

# DESTINATION TINJURE MILKE JALJALE



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## Introduction

Tinjure Milke Jaljale (TMJ) area lies in far eastern part of Nepal and ancestral land of Limbu “the indigenous people” of Nepal also known as the “The Capital of Rhododendron” where 28 species of rhododendron are reported.

TMJ covers an area of 585.26 square kilometer and it is edge habitat of three districts; Tehrathum, Taplejung and Sankhuwasabha in between Arun and Tamor River with an altitude above sea level between 1500-4700 meter (m).

The north-south and east-west lengths of the area measure roughly 30-45 km and 6-25 km respectively. TMJ area represents middle and high mountain landscapes between two protected areas of Nepal, in between Kangchenjunga Conservation Area (KCA) and Makalu-Barun National Park (MBNP) and is a popular tourist destination for trekking, rafting and many more especially for nature exploration.

## Geography and Climate

TMJ area covers in the mid- mountains to high Himalayan region with the temperature range from  $-5^{\circ}\text{C}$  to  $22^{\circ}\text{C}$  . Rainfall pattern varies with the climatic zones and slopes of the area with an average rainfall of 1650mm.

Monsoon starts in early June and ends at mid-September. It is located between  $27^{\circ}6'57''$  to  $2730'28''$  N and  $8719'46''$  to  $8738'14''$  E, and represents important global eco-regions including Eastern Himalayan Alpine Grasslands, Shrubs and Broadleaf Forest.



# Biodiversity

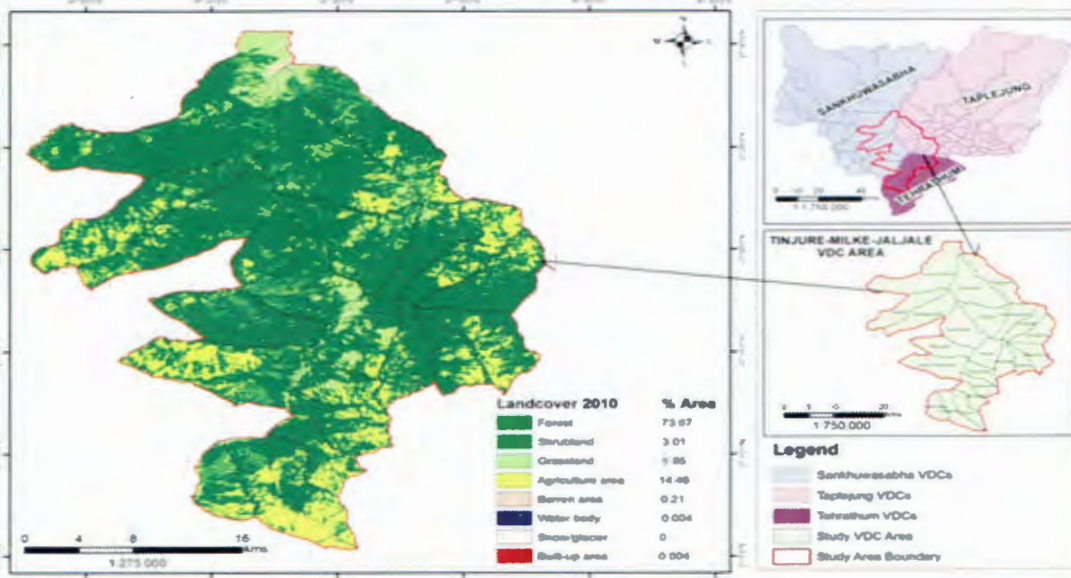
TMJ is ecologically mosaic have four eco-region dominated by eastern Himalayan shrub/meadow and eastern Himalayan broadleaf forests. It is also home for 326 species of flora (17 endemic, 14 threatened and 9 endangered species), 29 species of mammal, 151 species of bird, 25 species of insect, 8 species of fish, 6 species of reptile, 3 species of amphibian and 2 species of molluscs (RRN 2017, Limbu et al., 2012, IUCN 2002) including protected flora and fauna. With this it is also rich in various species of rhododendron where 28 species is recorded out of 32 species found in Nepal Himalaya (RRN 2017, IUCN 2002).



RRN-FON/GC.S



LANDCOVER MAP OF TINJURE-MILKE JALJALE STUDY AREA-2010



## Society & Culture

Dominated by indigenous communities in the TMJ area are especially the Limbu and followed by Sherpa, Tamang and Rai including Bramhin/Chettries and Dalits with their diverse traditions, culture, language and religious practices. Agro-pastoral communities that they still have been practicing traditional knowledge since their civilization. Agriculture, livestock farming, small scale business and trade of Non-timber Forest Products (NTFPs) including Medicinal Aromatic Plants (MAPs) are income sources for their subsistence. However, the indigenous people especially young generation (active ages) used to go foreign countries for employment such as British, Singapore and Indian army including other countries.

Various festivals are celebrated within their own nationalities and also vary with ethnicity and religion. Major festivals are Udhauli/Uvauli of Rai and Limbu community, Lhosar of Sherpa and Tamang, Dashain and Tihar of Bramhin/Chettris etc.



# Major Tourism Destinations

TMJ is itself a paradise for the visitors. Panoramic views of mountains, dramatic ups and downs on the way from the hill top makes joy for the tourists. Everywhere is the destinations for the visitors that vary on their objectives of the trek, enthusiasm and so on.

Tinjure, Chauki, Madi, Guphapokhari, Myanchhyam Hill and Cave, Sanghu, Gorja, Fakumba, Sabhapokhari, Khoping, Gidde, Siddakali, Panchpokhari, Jaljala, Milke Danda and many others are the destinations.



# BE A RESPONSIBLE TREKKER

## SAFETY & SECURITY:

- Take entry permits (if needed) prior to enter the area
- Use permitted routes and hike with a guide to avoid getting lost in different tourist areas (Do not travel alone).
- Hire only registered travel/trekking agents who practice responsible trekking guidelines.
- Register at your local Embassy upon arriving in Kathmandu and police check posts within trekking route.

## NATURE CONSERVATION :

- Step gently: Nature and culture are fragile
- "Take only photos, Leave only footprints". It helps to conserve biodiversity and to keep the environment clean.
- Avoid or minimize plastics uses. Place garbage only in designated places along the trailside.
- Use reusable water containers. Keep water sources clean; don't use detergents in streams and springs.
- Do not feed, disturb, or remove any wildlife, plants or parts of them.
- In camping treks, do not use firewood for cooking. Make sure that all waste and rubbish is disposed correctly or carried out of the area.

## CULTURE CONSERVATION :

- Respect local culture and heritage.
- Take off shoes before entering a Nepali home, at temples and other religious sites.
- Dressing and behaving appropriately will show respect for the culture and in return, will earn the respect of the people.
- Always ask for permission before taking photographs.

## SUPPORT LOCAL ECONOMY:

- Choose locally owned Teahouses/lodges/home stays or camp sites as much as possible and experience the local tastes and culture.
- Use the services of local guide and assistant as much as possible and boost local employment.
- Support the local economy by buying local made products and souvenirs.
- Discourage begging; if you wish to make a donation to the community then consider local public institutions.

## How to get TMJ?

Basantapur of Tehrathum district is the renowned and major entry point to the TMJ. Year round motorable road connects from Kathmandu via Biratnagar. Seasonal road access upto Guphapokhari from Basantapur and Myanglung by Jeep/Landrover. On the other option, Suketar airport (Taplejung) is also the alternative way to reach the TMJ via Dovan. In recent years, visitors are also used to trek/hike from Chainpur-Nundhaki-Milke.

There are many short and long trekking routes within TMJ area. The area is also a connecting route to Kangchenjungha and Makalu Trek including Great Himalayan Trail (GHT) in high Himalayas and GHT Cultural trail in the lower section. Day hike and birding tour is also famous in recent years.

- GHT Cultural Trek: Tumlingtar-Chainpur-Nundhaki-Gupha-Milke (5 days)
- Historic Limbu Trail: Gufapokhari-Sanghu-Dovan-Taplejung (3 days)
- The Jungle Hike: Basantapur-Gufapokhari-Gorja-Change-Dovan-Taplejung (3 days)
- Taste of Community Trek: Myanglung-Shreejung-Gufa-Milke (3 days)
- Hangout Hike: Dharan-Basantapur-Gufa (2 days)
- Gathering Gufa: Day-out Trip (2 days)
- Brave Barun Trek: Basantapur-Gufa-Jaljale-Thudam-Gola (18 days)
- TMJ Circuit Trek: Tinjure-Milke-Jaljale-Khadbari-Basantapur (13 days)

## TMJ Circuit Trekking

It is a 13 days trekking route/circuit recently developed by RRN/SCBDMP which covers more over 220 km including off road drive for 2 days. The itinerary of the TMJ circuit is as follows:

- Day 1: Basantapur to Chauki (2682m)
- Day 2: Chauki to Guphapokhari (2890m)
- Day 3: Guphapokhari to Dobate (3490m)
- Day 4: Dobate to Khambule Pati (3555m)
- Day 5: Khambule Pati to Sabhapokhari (4155m)
- Day 6: Sabha Pokhari to Panch Pokhari (4334m)
- Day 7: Panch Pokhari to Bahula Pokhari/DanfeVir (4217m)
- Day 8: Danfe Vir to Anande Danda (3584m)
- Day 9: Anande Danda to Ghpote Dhunga (2778m)
- Day 10: Ghopte Dhunga to Mangsima (1770m)
- Day 11: Mangsima to Num (1543m)
- Day 12: Num to Khadbari (1023m)
- Day 13: Khadbari to Basantapur/TuteDeurali (2493m)

# WELCOME TO TMJ CIRCUIT TRAIL



\* Location map is only for information, not in scale.

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