

# Mount Kailash Trek via Limi Valley

Url: <https://www.glorioushimalaya.com/trip/mt-kailash-trek-via-limi-valley/>

**Duration**

29

**Max. Altitude**

5,630m (Dolma La Pass)

**Difficulty**

Strenuous

**Group Size**

2+ pax

**Transport**

Plane, Bus, Jeep, Van

**Meals**

Breakfast, Lunch, Dinner

**Starts At**

Kathmandu

**Ends At**

Kathmandu

**Accommodation**

Hotel, Camping, Guest House

## Overview

Mount Kailash Trek via Limi Valley program can be a bit strenuous and tiring at times because of the long and fatiguing walking duration each day. However, the physical challenge is compensated with unforgettable views of the naturally blessed Himalayan landscapes of Nepal and Tibet if you follow the Mt Kailash trek via Limi valley.

Mount Kailash trek via Limi valley begins from Simikot where we arrive after two flights, one from Kathmandu and the other from Nepalgunj. After the actual trek begins we begin a long journey on foot through Nepal and Tibet, and to the holy Mount Kailash. Our return journey is a pleasant drive through Tibet and into Nepal across the Friendship Bridge, which divides the two nations.

Limi is located western north part of Nepal. Limi valley was an ancient salt trading and pilgrimage route to the border between Nepal and Tibet {China}. Now a day, most of the pilgrims and trading routes used to over Nara La, not to Nyalu La. Limi is far from modern touched and it self's pure Tibetan Buddhism cultural. Limi seems isolated location of Nepal and people are almost unknown about the Government of Nepal. Mt Kailash trek via Limi valley, you will get a chance to see the snow leopard, blue sheep, musk deer, Jackle, Hyenas, and many more wild so far.

Actually, Humla is still off beaten trek destination. Especially, Limi valley is a mythical Shangri-La. In the

Humla region. You will visit a few trekkers in spring and summer and of course, less in Limi valley. There is a marital relationship between western Nepal Humla and Tibet. Limi valley offers fresh spiritual and energetic feeling and an eyeful glorious Himalaya view. Mt Kailash trek via Limi Valley, you need to climb up to 4,990 meters above sea level which pass called Nyalu La.

Check out our fixed itinerary for Mt Kailash Trek via Limi Valley or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## **Itinerary**

### **Day 01: Arrival in Kathmandu 1335m**

You will be warmly welcomed at the airport by our office representative and then you will transfer to the hotel. Our staff will give a brief explanation about the program.

### **Day 02: Leisure day in Kathmandu. (Optional: Sightseeing tour around Kathmandu)**

This day, you will visit many cultural heritages, which includes some of the famous world's heritages like Pashupatinath, Swyambhunath, Kathmandu Durbar Square, Bouddhanath stupa and many more. You can do the shopping for various Nepalese cultural stuff on this day. And Back to the hotel for overnight.

### **Day 03: Flight to Nepalgunj - (150m)**

Today in the evening take flight for Nepalgunj which is about 1 hour and then transfer to your hotel from Nepalgunj airport. Overnight in the hotel on full board meals.

### **Day 04: Early morning flight to Simikot (2910m) and trek to Dharapuri - (2270m) 3 hrs Trek**

Early morning we will take another domestic flight for Simikot/Humla. Simikot is the district headquarter of the Humla. So, our guide will bring you to the airport to depart. Flight duration will be about 50 minutes through stunning and an adventurous above high hills and sometime between hills. After getting off from the aircraft, we move for something to eat to our pre campsite then continue to head our destination Dharapuri, somewhere the field of buckwheat, barley, wheat & potatoes. We ascend at first-hour rocky trail hills of Simikot & then steeply down through blue pine forest, as the second hour but the trail is wide. The last hour walking is almost flat & left down the river is shouting you which called the Karnali river. It is only one that big river in Nepal which following west to east and longest too. Overnight Camping on full board meals.

### **Day 05: Trek to Kermi - (2690m) 5 hrs Trek**

After breakfast, we start our trek for Kermi. We walk today for about four to five hours. Normally, we make a lunch camp at Kermi. We suggest you carry some dry food always with you & do not walk far from your group each other because on the way we meet sometime domestic animals which can push you into the Karnali & it is a cliffy trail. Today we encounter a beautiful waterfall & we do follow the Karnali River. It is a really amazing scenery of the trip. And this day could be a strong sun so far. Late afternoon visits hot spring, about 30 minutes above your camping ground. Overnight at tented camp on full board meals.

### **Day 06: Trek to Chumsa/Salle Khola valley - (3400m) 4 hrs Trek**

While we reach a small pass called Salle to pass then we follow the right side small trail as a flat one. We do not follow the trail which leads down. Afterward, we walk still pine forest and then Rhododendron as well as roots of Rhododendron. Overnight in a tented camp on full board meals.

### **Day 07: Trek to Dharmasala - (4200m) 3 hrs Trek**

It seems short distance but we do have very careful because we are in the area of the potential altitude area. We keep on following the beautiful river which coming from the left valley of Dharamsala. It's a beautiful valley. Overnight in a tented camp on full board meals.

### **Day 08: Trek to Nyalu La pass (4990m) and Talung camp - (4380m) 7 hrs Trek**

Today is one of the hardest days of the trip. We should carry self more enough drinking water & something to eat like dry foods. Our kitchen team provides to everybody some pack lunch to eat on the way somewhere. There are three parts to reach the tp. First, a part is steeply ascended & rocky, afterward visit a beautiful lake, second is slightly flat and the last part again steep. Today, you could have seen a plateau of Tibet and Mt Kailash if weather permitted. From the Nyalu La, 4990m top trail follows descend for about an hour then mostly flat next two hours. It's a marvelous landscape. People grow buckwheat, barley & potatoes. Overnight in a tented camp on full board meals.

### **Day 09: Trek to Jang - (4070m) 4 hrs Trek**

At Takchi, there is two trails, one takes a little shorter but you have to cross the cold river with putting off your shoes and another longer where fixed suspension bridge. It's different about forty minutes in between. From the Takchi village, the trail follows to the Tibet via Mt Garula Mandata but for the foreigner not permitted. If you have flexible time and which already could have arranged itinerary before arranged permits then could have an excursion day here to follow this trail. Today, we trek down to Jang which one of the biggest villages of the Limi valley & path follows so beautiful & calm peace valley with incredible scenery. Overnight in a tented camp on full board meals.

## **Day 10: Trek to Halji - (3670m) 3 hrs Trek**

We follow the same valley to get Halji. It's again a naturally beauty valley & we continue to head to Halji. It is a big village with a centuries-old monastery and farming like barley, wheat, buckwheat & potatoes. Overnight in a tented camp on full board meals.

## **Day 11: Rest day**

Today, after group discussion can move to Til which is not so far. Overnight in a tented camp on full board meals. Or, take part in the cultural program of the Limi valley which on Tibetan way.

## **Day 12: Trek to Til - (3600m) 2 hrs Trek**

It's scenic valley through tress & field & calm southing of the small river. Above the Til, there is also a village where we do not visit but if you are interested to visit this village then climb up to the village but for the night you have to come back to the camp. Today, we could go ahead but lack of water we stop at Til. Our guide could get information about the water and the campsite then could go further which makes no need to stay at Manepeme, go direct to Hilsa. Overnight in a tented camp on full board meals.

## **Day 13: Trek to Manepeme - (3970m) 2 hrs Trek**

Today, we ascend long trail and descend too. It is an amazing landscape and can see the Karnali river. We have to set up our camp under the big rocks at Manememe. Somebody used to sleep under the rocks. Overnight in a tented camp on full board meals.

## **Day 14: Trek to Hilsa border and drive to Purang - (3770m) 3 hrs Trek**

The trail is narrow and cliff, as you have seen below Karnali is so deep. This is why be concentrated while a walk on your path. Our crew from Tibet, waiting for us. Before crossing the border you need to provide some greetings & tipping to the crew who came from Simikot with us. And then drive to Purang for about half an hour. Do not take with you any books, papers, flags, pictures which against China & never try to take pictures around the Chinese officially side, especially military camp so on. Overnight in a tented camp on full board meals.

## **Day 15: Drive to Tirthapuri - (4320m) 3 hrs Trek**

After breakfast, we drive to Tirthapuri via Darchen with a scenery of the Tibetan plateau, Mt Gurla Mandata, Rashkyas Tal {lake}, Manasarovar lake & Mt Kailash. At Tirthapuri, there is a hot spring. Overnight in a tented camp on full board meals.

## **Day 16: Rest day (Optional excursion)**

Today is a rest day, we will wash clothing & if the campground is not clean we do clean, take bath. There is a bathhouse where you need to pay a certain amount. We will visit around Padma Shambhaba caves monasteries & go for Kora. Overnight in a tented camp on full board meals.

## **Day 17: Drive to Darchen - (4670m) 2 hrs Drive**

We drive back to Darchen {foot of the mount Kailash}, Visit around Darchen town & also Tibetan medicine center as well. If possible try to visit above Darchen for acclimatization & beware from the dogs. Overnight in a tented camp on full board meals.

## **Day 18: Trek to Drirapuk and start Kailash Parikrama - (5060m) 5 hrs Trek**

Today, we start Mount Kailash kora from Darchen & certain camping stuffs carried by our supporter truck till Tarpoche tea shop then load on Yaks then start trekking from there our crew also. Overnight in a tented camp on full board meals.

## **Day 19: Trek to Dolma La Pass- (5630m) 3 hrs and to Zutulpuk - (4700m) 3 hrs Trek**

This is the most important day of the Kailash tour. Today we wake up early morning & after breakfast start to win the life timeline. We ascend approximately three hours to the top of the Dolma La Pass 5630 meter above sea level. & next 3 hours {first an hour gradually steeply descend} more to reach the campsite. Overnight in a tented camp on full board meals.

## **Day 20: Trek for 3 hours and drive to Horcho Manasarovar lake - (4582m)**

This is the most important day of the Kailash tour. Today we wake up early morning & after breakfast start to win the life timeline. We ascend approximately three hours to the top of the Dolma La Pass 5630 meter above sea level. & next 3 hours {first an hour gradually steeply descend} more to reach the campsite. Overnight in a tented camp on full board meals.

## **Day 21: Rest day**

After completing 3 days Kailash circuit, we will stay one more night here as a rest day. Overnight in a tented camp on full board meals.

## **Day 22: Drive to Thru Gu Gompa**

From the campsite we start to walk and after walking for about an hour, we visit the Seralung monastery. Still, you can walk the direction of the campsite about an hour more and drive to the camp. It's a half-day

trip. Evening visit to the Trugu Monastery. Overnight in a tented camp on full board meals.

### **Day 23: Drive to Chiu Gompa camp (Visit Gosul Gompa in between)**

Today, we drive till Gosul Gompa and then can start to walk to Chiu gompa about 2/3 hours. Our staff already could have set the camp at Chiu. There is a hot spring where you can take a bath with a certain amount of pay. Overnight in a tented camp on full board meals.

### **Day 24: Rest day**

Leisure Day

### **Day 25: Drive to Dzongba (besides the Brahmaputra) or New Dzongba - (4500m) 5 hrs Drive**

This is the day of returning home. Today, we drive about 5/6 hours along the scenic landscape such as Manesar, Payang & Bhramaputra with high passes above 5200m and behind our right-hand side mountains lies Nepal along the way. Overnight in a tented camp on full board meals.

### **Day 26: Drive to Pilku Tso lake. Optional early morning drive to Zhangmu border) - (4330m) 5 hrs Drive**

We drive along the interesting landscape with some passes. We can stop our Jeeps to take some pictures. We drive via Saga, cross the bridge of Bhrama Putra at Saga & continue drive to Pigutso. There is a lake but before Pigutso we could see one lake which is not Pigutso. This night will be colder than before because of our campsite will be close to Mount Shishapangma 8013m {highest mountain of Tibet}. You can walk to visit the Pigutso lake from the campsite about quarter-hour. If you are decided not to stay at Pigutso then it can be driven to Dzangmu next 3/4 hours. Overnight in a tented camp on full board meals.

### **Day 27: Drive to Zhangmu - (2300m) 4 hrs Drive**

Today, we drive to Dzangmu via Thong la pass above 5100m & massive view of Mount Shishapangma to the right-hand side and front peaks. Some of them lie in Tibet & some in Nepal like peaks of Rolwaling. And road brings you to descend via Milarepa cave before reach to Nyalam 3782m. While descending from Thong la, it's bring you greenery scenery and easy to take a breath. From Nyalam, drives between big hills and follows the Bhote Koshi, its scenic scenery along the way. This evening better to make programmed to tipping to the crew of Tibetan. Overnight in a tented camp on full board meals.

### **Day 28: Drive for 20 minutes up to the Friendship Bridge and head to**

## **Kathmandu**

Today, we are leaving Tibet land. Dzangmu where we stayed for the last night to friendship bridge {border}, we drive about half an hour & our Tibetan guide prepared all necessary custom pass papers & time to say bye to Tibetan friends. Hen after we drive about 5 hours for Kathmandu along with the items of the different kinds of the scenery of the beautiful nature of Nepal. Overnight Hotel on B B plan {Bed & breakfast}.

## **Day 29: Departure to your destination**

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

## **Trip Includes**

- All the airport and hotel shuttle
- All the domestic flights and surface transportation as per the itinerary.
- 3 nights hotel accommodation in Kathmandu city at 3-star hotel inclusive bed and breakfast.
- 1-night hotel accommodation in Nepalgunj city inclusive full board meals.
- All the essential trekking permits of Nepal and Tibet parts and monasteries entry fees.
- China visa fees
- All the essential camping and kitchen equipment such as tents, mattress and kitchen utensil.
- Supporting porters and mules to carry your luggage, camping equipment, and foods.
- Twin sharing tented accommodation during the trip.
- Full board meals with hot tea and coffee during the trek.
- An expert English speaking Nepal trekking guide for Nepal part and Tibetan guide for Tibet part.
- A Comprehensive medical kit box.
- Farewell dinner in a typical Nepali restaurant in Kathmandu.

## **Trip Exclude**

- International airfare
- The helicopter charter cost to Simikot from Nepalgunj, on flight cancellation due to bad weather.
- Expenses of personal nature and any alcoholic and soft drinks.
- Restaurant food bills on the tour, if the clients decide to go to the restaurant during our camping period.
- Guesthouses cost where ever out of the plan
- Nepal re-entry visa fee.
- Riding horse along the trek.
- Extra night hotels in Kathmandu and Nepalgunj than our plan.
- Nepal visa which obtained at the airport on arrival {bring 4 copies passport size picture too}

## Contact Us, Head Office

**Address:**

P.O. Box No. 8349  
Thamel, Kathmandu  
Nepal

**Mobile:** [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

**WhatsApp:** [+977-9813637616](tel:+977-9813637616)

**Email:** [info@glorionshimalaya.com](mailto:info@glorionshimalaya.com)