

Overview

Few tourists have made their way to the remote highlands of the Numbur Cheese Circuit trail. Officially opened in **2009 by the Nepal Tourism Board**, the route has still caught on with foreign trekkers. **Luckily for you**, this means that the trails are nearly empty, providing a real wilderness experience. Throughout the journey, trekkers make friends with the locals, who have made their homes within eyeshot of some of the tallest peaks in the world. **What is so cheesy about the Numbur Cheese Circuit?** Well, **there are thirteen cheese-making spots** throughout the trail. Some of them are decades old! Most of them, though, are only open during the monsoon season (**June to September**). At least one of the factories, nearby Thodung Monastery, operates all year around.

The **Numbur Cheese Circuit Trek** lies within **Gauri Shankar Conservation Area**, which borders **Sagarmatha National Park**. The path guides trekkers into faraway lands, through **Sherpa settlements to the lap of Numbur Peak (6959 meters/22,831 feet)**. To date, the **sacred peak is unclimbed, as it is considered the protector deity of Solu**. After starting the trail in Shivalaya, we spend the first days ascending. On **day 7 of the trip, we arrive at Panch Pokhari** (meaning 'five lakes' in the Nepali language). Every year, Hindu pilgrims come here during **Janai Purnima** festival for the ritual changing of the **sacred thread (Janai)** that they wear around their bodies. A soul-cleansing dip in the refreshing, freezing water is naturally called for. While soaking in the water, enjoy awe-inspiring views of **Jugal Himal, Rolwaling, Kanchenjunga, and Makalu** mountains.

A couple of days later, the trail passes the **Gyajo La (4880 meters)**, the highest point of the trek. It is an absolutely stunning view of the grand Himalayas. This is just one of several high passes on the trek. Accompanied by **deep gorgeous, expansive valleys, terraced farming pastures, and beautiful rural settlements, this trek is a gem**. Completely underrated and still trafficked by tourists, it is the **perfect trek for mountain vistas**, while getting exposure to the unique mountain culture found in **Nepal's mountainsides**.

Part of our Numbur Cheese Circuit Trek **required camping due to the remoteness of the stops**. Where there are guesthouses or homestays, we can stay there upon your request. Otherwise, we will be camping outside under a tent. Release your attachments to your normal, everyday life and 'lose yourself' in the mountains. For a couple of weeks, forget about the worries you have and live in the moment! Enjoy the views and feel the refreshing **mountain breeze**.

Trekking is possible throughout the year, but Spring (**March to May**) and Autumn (**September to November**) provide the best weather. During the Spring, there is a bit more color and the rhododendrons are blooming, and in the Autumn months, the **skies are generally clearer**. **However, during the Monsoon season, the cheese factories are open**. The Numbur Cheese Circuit Trek requires moderate fitness and acclimatization to avoid acute mountain sickness. **Breeze Adventure** arranges the trek

with complete management. Please, feel free to **contact us** for more detailed information.

Highlights

Sample several different local yak cheeses at the various stations along the trail

Take a refreshing swim in the sacred waters of Panch Pokhari (4100 meters)

Several sleeping facilities including homestay, guesthouse, and tent camping

Traverse the high Gyajo La Pass at 4880 meters (16,010 feet)

A nearly off-the-grid trail that is still unknown by most trekkers

Outline Itinerary

Day 01 : Arrive in Kathmandu

Day 02 : Drive from Kathmandu to Shivalaya (1790m), 8-9 hours drive.

Day 03 : Shivalaya to Khahare (2175m), 3-4 hours.

Day 04 : Khahare to Panipakha (3105m), 4 hours.

Day 05 : Panipakha to Mane Danda (3940m), 3 hours.

Day 06 : Mane Danda to Panch Pokhari (4515m), 3-4 hours.

Day 07 : Panch Pokhari to Tare Kharka (4140m), 5 hours

Day 08 : Tare Kharka to Ngeju Kharka (4325m), 4 hours.

Day 09 : Ngeju Kharka to Lhachhewar (2665m), 4 hours.

Day 10 : Lhachhewar to Kyama (2380m), 4 hours.

Day 11 : : Kyama to Gumdel (2255m), 3 hours.

Day 12 : Gumdel to Serding (3360m), 3-4 hours.

Day 13 : Serding to Lapchane (2875m), 5 hours.

Day 14 : Lapchane to Those (1740m), 4 hours.

Day 15 : Drive from Those to Kathmandu, 9 hours drive.

Cost Includes

- Gauri Shankar Conservation Area Permit
- Transportation to and from Tribhuvan Airport.
- Three nights in a 2-3 star hotel in Kathmandu, breakfast included.
- All transportation for the trek.
- Local guesthouse/homestay accommodation in mountain.
- Government-authorized, experienced guide and porters
- Insurance, food, accommodation, and wage for guides and porters
- Hygienic meals (breakfast, lunch, and dinner) during the trek.
- All equipment (sleeping bag, warm layers, etc.)
- Tented Camp & supplies (kitchen, sleeping bag, etc.).
- First Aid Kit
- Maps
- Service charge and government taxes
- Post-trek celebration dinner in Kathmandu

Cost Excludes

- International airfare
- Meals in Kathmandu (besides breakfast)
- Your personal expenses, shopping, etc.
- Shower and electronic charging fees at guest houses during the trek
- Alcoholic drinks, chocolates, tea and coffee
- Tips for guide and porter
- Extra accommodation and meals outside of itinerary
- Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)