



## TREKKING ITINERARY

### GHT Humla Nyinba Valley Trek

#### HUMLA

- DAY 1** Flight from Kathmandu to Nepalgunj \*\*
- DAY 2** Flight from Nepalgunj to Simikot (2.980m), walk to Buraunse (3.200m) via Buraunse Gompa (3.430m) - 3 hours walk
- DAY 3** Trek to Nimatang (3.325m) - about 4 hours walk
- DAY 4** Trek to campsite Raling Gompa (3.930m) - about 3,5 to 4 hours walk
- DAY 5** Trek to Bargaun (2.940m) - about 4 hours walk
- DAY 6** Trek to Karpunath (2.106m) - about 3,5 hours walk
- DAY 7** Trek to Simikot (2.980m) - about 5 hours walk
- DAY 8** Flight from Simikot to Nepalgunj to Kathmandu

#### TREKKING TIPS

- TREKKING TIME 8 days
- DIFFICULTY Moderate
- BEST SEASONS Spring & Autumn
- START & FINISH Simikot
- HIGHEST POINT 3.930m, Raling Gompa
- ACCOMMODATION Home stay / Camping
- PERMITS NEEDED None

#### \*\* Flight Kathmandu to Nepalgunj

To get to Humla, you have to fly to Nepalgunj first. Nepalgunj is a steaming hot city in South Western Nepal, in the lowlands of Terai, close to the Indian border (which is just 8 km away). Culturally the area more resembles Indian than upland Nepal. Take a cycle rickshaw for a ride in town. You pass the hustle and bustle of the bazaar and see horse carts full of colourful people going to or coming from the Indian border. The Bageshowri Temple is one of Nepal's most important Hindu temples and is worth a visit as well.

#### CONTACT

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