



Lumba Sumba Trek

Trip code	
Package name	Lumba Sumba Trek
Duration	16
Max. elevation	5200 m
Level	MODERATE
Transportation	Domestic Flight and Airport transfer by private vehicals
Accomodation	Lodge + camping twin sharing bed basis during the Trek
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	kathamndu - Biratnagar - Suketar - Mitlung - Chiruawa - Pemba - Selep Kharka - Olangchugola - Langmale - Pass Camp - Chaurikharka - Hatiya - Gola - Gadhi - Khadabari - Tumlingtar
Cost	USD 2,760 per person

Highlights

- Explore Tibetan and Sherpa influenced villages,
- Lumba Samba Pass (5200m) and magnificent views from the pass,
- Homeland of endangered species such as snow leopard and red panda,
- Panoramic views of mountains along the Kanchenjunga and Makalu ,
- Modern as well as traditional settlements scattered along the area,
- Catch glimpse of Himalayan Black Bear, Assamese Macaque, Musk deer, Red Panda, snow leopards and other animals,

Overview

Lumba Sumba Trek is an adventurous trek located at the eastern part of Nepal. The trail is located between Kanchenjunga (8,586m) and Makalu (8,463m), where only the camping (arrangement) trek is possible for short period.

Lumba Sumba Trek is a beautiful Nepal travel although it is preferred by few trekkers. The reason behind it is it entices new trekking trails of eastern Nepal and they are not used to it. Lumba – Sumba trek is one of the particular Himalayan adventure and less tourist area. During the summer season heavy monsoon, landslide occurs at some places, while in winter heavy snow falls blocking the high trail and making it difficult to cross the pass. It is even difficult to cross the pass in spring before April, because of the snow from winter.

Lumba Sumba Trek as the main attraction you will be gifted with an extraordinary sight of Makalu Himal and Kanchenjunga Himal. The trekking route crosses all through the famous Kanchenjunga Conservation Area where you can outlook diverse species of wildlife counting most of the endangered Red Panda and Snow Leopard along with birds. Trekking through Nepal itself is so good and its goodness will further get enhanced after you get to view the scenery which is in fact exceptional and striking. As a part of trekking, you will be enchanted with unique traditions of local people such as Sherpa, Magar, Tamang, Rai, Newar and Limbu. This is another segment of trekking which has crafted the trek more enthralling. An opportunity of travelling around the Alpine land and thick forests into the lowdown river valley will arrest you. As you already find out that this is not a crowded trekking area as a result you will not find lavish hotels for accommodation but staying the nights in tented camp is another advantages of this trek.

Trip Itinerary

Day 1 : Fly Kathmandu – Biratnagar (35 min) – Suketar (25 min) and trek to Mitlang (909m) – 6 to 7 hours walk

Early in the morning, transfer to airport for catching up the flight to Biratnagar. Upon landing on the airport of Biratnagar, we will take another flight to Suketar. Afterward, commence our trek towards Mitlang (909m) where we will spend the night. Stay overnight in lodge.

Day 2 : Trek to Chiruwa (1246m) – 5 to 6 hours walk

On the following day taking ascend we will move to Chiruwa which is positioned at an elevation of 1,246 meter. Chiruwa is a pleasant destination to spend some time with the nature and we will feel good after having interaction with the local people. Stay overnight in tented camp.

Day 3 : Trek to Pembu (1,486m) – 5 to 6 hours walk

Today, we will take ascend to Pembu after leave taking from Chiruwa. Pembu is positioned at an elevation of 1,486 meter and here we will get to see nice arrangement of tropical forest. Stay overnight in tented camp.

Day 4 : Trek to Selep Kharka (2,525m) – 5 to 6 hours walk

The walk on this day is pleasing as it passes through Ulnus and Rhododendron forest for about an hour until we reach a suspension bridge. After crossing the suspension bridge, the trek passes through dense bamboo groves. The place is popular among trekkers as the habitat of red Panda. If we are lucky, we might catch a sight of red panda from the trail itself. After a total walk of three and half hours from El Danda, we reach Maguwa (2423m) for lunch; the trail passes through maple and Ulnus forest. After a walk of about one and half hour, we reach Selep Kharka (2525m) – our destination for the day. Overnight at tented camp.

Day 5 : Trek to Olangchung Gola (3,208m) – 5 to 6 hours walk

Today's trail runs along the banks of Tamor River leading to a place called Jongim (2641), a flat land surrounded by snow capped hills, after a walk of about an hour. Another 40 minutes walk through rhododendron forest from Jongim, takes us to a suspension bridge. After an uphill walk of about an hour from the suspension bridge, we will reach Ramite (2685m) for lunch. At Ramite, we can see mixed forest of Deodar and rhododendron. We will also see a beautiful waterfall after a walk of about an hour from Ramite. You will catch the first glimpse of Olangchung Gola after a walk of around 45 minutes from the waterfall. After a climb of about 40 minutes, we will reach the camping site at Olangchung Gola (3208m). Olangchung Gola is a beautiful Sherpa village with around 45 houses, a 465 years old monastery with golden manuscript and KCAP office. There is also a sub-health post, a primary school and a border police station at Olangchung Gola. It is the last village with Tibet border about 60 old houses. From Olangchung Gola to cross the Lumba – Sumba pass it takes extra three days, from pass if the weather allow, we can see very close an excellent view Five summit of Kanchenjunga, Jannu, Khambachen, Makalu, Hongku, Baruntse range and other many Himalayan peaks as well.

Day 6 : Trek to Langmale (3,893m) – 5 to 6 hours walk

The trail will pass through complete wilderness. Strolling for about 5 to 6 hours takes us to Langmale. However, piles of stones along the way act as signs posts, showing us our direction. The trek passes through pine and rhododendron forests. After a walk of two and half hours, we reach a place called Jadak (3636m) for lunch. A walk of three hours on snowy track will take us to our camping site at Langmale (3893m). We can perceive so many things on the way. Overnight at tented camp.

Day 7 : Trek to Pass Camp (4,747m) – 5 to 6 hours walk

Today, we follow the ascending trail. This can be interesting as snow leopard have been sighted numerous times from this trek. The trek runs along the Tamor River and on the other side of the river lies dense rhododendron forest. After a walk of about three hours, we reach Tangchetar (4203m) for lunch. Another three hours walk after lunch will lead us to our camping site. Once we arrive here we will set the camp and take the delightful nap. Stay overnight in tented camp.

Day 8 : Trek to Chaurikharka (4,594m) – 6 to 7 hours walk

It is better to start early trek as it will be difficult to cross the peak after noon. This would be the most difficult yet most memorable day of this trek as the trail will pass through the Lumba Sumba Peak (5200m). The trek climbs a bit up and again runs down. While taking ascend we will get to outlook the thick forest and magnificent subtropical forest which is located in Sagarmatha zone of Eastern region. It is better to take packed lunch, as there are no good camping sites around. After a walk of about four and half hour from Pass Camp, you will climb the Lumba Sumba Peak and descend down to Chaurikharka (4594m) for night's stay.

Day 9 : Trek to Thudam (3,500m) 5 hrs walk

Today, we have a descending trail throughout our trek. We will take a downhill movement which will take us to Thudam. After a walk of about three and half hours, we came across two roads – one to Lyasha in Tibet and the other toward Thudam. We prepare our lunch here. Thudam (3500m) is a small village with around 30 houses of Sherpa people. Overnight at tented camp

Day 10 : Trek to Kharka (2,877m) – 6 hours walk

Today also, our trail descends along the banks of Chujung Khola. The trail offers panoramic view of peaks in the Makalu range. On the way we see lot of small bushes and bamboo groves-the best habitat for red panda. If we are lucky, we can see this endangered species. It is better to carry packed lunch, as it is difficult to find drinking water along the trail. After a walk of about six hours from Thudam, we reach Kharka (2877m) for the night's halt. Taking progressively downward movement will make us happy and thus will settle the camp. Stay overnight in tented camp.

Day 11 : Trek to Chyamthang (2,229m) - 5 hrs walk

The trail passes through dense rhododendron forest. As there are no villages on the way and also there are numerous side trails, it is better to hire a local guide to avoid getting lost. After a walk of about three hours from Kharka, we will reach a place called Chaurikharka for lunch. From Chaurikharka, we can clearly see Chyamtang (2229m), Arun River, Ridha Village and the road that leads to Kimathanka. After lunch, the trek is all downhill for about three hours until we reach Arun River. After crossing the suspension bridge over the Arun River, the trek is uphill for about an hour until Chyamthang – our destination for the day. Chyamthang (2229m) is a small yet beautiful village with stone houses. Sherpas are the dominant population in the village. Stay overnight in tented camp.

Day 12 : Trek to Hatiya (1,595m) – 5 to 6 hours walk

The trail on the day passes through rhododendron forest. Enjoying the Sherpa culture and their tradition we will leave Chyamthang and then move to Hatiya which is situated at an elevation of 1,595 meter. The walk is easy as chirping of birds make us feel refreshed. The trail is one of the popular places for birding as we are entering Arun Valley that is home to several bird species. A walk of about two and half hours from Chyamthang take us to Glimber Village (1585m) for lunch. Gimber Village offers spectacular view of snow capped peaks in the Makalu range. From Gimber, the walk is easy and after a trek of about three hours we reach Hatiya (1595m) for the

night's stay. Hatiya – a small village of Bhote people. It is the entry point to the Makalu National Park. Overnight at tented camp.

Day 13 : Trek to Gola – 5 to 6 hours walk

On the following day, we trek along the banks of Arun River. After a walk of about two and half hours from Hatiya, we will reach the confluence of Arun and Barun rivers. After having lunch near the river confluence, the trek progress toward Gola – our destination for the day. A walk of around two and half hours after lunch will take us to the camping site at Gola. Gola is a small village with only 12 houses. Sherpa, Rai and Tamang people reside here. You will praise Gola once you reach as it is the charming village with cheerful native people. Stay overnight in tented camp.

Day 14 : Trek to Gadhi (1,800m) – 5 to 6 hours walk

The trail passes through paddy fields which is a sign that we are at lowlands now. The walk is pleasing as the trail makes a short descent, but again makes a short climb. After a walk of about two and half hours from Gola, we reach Pathibhara (not to be confused with the Pathibhara temple in Taplejung district) for lunch. Pathibhara (1524m) is a small Gurung village with tea shops, groceries and some hotels. The trail after lunch passes through agricultural land and we can find plenty of water sources and small settlements along the way. We reach Gadhi (1800m) – our destination for the day after a walk of around three hours from Pathibhara. Gadhi (that means fort in Nepali language) is a place of great historical significance as Nepali Army fought bravely with invading Tibetan Army at this place and chased them away. Gadi is a small village market with a health post, a school and a police station. We will get to see different birds with delightful setting. Overnight at tented camp with full board meals.

Day 15 : Trek to Khandbari and drive to Tumlingtar

This is the last day of your trek. A walk of about two and half hours from Gadhi will take you to Num. From Gadhi, the trek is about an hour downhill till the Arun River. After crossing the river, an uphill climb of about one and half hour will take us to the Num village (1572m). As Num is linked with motor able road, we can hire a vehicle to Khandbari (1022m) – the district headquarters of Sankhuwasabha district. A drive of around 4 to 5 hours on dirt road will take us to Khandbari then heading to Tumlingtar.

Day 16 : Flight to Kathmandu 35 min

In an early morning, we will take breakfast and then drive to the airport from where we will catch the flight to Kathmandu. In the evening we will return to hotel. Stay overnight in hotel.

Inclusions

What is included?

Airport picks up and transports by private Car/Jeep.

Three meals a day (Breakfast, lunch, and dinner) with cup of Tea/ Coffee during the trek.

Kanchenjunga Conservation Area Permit fees.

Trekking Lodge (Tea House + Camping) accommodation twin sharing bed basis during the trek.

(Kathmandu - Biratnagar - Suketar , Tumlingtar - Kathmandu) by domestic flight , airport transfer by private vehicals.

A highly experienced, helpful, knowledgeable, friendly, English speaking well trained,

Government license holder guide with all his salary, food, drinks, accommodation, transport and insurance.

Strong, helpful Sherpa porters with proper safety equipment and walking equipment, his salary, food, accommodation, and insurance (one porter for two people).

Comprehensive medical supplies (first aid kit will be available).

Arrangement of emergency helicopter service (paid by your Travel Insurance Company).

Use of sleeping bag, down jacket, duffel bag, and walking poles (if you don't have your own, to be returned after trip completed).

Government taxes and official expenses.

Oxygen meter to check your pulse and oxygen saturation and heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms) which will ensure your health during the trek.

Assistant guide for groups of 5 or more people

What isn't included?

Nepal entry visa fee (easy to obtain the visa on arrival at Tribhuvan International Airport – Kathmandu). \$25 USD for 15-day visa.

Personal travel and medical insurance.

Accommodation in Kathmandu.

International airfare.

Your personal expenses.

All the alcoholic and nonalcoholic cold and hot drinks on trek (i.e. those you choose to purchase along the way and during evenings in the tea houses)

Hot shower and battery charging at the tea houses.

Tips for the guide, porter, and driver (tipping is expected)

Any other services/expenses not mentioned above as included.

Complimentary