalbang	3,020m/9,908ft	

Days	Description	Altitude	Hours
06	Yalbang to Tumkot	3,370m/11,056ft	
07	Tumkot to Yari	3,663m/12,018ft	
08	Yari to Hilsa (3,647m/11,965ft) via Nara La Pass	4,620m/15,157ft	
09	Hilsa to Manepeme	3,990m/13,090ft	
10	Manepeme to Til	4,000m/13,123ft	
11	Til to Halji	3,660m/12,008ft	
12	Halji to Jang	3,930m/12,894ft	
13	Jang to Talung	4,370m/14,333ft	
14	Talung to Shinjungma	3,620m/11,874ft	
15	Shinjungma to Kermi	2,860m/9,383ft	
16	Kermi to Simikot	2,910m/9,547ft	
17	Simikot to Nepalgunj and Kathmandu		
18	Departure from Kathmandu		

## Detailed Itinerary