

NOMADIC SKIES

HUMLA NEPAL

SACRED FIBRES: TEXTILES OF THE HIDDEN HIGH HIMALAYA

CULTURAL & ARTISTIC EXPLORATION IN REMOTE NEPAL

DISCOVER TRAVEL WITH PURPOSE

DISCOVER THE TEXTILES OF THE HIDDEN HIGH HIMALAYAN OF NEPAL

Explore and experience the textiles and crafts, culture and community, and stunning scenery of this little-visited area.

A collaboration between Nomadic Skies Expeditions and Nearly Wild Weaving.

Nomadic Skies is founded on the belief that travel should create meaningful connections between visitors and local communities, while delivering tangible economic benefits to remote, culturally distinctive and often marginalised regions.

Nearly Wild Weaving creates connections between tapestry weavers, between weavers and other textile artists and enthusiasts, and follows a passion to connect people and nature through art and creativity.

This immersive 15-day journey explores the textiles of the high Himalayan communities of Humla in remote north-western Nepal. Travelling alongside fellow textile enthusiasts, you will discover the practical, cultural and sacred significance of textiles while spending time with skilled local artisans in a spectacular mountain landscape rich in cultural heritage and creative inspiration.

Along the way, you will also gain insight into the natural environment and traditional land-management practices that have shaped life in this remarkable region.







A JOURNEY UNLIKE ANY OTHER

An internationally led trip bringing together local guides from Humla with international guiding and textile and creative expertise.

This unique journey uses local guides and support staff from Humla, providing participants with a deep connection with the comunities that you will visit.

- Travel with international creative lead Irene Evison of Nearly Wild Weaving who will support the journey from beginning to end.
- Be led throughout by USA based Jigme Lama, a highly experienced international guide and expert in Tibetan Buddhism, who originally comes from the villages you will be visting and who will provide a unique insight into his home area.
- Be suported by a fully local team from Humla – camp support staff, route guides, cooks, vehicle support etc.

16 days / 15 nights
starting and finishing
in Kathmandu



YOUR JOURNEY

"The valleys and the people of the Humla Region hold and nurture you in some kind of transformative way throughout this trip.

Each morsel of food, each drink, each water bowl is laid in front of you with such presence, connection and good will. It works on so many levels."

AINE DUNNE





HIGHLIGHTS OF YOUR JOURNEY

- Journey from the bustling streets of Kathmandu into the beauty and tranquillity of the little visited valleys of Humla, deep in the high Himalaya.
- Discussions, demonstrations and participative sessions with local communities on:
  - Weaving – traditional backstrap and shuttle looms.
  - Traditional spinning – sheep and yak wool.
  - Yak hair rope and textile production and uses.
  - Ceremonial and traditional clothing – production, use, repair and symbolism.
  - Embroidery - on garments and shoes and their use.
  - Traditional plant-based dyeing and use of plants in traditional medicine.
  - Spiritual and cultural aspects and symbolism of textiles and weaving.
- Work with local artisans to try out their approaches to spinning, weaving and dyeing.
- Spend time with villagers to understand their way of life, their management of the land, local flora and fauna, and how modernisation is impacting their communities.
- Have time for your own creativity inspired by the culture, skills and landscapes of the High Himalaya.
- Optional day treks from Limantang Village to explore the Takpaphuk sacred forest, the remote Ralling monastery and caves, and nearby yak meadows.



"I've visited Nepal twice before, but this was the first time that I was able to slow down and appreciate the diversity of the natural environment and gain insight into the lives of villagers in this beautiful, remote part of Nepal."
SADIE PAIGE

YOUR ITINERARY

Nomadic Skies itineraries are intentionally designed with flexibility in mind. While there is a clear outline of where we will be each day, we leave room within the schedule to respond to the interests of participants, accommodate the working rhythms of artisans and village residents, and take advantage of opportunities to engage in community and individual activities as they arise.

Please note that additional time is built into both the beginning and end of the trip to allow for any potential travel delays to and from Kathmandu.

While staying in the villages, we will review and agree the following day's plans with you each evening. The itinerary also includes opportunities for personal time—whether to relax, pursue creative activities, or explore the local area at your own pace.

DAY 1: ARRIVAL IN KATHMANDU
(OVERNIGHT: KATHMANDU)

Your journey begins in Kathmandu, where you will be welcomed with a group dinner and the chance to meet your fellow travellers. You will stay in the historic city of Patan, just a short walk from the magnificent Patan Durbar Square, a UNESCO World Heritage Site known for its beautiful temples, stupas and former royal palaces.

DAY 2: KATHMANDU AND PATAN – CULTURE, CRAFTS & HERITAGE
(OVERNIGHT: KATHMANDU)

Today, you will explore the cultural and artisanal heart of the Kathmandu Valley. Wandering through the historic streets of Patan and Kathmandu, you will discover traditional workshops, bustling markets and skilled craftspeople continuing centuries-old traditions.

In the evening, you will climb to Swayambhunath, the famous Monkey Temple perched above the city. As the sun sets over the valley, you can take in panoramic views of Kathmandu while watching the temple transition from a busy pilgrimage site to a place of evening prayer, accompanied by its resident monkeys.

DAY 3: KATHMANDU TO NEPALGUNJ
(OVERNIGHT: NEPALGUNJ)

This morning, you will visit Boudhanath, one of the largest and most important Tibetan Buddhist stupas in the world. Surrounded by monasteries, temples and artisan shops, it offers a fascinating introduction to the Tibetan cultural influences that you will encounter throughout your journey.

After lunch, you will transfer to Kathmandu's domestic airport for a short flight west to Nepalgunj, a lively town near the Indian border surrounded by fertile agricultural plains. You will spend the night in a comfortable hotel and may have the opportunity to sample some of the excellent Indian cuisine for which the region is renowned.

DAY 4: FLIGHT TO SIMIKOT – GATEWAY TO HUMLA (2,950M)
(OVERNIGHT: SIMIKOT)

An early start takes you on one of Nepal's most spectacular mountain flights. Leaving the flatlands of the Terai behind, you will fly across rolling hills and deep valleys before arriving in the high Himalaya.

After approximately one hour, you will land in Simikot, the administrative centre of Humla District and your gateway to one of Nepal's most remote regions. At nearly 3,000 metres, Simikot provides an ideal setting to begin acclimatising to the altitude. You will stay in a local guesthouse and have plenty of time to explore the town, meet local people and begin absorbing the unique atmosphere of the region.

DAY 5: SIMIKOT – ACCLIMATISATION & CULTURAL EXPLORATION
(OVERNIGHT: SIMIKOT)

Today offers your first opportunity to explore the rich cultural diversity of Humla. This remote district is home to both Indo-Aryan communities, including Chhetri, Thakuri and Kami peoples, and communities of Tibeto-Burman heritage who speak Tibetan dialects and predominantly practise Tibetan Buddhism.

As you wander through Simikot, you will gain insight into this fascinating cultural blend while exploring local crafts, textiles and traditions. The day provides a valuable introduction to the cultural landscape you will encounter as you travel deeper into the region's Tibetan villages.



"I would recommend it to anyone and everyone who wants to travel in a deeper, more meaningful way.
CAL MAJOR



DAY 6: TREK TO TORPA VILLAGE (3,100M) (OVERNIGHT: TORPA)

After breakfast, you will begin your journey to Torpa, either on foot or, if preferred, with the option of jeep transport for part of the route. The walk takes approximately three to four hours along local trails that wind across the hillsides, revealing ever-changing mountain views.

Upon arrival, you will find your camp set up in a spectacular location overlooking the surrounding landscape. Torpa is rarely visited by outsiders, and you can expect a warm welcome from local residents. Sharing tea and conversation with villagers offers an authentic introduction to life in this remote Himalayan community.

As the home village of some of your local guides, your arrival is often a cause for celebration. Here, you will begin exploring the region's rich textile traditions and encounter the distinctive clothing, craftsmanship and creativity that remain central to local identity.

DAYS 7 & 8: TORPA VILLAGE – TEXTILES, CREATIVITY & COMMUNITY LIFE (OVERNIGHT: TORPA)

Over the next two days, you will spend time with local weavers, artisans and community members, gaining insight into the role textiles play in everyday life, cultural identity and ceremonial traditions.

Through demonstrations, conversations and hands-on activities, local women and craftspeople will share their skills, techniques and knowledge. You will have opportunities to learn directly from those who continue these traditions while also gaining a deeper understanding of village life in this remote corner of the Himalaya.

The itinerary also allows time for your own creative practice, reflection and independent exploration. Whether you choose to sketch, write, photograph, weave, or simply sit and absorb your surroundings, these days offer space to connect with both the landscape and the community around you.









DAY 9: TREK TO LIMATANG VILLAGE
(OVERNIGHT: LIMATANG)

Today, you will say farewell to your hosts in Torpa and make the short journey to the neighbouring village of Limatang, the home village of your guide, Jigme Lama.

Walking along a jeep track that gently climbs through the landscape, you will reach another traditional Tibetan village set amidst spectacular mountain scenery. After settling in, you will have the opportunity to explore the village, meet local residents and gain further insight into the traditions, culture and daily rhythms of life in Humla.

Your campsite will give you new views, including the iconic stone built village houses with flat roofs used for drying their harvests. Expect a warm welcome from villagers who may invite us in for tea, giving you the chance to experience a unique atmosphere where the kitchen really is the heart of the home.

DAYS 10 & 11: LIMATANG VILLAGE – TEXTILES, TRADITIONS & COMMUNITY LIFE (OVERNIGHT: LIMATANG)

Over the next two days, you will continue to deepen your connection with village life in Limatang.

Through time spent with local families, weavers and artisans, you will gain further insight into the skills, traditions and cultural practices that shape everyday life in this remote community. There will be opportunities to observe demonstrations, participate in hands-on activities and learn directly from local craftspeople.

The way you choose to spend your time will depend on participants' interests, but could include a guided walk with the local 'amchi' or local plant medicine expert, trying backstrap weaving, preparing yak wool for use or just time to focus on your own creative work.

DAY 12: LIMATANG – CREATIVE TIME OR OPTIONAL MOUNTAIN EXPLORATION
(OVERNIGHT: LIMATANG)

Today offers the flexibility to shape your experience according to your interests. You may choose to spend the day in Limatang, enjoying personal creative time, exploring the village at your own pace, or simply relaxing and absorbing your surroundings.

Alternatively, you can join an optional day trek to explore the sacred landscape surrounding the village. This route may take you through the Takpaphuk sacred forest, to the remote Ralling Monastery and meditation caves, and across nearby yak pastures high above the valley.

The walk provides a deeper understanding of the area's spiritual significance and offers opportunities to observe local birdlife, alpine flora and the dramatic mountain environment that has shaped life and belief in this region for generations.

DAY 13: RETURN TO SIMIKOT VIA BARGAON VILLAGE
(OVERNIGHT: SIMIKOT)

Today you will begin your return journey to Simikot. The route follows a relatively gentle descent of approximately three to four hours on foot, with an optional jeep transfer available for those who prefer.

Along the way, you will pass through traditional villages and enjoy your final views of the landscapes that have been your home over the past week. Arriving back in Simikot during the early afternoon, you will have time to relax, reflect on your experiences and prepare for your return flight to Kathmandu.

In the evening, you will gather for a final dinner in Humla, celebrating the friendships, memories and experiences shared throughout your time in this remarkable region..









"I loved everything about this trip especially the warmth with which we were welcomed by the local people"

JILL DAVIES

DAY 14: RETURN FLIGHT TO KATHMANDU
(OVERNIGHT: KATHMANDU)

Today, you will fly from Simikot back to Kathmandu via Nepalgunj. The journey offers one final opportunity to appreciate the dramatic transition from the high Himalaya to Nepal's lower hills and plains.

By afternoon, you should arrive back in Kathmandu and return to Patan. After the tranquillity of village life in Humla, the vibrant streets, temples and markets of the capital may feel wonderfully energetic and alive..

DAY 15: FREE DAY IN KATHMANDU AND FAREWELL DINNER
(OVERNIGHT: KATHMANDU)

Your final full day in Nepal is yours to enjoy as you wish. You may choose to rest, revisit favourite places, explore new areas of Kathmandu Valley or spend time shopping for textiles, crafts and souvenirs.

This final day also provides an opportunity to reflect on your experiences and enjoy the contrast between Nepal's bustling capital and the remote mountain communities you have come to know.

In the evening, you will join your fellow travellers for a farewell dinner and a final celebration of the journey. If your international flight departs late at night, it may also be possible to transfer directly to the airport after dinner.

DAY 16: DEPARTURE DAY

Depending on your flight schedule, you will transfer to Kathmandu International Airport for your onward journey home, taking with you memories, friendships and experiences from one of Nepal's most remote and culturally rich regions.

Please note: Domestic flights to and from Humla are subject to weather conditions and aircraft availability. Due to the remoteness of the region, schedules can occasionally change at short notice. As a result, arrival and departure dates from Humla may need to be adjusted slightly to accommodate flight operations. Additional time has been built into the itinerary to allow for this flexibility.

Every Nomadic Skies Journey is unique and takes advantage of seasonal activities ceremonies and opportunities that arise with our local contacts and interaction.



JOURNEY DETAILS

YOUR TRAVEL & BOOKING INFORMATION

GROUP SIZE & LEADERSHIP

This journey is designed for a small group of 8–10 participants, not including the international leaders. The small group size allows for meaningful interactions with local communities, flexibility within the itinerary and a more personal and immersive experience throughout the journey.

During your time in Kathmandu, you will stay in a charming traditional guesthouse in the historic city of Patan, close to the UNESCO-listed Patan Durbar Square. This remarkable area is home to an extraordinary collection of temples, stupas, shrines and palace buildings, offering a wonderful introduction to Nepal's rich cultural heritage.

ACCOMMODATION: 16 DAYS / 15 NIGHTS

- 4 nights in a high-quality hotel in Patan, Kathmandu
- 1 night in a comfortable hotel in Nepalgunj
- 3 nights in a local guesthouse in Simikot, Humla
- 7 nights in fully supported camps in Torpa and Limatang villages

KATHMANDU

During your time in Kathmandu, you will stay in a charming traditional guesthouse in the historic city of Patan, close to the UNESCO-listed Patan Durbar Square. This remarkable area is home to an extraordinary collection of temples, stupas, shrines and palace buildings, offering a wonderful introduction to Nepal's rich cultural heritage.

NEPALGUNJ

In Nepalgunj, you will stay in a comfortable hotel, providing an opportunity to relax before continuing your journey into the remote Himalayan district of Humla.

SIMIKOT

In Simikot, you will stay in a simple local guesthouse. Rooms are comfortable but basic, with shared bathroom facilities. Electricity is available, and Wi-Fi access can usually be arranged locally.





CAMPING IN TORPA AND LIMATANG

For seven nights, you will stay in fully supported camps located within the villages of Torpa and Limatang. Every effort will be made to ensure your comfort while allowing you to experience life in these remote mountain communities.

Your tent will be set up and ready before your arrival, equipped with a comfortable inflatable sleeping mat. A chair will also be provided so that you can sit outside and enjoy the mountain views and village atmosphere.

Each morning, a member of the local team will bring you a cup of tea and a bowl of warm water for washing. Shared toilet tents will be available throughout your stay, along with a shower tent where warm water can be provided on request.

There is no Wi-Fi access in either village. In Torpa, limited electricity is generally available for charging phones and camera batteries, although this cannot be guaranteed.

LUGGAGE & TRAVEL IN HUMLA

Your main luggage will be transported for you between villages, allowing you to walk with only a small day pack carrying personal essentials.

The route between villages follows an unmade road that sees very little traffic. While the distances are relatively short, you should expect some ascents and descents, uneven ground and sections of rough terrain. There will be regular opportunities to stop, enjoy the scenery and take refreshments along the way.

A jeep can be used for some or all of the journey between villages if required, although road conditions mean that travel can be slow and occasionally bumpy.

Within the villages themselves, you will explore on foot using local paths and trails, some of which may be steep or rocky in places.





FITNESS & DIFFICULTY

This journey is suitable for participants with a good level of fitness, mobility and confidence walking on uneven terrain.

Although the trekking distances are relatively short and vehicle support is available for parts of the route, the journey takes place at altitude. You will fly directly to Simikot at approximately 2,950 metres and spend time in villages at around 3,100–3,200 metres. Optional day walks may take you to higher elevations.

You do not need previous trekking experience, but you should be comfortable walking for several hours at a time on mountain trails and village paths. A reasonable level of fitness will help you enjoy the experience and make the most of your time in this remarkable Himalayan region.

CLIMATE

Temperatures: In Humla, days are usually pleasant and comfortable, while evenings and nights can be cold, with temperatures often dropping to low single figures Celsius. Layered clothing is recommended.

Precipitation: This journey takes place after the monsoon season to maximise the chances of clear weather. However, some rainfall is still possible in September, so you should be prepared for occasional wet conditions.

HEALTH & TRAVEL INSURANCE

Comprehensive travel insurance is essential and should include cover for travel at altitude and emergency evacuation.

Before travelling, you should consult your doctor or travel clinic regarding recommended vaccinations and any health considerations. If you have a medical condition that may be affected by altitude, please seek medical advice and inform Nomadic Skies before departure.



"It was the most wonderful trip, the experience of a lifetime, exceeding my expectations."
JUDITH DAVIES



DIETARY REQUIREMENTS

Vegetarian, vegan and other dietary requirements can be accommodated. Please let us know of any dietary needs, allergies or intolerances before travelling.

COST

The cost of the 2027 journey is US$5,100 per person.

Prices are based on shared accommodation. A single supplement of US$250 applies if you require a private room where available.

BOOKING

To reserve your place, please request and complete a booking form.

Once the minimum group size of eight participants has been reached and the trip is confirmed, an US$800 deposit will be required. The remaining balance is due eight weeks before departure.

CONSUMER PROTECTION

Nomadic Skies is a full member of the UK Travel Trust Association (TTA).

All payments are protected under the TTA Consumer Protection Scheme, and you will receive a TTA Protection Certificate when your first payment is made.









"A truly wonderful and authentic experience, meeting local people and learning about their culture and customs, led by knowledgeable people from the local area. Achievable trekking element with the relevant support tailored to the individual traveller"

SUE THIEDEMAN

WHAT'S INCLUDED

TRAVEL

- All airport transfers in Nepal
- All vehicle transport
- Internal flights from Kathmandu to Simikot return
- Vehicle transport for luggage

FOOD

- All food from the evening meal on the arrival day to breakfast on the departure day (except lunch in Kathmandu on the final day – to allow for self exploration)

GUIDING & STAFF

- International and local guides throughout the journey
- Camp support staff and cooks

EXPERIENCES

- All entry fees for sites visited as part of the trip in Kathmandu
- Trekking/visit permit to Humla
- All local experiences and interactions in Humla

CONSUMER PROTECTION

- 100% consumer financial protection via the UK Travel Trust Association

AND WHAT'S NOT

- International flight to and from Kathmandu
- Nepal Tourist visa (US$50)
- Drinks other than those provide as part of meals and catering.
- Lunch on arrival day and on the final day spent in Kathmandu
- Travel Insurance
- Required inoculations for travel
- Tips for local staff





To book or make enquiries contact:
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The Travel Network Group