

# Tsum Valley Trekking



## Introduction

Tusam valley trekking is one of the hidden Valley trekking in Nepal, it is located the Gorkha region of the Manaslu border of the Tibet, it is isolated hidden Shang ri la valley and it is opened just 2008. It remains relatively untouched, with ancient village and Tibetan Buddhist monasteries waiting to be explored, every day you can walk 5-6 hour with the high point of the trek being 3500m above the largest of the monasteries in the Valley call is Mu Gmpa. During the Tsum valley, you can stay lodge or traditional homestay rather than tents, we have many options for the overnight regarding your choose, homestay, lodge or tent.

This village of the Tusaml valley is one the very undeveloped area, but you can enjoy there unique and best hospitality offer us friendly peoples with the welcome to the traditional way to at them home, can be rudimentary and you can expect to eat local meals as like Dal Bhat, Tibet beard, local soup,

The trekking in Tsum Valley, you will understand how was going name of the valley got this name. it meaning is VIVID” home to the direct descendant Tibet peoples as Tsumbas.

Many people doing Tusam and Manaslu treks at the same time, coz both are trekking starting from Sotikhola village near HarughatBazaarr and 3-4 day walk s same way after 3 days you can go difference path, so most tourist who has time after tsuam Valley they can do Manaslu trekking then after some the go Annapurna too. It all depends on your Holidays or timetable.

It is possible to do finished the treks loner 8 days and shorter via 6 days.

Trekking is the best time for the Tsuam Valley – Autumn/spring and winter, all those time any day u can do any time, only Monson u cannot do trekking Tsum valley coz of the so many landslide and big rain.

## Trip Facts

|                 |                              |
|-----------------|------------------------------|
| Trip Duration   | 6 Hour                       |
| Trip Grade:     | Moderate to fairly hard      |
| Best Season     | Sept - Nov & Mar - May       |
| Per Day Hiking: | 5-7 hrs                      |
| Elevation       | 8848m                        |
| Accomodation    | Tea House                    |
| Group Size      | 1-15 PAX                     |
| Trip Start      | Kathmandu-Kathmandu          |
| Trip End        | Soti Village to Soti Village |
| Fix Departure   | every days.                  |

## Itinerary Details

### Day 01 : Arrival to Kathmandu (1400m)

After Arrival in Kathmandu International Airport and you will be greeted by our representative of Nepal planet treks who will drop you off at our hotel- then check-in at the hotel, be refreshing and rest too. then, the evening we have welcome dinner Nepalese culture restaurant and overnight Kathmandu.

### Day 02 : kathmanbdu to - shoti Khola(1000m 7 hour drive)

today after breakfast you will move from Kathmandu via private jeep or Local bus, it depends on our Finances. Then we are enjoying views of the Nepalese countryside along with the mountain hill then we will travel on the secondary route to Dhading Beshi. We get to Aarughat/salendar. After reaching the Arughat/salentar down in the region we drive further towards Seti Khola, overnight shoti Khola.

### Day 03 : Sati Khola to Machha Khola( 1300m 6 hour walk)

Our way today, we will go slowly and steadily to climb again. Then, we will head out of the woods to arrive at Riden Gaon. This ravine right here cuts instantly into yet one more river to arrive at Budhi Gandaki. At Lambesi, the track moves downhill to Budi Gandaki. We stroll for about 5 hours. We will set a new camp at Machha Khola. Overnight in Machha Khola.

### Day 04 : Machha Khola to jagat ( 1360m 5 hour walk)

On this day, the track moves over the Thado Khola with a new pebbly ravine to Khorlabesi. We can also view a smaller temperate early spring from Tatopani. The track after that mounts prior to going across the Budhi Gandaki River, over a suspension bridge. After that, we will arrive at Dobhan. For the reason that elevation increases, the surroundings run all the way through a full modification. In Jagat, you can get a

police check-post. Overnight in Jagat.

#### **Day 05 : Jagat to Lokpa (2240m and 5 hour walk)**

After best breakfast we can walk gently uphill as Nepalese flat leavened way and cross a suspension bridge over Budhi Gandaki river before we enter Philim village, Philim village is one of the big mainly inhabited by the Gurungs peoples. during the walk, we will stop the name of best place call EkliBhatii, where is very famous for the Local meals dhalbaht and chapati we have lunch there, then after Lokpa is first village for the enter to Tsum Valley and overnight Lokpa Village with the best homestay.

#### **Day 06 : Lokpa to Chumling (2600m 4 hour walk)**

After best breakfast we can walk the best route to reach the Chhumling village for the Lunch along the way chumling is located on the ace of the Shangri la Himalays and during the walk you can enjoy pleasant visit to some Gompa and Monastires. also it is challenging days as, it is an ascending way that stretches in almost the entire way, and over night Chumling village. enjoy local meals and yak tea.

#### **Day 07 : Chhumling to Chhokagparo (3300m)**

It is a 5/6 hour walk to reach Chholagpa Village. during the walk, you can enjoy with best scenic views of the valley amply compensates for the long walk. it is one of the Nepalese flat and consists of the best two villages, call Paro and Chhokang village. this area we have prominent for its Tibetan Buddhist heritage and overnight Chhikafpari village, with Local best meals!.

#### **Day 08 : Chhokagparo to Mu Gompa (3360m 5 hour)**

It takes 4/5 hour to reach the Nile last village heading the of upper the Tsum valley. it is situated on the banks of the shiar Khola and it is consists of a large number of households. Mu Gompa is home to a very old monastery and there is no village establishment. it is the highest farthest point in the Tsum valley, this area still used for the import and export from Tibet. you can see a lot of yak for the supplying the local village goods. so u can enjoy with yak chess and local yak mills tea, overnight Mu Gombs.

#### **Day 09 : Mu Gompa Rest days**

Today is rest or we can take an excursion to the many snow-covered peaks in the area for the most amazing views of this trek to around Valley. after breakfast we can walk around Nunnery, there is a small lake, we can take pack lunch, coz during the walk no any tea house for eat, walk around and back to the hotel overnight Mu Gompa,

#### **Day 10 : Mu Gumpa to Rainjam ( 2650m and 6 hour walk)**

it is little bet long days from Mu Gumpa to Rainjam village, during the walk you can enjoy with glimpses of the punched Himalayas that is one of the amazing shapes. This day you can continue your descent by retracing the path from the ascent and overnight Rainham Village.

#### **Day 11 : Rainjam to Lungdang Village (3200m)**

It is a 4-hour walk from Rainjam village to Gompa Langdang on the ascending path, on the way you can enjoy with best views of Manaslu and Ganesh Himal with some Langtang range too. in Lungdang Gompa are home of the beautiful and big monastery and this monastery house leave all female monks, men are not allowed to come around this monastery, it is one of the most spectacular sunrise through a range of the Manaslu and Ganesh Himal and overnight is Lungdang Gopma.

### **Day 12 : Gumpa Lungdang to Ripchet**

It is 5-hour walk to down to Ripchet village and unforgettable and very close views of Ganesh Himal range during the walk. it is one of the most laid-back village around this trip. there are many normal and best tea house and homestay and homemade local wine call tumba. overnight tea house.

### **Day 13 : Ripchet to Phelim vai Lokpa ( 1700 m 6 hour walk)**

After breakfast, we can walk continues via Phelim and again you will pass by fairly dense pine forest where u can see lots species of birds inhabit the forest, also u can see the some most dear on the other side the river on sunny days. an overnight best tea house or homestay with local meals and wine!

### **Day 14 : Phelim to Khorlabeshi (950m) 6 hour walk**

It is 6-hour walking days after breakfast down to Khorlabeshi Village. u can walk around cultivated region phelim as you descend along the way follows the banks of the Budhi Gandaki river( where are you will get natural hot spring you can relax in the warm and revitalize waters of the hot spring, overnight best homestay

### **Day 15 : Khorlabeshi to Soti Khola (720m) 6 hour walk**

It is the best day walk to down to Soti Khola, you can feel as warm as come down. it is really beautiful you can enjoy with the pristine beauty of the waterfalls on both sides of the river. khorlabeshi is another point for the treks Ganesh Himal even for further can go Langtang treks. overnight Soti Khola.

### **Day 16 : Soti Khola to drive to Arughat and Kathmandu**

After Breakfast drive to from Soti Khola to Arughat and to Kathmandu, it will take 7/8 hour. overnight in Kathmandu,

### **Day 17 : Departure day**

Our journey ends on the 21st day. Our representative will guide you to the airport and present farewell greetings.

## **Cost Includes**

- Airport / Hotel / Airport pick up & drop by private car or van. It depends on the group.
- 3 nights accommodation in 3-star category hotel in Kathmandu located tourist center, or up to you.

- Meals on full board (Breakfast, lunch, and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana, and grape etc.
- All accommodations during the trek.
- Trekking map.
- Kathmandu to Via bus to Soti Khola and back to Kathmandu
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary equipment ends, transportation, local tax for Guide and porter.
- Group medical supplies (first aid kit will be available).
- If you need we will provide your sleeping bag, down jackets, Duffle bag and, if necessary etc.
- All necessary Government paper works and national park entry permits and special Manasalu permit with TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

### **Service Excludes**

- Meals yourself Kathmandu (L+D).
- Your Travel insurance.
- International airfare.
- Nepal entry visa ( You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks).
- Personal shopping and laundry etc, if u want private jeep/van/heli.
- Personal trekking Equipment.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.