

Numbur Cheese Circuit Trek

URL: <https://himalaya-discovery.com/trip/numbur-cheese-circuit-trek/>

Destination	Activity	Start / End Point
Nepal	Trekking in Nepal	Kathmandu / Kathmandu
Duration	Region	Max. Altitude
20	New Trekking Routes in Nepal	4,515m
Best Season	Activity Per Day	Group Size
Spring & Autumn	4 to 5 hours	2 - 12

Moderate

Numbur Cheese Circuit Trek: Highlights

Numbur Cheese Circuit could be a best choice for wilderness seekers in comparatively less-visited regions looking for a circuit trekking package. Together with exuberant cultural rituals, visitors can experience the peaceful natural environment in two hidden valleys.

Trekkers can also reach Numburchuili's south-facing glacier and hike through deep river gorges, terraced rice fields, temperate and sub-alpine forests, elevated summer pastures and experience a glacier walk through the Lhiku valley.

Soft to moderate eco-camping, rock climbing, high Himalayan wetland observation, wilderness walking through the deep forest, glacier walking, base camp trekking, high pastures and Yak cheese experience, Sherpa and Newar cultural experiences, monastery spiritual rests, study of biodiversity and climate change, interaction with typical rural people through home-stay, and if organized well in advance, some adventure sports such as rock climbing and mountain biking would be some of the tourism activities featured in Numbur Cheese Circuit.

The views of the mountains are sensational and the Panchpokhari Pass (4605 m) and Gyajo La Pass (Thulo Lapcha) (4880m) require the most spectacular passes with views from north to Tibet and south to [Pikey Peak](#).

Trip Overview

The **Numbur Cheese Circuit Trek** route has been developed with the initiation of [TAAN](#) and many local organizations especially for the real adventure seekers to fulfill their needs of eco-trekking trails among the congestion of commercialized trekking trails. The 'Numbur Cheese Circuit (NCC)' trail is situated in Ramechhap district, some 190km east of the capital city Kathmandu. It is a 19-day circuit trek connecting two beautiful river valleys; Khimti and Likhu in the lap of Everest and Rolwaling region.

The Numbur Cheese Circuit Trek is named in honor of the virgin peak Numbur Chuli (6959m) and one of Nepal's first Yak Cheese factories, established in 1957. The Numbur Cheese Circuit trail offers its visitors the breathtaking views of the majestic Himalayas including [Everest range](#), Numbur Chuli, Gaurishankar, Jugal and [Langtang](#) Himalayan range.

The virgin and vibrant Sherpa culture is another major attraction of the trail and the trek can also be combined as eco-lodge camping trek with the unique home-stay experiences among Sherpa communities. The Numbur Cheese Circuit trekking is more potential for the trekkers who are looking for 'off-the-beaten path' treks.

The High Himalayan lakes, revered by pilgrims including Panchpokhari, Jatapokhari, Bhalepokhari, Dudhpokhari and richness in biodiversity are also among the prime attractions of Numbur Cheese Circuit trail. Many pristine monasteries lie along the trail in Lachhewar, Kyama, Gumdel, Bhandar and Thodung offering spiritual delights.

Itinerary

Day 01: Arrive in Kathmandu.

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate. You will be greeted by our representative and transferred to the hotel by private tourist vehicle. Overnight at hotel in Kathmandu.

Highest Altitude:

1400m

Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls.

Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar

Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally there will be time to do this today. Overnight at hotel in Kathmandu.

Day 03: Drive Kathmandu to Shivalaya, Overnight at Lodge / tented camp.

It takes 6-8 hours to drive from Kathmandu to Shivalaya. The road is well paved with fine views. Shivalaya is gateway for the Numbur Cheese Circuit. It is located on the picturesque Khimti River.

Trek Duration	Highest Altitude:
9 hrs	1790m

Day 04: Trek Shivalaya to Panipakh overnight at tented camp.

The trail from Shivalaya to Khahare runs up and down along the valley side through terraced fields, dips to cross the river and then winds steeply up the cliff on the other side. Khahare is a small village which is inhabited only during winters by the house owners. During the summer they move to cattle pastures bordering Tibet tending to their yaks and Chauris.

Trek Duration	Highest Altitude:
5 hrs	2175m

Day 05: Trek Shivalaya to Panipakha overnight at tented camp.

Panipakakha is the first campsite on the trail route. It has a relatively flat camping area carved into the hillside with a basic two room hut. There is space sufficient only to house 5-10 tents.

Trek Duration	Highest Altitude:
4.30 hrs	3105m

Day 06: Trek to Panipakha to Maanedanda overnight at tented camp.

In the course, the trail crosses a tiny Sherpa village of Phokte. The trail ascends through the rhododendron forest to the summer pasture of Maanedanda. The campsite at Maanedanda is equipped with a basic cooking shelter and area for tents. It offers good views in clear days.

Trek Duration	Highest Altitude:
5.30 hrs	3940m

Day 07: Trek to Maanedanda to Panchpokhari overnight at tented camp.

Along the riverside, the trail climbs to Jata Pokhari. With the increasing altitude we move through alpine pastures to scrubby forest of sunpati –a rare mountain herb. As we reach before a dramatic waterfall we get the signal of our arrival to Jata Pokhari. Lake Jata Pokhari lies in the lap of Mt. Numburchuli.

The lake is a popular pilgrimage in Ramechhap where thousands of pilgrims gather to celebrate holy festival Janaipurnima during the month of July. The trail continues and after a short walk you reach to Panch Pokhari. There are five small lakes, known as Panch Pokhari. The view of Annapurna South dominates the Western horizon of Panchpokhari.

Trek Duration	Highest Altitude:
5 hrs	4515m

Day 08: Trek to Panchpokhari to Tare overnight at tented camp.

Today we will cross pass (4600meters) and descend to Thare.

Trek Duration	Highest Altitude:
7 hrs	4140m

Day 09: Rest Day and explore around overnight at tented camp.

Day 10: Trek Tare to Ngeju overnight at tented camp.

The only suitable term to call Likhu Khola valley is complete wilderness. Your trek continues with the marvelous mountain views that extends north into Tibet.

Following the trail, traditionally used by local Sherpas, to bring yaks across the mountain, we cross Thulo Lapcha pass at 4838m and make a steady walk along the Likhu Khola valley to reach pastures of Ngeju. Ngeju is nestled at the foot of ice all tumbling from the sacred summit of Numbur.

Kau Gumba, an ancient Buddhist Shrine is enclosed by a great sweep of high rock and snow peaks above tree line of the valley. Dudhkunda –the Milky Lake rests in the heart of the basin. The lake is surrounded by tumbling glaciers and large moraines.

Trek Duration	Highest Altitude:
4 hrs	2665m

Day 11: Rest and explore around Ngeju overnight at tented camp.

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Day 12: Trek Ngeju to Lahaksewar overnight at home-dtsy / tented camp.

Lahaksewar is simply known as Sewar which is the most beautiful Sherpa villages in the upper Ramechhap region. The village welcomes you with its amazing landscapes, culture and hospitality. Sewar people has still maintained their traditional lifestyle.

Trek Duration	Highest Altitude:
4 hrs	2665m

Day 13: Trek Lahaksewar to Kyama overnight at home-stay / tented camp.

The trail from Lahksewar to Kyama descends through deep forest of Kyama with eye catching view of Pathibhara and Numberchuli.

Trek Duration	Highest Altitude:
4 hrs	3190m

Day 14: Trek Kyama to Gumdel overnight at home-stay / tented camp.

Gumdel is a tiny Sherpa village around a large Buddhist Stupa with the gleaming Number Chuli as the backdrop.

Trek Duration	Highest Altitude:
2.30 hrs	2255m

Day 15: Trip Gumdel to Serding overnight at home-stay / lodge / tented camp.

Trek Duration	Highest Altitude:
5 hrs	3360m

Day 16: Trek Serding to Lapchane overnight at home-stay / tented camp.

Trek Duration

5 hrs

Highest Altitude:

3150m

Day 17: Trek Lapchane to Daurali overnight at home-stay / tented camp.**Trek Duration**

4 hrs

Highest Altitude:

1555m

Day 18: From Daurali drive back to Kathmandu.

The rest of the time is free. Overnight at hotel in Kathmandu.

Trek Duration

9 hrs

Day 19: Free day and farewell dinner in Kathmandu.

Today is rest and relax throughout the day. If you get interested to take some gifts from Nepal for friends and relatives, visit to some nearby shops or go out in Thamel for typical Nepalese goods which can be assisted by our guide or you can do it yourself too.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Overnight at hotel in Kathmandu.

Day 20: Fly to home.

The trip concludes, our airport representative will drop you to the Kathmandu International Airport for your flight departure from Nepal.

Price Includes

- Airport transfers pick-up and drop-off.
- Three meals a day (Breakfast, Lunch and Dinner) during the trek.
- Hot drinks, (Tea, coffee, hot milk, hot chocolate).
- Tented Camp & Home-stay accommodation during the trekking period.
- National Park entry permit and Trekkers' Information Management System (TIMS).
- Surface Transfer to and from Kathmandu by private car / bus / 4WD.

- Full board meal (Breakfast, Lunch and dinner) during camping, prepared by our cook with Tea, coffee, hot milk, hot chocolate.
- Tented accommodation and equipment during the camping trek. (We will provide fully water proof two men tents, dining tents, kitchen gear, dining table, chairs, toilet tents, shower tent etc.)
- A government licensed English speaking guide & a cook during the trek.
- Boiled and purify drinking water for the trek.
- The required number of staff and Porters to carry your luggage during the trek (1 porter for 2 trekkers).
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Medical supplies (first aid kit will be available).
- Sleeping bags, and walking stick (if it is required).
- All government taxes.
- Farewell dinner.

Price Excludes

- International airfare and Nepal visa.
- Bottled drinks and cold drinks.
- Travel insurance which covers emergency Rescue and Evacuation.
- Personal clothing and equipments.
- Tips for guide and porter (tipping is expected).
- Any others expenses which are not mentioned on service include section.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal