

# Lumba Sumba Trek

DURATION: 20 DAYS

## Trip Facts



**Group Size** 1 - 10 Persons



**Trip Grade** Moderate



**Accommodation** Hotel / Tea House



**Max Height** 5200 Metres



**Start From** Kathmandu



**End At** Kathmandu



**Transportation** Plane & Jeep



**Duration** 20 Days



**Meals included** Breakfast, Lunch & Dinner Days



**Best season:**

March - May, September - November

**Trip Overview**

The [Lumba Sumba Trek](#) is a new trekking route in the eastern Himalayas, offering stunning landscapes and stunning alpine grasslands. The route includes alpine grasslands, rocky outcrops, dense temperate and subtropical forests, and low river valleys. The route also features high mountain lakes, the Tamor and Arun River systems, and tributaries of the Sapta Koshi River. **Trekkers can encounter wildlife species** like the endangered snow leopard and red panda. Explore Treks offers a package for trekking the Lumba Sumba, including logistics, transportation, accommodation, and a professional climbing guide, at a reasonable price. **The trek is home to various ethnic groups**, including the Limbus, Sherpas, Rai, Gurung, Magars, Newars, and Tamangs. These ethnic groups have their own unique cultures, traditions, and languages, providing trekkers with an opportunity to immerse themselves in the local way of life. Additionally, the Lumba Sumba trek offers breathtaking views of the surrounding Himalayan peaks, such as Mt. Makalu and Mt. Kanchenjunga, making it a truly unforgettable experience for nature lovers and adventure enthusiasts alike.

[Lumba Sumba tours](#) in Nepal, catering to clients' requirements or offering fixed packages. Our packages include logistics, transportation, accommodation, and a **professional climbing guide**, all at a reasonable price. We aim to provide a professional and enjoyable experience for all travelers seeking to [explore the Himalayas](#). The trek includes cultural heritage sites, local festivals, and the traditional farming practices of various ethnic groups, making it an ideal destination for those seeking a unique and unforgettable experience. Whether you are an experienced climber or a beginner, our **professional climbing guide** will ensure your safety and provide guidance throughout the trek. Additionally, we understand the importance of sustainable tourism and strive to minimize our impact on the environment by promoting responsible trekking practices.

**Trip Itinerary**

Day 1 Arrive in Kathmandu (1400m)

 Bed & Breakfast    Hotel    1400 m

Arrive in Kathmandu and transfer to the hotel, which is close to a multitude of shopping centers and restaurants.

## Day 2 Fly to Bhadrapur / Taplejung by jeep (1780 m)

 8 Hrs    Breakfast, Lunch & Dinner    Guest House    Plane & Jeep    1780 m

Early morning drive to Kathmandu airport then take a domestic flight to Bhadrapur. We'll drive the same day to Taplejung by jeep through the beautiful tea gardens of Jhapa and Illam. MEALS: Breakfast, Lunch & Dinner

## Day 3 Trek Taplejung to Mitlung (910 m)

 6 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    910 m

The first day trek starts from Fungling, Taplejung district. The trail passes through beautiful cardamom fields and Alnus trees until Hangdewa village. On the way, there are small tea shops at Asangpati Tole, Gaigode Tole and Panisar Tole that can be used for alternative accommodation as they provide home stay facilities. From Panisar, the trek is downhill until the suspension bridge that acts as a border between Hangdewa Village and Furumbu village. A walk of 10 minutes takes us to Pawa Village for lunch. After lunch, the trek continues along the banks of Tamor River to Mitlung – a walk of around two hours. Mitlung is our destination for the day as it has good camping sites with facilities like kitchen and dining hall.



#### Day 4 Trek Mitlung to Chiruwa (1250 m)



6 Hrs



Breakfast, Lunch & Dinner



Tea House



Walking



1250 m

The trek passes along the banks of Tamor River on the second day. It is a pleasing walk until Furumbu village. From Furumbu, the trail is uphill for half an hour then descends through Ulnus and Schima Wallachian mixed forest to Siwa Bazar (950m) at Linkhim VDC. We can reach Siwa Bazaar in three hours from Mitlung. Siwa Bazar is a good place for lunch. It is a small market with facilities like medicine store, groceries and a police station. After lunch, the trek runs along the Tamor River until Tawa Village. Tawa Village (1150m) has a small tea shop. MEALS: Breakfast, Lunch & Dinner



#### Day 5 Trek Chiruwa to Lelep (1690 m)



7 Hrs



Breakfast, Lunch & Dinner



Tea House



Walking



1690 m

Today the trek runs along the mighty Tamor River. At the start of the trek, there are two big stones with religious significance. The trek passes through Ulnus trees until we reach a big landslide that takes around half an hour to cross. After a walk of two and half hours from Chiruwa through beautiful cardamom gardens, we reach Tapethok (1340m) for lunch. It is a small market with some tea shops. There is also a KCAP checkpoint at Tapethok. After lunch, it is a pleasing walk for about an hour until Pembu (1485m).



#### Day 6 Trek Lelep to Ela danda (2150 m)

 5 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    2150 m

After breakfast, the trek runs along the bank of Tamor River through dense forest that offers good habitat for different wildlife species. We cross a suspension bridge after a walk of about an hour from Lelep then it is an uphill climb through pine forest for about half an hour until we reach a monastery. From there, the trek gradually descends after about half an hour and we reach Gowatar (1800m) for lunch. Gowatar is a small settlement with a few houses. Near the village, there is a big stone and it is believed that only the religious people can move them. After a walk of around half hour from Gowatar, we reach a place that offers spectacular views of two waterfalls about 100 meters tall.

#### Day 7 Trek Ela Danda to Selep Kharka (2525m)

 5 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    2525 m

Today the walk is pleasant 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. This place is popular among trekkers as it is the habitat of the red panda. If you are lucky, we might catch a sight of the red panda! We reach Maguwa (2435m) for lunch. After lunch, the trail passes through maple and Ulnus forest. There is a big landslide on the way before we reach Selep Kharka(3210m).

#### Day 8 Trek Selep Kharka to Olangchung Gola (3210 m)

 6 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    3210 m

Today we trek along the banks of Tamor River leading to a place called Jongim, a flat land surrounded by snow capped hills. After a walk of about 2hrs, we reach a suspension bridge. Then we climb uphill from the suspension bridge and reach Ramite (2685m) for lunch. We continue the ascending walk, then we catch the first glimpse of Olangchung Gola from the waterfall. After a climb of about 40 minutes, we finally reach the camping site. MEALS: Breakfast, Lunch & Dinner Olangchung Gola is a beautiful Sherpa village with around 45 houses, a 465 years old monastery with a golden manuscript

and KCAP office.

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### Day 9 Trek Olangchung Gola to Upper Langmale Kharka (3890 m)

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 7 Hrs    Breakfast, Lunch & Dinner    Camping    Walking    3890 m

The trek from today onwards will pass through complete wilderness. The trek passes through pine and rhododendron forests. After a walk of two and half hours, we reach a place called Jadak (3630m) for lunch. Then we walk of other valley towards Lumba Samba three hours on rhododendron and mixed forests take us to our camping site at Upper Langmale.

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### Day 10 Trek Upper Langmale Kharka to Pass Camp (4750 m)

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 7 Hrs    Breakfast, Lunch & Dinner    Camping    Walking    4750 m

The trek can be interesting today as snow leopards have been sighted numerous times from this trek. The trek runs along the small river side lies dense rhododendron forest. After a walk of about three hours, we reach Tangchetar (4200m) for lunch

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### Day 11 Trek Pass camp to Yak Kharka (4590 m)

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 5 Hrs    Breakfast, Lunch & Dinner    Camping    Walking    4590 m

This would be the most difficult yet most memorable day of this trek. Today the trek will pass through the Lumba Sumba Pass (5200m). It is better to start early as it will be difficult to cross the pass after noon. After a walk of about four and half hour from Pass Camp, we reach the Lumba Sumba Pass which offers panoramic Himalayan views of eastern Nepal including Kanchenjunga, Jannu himal and Makalu ranges. MEALS: Breakfast, Lunch & Dinner

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#### Day 12 Trek Yak Kharka to Thudam (3500 m)

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 6 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    3500 m

The trek is downhill from Yakkharka as we arrive to civilization after tiring walk for three days. A walk of about 6 hours takes us to Thudam for village. Thudam is a small isolated village with around 30 houses of Sherpa people.

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#### Day 13 Trek Thudam to Kharka (2875 m)

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 7 Hrs    Breakfast, Lunch & Dinner    Camping    Walking    2875 m

Today the trek runs along the bank of Chujung Khola. The trail offers panoramic view of peaks in the Makalu range. On the way, you will see a lot of small bushes and bamboo groves – the best habitat for the red panda. After walking through many up and downs we reach to Kharka for the camp tonight.

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#### Day 14 Trek Kharka to Chyamthang (2230 m)

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 6 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    2230 m

The trail passes through dense rhododendron forest. As there are no villages on the way and also there are numerous side trails. After a walk of about three hours from Kharka, we reach a place called Chaurikharka for lunch. From Chaurikharka, we can clearly see Chyamtang, Arun River. After lunch, the trail heads downhill for about three hours until we reach Arun River. After crossing the suspension bridge over the Arun, the trek is uphill for about an hour until Chyamthang.

#### Day 15 Trek Chyamthang to Hatiya (1560 m)

 7 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    1560 m

The trail passes through rhododendron forest from Chyamthang takes us to Gimber Village for lunch. Gimber Village offers spectacular view of snowcapped peaks in the Makalu range. From Gimber, the walk is easy and after a trek of about three hours we reach Hatiya for the night's stay. Hatiya – a small village of Bhote people.

#### Day 16 Trek Hatiya to Gola (1410 m)

 6 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    1410 m

The trek runs along the banks of Arun River today. After a walk of about two and half hours from Hatiya, we 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.



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### Day 17 Trek Gola to Ghadi (1800 m)

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 7 Hrs    Breakfast, Lunch & Dinner    Tea House    Walking    1800 m

The trek passes through paddy fields 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 for lunch. 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 for our destination of the day.

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### Day 18 Trek Gadhi to Num and drive to Tumlingtar (400 m)

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 7 Hrs    Breakfast, Lunch & Dinner    Guest House    Walking & Jeep    400 m

This is the last day of our trek. From Gadhi, the trek is about an hour downhill till the Arun River. After crossing the river, an uphill climb of about 2 hour takes us to the Num village. As Num is linked with a road, we will take a jeep to Tumlingtar. A drive of around 4 hours on dirt road takes us to Tumlingtar where there is an airstrip.

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### Day 19 Fly back to Kathmandu

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 35 Min    Breakfast    Hotel    Plane    1400 m

After breakfast we fly back to Kathmandu then transfer to the hotel. Free afternoon in Kathmandu.



#### Day 20 Final Departure - Hotel to Airport 30 minutes

On the final departure our office staff will drop you at the international airport. If your flight time is in the evening or afternoon we can arrange sightseeing in the Kathmandu Valley (Pashupatinath, Monkey Temple, Boudhanath Stupa etc) at an extra cost.

## Cost Includes



- ✓ Pickups and drops from hotels and airports.
- ✓ All necessary paperwork and permits (National park permit, TIMS)
- ✓ All government and local taxes.
- ✓ Necessary insurance for trekking staff
- ✓ Domestic flights Kathmandu – Tumlintar – Kathmandu
- ✓ Guesthouse accommodation during the trek
- ✓ Three Times meals during the trek.
- ✓ All surface transportation to the starting point and from the ending point of the trek
- ✓ An experienced English speaking guide trained by the government of Nepal
- ✓ Sleeping bags and down jackets for the trek (should be refunded after the trek)
- ✓ Hotel in Kathmandu for 2 nights, in twin-sharing room with breakfast
- ✓ A comprehensive medical kit
- ✓ Staff Insurance

- ✓ Trekking Map

## Cost Excludes

- ✗ Alcohol, laundry and other personal expenses
- ✗ Travel, accidental/ health insurance (mandatory).
- ✗ Beverage bills, bar bills, and personal expenses
- ✗ International airfare and airport tax and visa fee.
- ✗ Emergency evacuation
- ✗ Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around \$1.5 per kg)
- ✗ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✗ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✗ Optional trips and sightseeing if extended
- ✗ Tips



## Trip Map

