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, nestled in the far east of Nepal between the Kanchenjunga and Makalu Himalayas, stands as the gateway to the Great Himalayan Trail. This journey promises a challenging and fulfilling adventure for seasoned trekkers. The trail meanders through unspoiled and secluded terrain, encompassing verdant forests, alpine meadows, and lofty mountain passes. Along this path, trekkers can embrace the unique culture and traditions of local communities and bask in the warm hospitality of the Nepalese people. With **breathtaking vistas of snow-capped peaks**, including the majestic Kanchenjunga, the world's third-highest mountain, the Lumba Sumba Trek offers an unforgettable experience for those in search of an off-the-beaten-path adventure in the Himalayas. Throughout the trek, trekkers may also have the chance to encounter a diverse array of rare wildlife, such as the elusive snow leopard and the charming red panda, elevating the sense of adventure and thrill. The demanding terrain and ever-changing scenery render each day on the Lumba Sumba Trek a novel and exhilarating experience. As trekkers progress towards the culmination of the trail, they will be filled with a sense of achievement and wonder at the splendor and grandeur of the **Himalayas, making this journey a once-in-a-lifetime** opportunity for those seeking a genuine wilderness escapade. The Lumba Sumba Trek presents a distinctive prospect to immerse oneself in the unspoiled beauty of the Himalayas, far from the bustling crowds of more popular trekking routes. Trekkers will truly feel as though they are uncovering uncharted territory and carving their path through this remote and stunning landscape.

MOUNT ADVENTURE HOLIDAYS

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.

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

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.

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

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

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

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

Day 12 Trek Yak Kharka to Thudam (3500 m)

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.

Day 13 Trek Thudam to Kharka (2875 m)

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.

Day 14 Trek Kharka to Chyamthang (2230 m)

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.

Day 17 Trek Gola to Ghadi (1800 m)

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.

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

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.

Day 19 Fly back to Kathmandu

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