

Tsum Valley Trekking

Package Highlights

- Freshly opened Trekking area **Tsum valley** is hidden valley of Nepal bordering till Tibet.
- Visit oldest monasteries, typically settled villages, cultural peoples and explore stunning views of Himalayas
- Enter via Manaslu Conservation Area, reach at Tsum valley including Ganesh Himal Base Camp
- Simple home stay style local tea houses as accommodation. Foods from same tea houses

Trip Facts

- Starting Price: US\$1290.00 (Per Person)
- Duration: 20 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle/Tourist Bus
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: Ganesh Himal base Camp 4,200m
- Min. Pax: 2
- Best season : March to May & Sept to Nov

Itinerary Details

Day 01 : Arrival at Tribhuban International Airport Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks receive you from international airport and transfer to Hotel in Thamel. Thamel is the touristic place. Major hotels, Restaurants and shops focus on tourist are here. If time permit talk about your trip.

Day 02 : Day in Kathmandu. Sightseeing and preparation of Trekking. Overnight at Hotel

After your breakfast, start your sightseeing in Kathmandu with our tour guide. We cover one old king palace, Buddhust stupa and hindu temple. Visit Bhaktapur Durbar squire, Bauddhanath and Pashupatinath. Return to Hotel and stay at trip briefing. Introduce with your guide and porter. Final packing for trekking

Day 03 : Drive to Sotikhola via Arughat Bazaar (7/8 Hours - 730m). Overnight at local tea house

After your early breakfast in Hotel, drive to Local Bus Park. Local bus drive to Sotikhola is about 8 hours. 3 hours drive with well paved road up to Dhading Besi. Another 5 hours drive is through dusty on paved road. You have choice to take private Jeep to Sotikhola in this trekking. Driving route is via scenic green hills and mountain. cross unique Nepalese villages, rivers

Day 04 : Trek Soti Khola to Machha Khola (900m, 6-7 hrs.). Overnight at tea house

After your breakfast in Soti, start trekking to Machhakhola. Flat land trekking trail content at starting, we then enter Saal forest. It is hot inside the jungle and some of the trail goes serious uphill. The rough and rocky way reaches at Gurung village Lapu Besi. It will be suitable here for Lunch. Descend trail reach at high suspension bridge at the end of village. Trail again goes keeps down and ups through bank of Budi Gandaki River and reach Machhakhola

Day 05 : Trek Machha Khola to Jagat (1281m, 6-7 hrs.). Overnight at tea house

We first enter our name and stamp in our Manaslu trekking permits in checking point at end of Jagat village. Beginning of trekking trail is climbing over rocky ridge reach at Salleri village. Then trail became easy and wide up to Ghatte Khola. Another step up hill reaches at Philim (A big gurung village). Leave another trekking trail of Tsum valley and cross bridge of Budi Gandaki. Reach deng, A small village.

Day 06 : Trek Jagat to Philim (1600m, 4-5 hrs.). Overnight at tea house

We first enter our name and stamp in our Manaslu trekking permits in checking point at end of Jagat village. Same checking post check Tsum valley restricted area permit too. Beginning of trekking trail is climbing over rocky ridge reach at Salleri village. Then trail became easy and wide up to Ghatte Khola. Another step up hill reaches at Philim (A big gurung village). Today is short trek to have rest your half day. Walking around at small village Phillim.

Day 07 : Trek Philim to Chumling (2310m, 6-7 hrs.). Overnight at tea house

After your breakfast, start trekking to Chumling. We leave route of Manaslu trekking by taking trekking path toward Tsum valley after few minutes walking from Philim. Reach first village of Tsum Lokpa. Enter to dense forest and cross Tsum Khola bridge to reach Chumling.

Day 08 : Trek Chumling to Chokangparo (3010m, 4-5 hrs.). Overnight at tea house

Trekking trail is almost all the way flat till base of Chhekanparo village. Then trail leads some serious uphill to reach Chhekamparo. This village is biggest village or the area having only home-stay type of accommodation. Exploration of local houses

Day 09 : Trek Chokangparo to Nile (3360m, 5-6 hrs.). Overnight at tea house

It is also a short trekking distance today. trekking trail is all flat land. we trek via Piren Gumba to visit oldest monastery of the area. Which story is with Millereppa. continue trekking to Nille village. This is last village of the area. A fresh Tsum Khola is in middle of village.

Day 10 : Trek Nile to Mu Gomba (3700m, 3-4 hrs.). Overnight at tea house

Very short uphills to Mu Gumba from Nile village. we will have enough time to visit around the monastery. we also have option to visit a small Nunnery Dhephu Doma Gomba at top of station after serious hiking about 2 hours from Mu Gumba. Exploration evening chanting at Gumba performing by Lama. Mu Gumba is also a school of teaching Lama.

Day 11 : Morning exploration and Trek Mu Gomba to Rachen Gomba (3240m, 5-6 hrs.). Overnight at Gomba

Very fresh morning to explore around here. you can see stunning Himalayas with early sunrise. You can view local yaks at their grass land next valley from here. After your breakfast, start trekking down to Rachen Gumba. Rachen Gumba is nunnery which is only of female lama. Exploration Gumba and overnight night at near.

Day 12 : trek Rachen Gomba to Dumje (2460m, 6-7 hrs.). Overnight at tea house

All the way trekking down to Dumje via same way. Village is at the side of corner not disturbance from any other part. There are only few houses and one local hospital. Overnight stay at one of the local house. Be prepare for next day serious uphill to Gumba Lungdang

Day 13 : Trek Dumje to Gumba Lungdang (5/6 Hours - 3,200m) Overnight at local simple house near Gumpa

We have to cross almost 700 meter high today to reach Gumba Lungdang. Whole the trail today to do meet any settlement. it is trekking inside forest only. View of Buddha Himal is stunning from on the way. Gumba Lungdang is oldest monastery of female lamas. One small but charming monastery lies in between all small houses. All those small houses are separate houses for nun. Overnight stay near at monastery.

Day 14 : Trek to Ganesh Himal Base Camp (7 Hours - 4200m) Back to Gumba Lungdang for overnight

Early in the morning start trekking to reach Ganesh Himal base camp. It is necessary to take some dry foods as lunch and enough drinking water. After crossing big forest part cross a River flow from Ganesh Himal. reach at less vegetation area of the base camp. Explore huge mountain very near from you which are all the panoramic Ganesh Himal. Trek back to Gumba Lungdang for overnight

Day 15 : Trek Gumba Lungdang to Ripchet (7 Hours - 2300m) Overnight at local tea house

Same way trekking down to Dumje and take different way to reach Ripchet. Another local big village of the area. After serious downhill, trek than leads almost all flat land inside jungle. Beautiful waterfall on the way is picturesque place.

Day 16 : Trek Ripchet to Philim(1600m, 6-7 hrs). Overnight at local tea house

Trekking back to Philim today. Trekking with different new way up to Lokpa village than follow the same way back as we trek before in this section.

Day 17 : Trek back to Khorla Besi (970m, 6-7 hrs) Overnight at local tea house

All the way down and flat land via small local villages on the way. You also can notice some traditional rice mill one the way. Overnight at bank of River and garden area of Khorlabesi.

Day 18 : Trek Khorla Besi to Sotikhola and drive to Arughat. overnight at Hotel

All the way trekking back to Sotikhola. Day is usually hot to trek inside saal forest. Take local transpiration for another 1 hour to reach Arughat Bazaar. Better hotel than trekking area is available here. Take comfortable shower and relax. be ready for long driving to Kathmandu tomorrow.

Day 19 : Drive back to Kathmandu. Overnight at Hotel

Start driving back to Kathmandu after your early breakfast. it is 3 hours driving in dusty mountain road and another 3 hours drive via well paved highway. Transfer to hotel and rest. Evening dinner with Nepal Highland Treks group in Nepali cultural restaurant.

Day 20 : Departure

Final departure. We will drop you to international airport. You normally have to be at airport 3 hours before than your flight time.

Cost Includes

- All arrival and Departure arrangement
- 3-star category of hotel in Kathmandu on twin sharing
- All accommodations in local tea houses during the trek
- One day sightseeing in major UNESCO heritage site in Kathmandu with private car, Tour guide and entrance fee
- Transpiration to and from Kathmandu Trekking starting point with local bus (You also have option to drive with private jeep to make your trip comfortable)
- Restricted trekking permit of Tsum valley
- Manaslu conservation area permit
- Professional, friendly English speaking trekking guide with his salary, foods, accommodation, insurance and equipment
- Porter to carry your goods (2 pax = 1 porter) with his salary, foods, accommodation, insurance and equipment
- Three times foods during trekking. Breakfast, Lunch and Dinner from local tea houses
- All necessary paper works and preparation
- Travel & Rescue arrangements
- First Aid kit box
- Service charges and government taxes

Cost Excludes

- Lunch and Dinner in Kathmandu
- Personal equipment, travel insurance, medical expenses, emergency rescue expenses in case of rescue need
- Bar bill, bottled drinks including drinking water
- Tipping to staff

Tsum valley Trekking cost is including local transpiration to and from Kathmandu trekking point. You can choose drive with private jeep to make your comfortable **Trekking in Nepal**

Useful Note

Trip Note

Departure Note