

Tsum valley Trek -18 Days

Tsum valley is a hidden treasure that has been preserved in the shadows of towering mountains since ages. It is one of the remote Himalayan valleys that was restricted for the rest of the world until very recently. Tsum Valley Trek takes us to the mystic valley of Tsum that makes us feel as if we have traveled back to time. This tradition valley is a living museum of the Tibetan Buddhist culture surrounding by the majestic mountains of [Ganesh Himal](#), SringiHimal, and BoudhaHimal.

The word Tsum is derived from the Tibetan word Tsum, which means vivid. Lying to the north of the Kathmandu city in the Manaslu region of Nepal, Tsum valley is often regarded as the valley of happiness. It is a delightful experience to walk along the off the beaten natured trail to one of the most secluded valleys in Nepal. The trail passes through the dense forests of pine and undulates up and down along the beautiful villages and farmlands along the way. Passing the waterfalls that cascades from the top of a hill and crossing the suspension bridges over the rivers adds to the beauty of Tsum Valley Trek. Nevertheless, the ancient gompas, monasteries, stupas, mani walls, and Milarepa's cave along the path in the backdrop of Himalayas are the alluring aspects of Tsum valley trek.

Tsum Valley Trek starts with a drive from [Kathmandu](#) to SotiKhola from where we walk pass Maachhakhola and village of Jagat to Tsum valley. In the valley, we explore some preserved villages like Lokpa, Chumling, Chhokhang, Nile, Mu Gompa, Rahcen, etc. and return via the same path to Sotikhola. The people residing in the Tsum valley are very traditional with their unique dialect, culture, custom, festivals, and lifestyle. We can experience the preserved form of Tibetan Buddhist religion here. So, are you ready to dissolve into the divine beauty of Tsum treasured in between the shadows of the mountains?

Itinerary

Day 01 : Welcome to Kathmandu

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance, if any, at the arrival section of the airport. As you come out, you will find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.

Day 02 : Sightseeing in Kathmandu

The second day is a day tour just to warm up prior to your trekking journey. Kathmandu is a city enriched with artistic palaces, beautiful monuments, ancient temples, and other

constructions of historical and cultural importance. No wonder the city has seven out of ten UNESCO listed world heritage sites. Today, you will be guided to the UNESCO listed heritage sites in Kathmandu. These heritages are perfect examples of rich history, exceptional culture, and architectural treasures of Nepal. At first, you will be taken to Kathmandu Durbar Square. The art, crafts, and carvings in the palaces, temples, and other monuments of the durbar square are excellent. After that, you will be escorted to Swayambhunath stupa (Monkey temple), Pashupatinath temple and Boudhanath stupa respectively. (Inclusive of breakfast)

Day 03 : Drive to SotiKhola (700 Meters) - 07 Hours

On day 3, we will start early at 8:00 am. We will pick you up at 8 a.m. and start our drive to Arughat, which will take us approximately 8 hours. The road will be gratifying for the first four hours to DhadingBensi (the district headquarter of Dhading at 1050m) but will be bumpy for the second section to Arughat. From Arughat, we will drive another one and half hour to SotiKhola and stay there at a guesthouse. (Inclusive of breakfast, lunch, and dinner)

Day 04 : Trek to MacchaKhola (930 Meters) - 04 Hours

Day 4 marks the starting of our trekking journey. We commence our trek with a gentle walk from Sotikhola. We cross a long suspension bridge over the SotiKhola and continue our walk up through the dense forests of Sal. We climb up to a ridge that lies just above the Budi Gandaki river and continues our walk to Khursane. From here, the trail follows a rocky path adorned by beautiful cliffs and waterfalls. We pass terraced farmlands on the way to Labubesi and cross a sandy path along the river bed. We further climb up a rocky cliff until we open up to a valley. We keep on following the trail until we reach the village of Macchakhola. Tonight, at a guesthouse in MacchaKhola(Inclusive of breakfast, lunch, and dinner)

Day 05 : Trek to Jagat (1340 Meters) - 05 Hours

Leaving Macchakhola, we follow a trail that narrows down to Tharokhola and moves ahead to Khorlabesi. From here, our trail undulates up and down to the hot water spring of Tatopani. At Tatopani, we can enjoy the hot water bath to soothe our nerves and senses. After enjoying some quality time at Tatopani, we climb up a ridge and cross Budhigandakikhola. From the river, climb up a stone-paved staircase to ThdoBharyang via Dohan. Finally, after crossing west bank of Budhigandaki River, we climb up to reach the village of JagatTonight, at a guesthouse in Jagat(Inclusive of breakfast, lunch, and dinner)

Day 06 : Trek to Lokpa (2240 Meters) in Tsum valley - 4:30 Hours

Today, we leave Jagat and climb up a rocky ridge to the village of Salleri and then to Sirdibas. We follow the trail that leads us to Ghattakhola and climbs up to a charming community of Gurung people known as Phillim. From this village, the trail turns north through the farmlands, forests and passes the checkpoint of the Manaslu Conservation area to enter into the Lokpa village in Tsum valley. Tonight, at a guesthouse in Lokpa(Inclusive of breakfast, lunch, and dinner)

Day 07 : Trek to Chumling (2386 Meters) in Tsum valley - 04 Hours

Lokpa is a small and beautiful village that offers some stunning views of SingriHimal and Hiunchuli. Today, we leave the village of Lokpa and descend down towards the Lungwa river. It is around half an hour to descend the river. From here, we continue via a zig-zag trail that extends for around two hours, along with the forests of pines and rhododendron. Within some time, we reach Gumlung. From Gumlung, we cross the Siyar river and climb up the Chumling, a village in Tsum valley. The village offers some incredible views of SingriHimal. There is an ancient gumpa in the village. We even visit that gumpa on our way to the guesthouse. Tonight, at a guesthouse in Chumling(Inclusive of breakfast, lunch, and dinner)

Day 08 : Trek to Chhokang Paro (3031 Meters) in Tsum valley - 05 Hours

From Chumling, we cross a suspension bridge to reach the opposite bank of the river. We follow the trail along the bank of the river, enjoying some captivating views of Ganesh Himal. We further walk pass Rainjam to reach Serpukhola. We cross another bridge on the way to Gho village. From the village, we ascend for another two hours to reach Chhokang Paro in Tsum valley. On a clear day, even the peak of Hiunchuli is visible today. Tonight, at a guesthouse in Chhokang Paro(Inclusive of breakfast, lunch, and dinner)

Day 09 : Trek to Nile (3361 Meters) in Tsum valley - 06 Hours

Today, we leave Chhokang Paro and climb up the village towards the Nile. As we are gaining altitude day by day, make sure that you are well acclimatized, and altitude gain doesn't pose a problem. From Chhokang Paro, we walk pass the village of Lamagaon and cross a river on the way to the charming villages Phurbeand Pangdun. Further, we pass the village of Chhule to the Nile. Tonight, at a guesthouse in Chhokang Paro (Inclusive of breakfast, lunch, and dinner)

Day 10 : Trek to Mu Gumpa (3700 Meters) in Tsum valley - 04 Hours

Early in the morning, after breakfast, we make our way to Mu Gumpa. During our trip today, we will be very close to the Tibetan border. We walk pass the valley, enjoying some dramatic views of mountains, dry environment, and Tibetan terrain. We ascend to

the Mu Gompa and explore the antique glory of this place. Further, we head to Dhephu Doma Gompa, which is another ancient gompa in the region. After exploring Mu Gompa and its periphery region, we spend our night at a guesthouse in Mu Gompa. (Inclusive of breakfast, lunch, and dinner)

Day 11 : Trek to Rachen (3240 Meters) in Tsum valley - 05 Hours

Today, we return from Mu Gompa and head towards Rachen in the Tsum valley. We walk through an alluring landscape with beautiful views of mountains on sight. Upon arrival, we visit a gompa in Rachen and explore the periphery of the place. Tonight, at a guesthouse in Rachen (Inclusive of breakfast, lunch, and dinner)

Day 12 : Trek to Chumling (2386 Meters) in Tsum valley - 05 Hours

Leaving Rachen, we descend down the same path to Chhokang Paro with wonderful views of exotic landscapes on sight. Further, we descend down to Sarpukhola and then to Chumling in Tsum valley. Tonight, at a guesthouse in Chumling (Inclusive of breakfast, lunch, and dinner)

Day 13 : Trek to Lokpa (2240 Meters) - 04 Hours

Today, we retrace our steps back to the village of Lokpa in Tsum valley. We walk through the same scenic and isolated path to Lokpa. Tonight, at a guesthouse in Lokpa (Inclusive of breakfast, lunch, and dinner)

Day 14 : Trek to Jagat (1340 Meters) - 4:30 Hours

We are on the way to our return journey. Leaving Lokpa, we follow the same path that we had taken earlier and return to the village of Jagat. Tonight, at a guesthouse in Jagat (Inclusive of breakfast, lunch, and dinner)

Day 15 : Trek to Lapubesi (884 Meters) - 05 Hours

We walk pass the same route back to Lapubensi. Tonight, at a guesthouse in Lapubensi (Inclusive of breakfast, lunch, and dinner)

Day 16 : Trek to SotiKhola (700 Meters) - 02 Hours and drive back to Kathmandu (1400 Meters) - 06 Hours

We are on the final days of our trekking journey. We wrap our trekking journey with a drive back to Kathmandu. On the way back, we can witness the beautiful scenery of villages, terraced farmlands, lush hills, and valleys. Upon our arrival in Kathmandu, you will be escorted to your hotel room in Kathmandu. Tonight at a hotel in Kathmandu (Inclusive of breakfast and lunch)

Day 18 : Departure day

Before a few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuvan International airport. (Inclusive of Breakfast)

Inclusion

- Airport pick up/ drop facility.
- All ground transportation during the trip.
- Accommodation in a three-star category hotel in Kathmandu.
- Accommodation in guesthouses during the trekking journey.
- Trekking permit.
- Trekking completion certificate from company.
- Entry fee to national parks, heritage sites and other places.
- Sleeping bag if you require.
- A professional English speaking guide and a porter (one porter for two clients).
- Insurance of support crew members and their other costs.
- First aid kit.
- All government taxes.

Exclusion

- Travel insurance.
- International airfare.
- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US \$ 50 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying the US \$ 125). Please bring 2 copies of passport-size photos

- Lunch and dinner in Kathmandu.
- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, Chocolates, etc.
- Utility expenses like telephone, electricity for charging, internet, laundry services, etc.
- Tips for support crew members of your trekking team.