

TREKKING ITINERARY

Numbur Cheese Circuit

RAMECHHAP DISTRICT	
<p>DAY 1 Kathmandu - Shivalaya (8 to 9 hours)</p>	<p>Drive to Jiri / Shivalaya (187 km from Kathmandu) through the mountain. Enjoy fresh water fish and refreshments at Shivalaya. Arrange porter, local guides and other logistics at Shivalaya.</p>
<p>DAY 2 Shivalaya - Kahara (3 to 4 hours)</p>	<p>Enjoy soft trekking along the Khimti River and enjoy lunch at Garjyang. Enjoying Sherpa culture and home-stay accommodation at Khahare. Don't forget to taste of NCC fresh Yak Cheese.</p>
<p>DAY 3 Khahara - Panipakha (3 to 4 hours)</p>	<p>Be prepared for adventurous trekking and eco-camping up to the Panipakha where you will find your first eco-camping site amidst the scattered Chauri sheds and the towering alpines. Enjoy rare sunset views from Panipakha.</p>
<p>DAY 4 Panipakha - Maanedanda (3 to 4 hours)</p>	<p>Continuing to snake your way up, the trail as it ascends through the conifer and rhododendron forest before reaching Maanedanda offering spectacular views of thick green forest with numerous steep waterfalls.</p>
<p>DAY 5 Maanedanda - Jatapokhari / Panchpokhari (4 to 5 hours)</p>	<p>The trail traverses alongside the mountain before a dramatic waterfall heralds your arrival at Jatapokhari (4.206m), Over 3000 pilgrims, both Buddhist and Hindu followers, make their way here to celebrate Janiapurnima in August. Just short climb above Jatapokhari are the five sacred lakes known as Panch Pokhari (4.508m). Panch Pokhari pass offers spectacular panoramic views of the Rolwaling, Numbur and Everest Ranges.</p>
<p>DAY 6 & 7 Panchpokhari - Tare (4 to 5 hours)</p>	<p>The trail takes you to Khola Kharka and further downhill to Nupche River via thick bamboo forest. Enjoy fresh cheese making in green pasture alongside the Nupche River before you reach to your eco-camping site at Tare. For anyone with an extra day, a side trip to Bighera Go Nup base camp/Glacier, Khola Cire (4.469m), Linkhu Nup Glacier and impressive Lhasa Lake (4.469m) is recommended.</p>

CONTACT

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<p>DAY 8 & 9 Tare - Gyazo La Pass - Ngeju (4 to 5 hours)</p>	<p>The most strenuous section of the NCC, the trail from Tare to the Likhu Khola valley is one that is both challenging and rewarding. The mountain views extending north into Tibet as you cross the Gyajo La (Thulo Lapcha) at 4.880m (traditionally used by local Sherpas to bring yaks across the mountains to Rakhidanda and Ngeju) are sensational. "Wilderness" is the only appropriate term for the wild and rugged basin of the Likhu River valley, Dudhpokhari lake, Likhu glacier at the base of towering tumbling glaciers and large moraines. The trek down from the Likhu glacier follows the intense Likhu Khola River until you reach the remote yak pastures of Ngeju (3.690m) nestled against the river. A short side trip up from Ngeju is the ancient Buddhist Shrine of Kau Gumba lying above the tree-line in the upper Likhu Khola Valley enclosed by a great sweep of high rock and snow peaks.</p>
<p>DAY 10 Ngeju - Lhachhewar (4 to 5 hours)</p>	<p>From Ngeju the trail weaves through thick ancient forests alongside the Likhu Khola re-emerging to Lhachhewar (2.665m), one of the most beautiful Sherpa villages with its astonishing landscapes, cultural wealth, prominent monastery, and the hospitable Sherpa people.</p>
<p>DAY 11 Lahaksewar - Kyama (3 to 4 hours)</p>	<p>The trail goes through the river valley, passing one of the still hidden Hindu pilgrimage site, 'Umatirtha Temple' regarded as the Kashi of Himalayas at the confluence of Likhu and Nupche River; descending through deep forest to Kyama (2.380m) with good views along the way of Bigphera Go Nup (Pathibara) and Numberchulii. Enjoy Monastery, Sherpa lifestyle and home-stay at the serene village environment.</p>
<p>DAY 12 Kyama - Gumdel (2 hours)</p>	<p>Gumdel is a tiny hamlet gathered around a large Buddhist Stupa. The Gumdel home-stays offer the best of Sherpa hospitality and cultural traditions amidst luxuriant landscape and spectacular mountain scenery.</p>
<p>DAY 13 Gumdel - Serding / Bhandar (4 to 5 hours)</p>	<p>From Gumdel the trail either descends through the mountain terrace along the Likhu River finally meeting the Everest trail at Bhandar or ascends through the dense forest finally reaching the beautiful Serding (3.360m).</p>

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<p>DAY 14 Serding / Bhandar - Thodung - Lapchane (4 to 5 hours)</p>	<p>Descend gently to observe one of Nepal's first Yak Cheese factories, established in 1957 on the way to Thodung. Visit Thodung Monastery. Get your lunch with Lamas at Thodung or stroll back down to Deurali on the way to Everest trek, with good views of Gaurishankar before trekking to your penultimate NCC Home-stay village at Newari houses, Lapchane. Tamdanda, thirty minutes above the Newar village of Lapchane, is one of the tallest hills in Ramechhap.</p>
<p>DAY 15 Lapchane - Thosey (3 hours)</p>	<p>Enjoy sunrise view of mountains from Tame and gradually descend down to your last stay at Thosey. From Tame you can see most of the central and eastern Himalayan peaks Dhaulagiri, Annapurna, Gauri Shanker, Numbur, Makalu, Kanchenjunga.</p>
<p>DAY 16 Those - Kathmandu (8 to 9 hours Bus)</p>	<p>Drive back to Kathmandu via Jiri.</p>

TREKKING TIPS

TREKKING TIME	16 days
DIFFICULTY	Moderate
BEST SEASONS	Autumn & Spring**
HIGHEST POINT	4.880m, Gyajo La (Thulo Lapcha)
ACCOMMODATION	Eco-Camping / Home Stay Lodges
PERMITS NEEDED	Gaurishankhar Conservation Area Permit

** BEST SEASONS

September to December and March to May are the best seasons for the NCC. However, various short packages can also be operated throughout the year.

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