

Tsum Valley Trek

Duration: 20 Days Days

Max Altitude: 3,700 m

Destination: Nepal

Trip Grade: Moderate

Best Season: Autumn, Spring

Trip Highlights

- An exciting journey to the sacred and hidden Tsum Valley
- Pass through three different climate zones
- Walk through pine and rhododendron forests
- Gain an insight into Buddhist culture

Trip Overview

The Manaslu and Tsum Valley trek takes you on an exciting journey to the sacred and hidden Tsum Valley. Consumed by the alluring panorama of Ganesh Himal ranges, Tsum Valley only opened for trekking a decade ago, so is guaranteed to provide you with an experience of 'untouched Nepal'.

The Manslu trek starts from Arughat, where you will begin by passing through the first of three different climate zones: tropical, temperate, and polar – all of which can be experienced in a single day. From Arughat we will follow the Manaslu Circuit until Jagat – where we will head north to Tsum Valley. Along the way, you walk through pine and rhododendron forests, as well as pastureland where you will witness various animals such as yaks and blue sheep.

Seated in the lap of the Himalayas, amid the panorama of Ganesh Himal (7422m) and Shringi Himal (7161m), Tsum Valley is vibrant with Tsumba culture – giving you a true insight into the Buddhist culture that thrives along the Nepal and Tibet border. On this spiritual journey we will visit Mu Gompa – the largest monastery of the region, which houses many monks and ancient Buddhist texts on its premises. The trek also reaches a number of nunneries, including Rachen Gompa, which houses hundreds of nuns and is illustrated with ancient Buddhist paintings across its walls.

This trip is further heightened by the opportunities you have along the way to stay in Tsum Valley homestays. So as well as experiencing the spirit, nature and

challenge of the valley, you will also get to share the tradition and culture with the local people in their homes, whilst enjoying their food and stories along the way.

My Everest Trip is a highly professional team, whose mission is to make your trekking experience unforgettable. With us, you will not have to worry about your safety issues or Tsum Valley permits, as our friendly team will ensure this is all organised for you. So for more information about the Manaslu circuit trek cost or difficulty, please feel free to get in touch with a member of our friendly team – who will also be happy to provide you with a Manaslu Tsum Valley Trek Map, to show you the heights you will reach on your journey. Or if you would like to read a personal account of what it's like to join this adventure, you can check out our Tsum Valley trek blog below.

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,310m/4,298ft)| 0/N at 3 Star Hotel (A,D)

On arrival, a friendly member of our team will pick you up at the airport and transfer you to your hotel in Thamel, Kathmandu, where you are free to spend the day exploring the capital.

Day 02: Sightseeing in Kathmandu valley|8 Hrs|0/N at 3 Star Hotel (A, B, D)

Today, we will spend the whole day sightseeing around Kathmandu valley. We will take tours of Kathmandu Durbar Square, Bhaktapur Durbar Square, and Patan Durbar Square. In the evening you will meet your fellow trekkers and meet your guide to be briefed about your trek.

Day 03: Drive to Arughat (700m/2297ft)|0/N at Tea House(A,B,L,D)

Driving along the beautiful Trishuli River, we journey from Kathmandu to Dhading. Our scenic drive will take in the beautiful Himalayas and lovely countryside.

Day 04: Trek to Liding (860m/2821ft)|4-5 Hrs |0/N at Tea House (A,B,L,D)

On the first day of our trek, we will be heading to Liding (860 m) from Arughat. We will trek through tropical and subtropical forests, as well as small remote villages along the bank of Budhi Gandaki River to reach Liding. The trail becomes steeper as we walk, with waterfalls and rivers delighting us along the way.

Day 05: Trek to Machha Khola (930m/ 3051ft)|5-6 Hrs|0/N at Tea House (A,B,L,D)

We will trek uphill through dense rhododendron and juniper forests to reach Lapu Besi. We continue our trek and pass some villages, streams, and waterfalls before we reach Machha Khola (930 m).

Day 06: Trek to Jagat (1410m/4625ft)|6-7 Hrs|0/N at Tea House(A,B,L,D)

Passing lush forests of rhododendrons, sal, chilaune and juniper, we reach Khorla Beshi. We continue our uphill trek and pass Khola Bensi which will lead us to Jagat. Climbing up some stone stairs, we reach the village of Jagat – a resting point for both Annapurna and Manaslu circuit trekkers.

Day 07: Trek to Lokpa(2040m/6692ft)|5-6 Hrs |0/N at Tea House (A,B,L,D)

Trekking through ridges covered with prayer flags and Chortens, we will be introduced to Buddhist culture along the way. We will cross a couple of suspension bridges over Budhi Gandaki River to reach the Gurung village of Philim. From Philim, we trek for a few hours, before reaching Lokpa (2040 m) where we will be resting for the night.

Day 08: Trek to Chumling (2363m/7753ft)|3-4 Hrs |0/N at Tea House (A,B,L,D)

As we are still in lower Tsum valley, we will be trekking for another couple of days to reach the upper Tsum Valley. Chasing the majestic panorama of Shringi Himal (7161m), we trek for 3-4 hours to reach Chumling (2363 m). On our way, we will trek along small water streams and cross a couple of wooden bridges. On arrival we will see the traditional houses and beautiful stone paved streets, for which Chumling is famed.

Day 09: Trek to Chhokang Paro (3010m/9875ft)|8-9 Hrs |0/N at Tea House (A,B,L,D)

Today will be one of our most challenging days. On our 9-hour trek to Chhokang Paro, we will pass some small villages and relish the stunning view of Ganesh Himal range before reaching Chhokang Paro. Chhokang Paro is a large village where we will find stone houses built under the shadow of cliffs, with farms growing maize, potatoes, and barley.

Day 10: Trek to Nile (3361m/11026ft)|4-5 Hrs|0/N at Tea House(A,B,L,D)

Trekking along Shiar Khola, we will pass a few villages to reach Nile (3361 m). These villages have traditional houses with compounds built inside to house livestock. We'll also trek through rough ridges pass various monasteries along the way

Day 11: Trek to Mu Gompa (3700m/12139ft)|5-6 Hrs |0/N at Tea House (A, B, L, D)

As we trek towards upper Tsum valley, we will see some significant places in the region and Mu Gompa (3700 m) is one of them. Mu Gompa is a large monastery housing around 100 monks, located at the highest and farthest point in the Tsum valley. We will climb by Mani walls and walk alongside Yangdol Khola to reach Mu Gompa – filled with ancient Buddhist culture. On our way, we will come across several yak herds carrying goods to the local villages.

Day 12: Trek to Rachen Gompa (3240m/10629ft)|4-5 Hrs|0/N at Tea House (A,B,L,D)

Today, we trek downhill to Rachen Gompa (3240 m) which is a nunnery in the lap of the Himalayas. Relishing the stunning view of Puchen Himal, we will trek through alpine forests for 4-5 hours to reach Rachen Gompa. The Gompa houses thousands of clay moulded statues of Avalokiteshvara, and also has rich Buddhist paintings on the inside. Every household in the Tsum Valley has at least one family member as a nun or a monk.

Day 13: Trek to Domje (2440m/8005ft)|6-7 Hrs |0/N at Tea House (A,B,L,D)

Enjoying the alluring view of Ganesh Himal (7422m) as we trek downhill to Domje (2440 m) – passing through Chhokang Paro. During our 7-hour trek, we will cross a couple of wooden bridges over small water streams. Upon reaching Domje, we can visit the Tibetan herbal medicine clinic and school.

Day 14: Trek to Gumba Lungdang (3200m/10498ft)|6-7 Hrs |0/N at Tea House (A,B,L,D)

Today, we will trek towards another monastery, Gumba Lungdang, which houses some 40 nuns. We will walk through pine and rhododendron forest following a steep, zigzag trail. We will also hike up to Ganesh Himal Base Camp from where we will be treated to a magnificent vista of Ganesh Himal range. We will then hike back to Gumba Lungdang for the night.

Day 15: Trek to Ripchet (2468m/8097ft)|5-6 Hrs|0/N at Tea House (A,B,L,D)

Trekking through rough ridges, we pass several water streams, waterfalls, and small Himalayan villages to reach Ripchet (2468 m) – a fertile valley with good farmlands.

Day 16: Trek to Dobhan (1070m/3510ft)|7-8 Hrs|0/N at Tea House(A,B,L,D)

Trekking through subtropical regions, we will cross a couple of wooden bridges to reach Dobhan. During the 7-8 hours of trek, we will stumble across some remote villages where we can enjoy lunch.

Day 17: Trek to Soti Khola (815m/7533ft)|8-9 Hrs |0/N at Tea House (A,B,L,D)

Trekking along the Soti River, we will enter dense forests of rhododendron, sal, chilaune, and pine to reach the village of Soti Khola (815 m)- after 8-9 hours of trekking. On our way, we will see cattle grazing in the field as animal husbandry is the common occupation in this region.

Day 18: Trek to Arughat (700m/2297ft)|4-5 Hrs|0/N at Tea House (A,B,L,D)

After more than two weeks of trekking, we will finally head back to Arughat. Today is your last day of the trek. Relishing the vista of the Himalayas, we will trek for 4-5 hours to reach Arughat.

Day 19: Return Kathmandu |8 Hrs|0/N at 3 Star Hotel (A, B, L, D)

Driving along Trishuli River, we head back to Kathmandu for your departure the following day. On arrival you are free to spend your final day exploring the city.

Day 20: Departure|(B)

On your final day, a friendly member of our team will drop you at Tribhuvan International Airport, will plenty of time for you to connect you with your scheduled flight.

What's included

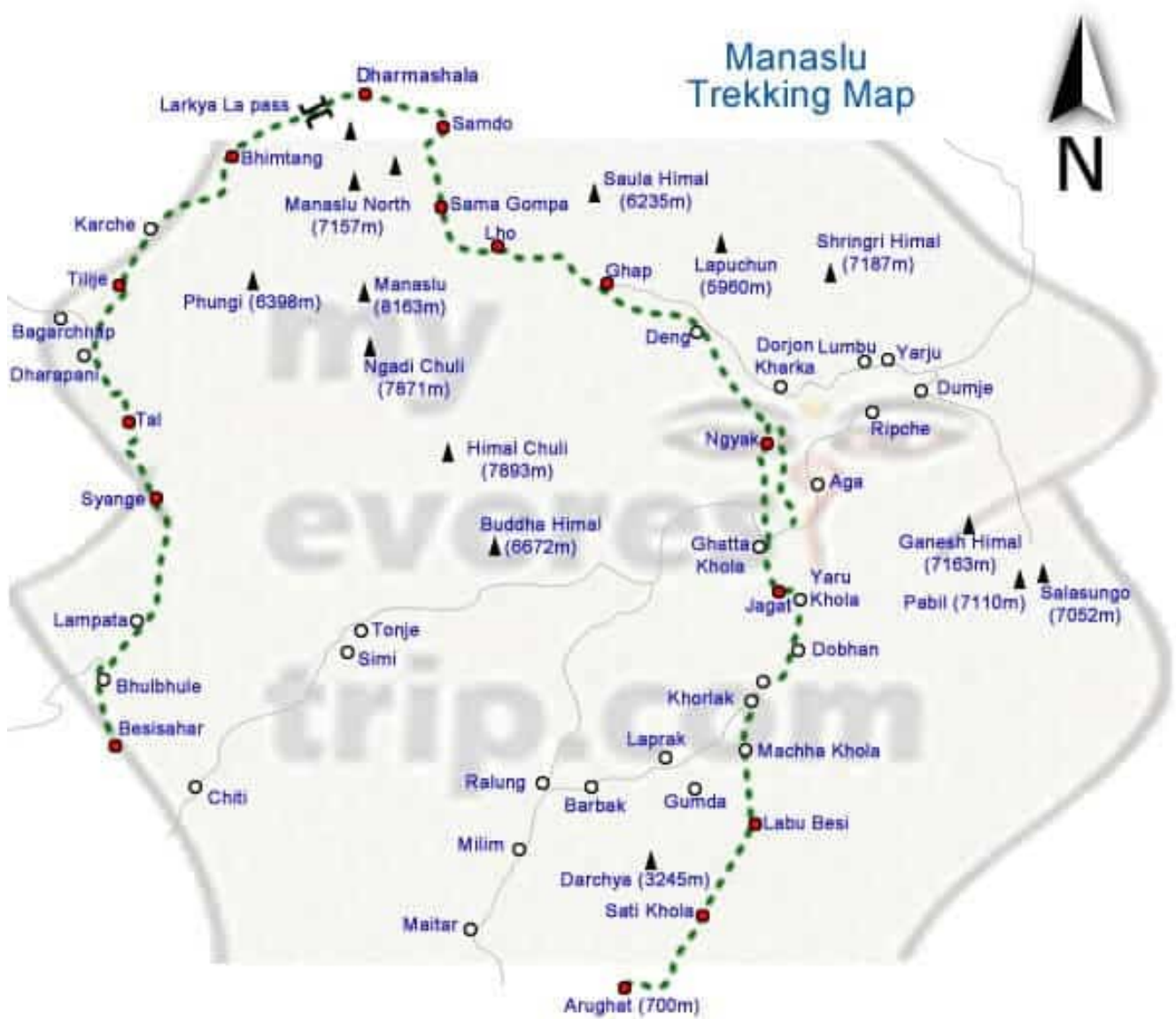
- Airport/hotel pick up and drop off by private car
- At least two nights 3 star hotel in Kathmandu Bed and Breakfast plan
- Meals on full board (breakfast, lunch and dinner) in whole trekking
- Kathmandu -Soti Khola – Syange – Kathmandu By local Bus / By jeep up to your request
- Trekking map
- An experienced government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking

- Insurance, salary, equipments, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 – US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipments

Trip Map



Contact Us

My Everest Travels & Tours
Chhetrapati, Thamel, Kathmandu, Nepal
www.myeveresttrip.com
+977-1-4259098 / 9851069558
info@myeveresttrip.com
Skype: myeveresttrip

My Everest Travels & Tours is a Government recognized and registered Travel Agency. Reg: 64831/066/067