

# Numbur Cheese Circuit trek-14 Nights/15 Days

## 3 Star Hotel Package

**3000**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**3500**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Camping Trekking



**Trip Difficulty:** Moderate+2

**Numbur Cheese Circuit trek** is recently Opened tourist area trekking route in the lap of Numbur Chuli. This trek is ideal for those trekkers, who want to escape from the regular tracks and for who wants to touch up with the off beaten trails. Recently Developed This trekking route Ramechhap lies about 190 km east of the capital city of Kathmandu. Trekking the Numbur was introduced as a new trekking destination in order to create employment and to reestablish peace by promoting the tourism potential of the region. This trek Called "**Cheese Circuit**" because of a famous cheese of the region, this trek route is the best choice for those seeking tranquility. Also, this circuit is a community program to discover ethnic groups such as Thami, the Majhi, the Newar, Tamang and Sherpa.

**Numbur Cheese Circuit trek** follows the valley of Likhu Khola up to the remote yak pastures of Ngeju. You also hike and trek through the River Gorge, Glacier Lakes, Rice terraced fields, subtropical jungle and villages of famous Sherpa's. We also visit one of the Nepal's first cheese factories, established in 1957 and the famous monastery Thodung.

DURATION: 15 days

## ITINERARY

### Day 01.: Arrival in Kathmandu (1,350m/4,428ft). Transfer to Hotel by Private comfort Car.

Once you land at Tribhuvan International Airport (TIA), our representatives will kindly receive you and take you to the hotel, in a private car or a high-end tourist bus. After checking in, welcome drinks and short briefing about your trek. Later on you can either explore this vibrant and exciting city on your own or take a cozy rest at your hotel.

### Day 02.: Kathmandu: Sightseeing and Trek Preparation overnight stay at Hotel

Your sightseeing of this ancient city begins at around 9:00am after breakfast. A specialized tour guide and a comfy private vehicle will be available for your assistance. First we will visit the biggest Hindu temple of Nepal, Pashupati Nath, which predates to Lichhavi period. Then, to Boudha Nath, and Swayambhu Nath, shrines of lord Buddha, uniquely built in Stupa style architecture. After the tour, meeting with guide & check the necessary gears buy or rent if required.

**Overnight in Hotel. Included meals: Breakfast**

### Day 03.: Drive from Kathmandu to Shivalaya [1790m/5872ft]: 7-8hours by private land cruiser

The drive will take around eight hours. Early in the morning, after break, from the hotel, we will go on a scenic drive to Shivalaya. Along the ride, you can relish the beautiful view of hills, villages and snowcapped mountains. Shivalaya is the entrance to the Numbur Cheese Circuit, which is located alongside the picturesque Khimti River. Overnight in tented camp/lodge.

**Included meals: Breakfast ,Lunch & Dinner****Day 04:: Trek Shivalaya to Panipakha [3,105m/10187ft]:6 hours overnight stay tented Camp**

Today, the trail moves onward from Shivalaya to Khahare, escalating and dwindling all along the valley side. You will be able to enjoy the view of terraced pastures and falls to go through the river, and then turns sharply up the cliff on the other part. Khahare is a small village populated only in winter, by residents of higher altitude, who move up with their cattle in the summer. We will make lunch break. After lunch, we will travel to Panipakakha, first campsite of our trek, from Shivalaya. It is a temperately plain camping area midst the scattered Chauri sheds and the lofty alpine. We will spend the rest of the evening exploring this beautiful place, observe the dazzling sunset in the mountains and take photographs. Restful night will be spent in one of the tented accommodation. Overnight at tented camp.

**Included meals: Breakfast ,Lunch & Dinner****Day 05:: Trek Panipakha to Maanedanda [3,940m/12,927ft]: 5-6 hours overnight in tented Camp.**

Today the track goes through a tiny Sherpa settlement called Phokte. The path mounts through the majestic rhododendron forests to the summertime fields of Maanedanda. We will fix our tent at Maanedanda, which has a rudimentary cookery shelter and space for shelter tents. On a clear day, the view from here is truly splendid. Overnight at tented camp.

**Included meals: Breakfast ,Lunch & Dinner****Day 06:: Trek Maanedanda to Panch Pokhari [4,515m/ 14,813ft] 4-5 hours, Overnight at tented Camp**

We will hike for about 5 hours, today on a detailed track to reach Panch Pokhari. Etymologically, Panch Pokhari means five lakes. There are five lakes here, considered to be very holy at the height of 4200m. We can here visit the religiously important temple of lord Shiva guarded by the sharp iron tridents. The trail now ascends to Jata Pokhari. Along the high altitude, we walk across the high pastures to meager forest of Sunpati, arare mountain herb. Right before we reach Jata Pokhari, we will come across a beautiful waterfall where we can play with the fresh mountain water. Located in the lap of Mt. Numburchuli, Lake Jata Pokhari is a famous pilgrimage in Ramechhap. On months of June and July, on full moon days, hundreds of Hindu believers come to worship the lord Shiva. The path now moves some more and after a brisk walk we will reach Panch Pokhari. Overnight at tented camp.

**Included meals: Breakfast ,Lunch & Dinner****Day 07:: Trek Panchpokhari to Tare 4140m/13497ft]: 6-7 hours, Overnight at tented camp**

Today, we will cross the pass at height of 4600m and move downhill to reach Thare. On our way, we will walk through Khola Kharka and hike further downward to Nupche River passing over dense bamboo woods. You can have some fresh and yummy cheese here and observe the cheese making process in this part of the world. We can rest in the green pasture on the bank of the Nupche River before heading to our eco-camping spot for the night. Overnight at tented camp.

**Included meals: Breakfast ,Lunch & Dinner****Day 08:: Trek from Tare to Ngeju [3,690m/12,107ft]via Gyazo-La Pass 4,880m/16,010ft]: 6 hours**

Today we will hike from Thare to Linkhu Khola valley. The hike is a bit challenging but extremely rewarding. You can enjoy the view of the beautiful hills and mountains, dwindling rivers. The views of Himalayas magnify from north into Tibet as we go through the Gyajo La, also known as Thulo Lapcha at 4880m, a path normally used by native Sherpas to get yaks through the peaks to Rakhidanda and Ngeju. We will now continue our trek further down from the Likhu glacier and vast debris. The trek downhill from the Likhu glacier will lead us to Ngeju (3,690m). Overnight at tented camp.

**Included meals: Breakfast ,Lunch & Dinner**

**Day 09:: Trek from Ngeju to Lhachhewar [2,665m/8,744ft]:5 hours, Overnight at Tented Camp**

In this day, we head off from Ngeju to Lahaksewar, also known as Sesar, which is one of the most remarkable Sherpa community of the upper Ramechhap area. You will be welcomed by the implausible scenes, and warm hospitality of the Sherpa people. The Sesar people here still live in harmony with age-old culture and tradition, which will be very eccentric and mystical to us. Overnight at tented camp/Home-Stay

**Included meals: Breakfast ,Lunch & Dinner**

**Day 10:: Trek from Lahaksewar to Gumdel [2,255m/7399ft]:6 hours, Overnight tented Camp**

We will now move forward from Lahaksewar uphill to Kyama. On our way, we slope down across the thick jungles of Kyama. The journey offers us majestic views of Numburchuli and Pathibhara. Leaving the shiny Numburchuli in the background, we will now bid goodbye to the mountains as we depart from Kyama to reach home stay at Gumdel. Here, you'll be able to be part of unique Sherpa culture in the midst of mountainous valleys. Overnight at tented camp/Home-Stay.

**Included meals: Breakfast ,Lunch & Dinner**

**Day 11:: Trek from Gumdel to Serding [3,360m/11,024ft] :4 hours, Overnight tented Camp**

From Gumdel we will move forward crossing the thick and beautiful forest to arrive at Serding. One can enjoy the beautiful scenery of sub-alpine and temperate forest with the Gauri Shanker and Numburchuli in the background. We can relish on some yak cheese here as well and go through the process of making it. Overnight at tented camp/Home-Stay.

**Included meals: Breakfast ,Lunch & Dinner**

**Day 12:: Trek to Lapchane [3,150m/10,335ft] via Thodung: 6 hours overnight at Tented Camp**

Today we will leave Serding for Lapchane via Thotung. We will visit Thodung Monastery on our way back. We will further move downhill to Deurali from where we can see the breathtaking view of the Gauri Shankar Mountain. On reaching Lapchane, We will Homestay at a local Newari house where you will be able to be a part of the renowned Newari culture. We can go for a brisk from hike to Tamdanda, which is 30 minutes away from Lapchane. It is famous as the tallest hill in Ramechhap. From the hill you can observe colossal Dhaulagiri, Gauri Shanker, Annapurna, Numbur, Kanchenjunga and more. Overnight at tented camp/Home-Stay.

**Included meals: Breakfast ,Lunch & Dinner**

**Day 13:: Trek from Lapchane to Those [1,755m/ 5757ft]:4 hours Overnight at Tented Camp**

In this day we will trek to Those where we will spend a peaceful evening, resting or exploring the wilderness once again. We will bid goodbye to this wonderful trek and prepare for a long drive to Kathmandu for next day. Overnight at tented camp/Home-Stay.

**Included meals: Breakfast ,Lunch & Dinner**

**Day 14:: Drive from Those to Kathmandu via Jiri.**

Back on our private land cruiser, we will leave for Kathmandu early. It will take around 8-9 hours. Once again, you'll be able to enjoy the beautiful view of villages, hills and mountains, dwindling rivers on your way back. Overnight in Hotel.

## **Included meals: Breakfast & Lunch**

### **Day 15:: Final transfer to Airport for your flight back to home.**

The day has come to leave this remarkable country. Our representatives will transfer you to the airport from where you'll board a flight to your next destination. Bid farewell to this country of Himalayans with plans to visit next time. Because once is never enough!

## **Cost Includes**

### **Transports & Accommodations**

- Private Transfers upon arrival and departure
- 4 Night hotels in city as specified in Itinerary
- Kathmandu-Shivalaya by private 4W Jeep beginning of trek
- 11 nights tented accommodations during the trek
- Jiri-Kathmandu by private 4W Jeep at the end of trek

### **All Meals & Drinks**

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice ( Per day 5 Cups Per Person)
- Welcome dinner at best local restaurant with cultural show
- Fully boiled Safe drinking Water ( Per day 4 liters Per person)

### **All Activities & Entrance Fees**

- Fully guided 11 days trekking and hiking
- Special rara trekking entry permit fee
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments
- Tour in city including guide and driver as per itinerary

### **Reliable Sherpa Guide & Porter**

- Reliable and honest Local Sherpa guide for whole trip
- Necessary porters to transport all goods & tents
- Salary and insurance for guide,porter and support staff
- All meals & lodging for sherpa guide during whole trek
- All meals, equipment & lodging for porter during trek

### **Gear & Equipment**

- Camping tent and all necessary kitchen Equipments
- Duffel bag, Trek Map & group medical Kit
- Sleeping bags and down Jackets if required
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag

## **Additional Service**

- Call support for anytime 24/7 for Emergency
  - Free help to get SIM Card, renting or buying gears
  - We help you, if an airline loses your luggage or delayed
  - International flight ticket Reconfirmation service if required
  - Free extra luggage storage service
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## **WHAT'S NOT INCLUDED**

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City ( approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

## **Extra Bills**

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation