

Trip Name : Numbur Cheese Circuit Trek

Starting Point	Drive in KTM-Jiri
Ending Point	Drive out Jiri-KTM
Type	TeaHouse/Camping Trek
Grade	Medium-Hard
Duration	16 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	Mid-March to mid-May and September to mid-November
Max. Elevation	4880 mt.

Trip Details:

The Numbur Cheese Circuit 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 trek is named in honor of the virgin peak Numbur Chuli (6,959m/22,832ft) 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.

Season for Numbur Cheese Circuit Trekking:

The best times for Numbur Cheese Circuit trekking are from the middle of March to mid May and from the beginning of September to mid November. The days are sunny and warm but the nights are cold. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views of the landscape, villages and the valley are simply awesome.

High Altitude Warning:

Altitude sickness is a serious concern in the Numbur Cheese Circuit trekking that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Numbur Cheese Circuit trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self

confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Jiri-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on

demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

Kali Gandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

Bhote Koshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive (190km) from Kathmandu to Jiri (1,955m/6,414ft)/Shivalaya (1,790m/5,873ft).

Day 02 : Trek Jiri/Shivalaya to Khahare (2,175m/7,136ft).

Day 03 : Trek Khahare to Panipakha (3,105m/10,187ft).

Day 04 : Trek Panipakha to Manedanda (3,940m/12,927ft).

Day 05 : Trek Manedanda to Panchpokhari (4,515m/14,813ft).

Day 06 : Trek Panchpokhari to Tare (4,140m/13,583ft).

Day 07 : Rest day at Tare for excursion.

Day 08 : Trek Tare to Ngeju (3,690m/12,106ft) crossing over Gyazo la pass (4,880m/16,011ft).

Day 09 : Rest day at Ngeju to pay a visit to Kau Gumba.

Day 10 : Trek Ngeju to Lhachhewar (2,665m/8,743ft).

Day 11 : Trek Lhachhewar to Kyama (2,380m/7,808ft).

Day 12 : Trek Kyama to Gumdol (2,255m/7,398ft).

Day 13 : Trek Gumdol to Serding (3,360m/11,024ft).

Day 14 : Trek Serding to Thodung-Lapchane (3,105m/10,187ft).

Day 15 : Trek Lapchane to Those (1,755m/5,758ft).

Day 16 : Drive Those-Jiri-Kathmandu.