

Lumba Sumba Pass Trek

Duration: 22 Days

Starts At: Phoomling

Grade: Difficult

Accommodation:
Hotels, Tents

Transport: Plane, Jeep,
Car

Altitude: 4,747m

Ends At: Khandbari

Group Size: Min 2 Pax

Meals: Breakfast, Lunch,
Dinner

Highlights

- Hike towards the Nepal's most newly discovered remote and beautiful trekking trail.
- Panoramic views of the Kanchenjunga, Makalu and Kumbhakarna peaks.
- Visit cultural world Heritage sites in Kathmandu city.
- Encounter the remote places of Nepal and the local livelihood.
- Occasional sightings of the Snow Leopard and Red Panda.

Overview

Lumba Sumba Pass Trek is a recently discovered trekking trail by the Nepal government. The trail, which was announced by the Trekking Agencies Association of Nepal, begins from Phoomling, where we arrive after a 7-hour drive from Bhadrapur. We start trekking from Phoomling and pass through diverse ethnic groups, cultivated land, and animal farms along the Lumba Sumba Pass trek.

Lumba Sumba Pass Trek takes trekkers from Kanchenjunga to the Makalu region via the Lumba Sumba Pass. There are occasional sightings of the Snow Leopard and the Red Panda along the Lumba Sumba Pass trail. The Lumba Sumba Pass, at a height of 5,177 meters above sea level, is the highest point of the Lumba Sumba Pass Trek. The three-week trek ends at Num, from where we drive to Khandbari and then to the Tumlingtar Airport, where the flight to Kathmandu awaits us.

The Lumba Sumba Pass Trek area is rich in flora and fauna, and one can see different birds and wildlife species, including the endangered snow leopard and red panda along the route. There are a number of high mountain lakes in Olangchung Gola. The route goes through two of Nepal's best-preserved protected areas: the Kanchenjunga Conservation Area and the Makalu Barun National Park. Through the route, one can also trek to the base camps of Mt. Kanchenjunga and Mt. Makalu. Similarly, the Tamor and Arun River systems can be other attractions for travelers. These two rivers are the major tributaries of the mighty Saptakoshi River. The route encompasses alpine

grass lands, rocky outcrops, dense temperate and sub-tropical forests, and low river valleys. Apart from natural beauty, trekkers can also explore cultural heritage like monasteries, chhortens, temples and prayer walls. And to add to the flavor, the festivals of different ethnic people living in harmony only serve to make the native culture livelier.

Check out our fixed itinerary for Lumba Sumba Pass Trek or just send us an [email](#) and we'll tailor make an itinerary based on your requirements.

Itinerary

Day 01 : Arrival in Kathmandu

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

Day 02 : Sightseeing in 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 shopping for various Nepalese cultural kinds of stuff on this day. And Back to the hotel for overnight.

Day 03 : Fly from Kathmandu to Bhadrapur and then drive to Phoomling (Tapplejung)

We take you to the domestic airport to get an internal flight across the country to the southeastern part of Nepal. Bhadrapur is located in the tropical Terai region of Nepal. From Bhadrapur, We drive for approximately 6-7 hours through a fascinating landscape of rural fields and small towns which quickly turns into hills as we head north. With every turn, there are magnificent sights of a white snow-capped mountain. At the end of the road, we get a small town of Tapplejung.

Day 04 : Trek to Mithlung (909m)

The first day trek starts from Funling (1777m) – the headquarters of Tapplejung district. Sherpa village is the gateway to this trek. The trek passes through beautiful cardamom fields and Alnus trees (Uttis) until Hangdewa VDC which takes around two and half hours. On the way, there are small tea sops at Asangpati Tole that can be used for alternative accommodation as they provide home stay facilities. From Panisar, the trek is downhill until the suspension bridge that act as a border between Hangdewa VDC and Furumba VDC. A walk of 10 minutes takes us to Pawa Village (1546m) for lunch. After lunch, the trek progresses along the bank of Tamor River to Mitlung – a walk of around two hours. Mitlung is our destination for the day as it has good camping sites. Overnight at tented camp with full board meals.

Day 05 : Trek to Chhirwa (1246m)

The trek passes along the banks of Tamor River on the second day. It is a pleasing walk until Furumba, 40-minute walk from Mitlung. From Furumba, the trail is uphill for

half hour then descends through Ulnus and Schima Wallachian mixed forest to Siwa Bazar (950m) at Linkhim VDC. We can reach Siwa Bazar is a good place for lunch. It is a small market with facilities like drug stores, groceries and a police station. After lunch, the trek runs along the Tamor River until Tawa Village. Tawa Village has a small tea shop. The trek runs uphill from here until we reach the KCAP entrance gate (1300m) at Thiwa Village. From here, the trek gradually descends until Chiruwa- our destination for the day. Chiruwa (1246m) is a small market with a couple of lodges and good camping sites. It is a popular stopover for tourists and locals alike. Overnight at tented camp with full board meals.

Day 06 : Trek to Lelep (1687m)

This day also the trek runs along the mighty Tamor river. At the start of the trek, there are two big stones with religious significance. The trek passes through Ulnus trees passes until we reach a big landslide that takes around half an hour to cross. After a walk of two and a half hours from Chiruwa through beautiful cardamom gardens, we reach Tapethok (1340m) for lunch. It is a small market with some tea shops. There is also a KCAP checkpoint at Tapethok. After lunch, it is a pleasing walk for about an hour until Pembu (1486m). From Pembu, it is an uphill climb for about two and a half hours to Lelep (1687m) our destination for the day. The KCAP headquarters is in Lelep. Similarly, there is a police station, some tea shops, groceries and hotels. Overnight at tented camp with full board meals.

Day 07 : Trek to Illa Danda (2051m)

After breakfast, the trek runs along the bank of Tamor River through dense forest that offers good habitat for different wildlife species. You can see some wild species if you are lucky. We crossed a suspension bridge, it is an uphill climb through pine forest for about half an hour until we reach a monastery. From there, the trek gradually descends after about half an hour and we reach Gowatar (1800m) for lunch. Gowatar is a small settlement with a few houses. Near the village, there is a big stone and it is believed that only the religious people can move them. After a walk of around half-hour from Gowatar, we reach a place that offers spectacular views of two waterfalls about 100 meters tall. A walk of about half an hour from here takes us to Phedi. After crossing Tamor, River, it is an uphill climb for about 40 minutes until we reach a resting place known as Chautaroo in the local dialect. Another 20 minutes walk will take us to our camping site Ela Danda (2051m). The place offers a panoramic view of snowcapped peaks including the small Kasturi Peak and Tamor River. Overnight at tented camp with full board meals.

Day 08 : Trek to Selep Kharka - (2525m)

The walk on the fifth day is pleasing as it passes through Ulnus and Rhododendron forest for about an hour until we reach a suspension bridge. After crossing the suspension bridge, the trek passes through dense bamboo groves. The place is popular among trekkers as the habitat of red Panda. If you are lucky, we might catch a sight of red panda from the trail itself. After a total walk of three and half hours from El Danda, we reach Maguwa (2423m) for lunch; the trail passes through maple and Ulnus forest. There is a big landslide on the way and trekkers must be careful while crossing it. After

a walk of about one and half hour, we reach Selep Kharka (2525m) our destination for the day. Overnight at tented camp with full board meals.

Day 09 : Trek to Olangchung Gola (3208m)

Today trek runs along the bank of Tamor River leading to a place called Jongim (2641m), a flat land surrounded by snow-capped hills, after a walk of about an hour. Another 40 minutes walk through rhododendron forest from Jongim, takes us to a suspension bridge. After an uphill walk of about an hour, we reach Ramite (2685m) for lunch. At Ramite, we can see a mixed forest of Deodar and rhododendron. We see a beautiful waterfall after a walk of about an hour from Ramite. If you are lucky, you might be rewarded with the views of red panda from here. We caught the first glimpse of Olangchung Gola after a walk of around 45 minutes from the waterfall, we finally reach the camping site at Olangchung Gola (3208m) Olangchung Gola is a beautiful Sherpa village with around 45 houses, a 465 years old monastery with a golden manuscript and KCAP office. There is also a sub-health post, a primary school and a border police station at Olangchung Gola. Overnight at tented camp with full board meals.

Day 10 : Trek to Upper Langmale - (3893m)

The trek in the next three days will pass through complete wilderness. However, piles of stones along the way act as signs posts, showing us our direction. The trek passes through pine and rhododendron forests. After a walk of two and a half hours, we reach a place called Jadak (3636m) for lunch. A walk of three hours on snowy track will take us to our camping site at Upper Langmale (3893m). Overnight at tented camp with full board meals.

Day 11 : Trek to Pass camp (4747m)

The eight-day trek can be interesting as snow leopard have been sighted numerous times from this trek. The trek runs along the Tamor River and on the other side of the river lies dense rhododendron forest. After a walk of about three hours, we reach Tangchetar (4203m) for lunch. Another three hours walk after lunch will lead us to our camping site at pass Camp (4747m). Overnight at tented camp with full board meals.

Day 12 : Trek to Chaurikharka (4595m)

This would be the most difficult yet most memorable day of this trek. This day trek will pass through the Lumba Sumpa Peak (5200m). The trek climbs a bit up and again runs down. It is better to take packed lunch, as there are no good camping sites around. After a walk of about four and a half hours from pass camp, we climb the Lumba Sumpa Peak and descend down to Charikharka (4595m) for a night's stay. Overnight at tented camp with full board meals.

Day 13 : Trek to Thudam - (3500m)

The trek is downhill from Chaurikharka as we come back to civilization after a tiring walk for three days. After a walk of about three and a half hours, we came across two roads one to Lyasha in Tibet and the other toward Thudam . We prepared our lunch at this place. A walk of about three hours takes us to Thudam for the night's accommodation.

Thudam (3500m) is a small village with around 30 houses of Sherpa people. Overnight at tented camp with full board meals.

Day 14 : Trek to kharka (2877m)

The eleventh-day trek runs along the banks of Chujung Khola. The trail offers a panoramic view of peaks in the Makalu range. On the way, you see lots of small bushes and bamboo groves-the best habitat for the red panda. If you are lucky, you can see this endangered species. It is better to carry packed lunch, as it is difficult to find drinking water along the trail. After a walk of about six hours from Thudam, we reach Kharka (2877m) for the night's halt. Overnight at tented camp with full board meals.

Day 15 : Trek to Chyamtang - (2229m)

The twelfth day's walk passes through dense rhododendron forest. As there are no villages on the way and also there are numerous side trails. After a walk of about three hours from Kharka, we reach a place called Chaurikharka for lunch. From Chaurikharka, we can clearly see Chyamtang (2229m). Arun River, Ridha Village and the road that leads to Kimathanka. After lunch, the trek is all downhill for about three hours until we reach Arun River. After crossing the suspension bridge over the Arun, the trek is uphill for about an hour until Chyamthang our destination for the day. Chyamthang (2229m) is a small house. Sherpas are the dominant population in the villages.

Day 16 : Trek to Hatiya - (1595m)

The trail on the day passes through the rhododendron forest. The walk is easy as the chirping of birds makes you feel refreshed. The trail is one of the popular places for birding as we are entering Arun Valley that is home to several bird species. A walk of about two and a half hours from Chyamthang takes us to Glimber Village (1585m) for lunch. Gimber Village offers a spectacular view of snowcapped peaks in the Makalu range. From Gimber, the walk is easy and after a trek of about three hours, we reach Hatiya (1595m) for the night's stay. Hatiya- a small village of Bhote people ? is the entry point to the Makalu National Park. Overnight at tented camp with full board meals.

Day 17 : Trek to Gola - (1128m)

The trek on the 14th day runs along the banks of Arun River. After a walk of about two and a half hours from Hatiya, we reach the confluence of the Arun and Barun rivers. After having lunch near the river confluence, the trek progress towards Gola – our destination for the day. A walk of around two and a half hours after lunch takes us to our camping site at Gola. Gola is a very small village with 12 houses. Sherpa, Rai, and Tamang people reside here.

Day 18 : Trek to Hedangna Gadi - (1179m)

The trek passes through paddy fields on the 15th day – a sign that we are at lowlands now. The walk is pleasing as the trail makes a short descent but again makes a short climb. After a walk of about two and a half hours from Gola, we reach Pathibhara (not to be confused with the Pathibhara temple in Taplejung district) for lunch. Pathibhara (1524m) is a small Gurung village with tea shops, groceries and some hotels. The trail after lunch passes through agricultural land and we can find plenty of water sources and

small settlements along the way. We reach Gadhi (1800m) -our destination for the day- after a walk of around three hours from Pathibhara. Gadhi is a place of great historical significance as the Nepali Army fought bravely with the invading the Tibetan Army at this place and chased them away. Gadi is a small village market with a health post, a school and a police station. Overnight at tented camp with full board meals.

Day 19 : Short trek to Num and drive to Khandbari - (1020m)

This is the last day of our trek. A walk of about two and a half hours from Gadi takes us to Num. From Gadi, the trek is about an hour downhill till the Arun River. After crossing the river, an uphill climb of about one and a half hours takes us to the Num village (1572m). As Num is linked with a motorable road, we can take a drive to Khandbari (1022m)- the district headquarters of Sankhuwasabha district. A drive of around 4-5 hrs on dirt road takes us to Khandbari. Overnight at Guesthouse with full board meals.

Day 20 : Flight to Kathmandu from the domestic airport in Tumlingtar

After breakfast, we straight to the airport and fly for Kathmandu. Our office representatives waiting for you at Kathmandu airport and transfer to Hotel for overnight with B/B plan.

Day 21 : Free day in Kathmandu

Today is your free day, You can do shopping for various Nepalese cultural stuff to give as a present to your family or friends. And Back to the hotel for overnight.

Day 22 : 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 transfer as per the itinerary.
- 4 nights of hotel accommodations in Kathmandu including breakfast.
- 1 day Kathmandu sightseeing including city tour guide and private vehicle.
- Essential trekking permits and official paperwork.
- An experienced trekking guide and trekking cook.
- All the required supporting porter to carry foods, camping equipments etc.
- Medical and accidental insurance of all the trekking crews.
- Domestic flight tickets and surface transportation according to the itinerary.
- All the camping equipments such as tents, kitchen utensils etc.
- All the meals (Breakfast / Lunch / Dinner) and hot tea coffee during the trek.
- Camping accommodations during the trek.

- A comprehensive medical kit.

Trip Exclude:

- International flights and Nepal's travel visa.
- Alcoholic beverages, bottled mineral water, soft drinks and snack foods
- Riding horse along the trek
- Entrance fees for Kathmandu sightseeing.
- Helicopter charter and all the extra accommodation on flight cancellation due to bad weather
- Tips to the trekking guide and porters.