

Far West Nepal & Limi Valley GHT



COUNTRIES VISITED: NEPAL

TRIP TYPE: Trekking
TRIP GRADE: Strenuous
TRIP STYLE: Camping

TRIP LEADER: International Leader
GROUP SIZE: 5 - 14 people
NEXT DEPARTURE: 31 Oct 2021

Trek along the final section of GHT in Far West Nepal to the border with Tibet.

To be finalised.

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer.

DAY 2: DAY IN KATHMANDU FOR PERMITS

DAY 3: FLY TO NEPALGANJ (150M)

DAY 4: FLY TO JUMLA (3,010M)

DAY 5: BUFFER DAY IN CASE OF ANY DELAYS FLYING TO JUMLA

DAY 6: TREK TO KHALIGAON

DAY 7: TREK TO BULBULE (3,182M)

DAY 8: TREK TO RARA LAKE (3,010M)

DAY 9: TREK TO KARNALI RIVERSIDE CAMP

DAY 10: TREK TO BAM (2,700M)

DAY 11: TREK TO JOGIMARA (3,005M)

DAY 12: TREK TO PIPLAN (1,700M)

DAY 13: TREK TO APSIA LEKH (3,200M)

DAY 14: TREK TO PUNKHA KHOLA

DAY 15: TREK TO RIVER CAMP

DAY 16: TREK TO SIMIKOT

DAY 17: REST DAY/ BUFFER DAY

DAY 18: TREK TO LAGA DINGA

DAY 19: TREK TO LANGDOGD BASE CAMP

DAY 20: TREK TO SHENG JUNGMA

DAY 21: "TREK TO TALUNG (4,380M) AND TO JANG (3,990M) OR CHAGZUR HOT SPRINGS

DAY 22: TREK TO TILJUNG

DAY 23: TREK TO MANIPEME

DAY 24: TREK TO HILSA

DAY 25: DRIVE TO SIMIKOT

DAY 26: BUFFER TREK DAY IN CASE OF ANY DELAYS

DAY 27: FLY TO KATHMANDU VIA NEPALGANJ

DAY 28: DAY IN KATHMANDU (BUFFER)

DAY 29: FLY BACK HOME

DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
31 Oct 2021 to 28 Nov 2021	Adrian Summers	US\$4,595pp	US\$240pp / US\$350pp	5 Left to Guarantee

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
03 Apr 2022 to 01 May 2022	International Leader	US\$4,595pp	US\$240pp / US\$350pp	5 Left to Guarantee
30 Oct 2022 to 27 Nov 2022	International Leader	US\$4,595pp	US\$240pp / US\$350pp	5 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Camping Trek

A TYPICAL DAY ON CAMPING TREK

The day starts with an early morning mug of tea brought to your tent by one of the assistant guides. Before heading over to the mess tent for breakfast you will pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning. After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 6-7pm. After supper the international leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.

Food provided on Camping Trek

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapatis, omelettes and a range of hot drinks. For our camping treks we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Internal Flights

INTERNAL FLIGHTS

British Foreign & Commonwealth Office (“FCO”) travel advice to Nepal states that “STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft.” For their latest advice please take a look at their [Safety & Security section under Air Travel](#).

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal’s air safety profile take a look at [Aviation Safety Network](#).

ACCOMMODATION

HOTEL TIBET IN KATHMANDU



Hotel Tibet is located in Lazimpat next to the Radisson and is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our previous clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city.

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

Notes downloaded on: 14-08-2020

