

'Limi Circuit Trek 2008'
September 16th - October 15th, 2008

'Limi Circuit Trek 2008'

Trek-to-Explore Limi Valley
September 16th - October 15th, 2008



The Nepal Trust
4 Marina Quay, Lossiemouth,
IV31 6TJ Scotland
Tel: 01343 810358 Fax: 01343 810359
admin@nepaltrust.org Web site: www.nepaltrust.org



BACKGROUND AND TREK ITINERARY

What: Trek-to-Explore Limi Valley

When: September 16th – October 15th 2008

Welcome to another opportunity for both a personal challenge and to support communities in need. This trek starts at Simikot and goes via Hilsa into Limi Valley, which consists out of three villages, notably Til, Halji and Jang. Via Kerma we trek back to Simikot in Humla District. This trek is about being a part of positive change in one of the worlds remotest and ruggedly beautiful yet most impoverished regions in the 'Hidden Himalayas' of North West Nepal.

The Nepal Trust, a pioneer in responsible tourism in the far Western corner of Nepal since 1995, was the first development organisation in this vast region, if not the entire country, to initiate the so-called 'Treks-to-Build Health & Community' programme. This programme aims at a sustainable kind of tourism, whereby travellers, who want to leave more than just their footprints, waste and by-products on a trek, can instead educate and enrich themselves as they are offered the opportunity to get involved hands-on with community-based development projects that are related to health, renewable energy, environmental issues, education, heritage preservation and food security.

We need people who are positive-minded and who want to face a challenge and make a difference in a part of the world that desperately needs it - individuals who can trek and work in a team and as a team. Due to today's modernisation and innovating technologies, we are global citizens in a local setting. Therefore, the world and our trek need the kind of people who have the ability to think and act locally in their own home areas, but also those who can contribute globally.

We will trek to one of Nepal's oldest monasteries which is located in the Limi Valley, the valley that houses the mystical Shangri-La myth; Halji Gompa. Here we do several restoration works in order to preserve one of Nepal's last true jewels in the all but forgotten valleys of the Himalayas in North West Nepal. Our '*Treks to Build Health & Community*' help people in Humla District to help themselves to break out of the cycle of poverty. Your trek team will be supporting the renovation of this important community monastery and also will conduct several works and surveys on micro hydro, solar and health infrastructure along the way. Without health, power and education communities like Halji and thousands of others will find it incredibly difficult to find the necessary motivation let alone resources that make belief in and action for positive change a possibility.

These communities in the deep-end of the Himalayas that have suffered through a decade of a destructive insurgency need the support of a *New Tourism For A New Century* - a tourism that is a part of the solution and not a part of the problem for our world.

- **Click space below for map**



'Limi Circuit Trek 2008'
September 16th – October 15th, 2008

Day 1

Sep 16, Tue Flight (UK) to Kathmandu (Nepal)

Day 2

Sep 17, Wed Arrival at Kathmandu (Nepal)

06:45 am Arrival Kathmandu (Nepal)
NT staff will welcome you at the airport. Take bus to hotel. Shower, rest and relax. Those with a lot of energy can go for a short trip to downtown Thamel (tourist quarter)

19:00 pm Traditional Nepali meal (buffet) on **Nepal Trust**

20:00 pm Meet the rest of NT team & short introduction. Then a good night's sleep

Day 3

Sep 18, Thu Full day Kathmandu

08:00 am Breakfast

09:00 am Board bus to see the sights and sounds of Kathmandu with a walk through Indrachowk to Kathmandu Durbar Square for lunch and afternoon shopping for final trekking equipment if necessary

16:00 pm Return to hotel for rest

17:00 pm Presentation on Nepal Trust and its works

19:00 pm Dinner and a free evening

Day 4

Sep 19, Fri Kathmandu to Nepalgunj

07:00 am Breakfast, brief meeting & pack

08:30 am Stroll around Thamel and shop for final trekking equipment if necessary

12:00 am Lunch at hotel

13:30 pm Time to head for the airport

15:00 pm Board plane to Nepalgunj for 1hr, 15 min flight

16:15 pm Feel the heat at Nepalgunj (we have arrived in the Terai, lowlands) and off to hotel: lots of soft drinks to stay hydrated and relax

19:00 pm Dinner & early bed

Day 5

Sep 20, Sat Nepalgunj to Simikot

05:30 am Early rise, pack & have a quick tea or coffee

06:00 am Leave for Nepalgunj airport

07:30 am Scenic flight to Humla

08:30 am Arrive in Simikot at 2870 meter altitude and feel your lungs getting into action as you walk up to the Nepal Trust Guest House for breakfast. Introduction to the Nepal Trust Guest House staff and health workers. Also meet the local people who will be trained in Mountain Leadership and as cooks on the trek. Spend the day here acclimatising: drink plenty of water and NO BEER!

13:00 pm Lunch and a short walk to loosen up our legs and get the lungs in shape

18:00 pm Small briefing about the next day

19:00 pm Dinner & early bed

'Limi Circuit Trek 2008'
September 16th – October 15th, 2008

Day 6

Sep 21, Sun **The trek starts: Simikot to Dharapori**

05:30 am Wake up call & start packing your bags
06:30 am Breakfast
07:30 am Start trekking for a tough day. First a bit up, then watch your knees as you go down steeply (bisterai, bisterai = slowly, slowly) to the Karnali river. Follow the main trade route up the Karnali River
12:00 am Lunch break on route
16:30 pm Trek onwards and arrive at Dharapori
19:00 pm Dinner and briefing about the next day

In case you're losing trek: Day 7 in Nepal...



Nepal Trust Guest House in Simikot



Viewpoint at Simikot (District H.Q.)

Day 7

Sep 22, Mon **Dharapori to Kermi**

07:00 am Wake up call & start packing your bags
07:30 am Breakfast
08:30 am Start the short trek to Kermi and visit Nepal Trust health post
10:00 am Those who feel like a hot spring bath can go for a splash
13:00 pm Lunch
15:00 pm Visit the Kermi MHP & take a bath in the natural hot springs
18:00 pm Dinner and briefing about the next day

Day 8

Sep 23, Tue **Kermi to Yalbang**

05:30 am Wake up call, start packing your bags & breakfast
Prepare for an easy days walk
Walk up the river valley to the ridge. Go down to Sali River through the beautiful forest and continue to Yangar for camping at Nepal Trust health post. Time enough to visit the Buddhist monastery just above the campground

Day 9

Sep 24, Wed **Yalbang to Tumkot**

05:30 am Wake up call, start packing your bags & breakfast
An easy day walk further up the Karnali River. Pass Yalbang village and cross the river. After Muchu village (2920m), we slowly walk up to Tumkot at 3380m to put up our camp

Day 10

Sep 25, Thu Tumkot to Yari

05:30 am

Wake up call, start packing your bags & breakfast

A slow day up hill, we gain height gradually. This is the big day where the effects of altitude will kick in. We will ascend 600m today and you will notice the air getting thin. Watch the vegetation changing as it gets dryer. We cross the Karnali once more and leave it to the right as the gorge is just too deep to follow. Then we slowly climb up to Yari village (3700m)

Day 11

Sep 26, Fri Yari to Hilsa

05:30 am

Wake up call, start packing your bags & breakfast

for a tough, but rewarding day over the snow-covered Nara-Lagna (4580m). Put on your sunglasses! Beautiful views ahead into Tibet, beautiful views of the Karnali Valley. Let's move slowly and enjoy the scenery! Then carefully down the gravel to Hilsa (3720m), back at the Karnali River, where we will camp just on our side of the border with Tibet

Day 12

Sep 27, Sat Hilsa into the Limi Valley

5:30 am

Wake up call, start packing your bags & breakfast

We take a few steps on Tibetan ground, before we turn back into Nepal. Then it's several switchbacks up and over the ridge (4120m). We have now entered the valley of our destination: the dry valley of Limi. We will pass through Manipeme (3970m) and continue towards the Lamka La (4300m) striking camp on either side of the pass, depending on how people are feeling



Priests in Humla



Lake in Limi Valley

Day 13-15

Sep 28, Sun –

Sep 30, Tue Trek to Til

5:30 am

Wake up call, start packing your bags & breakfast

We start off with more switchbacks and will take several ridges today (we may cross the Lamka Lagna (if not on the previous day). We leave the Karnali as it enters its gorge and we follow a tributary down the hill and then we turn up into a side valley towards Til (3700m).

We visit Til and look at the site of Nepal Trust's micro hydro and solar projects and see whether we can help out the local community with repair/maintenance works.

'Limi Circuit Trek 2008'
September 16th – October 15th, 2008

Day 16

Oct 1, Wed

Til to Halji

07:00 am

Wake up call, start packing your bags & breakfast

We follow the valley floor for around 3 hours to the village of Halji (3670). We visit Nepal trust's health post and the 800-year-old monastery, which Nepal Trust will renovate with support of UNESCO.

12:30 am

Lunch break

19:00 pm

Dinner

Day 17 - 21

Oct 2, Thu -

Painting Monastery & managing Health Post & Micro Hydro

Oct 6, Mon

We visit NT's health post, micro hydro and the monastery. Set up and manage the health post, conduct a health survey, do several works on the micro hydro & paint the monastery. We have a big celebration before we leave



Halji Monastery (Gompa)



Mount Saipal (7031 m)

Day 22

Oct 7, Tue

Halji to Jang, our final destination

7:30 am

Wake up call, start packing your bags & breakfast

We will have a leisurely morning. From there it is an easy 4 hour walk to Jang (3930m), where we will put up our camp to relax

Day 23

Oct 8, Wed

We pick up our trekking rhythm: Jang to Khyungar

05:30 am

Wake up call, start packing & breakfast. We will move steadily today but though it is not steep we will slowly gain altitude and must beware of altitude sickness again. We continue to walk up the valley to the high altitude pastures and camp at Khyungar

Day 24

Oct 9, Thu

Khyungar to Singjungma

05:30 am

Wake up call, start packing your bags & breakfast. Walk up to our highest point: Nyalu-La (4990m). This is a tough climb and we need to go slowly but steadily. From the top of the pass, if people feel strong we can take a short climb to Nyalu peak for fantastic 360 degree views of Humla and into Tibet. From here we can see Mt Kailash and Mt Saipal (7031m). Then it's down hill to Selima Tsho (4570m; lake). Continue steep down hill to Tsongsa, with more beautiful views of Mt. Saipal. Follow the river to our camp at Singjungma (3701m)

'Limi Circuit Trek 2008'
September 16th – October 15th, 2008

Day 25

Oct 10, Fri

Singjungma to Kermi

05:30 am

Wake up call, start packing your bags & breakfast. Today we drop below 3000m for the first time in 3 weeks. It's a pleasant walk through Pine and Birch forests. We follow the river and meet the Karnali again and enjoy a bath in the hot spring of Kermi

Day 26

Oct 11, Sat

Kermi to Simikot

07:00 am

Today we will trek back to Simikot. It's a tough day of around 12 miles and a steep 1000m at the end. The reward however is a hot shower and a comfortable bed in the Nepal Trust Guest House

Day 27

Oct 12, Sun

Flight Simikot to Nepalgunj to Kathmandu

06:00 am

Wake up call & start packing your bags & breakfast. An early morning flight to Nepalgunj, afternoon flight to Kathmandu & check-in at hotel

Day 28

Oct 13, Mon

Full day Kathmandu

07:00 am

Breakfast and an early morning start

08:15 am

Board bus to Swayambhunath & the most important Hindu temple Pashupatinath

12:30 pm

Lunch

19:00 pm

Dinner at hotel



Swayambhunath



Pashupatinath Temple

Time for home -

Day 29

Oct 14, Tue

Flight Kathmandu (Nepal) to UK

It's the final chance to have a lie in, get some last minute shopping and experience the sights and sounds of Kathmandu. We head to the airport in the afternoon

Day 30

Oct 15, Wed

Arrival UK