



● Trekking at a Glance

DURATION

22 Days

MAX ALTITUDE

5100m

BEST TIME

Mar - May & Sep - Nov

ACCOMMODATION

Camping

THE OVERVIEW

The Lumba Sumba Trek is an exciting 22-day journey that explores the stunning landscapes between the Makalu and Kanchenjunga regions in eastern Nepal. The trek takes you through remote Sherpa, Rai, and Limbu villages, providing a unique opportunity to immerse yourself in the rich culture and traditions of these communities. With breathtaking views of the Makalu and Kanchenjunga mountain ranges, and the chance to see wildlife such as snow leopards and red pandas, this trek offers an unforgettable adventure. Starting from Taplejung and ending in Num, the trek takes you through lush forests, alpine meadows, and remote villages, while providing...

01

Arrival at Kathmandu

Arrive in Kathmandu, Nepal's capital. Upon arrival, you'll be transferred to your hotel. After settling in, you can explore the city or take rest to prepare for the upcoming trek.

ALT: 1400m MEAL: Breakfast

02

Fly to Suketar, Trek Taple Chowk

Catch an early morning flight to Suketar and then begin your trek toward Taple Chowk. The trek offers scenic views of the countryside as you pass through lush landscapes and small villages.

ALT: 1,450m HIKE: 4-5 hours MEAL: B, L, D

03

Trek Taple Chowk to Lelep

Continue your trek from Taple Chowk to Lelep. The trail passes through forests and remote hamlets, offering a peaceful environment and stunning natural views.

ALT: 1,700m HIKE: 5-6 hours MEAL: B, L, D

04

Trek Lelep to Aaila Danda

Trek through dense forests, crossing rivers and hills as you make your way to Aaila Danda. The views of the surrounding mountains become more breathtaking as you ascend.

ALT: 2100m HIKE: 5-6 hours MEAL: B, L, D

05

Trek Aaila Danda to Selep Kharka

Today, you will trek through diverse terrain to reach Selep Kharka. Enjoy the picturesque views as you pass through remote landscapes, with a growing view of the higher mountains.

ALT: 2530m HIKE: 5-6 hours MEAL: B, L, D

06

Trek Selep Kharka to Olangchung Gola

The trek continues toward Olangchung Gola, a Sherpa village. The trail offers views of the Makalu range and passes through beautiful forests and terrain.

ALT: 3200m HIKE: 6-7 hours MEAL: B, L, D

07

Acclimatization Day, Visit Olangchung Village

This day is dedicated to acclimatization to the altitude. Take a rest day and explore the local Olangchung village to immerse in the culture and traditions of the Sherpa people.

ALT: 3200m HIKE: 3-4 hours MEAL: B, L, D

08

Trek Olangchung Gola to Langmale

Today, you will trek towards Langmale, located at a higher altitude. The journey offers spectacular views of the surrounding mountains and is a good test for acclimatization.

ALT: 3890m HIKE: 5-6 hours MEAL: B, L, D

09

Trek Langmale to Tangcher

Continue your trek to Tangcher, climbing higher into the mountains. The increasing altitude gives you beautiful panoramic views of the nearby snow-capped peaks.

ALT: 4200m HIKE: 5-6 hours MEAL: B, L, D

10

Trek Tangcher to Phedi

Trek to Phedi, where you'll be closer to the Lumba Sumba Pass. The path is challenging, but you will be rewarded with stunning views and a sense of progress.

ALT: 4500m HIKE: 6 hours MEAL: B, L, D

11

Trek Phedi to Chaunri Kharka, Cross Lumba Sumba Pass

The highlight of this trek: crossing the Lumba Sumba Pass at 5100m. It's a challenging yet rewarding day with breathtaking views of the Himalayas. Reach Chaunri Kharka for your night's rest.

ALT: 5100m HIKE: 7-8 hours MEAL: B, L, D

12

Trek Chaunri Kharka to Thudam

After crossing the pass, descend towards Thudam, passing through remote villages and beautiful landscapes. The lower altitude offers a relaxing atmosphere to continue your journey.

ALT: 3500m HIKE: 5-6 hours MEAL: B, L, D

13

Trek Thudam to Khimbuche, Yak Kharka

Trek further down to Khimbuche, and then proceed to Yak Kharka, a picturesque spot amidst the mountains. The trail is easier and filled with natural beauty.

ALT: 2800m HIKE: 5-6 hours MEAL: B, L, D

14

Trek Yak Kharka to Chyamthang

Continue your descent to Chyamthang, where you will be surrounded by green fields and forests. This day offers a more relaxed trekking experience.

ALT: 2230m HIKE: 5-6 hours MEAL: B, L, D

15

Trek Chyamthang to Hatiya

Trek through the dense forest and along the river to reach Hatiya. It's a calm day with scenic views and a peaceful environment.

ALT: 2100m HIKE: 5-6 hours MEAL: B, L, D

16

Trek Hatiya to Gola

Continue your trek through remote areas towards Gola, passing small villages and rugged landscapes.

ALT: 2000m HIKE: 5-6 hours MEAL: B, L, D

17

Trek Gola to Hedangna

Trek along the beautiful landscapes of Gola to Hedangna, a tranquil area where you can rest and enjoy the views.

ALT: 1850m HIKE: 5-6 hours MEAL: B, L, D

18

Trek Hedangna to Num

Trek through forests and rural areas to Num, where you will complete the main trekking portion of the trip.

ALT: 1560m HIKE: 5-6 hours MEAL: B, L, D

19

Jeep Drive to Tumlingtar, Hotel Stay

Take a jeep ride to Tumlingtar, a town near the airport. After the journey, check in at a hotel for a comfortable stay.

ALT: 800m MEAL: B, L, D

20

Fly to Kathmandu, Hotel Stay

Fly back to Kathmandu and check into a hotel. Enjoy the rest of the day at leisure to relax or explore the city.

ALT: 1400m MEAL: B, L, D

21

Free Day in Kathmandu

Spend your free day exploring the vibrant city of Kathmandu. You can visit historical temples, do some shopping, or relax in the beautiful surroundings.

ALT: 1400m MEAL: Breakfast

22

Departure

On your final day, transfer to the airport for your departure. Bid farewell to Nepal, taking with you unforgettable memories of the Lumba Sumba Trek.

ALT: 1400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Accommodation three standard hotel one twin sharing basis
- Local guide & Support staffs
- Meals in the trek Breakfast /Lunch, Dinner tea coffee A Day
- Small Adventure
- Equipment
- Porter service (2 trekking 1 porter)
- Trekking (TIMS Card)
- First aid box
- All Government and local Taxes
- Makalu barun National Park enter permits
- Pickup and / drop from Airport Hotel private vehicle.
- Farewell group Dinner
- Guide and porter / insurance fee
- Kathmandu Bhadrapur fly – Tumlingtar Kathmandu fly Ticket.

- What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue insurance
- Personal expenses (phone calls, laundry, bar bills, Battery recharge extra.
- Lunch and dinner in Kathmandu
- Tips for Guide, porter and Driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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