Detail Itinerary

Limi Valley and Guge Kingdom Kailash Trek Overview

The **Kailash Guge Trekking via Limi Valley** is an extraordinary off-the-beaten-path pilgrimage and cultural expedition. Combining the remote wilderness of Nepal's far-western Humla district with the spiritual grandeur of Mount Kailash and the mysterious ancient ruins of Western Tibet's **Guge Kingdom**, this itinerary offers an unparalleled Trans-Himalayan experience.

Starting with flights from Kathmandu to Simikot (2,910 m) via Nepalgunj, the trek enters the enchanted **Limi Valley**—a hidden high-altitude sanctuary inhabited by the native Bhotia community. Over roughly 9 days, trekkers traverse pristine landscapes and traditional Tibetan settlements including Til (4,100 m), Jang (3,930 m), and Halji (3,700 m), offering exceptional high-altitude acclimatization before crossing into Tibet via the Hilsa border.

Upon entering Tibet, the journey advances toward the holy **Lake Manasarovar** and Mount Kailash (6,714 m), revered by Hindus, Buddhists, Jains, and Bonpos. A major highlight of this expedition is exploring the ancient **Guge Kingdom** in Western Tibet, featuring the historic ruins, cave complexes, and monasteries of **Tsaparang** and **Tholing**, as well as the ancient Zhangzhung (Garuda Valley) region rooted in Bon religion.

Border & Exit Route: Following the sacred Kailash Kora and Guge exploration, the tour proceeds across the Tibetan plateau, crossing high passes such as Thong La with breathtaking views of Mount Shishapangma (8,013 m), and descending toward the reliable **Dzangmu (Zhangmu / Kodari) border** to return to Kathmandu.

With over 27 successful Kailash expeditions, **Nepal Kailash Trekking** customizes this rare journey for travelers seeking a deep blend of spiritual pilgrimage, ancient history, and remote Himalayan trekking. Contact us to tailor your Kailash Guge expedition!

Read more about our latest service feedback at TripAdvisor

Trip Facts

- Trip Duration: 24 days
- Trek Duration: 12
- Trip Cost: 5100
- Primary Activity: Trekking
- Secondary Activity: Tour
- Max. Group Size: 14
- Min. Group Size: 2
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5630m
- Accommodation: tent/guesthouse
- Season: April - Oct
- Other Info: for 2022: Early Bird $ 4350 (until end of Jan. booking). Booking with 05 pax, min 2 pax, $5200 per person. Trip deposit for secure space 25% is non - refundable but can use it for next trip

just for you. Contact us for the final payment.

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport (TIA) 1350m, Kathmandu, overnight Hotel on BB
Arrival in Kathmandu. Pick you up from Airport & transfer to Hotel by our company representative and brief about the program, overnight hotel on Bed and Breakfast

Day 02: Kathmandu O/N Hotel BB
This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan.

Day 03: Kathmandu – Nepalgunj 150m, O/N hotel on full board
Flight from Kathmandu to Nepalgunj in the lowlands approximately 150m near the Indian border, the sometime flight can be in the morning schedule to Nepalgunj. Possibly, on the same day flight to Simikot 2,910 m. If no flight to Simikot on this day, sleep in a hotel in Nepalgunj on full board.

Day 04: Nepalgunj – Simikot 2910m (or Dharapuri **2600} 3 hrs, overnight tented camp**
if you are a morning in Simikot flight about 45 minutes, you already start the day with a trek to Dharapuri. The route takes you on a hill above the village Simikot. Then, it goes steeply down to the Karnali River. The camp will be at a beautiful place on the river at Dharapuri.

If the flight takes late due to bad weather and not enough time to reach to Dharapuri, you stay in Simikot. . There living environment Thakuris, Nepalese Hindus. The most traders and residents of northwest Simikot but Bhotias here migrant Buddhist from Tibet. Simikot is the district headquarters of Humla, the "Wild West" of Nepal. The remote valleys are still traded routes from Tibet. Sheep and mules are Himalayan transport here. So, those animals carrying rice & salt to Nepal, there will be exchanged for salt.

Day 05: Trek to Kermi – upper salle **Khola 3100m 6-7 hrs, overnight tented Camp**
This day will be hot in the sunny day, you see walnut and peach trees line the path that leads along the Karnali River to Kermi and see a beautiful waterfall, Here live primarily Bhotia Buddhists. There is a Selle la pass 2900m which trail leads directly down to sale Khola, but this itinerary brings you right little straight narrow trail through pine forest.

Day 06: Trek to Chongsa **Khola Camp (3600m), overnight tented camp**
step by step ascent up to the Chongsa Khola through the pine forest in the bank of Salle Khola. At the camping spot where the lies junction of two small river/stream {one comes from Seichi la pass 4550 side and another Chumsa Khola, know as a Sale khola}. The valley from the right side trail which follow to Lek Dhika via Seichi la pass and there is already an option to come here above the village Simikot where is the junction on day 04, you walked steeply down to Karnali, but this trail leads you upper flat way for a while with beautiful landscape as well.

Day 07: Trek to the Dharmasala 4200m, Overnight tented camp
Today your trail follows to the left upwards after cross little wooden bridge {a stream} and follow continue beautiful and peace stream till visiting another stream which comes from the right stream then cross it, after this about 15 minutes walk to reach the campsite. This day is the shortest day to walk but already at high altitude you are. Or this day, if everybody is in good condition with the altitude then can ascend to Saliman Tso lake 4600m, make easy for next day.

Day 08: Trek to Nyalu La (4940m) - Talung Tso lake 4370m }, Overnight tented camp
This day is one of the hardest days by ascending to Nyalu La 4940m approximately 3 hrs. from the top, you may see Tibetan platue and after the pass little below from where you may see Mount Kailash and Gurula Mandata in a clear day. There will be brilliant view. And walk down through steep down and gets fine flat to walk to camp.

Day 09: Trek to Jang 4070m, 4hrs, Overnight tented camp
You have to cross a little stream with sharp cold water and a little walk through sandbar then reach to Takchi village which is the first village after Nyalu La pass. There is two trail to follow one is shorter with cross the river again cold water from Himalaya and another is a turnaround with a suspension bridge. It is a really nice walk through the real nature of Nepal in Limi valley. By the way, you may see hot spring this day.

Day 10: Trek to Halji 3660m 4-5 hrs, Overnight tented camp
Gradually the trekking path is brought to down to Halji. It is absolutely great to choose this Limi valley trekking onwards to Kailash. You follow along the river which gives you refreshment your life memories and really peace as well as the bright lonely natural valley. Halji where is you may choose for one of the best photographs for your future memory. Better to have one more night camp here.

Day 11: Trek to Lamaka **pass 4300m 4 - 6 hrs, Overnight tented camp**
off course, it is not finished your Limi valley's nature beauty. Trek to Tila Khola and climb up to campsite 6 hrs, camp at 4000m approximately before the pass Lamaka pass 4300. The day is also the great scenery.

Day 12: Trek to Sera/Hilsa – drive to Purunag 3800m, overnight guesthouse
Trek to Sera via Manepeme by 5 hrs walk, enter the Tibet border, 30 Minutes drive to Purang to Purang (3800 m), The Purang town lies at Karnali River near the border with Nepal and it's also called Taklakot. Also, Purang is connected by the old pilgrimage route across the Lepu Lekh Pass into India. In this market Tibetan wool, sheep, yaks, and a colorful selection of Chinese, Indian and Nepalese goods are traded. Here, an interesting by meeting nomadic Khampa, Nepalese and Chinese. On a hill above the town make you refresh by seen Gombas and snow

Day 13: Drive to Thirthapuri 4500m, Overnight tented camp
You first see the mandala of Mount Kailash from a pass viewpoint after shortly driving across the Tibetan villages from Purang. The links "Mondsee" Rakshas , right, the "Sonnensee" Manasarovar and in the center stands the pyramid of Kailash. Driving continues to Tirthapuri, where Padmasambhava meditated. On this beautiful peace place, still the breath of old Tibet is an alive traditional place of pilgrimage, with hot sulfur springs.

Day 14: Rest day in Tirthapuri, Overnight tented camp
This day is for bathing, relaxing and washing clothes, and time for reflection, with the pilgrims to circumstance a little hill, to meditate.

If you have another program is included then drive through the canyon with packed lunch. It goes into a fascinating journey to Khyunglung near old Bon monasteries called Guru Gem. Here you will find beautiful hot springs, where you may be able to take a bath. Then drive back to the camp in the evening – Tirthapuri camp.

Day 15: Drive to Tsaprang Guge Kingdom 3600m, overnight Tibetan family guesthouse
Drive to Tholing about 3 hours, on the way picturesque spectacular scenery and take a lunch at Tholing restaurant then visit Tholing with its white and red monasteries and drive to Tsaparang overnight at Tibetan family guest house

Day 16: Tsaprang, overnight Tibetan family guesthouse
After breakfast visit the Guge Kingdom with the Morning view in Sutlej valley. The former royal cities of the Kingdom of Guge are located in a spectacular canyon in the Sutlej River, India is not so far from here. Tholing Tsaparang were the most important cities in Tibet during the 11th Century and by 1042 of the scholar Atisha was invited to India by Tholing. Particularly impressive is the amazing murals in the palace and the monasteries are situated on a hilltop landscape. During the ten to twelve century, this was the center of Tibetan culture, which still testifies to the impressive murals. Overnight in Tsaparang

Day 17: Drive to Darchen 4670m, overnight guesthouse
All the way back three and half hour to the main road towards Kailash Darchen. Day trip to Gangda and Sirliung Gompa if the local government allowed. Overnight stay in the Sun Moon Guesthouse opened by Swiss Kailash Hospital.

Day 18: Trek to Derapuk 4900m, Overnight tented camp
You can drive to Tarboche about 30 minutes or start trekking around the holy mountain of Kailash the highlight of the trip is two and half day (51 miles) of the Holy Mount Kailash Kora/circumstance, which is called by the Tibetans and the Hindus Kora or Parikrama for the circumstance. The western valley is with Padmasambhava, the great magician, at Dirapuk gompa at 4900m height. From there, offers a fantastic view on the north side of the Mount Kailash, if you would like to camp close to the Mount Kailash then camp will be approximately 5000m plus.

Day 19: Trek to Dolma La 5630m – camp at before Zutul Phuk**, overnight tented camp**
After cross the wooden bridge little climb takes you the graveyard after Shiva Tsal Vajrayogini, as a symbol of death, pilgrims leave here back a piece of clothing or a little hair as well as money for next time.The Dolma La Pass is situated at 5630m, it is the physical and spiritually the highest point of the Kailash trip via Simikot. The Dolmala pass awaits you with colorful prayer flags. After the pass bellow appears Gauri Kund Lake (Tso Tuksche). Hindus takes bottle of holy water for them

Day 20: Trek to Darchen, drive to Horchu Lake Manasarover **4582m, overnight tented camp**
After visit for the Pooja at Zutrulphuk Monastery, about three hours trekking to the ending point of Kora and time to say good bye to the Yakpas {Yak man} where to pick you up by jeep, 30 minutes drive to Horchu or walk for full kora to Darchen about an hour approximately, camp at Manasarovar Lake side Camp

Day 21: Rest day
This day will be a lazy day after Kailash Kora, washing clothes, drying things and just walk around the lake relaxing.

Day 22: Drive to Thrugu **Gumba, overnight tented camp**
Today, the start of the circumnavigation of Manasarovar lakeYou can walk along the eastern shore to Trugo Gompa about seven to eight hours or alternatively jeep drive partly as you wise. You will have wonderful views of Mount Kailash across the blue Manasarovar Lake like the sky.

Day 23: Drive to Chiu Gumba, overnight tented camp
Along the way either drive or walk with fantastic views along the Gurla Mandata and Mount Kailash. Today, the circumnavigation on about two hours from Gossul to Chiu Gompa or can also drive. Enjoy the serenity of the lake to visit the monastery and the hot springs.

Day 24 Rest day
This rest day can be you need cut if it previously occurred in the Tour delays because of flight cancelation Nepalgunj to Simikot due to bad weather.

Day 25: Zhongba 4500m, overnight tented camp
Drive along the Tsang Po river (Brahmaputra} the tour show you views on the Dolpo, Annapurna and Dhaulagiri massive and on the north side of the Kingdom of Mustang of the Nepal Himalaya ranges.

Day 26: Drive to Zdangmu, Overnight guesthouse
This day scenery will be a lake called Peigu Tso, a large, deep blue lake with views of the Mount Shishapangma 8,000m above the sea level. The day gives you Tibetan plateau and drive via Nyalam through a spectacular gorge down to the border side. Within few hours come from throughTibetan plateau to full oxygen greenery scenery approximately 1100m above sea border side in Dzhangmu.

Day 27: Drive to Kathmandu, Overnight Hotel BB
Drive about 20 minutes down to Friendship Bridge and complete the necessary customs formalities and Crossing the border into Nepal. In Nepal side will be waiting for our border representative with transport for Kathmandu, it takes about four to five hours, depends on the road condition.

Day 28: Free day Kathmandu, overnight hotel BB
Free day for shopping and evening farewell dinner, overnight Hotel

Day 29: Departure
We transfer to airport for your onward destination, Kailash Bless you, have a good journey - the service is finished.

Cost Includes

• All ground transports by private vehicle as per itinerary required

• Kathmandu accommodation inclusive breakfast as per itinerary

• Nepalgunj accommodation/food on full board

• All entry fees as per itinerary {Humla special permit for the first week US $ 50 per person then after one week US $ 7 per person per day and monasteries fees in Nepal and Tibet}

• Present Chinese visa US $ 85 per person (subject to be changed)

• Kathmandu-Nepalgunj Simikot airfare US $ 390 and airport tax {subject to be changed}

• Three times meals (Veg. non-veg)including Lunch, Dinner and breakfast during trek with hot water/tea/coffee

• An English speaking highly experienced friendly and helpful Nepal trekking guide

• An experience cook for camping trek

• Tent, mattress, chair, table and cooking utensils during camping trek

• Camping charge

• Needed mules for luggage in Nepal part and Yak and Yak man for Kailash Kora

• Jeep/van or bus + one supporting truck in Tibet as a group size

• Oxygen cylinder and first aid kit

• Guest house in Tibet as per itinerary

• An English speaking Tibetan guide in Tibet

• Guide, cook, needed Sherpa and porters, their salary/food/accommodation/insurance and required transports

• Rain protection duffel bag for luggage

• Fare well dinner in Kathmandu at the end of the trip

• Company guarantee the rescue services if needed; please hand over your insurance policy copy to us

• Government taxes and office company service charge

Cost Excludes

• International airfare

• Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}

• Helicopter charter to Simikot from Nepalgunj on flight cancelation due to bad weather

• Extra nights Hotel in Nepalgunj on flight cancelation due to bad weather

• Alcoholic beverages, soft drinks bottle of mineral water and snack foods during trekking

• Meals in Kathmandu(Lunch and Dinner)

• Restaurant food bills during camping if out of plan

• Guest house charge in Tibet if out of itinerary

• Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

• Extra porter for the personal day bag pack

• Horse/Yak riding along the trek

• Political disturbance blockade expenses

• Extra cost on natural disaster

• Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

• Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}

• Any other expenses which is not mentioned in the cost include

• Tips to staffs

Note:- 1. Single tent supplement charge will be extra charged { US $ 200 each single tent }

2. Single supplement service not available at any guesthouse during