Humla to Kailash Trek

Nepal, Tibet, China / Tibet Trek | Trekking package



Your journey at a glance

Duration: 27 days

Trip grade: Moderate / Adventurous

Maximum altitude: 5600 m

Best season: October to December and March to May

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 4,800.00 per adult

Accommodation: Deluxe hotels in Kathmandu and on the route as listed; tent camping during trekking.

Transportation: Flights between Kathmandu, Nepalgunj and Simikot; trekking in Humla and Limi Valley; road transport in Tibet and from Kerung to Kathmandu.

Meals: All meals during trekking in Nepal and Tibet, as listed in the itinerary.

Package overview

This trek starts from Simikot, situated at an elevation of 2,910 metres, and climbs towards Nara La Pass (4,530 metres). It makes a loop back to Simikot via Limi Valley and scenic Nyalu La (4,950 metres). This demanding but rewarding trek offers opportunities to meet the friendly villagers of upper Humla and visit monasteries that are 400–1,000 years old, while experiencing a distinctive culture that continues to be practised.
The journey also features the pine-forested Karnali Gorge and views of the Saipal and Nalakankad mountain ranges. The area is described as largely untouched by modern changes and as the present form of the mythical Shangri-La. Travellers fly to Simikot via Nepalgunj, the regional hub of western Nepal.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu and transfer to the hotel. Attend the tour briefing and enjoy a welcome dinner at a Nepali cultural restaurant with Nepali food and cultural dance.

Meals: D
Accommodation: Hotel
Altitude: 1,350 m

Day 2 - Kathmandu sightseeing

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath. After lunch, prepare for trekking.

Meals: B
Accommodation: Hotel

Day 3 - Fly from Kathmandu to Nepalgunj

Transfer to the domestic airport and fly to Nepalgunj. Transfer to the hotel on arrival.

Meals: B, L, D
Accommodation: Hotel
Travel time: About 50 minutes flight

Day 4 - Fly from Nepalgunj to Simikot

Take an early-morning flight to Simikot (2,910 m). Explore Simikot village in the afternoon and acclimatize while enjoying the views.

Meals: B, L, D
Accommodation: Hotel
Altitude: 2,910 m
Travel time: About 40 minutes flight

Day 5 - Trek from Simikot to Dharapori

Begin trekking from Simikot to Dharapori, following the trail for approximately four hours.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 2,300 m
Walking / trekking: About 4 hours

Day 6 - Dharapori to Salli Khola

Trek from Dharapori to Salli Khola. Visit Kirmi Hot Spring on the way.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 2,700 m
Walking / trekking: About 5 hours

Day 7 - Salli Khola to Tumkot

Continue trekking from Salli Khola to Tumkot.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 2,920 m
Walking / trekking: About 5 hours

Day 8 - Tumkot to Yari Village

Trek from Tumkot to Yari Village.

Meals: B, L, D

Accommodation: Tent camp
Altitude: 4,100 m
Walking / trekking: About 5 hours

Day 9 - Yari to Hilsa and drive to Taklakot

Trek from Yari to Hilsa and cross the border. Continue by vehicle to Taklakot (3,800 m). The walking section takes approximately five hours and the drive is about 24 km.

Meals: B, L, D
Accommodation: Hotel
Altitude: 3,800 m
Travel time: About 24 km drive
Walking / trekking: About 5 hours

Day 10 - Drive to Lake Manasarovar

Drive to Lake Manasarovar via Rakshas Lake. Enjoy the views of Mount Kailash and Lake Manasarovar.

Meals: B, L, D
Accommodation: Tent camp beside Lake Manasarovar
Travel time: 78 km / about 2 hours

Day 11 - Lake Manasarovar to Darchen

Drive 30 km to Darchen and transfer to Hotel Himalayan Kailash. After lunch, walk around Darchen and observe Tibetan life.

Meals: B, L, D
Accommodation: Hotel Himalayan Kailash
Altitude: 4,600 m
Travel time: 30 km / about 1 hour

Day 12 - Trek to Dirapuk

Trek 18 km to Dirapuk. Walk to Tarboche, an important centre for Tibetan pilgrims where the Shakadawa Festival is held in May. Enjoy close views of Kailash, continue beside the river and reach Dirapuk for views of the north face.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,800 m

Walking / trekking: About 6 hours

Day 13 - Trek to Zuthulphuk via Dolma La Pass

Trek to Zuthulphuk via Dolma La Pass (5,600 m). This is the main day of the Kailash Parikrama. Walk with pilgrims and visit Ice Lake / Gaurikunda, which has spiritual value for Hindus and Buddhists.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 5,600 m
Walking / trekking: About 5 hours

Day 14 - Trek to Darchen and drive to Taklakot

After breakfast, complete an approximately three-hour easy trek to Darchen. Have lunch and drive for about two hours to Taklakot.

Meals: B, L, D
Accommodation: Hotel Himalayan or similar
Altitude: 4,610 m
Travel time: About 2 hours
Walking / trekking: About 3 hours

Day 15 - Drive to Hilsa and trek to Manipeme

Drive to Hilsa to exit the border area, then trek to Manipeme.

Meals: B, L, D
Accommodation: Tent camp
Walking / trekking: About 4 hours

Day 16 - Manipeme to Til

Trek from Manipeme to Til.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,100 m
Walking / trekking: About 6 hours

Day 17 - Til to Halji

Trek from Til to Halji.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 3,600 m
Walking / trekking: About 6 hours

Day 18 - Halji to Jang Hot Spring

Trek from Halji to Jang Hot Spring.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 3,800 m
Walking / trekking: About 5 hours

Day 19 - Rest day in Limi Valley

Take a rest day to visit Limi Valley and its historical monasteries.

Meals: B, L, D
Accommodation: Tent camp

Day 20 - Jang Hot Spring to Talung

Trek from Jang Hot Spring to Talung.

Meals: B, L, D
Accommodation: Tent camp
Walking / trekking: About 6 hours

Day 21 - Talung to Singjungma via Nyalu La

Trek from Talung to Singjungma over Nyalu La Pass.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,500 m

Notes: The overview separately lists Nyalu La at 4,950 m.

Day 22 - Singjungma to Langdok Base

Trek from Singjungma to Langdok Base.

Meals: B, L, D
Accommodation: Tent camp

Day 23 - Langdok Base to Dhinga Laga

Trek from Langdok Base to Dhinga Laga.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 3,250 m
Walking / trekking: About 6 hours

Day 24 - Dhinga Laga to Simikot

Trek from Dhinga Laga to Simikot.

Meals: B, L, D
Accommodation: Hotel
Walking / trekking: About 5 hours

Day 25 - Fly from Simikot to Kathmandu via Nepalgunj

After breakfast, fly to Nepalgunj and connect with the flight to Kathmandu. Transfer to the hotel and enjoy free time.

Meals: B
Accommodation: Hotel
Travel time: Flights via Nepalgunj

Day 26 - Free day in Kathmandu

Enjoy a free day in Kathmandu. Farewell dinner in the evening.

Meals: B, D
Accommodation: Hotel

Day 27 - Departure from Kathmandu

After breakfast, transfer to the airport for departure. The trip concludes.

Meals: B

What is included

- Arrival and departure transfers.
- Deluxe hotel in Kathmandu on a bed-and-breakfast basis.
- All trekking permits and Restricted Area Special Permit.
- Shuttle flight tickets.
- Trekking equipment.
- Tibet visa and entry permit fees.
- Kailash area entry fee.
- Yak support for luggage in Tibet.
- Horse support for carrying luggage and equipment in Nepal.
- Trekking guide, cook, Sherpas and kitchen helper.
- All meals during trekking in Nepal and Tibet.

What is excluded

- Tips.
- Personal expenses.
- Travel and medical insurance.
- Lunch and dinner in Kathmandu.
- International air tickets.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

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