Tsum Valley Trek

Description

Tsum Valley Trek is perfect for remote, secluded terrain trekking full of isolated natural blessings and small villages, perfect for stepping back in time. Tsum valley trek takes you through the beautiful landscapes of the Budi Gandaki river, dense forests, and terraced fields. The trek is also known for its unique culture, ancient monasteries, and beautiful landscapes. Along the way, you will also pass through traditional villages and see ancient monasteries, including the Mu Gompa, which is one of the oldest monasteries in the Manaslu Region.

Tsum Valley is situated in the Gorkha District and takes you through the remote valley which is part of the Manaslu Conservation Area. The Tsum valley is located in the northern part of the country near the border with Tibet. The trek typically takes around 15 days to complete and covers a distance of approximately 150-170 kilometers. The Tsum Valley Trek starts at Machha Khola after driving from Kathmandu. The best season for Trekking in Tsum Valley is from September to November and March to May. If you want to further extend your adventure from Tsum Valley then The Manaslu Tsum Valley Trek is for you, the trek takes you to Manaslu Circuit Trek from the Valley.

There is no better term to describe this valley than "Tsum," derived from the Tibetan word "Tsombo," which means vibrant. Walking along the off-the-beaten-path of the Manaslu Region, Panoramic views of Churke Himal, Manaslu, Himal Chuli, Ganesh Himal, and Shringi will stay with you throughout the trek. The majority of the locals are descended from Tibetans, and Tibetan culture has had a significant influence on their way of life. For trekkers who live for raw adventures and rich Tibetian culture, the Tsum Valley Trek checks the boxes and more.

The Tsum valley, previously closed to visitors, was finally opened to the public in 2008. As a result, it is still very much intact, and traveling through it is like embarking on an adventure in a remote ancient region of Manaslu free of modern bonds. The difficulty of the Tsum Valley trek can be described as moderate to strenuous. The Tsum Valley Trek can be done with a little prior trekking experience, but it is recommended that you have some before attempting this route.

Highlights

- Explore the remote and secluded valley and experience its wonders untouched by a crowd of tourists.
- Trek through the beautiful landscapes of the Budhi Gandaki river, dense forests, and terraced fields.

- walk through the off-the-beaten-path and enjoy magnificent views of Churke Himal (5,282 m), Manaslu (8,163 m), Himal Chuli (7,893 m), Ganesh Himal (7,422 m), and Shringi (7161 m).
- Explore unique cultures, ancient monasteries, and beautiful landscapes.
- Encounter Ancient Buddhist archaeological sites and monasteries. Each has a fascinating story, such as a famous Buddhist Stupa near Nile Village.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Drive to Machha Khola	900 meters	9-10 hours
03	Trek from Machha Khola to Jagat	1,300 meters	6-7 hours
04	Trek from Jagat to Lokpa	2,240 meters	6-7 hours
05	Trek from Lokpa to Chumling	2,386 meters	6-7 hours
06	Trek from Chumling to Chhokangparo	3,010 meters	5-6 hours
07	Trek from Chhokangparo to Nile	3,361 meters	6-7 hours
08	Trek from Nile to Mu Gompa and visit Tsum valley	3,700 meters	6-7 hours
09	Trek from Mu Gompa to Chhokangparo	3,010 meters	6-7 hours
10	Trek from Chhokangparo to Chumling	3,010 meters	6-7 hours
11	Trek from Chumling to Lokpa	2,240 meters	6-7 hours
12	Trek from Lokpa to Jagat	1,300 meters	6-7 hours
13	Trek from Jagat to Machha Khola	900 meters	5-6 hours
14	Drive to kathmandu		9-10 hours
15	Departure to airport		

Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 2: Kathmandu to Maccha Khola,(870m), 9-10 hours

After early breakfast, we will take 9-10 hours of long off-road Jeep ride to Machhakhola. We have lunch at Arughat. Along the way, we will cross beautiful villages, the roaring Budhigandaki river,

terraces, and beautiful hills. Overnight stay at Machhakhola.

Day 3: Maccha Khola to Jagat(1340 m),7-8 hrs

We start our destination from Machhakhola to Jagat. Walking through Gurung village Lapu Besi, the gorge, rocky trail, rice field, and sal forest (Shorea Robusta), We will arrive at Labu Beshi where we have lunch. Continue our journey, enjoying the beautiful natural waterfall from the suspension bridge over the Yaru Khola. The northeast face of Ganesh Himal can be seen from Machha khola. We continue trekking through the villages of Khorlabesi, Tatopani, Dovan, and Thulo Dunga, and finally, make it to the cultural village of Jagat. Overnight at Jagat.

Day 4: Jagat to Lokpa(2240 m) ,7-8 hrs

This day we begin our trek, today we enter the restricted area of Tsum valley. After breakfast, we walk along the Budi Gandhaki River until Philim village. We have lunch in Eklebhatti. After Eklebhatti we come across a divergence where one path leads to the Manaslu area while the other to Tsum Valley. Following the trail toward Tsum valley, we move ahead. The Tsum valley is known as a holy place for Tibetan Buddhists also known as Kyimolung. We get to witness the stunning views of the Himchuli and Boudha Himal. Overnight in Lokpa.

Day 5: Lokpa to Chumling(2386 m), 5-6 hrs

On the 5th day, we start our journey. From Lokpa the trail descends for half an hour towards Lungwa Khola. The trail climbs up further for two hours passing through caliber bridge, pines, and rhododendron forest. There is no village settlement between Lokpa and Chumling. we have a noodle in a small tea house. We cross the beautiful Siyar Khola before arriving at Chumling village. In the evening we visit the old Chumling Gompa and the stone street of the village. we can also view the gorgeous Shringi Himal from this village. Overnight in Chumling.

Day 6: Chumling to Chekamparo(3031 m) 6-7 hrs

Chekamparo Firstly we cross the suspension bridge and walk further along with the accompanied views of the Ganesh Himal. We walk through Rainijam, Serpu Khola to the Gho village. The place itself is a beautiful Buddhist village decorated with cultural features such as stupas, mani walls prayer wheels. If the weather is nice we have views of Himalchuli (7893 meters) and Ganesh Himal (7140 meters). Overnight in Chekamparo

Day 7: Chekamparo to Nile (3361 m) 6 – 7 hrs

On the 7th day, we begin preparing for today's trek from Chekamparo to Nile. Today we trek through various villages in the area, passing from Ngakyu, Leru, and Lama Gaoun. If you want we can have a brief visit to the Piren Phu cave in Bhurji. We continue traveling through Phurbe and Pangdum.On the way to the beautiful village of Nile and Chhule, we can see an old historic Stupa of Buddha. If you like we can also visit the famous monastery of Chhule which is situated at the top of the area in Chhule. We spend the night in Nile.

Day 8: Day Trip to Mu Gompa

On this day we take a short day hike to Mu Gompa. It is a famous monastery of Tsum valley. This monastery is almost 500 years old and is the largest monastery in this region. After the Chinese

invasion, many Tibetan monks and nuns came to this monastery for shelter and settled there for some years. We also have the opportunity to visit the Dhephu Doma Gompa which is one of the oldest monasteries In Tsum valley. After done exploring, we head back to Nile village where we spend the night.

Day 9: Nile to Chekampar (3031 m), 6-7 hrs

On this day we descend from the Tsum valley. We travel through Chhule village and Phurbe village and then passing through Lar Village we reach Rachen Monastery. It is a renowned nunnery of the Tsum valley. After visiting the monastery we head back on the route, cross the suspension bridge, and enter the Chhekamparo village via the same trail back. Overnight in Chekamparo.

Day 10: Chekampar to Lokpa (2130m), 6-7 hours

The 10th day marks our last day in Tsum valley. Today we follow the same trail and head down to Chumling through to the Gho, Serpu Khola, and Rainjam Village. We have lunch in Chumling. After re-energizing our bodies we head back on the trail. We walk further until we arrive at Lokpa. Tonight we rest atLokpa.

Day 11: Trek from Lokpa to Jagat, (1,300 m), 6-7 hours

On the 11th day, we begin our journey from Lokpa to Jagat. We walk along the banks of the Buddhi Gandaki river and pass through Ekle Bhatti and reach Philim. Passing through some downward trail surrounded by pine forests, we have shot at spotting varieties of birds and animals. If you are lucky then you will get the opportunity to see the Musk deer. We have lunch at Philim. It is a lovely Gurung village from where we can see a splendid view of Sringi Himal. After finishing up lunch we head back on the trail. We begin by crossing a suspension bridge over the Buddhi Gandaki river, passing through Sirdibas and Salleri before reaching Jagat. Overnight at Jagat.

Day 12: Trek from Jagat to Machha Khola, (900 m), 5-6 hours

This day marks the final leg of the Tsum valley trek. Another exciting day for walking through typical Nepali settlements. On this day we witness gorgeous views of the scenic countryside and majestic mountains. We depart from the lovely Jagat village and begin trekking on a stone paved trail, cross suspension bridges and reach Yaruphant village. From there on we head ahead to Bhovan. We get an excellent view of the Ganesh Himal. Following that, we reach Tatopani, which is a popular town mostly known for its hot water spring. The name Tatopani means Hot- water in the Nepali language. After taking a short break we continue on our route and reach Machhakhola via Kholarbesi. Machhakhola is a beautiful village located on the banks of the Buddhi Gandaki river. A fantastic scene of the northeast view of Ganesh Himal is observed from this village. Overnight at Macchakhola.

Day 13: Drive to Kathmandu, 9-10 hours

Today we take the jeep drive to Kathmandu by local jeep, we drive by our private vehicle via Arughat .

Overnight at Kathmandu.

Day 14 : Departure to International Airport

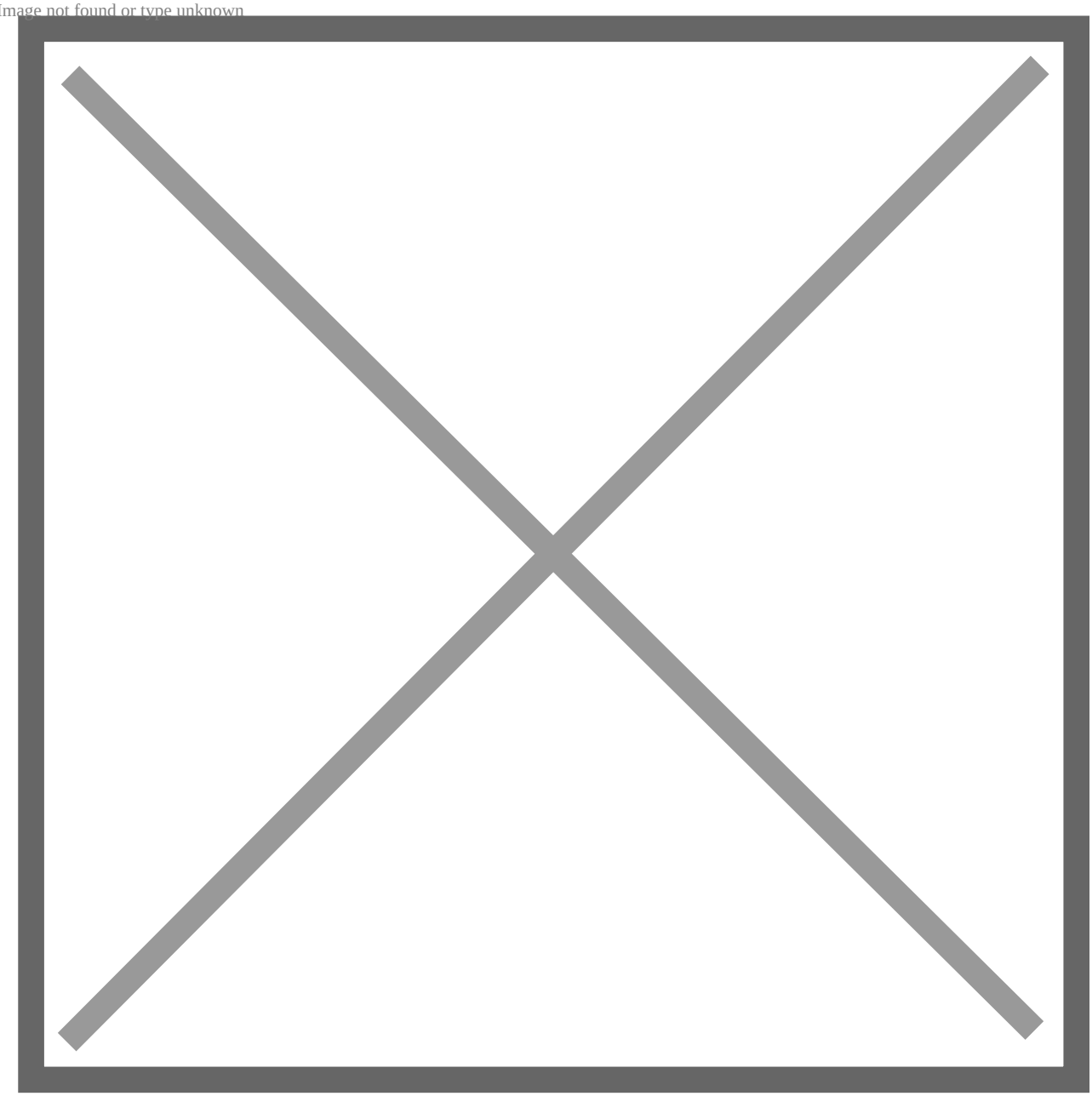
On your last day here our representatives will drop you off at TIA with the hope that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Includes

- ? Airport transfers by private vehicle.
- ? All Ground Transportation.
- ? Accommodation with breakfast at a 3-star category hotel in Kathmandu.
- ? Kathmandu city tours included all entry fees, tour guides, and private vehicles.
- ? Full board meals with tea/coffee (breakfast, lunch, and dinner) during the trek.
- ? Twin-sharing accommodation during the trek
- ? Experienced and friendly guide, porter (1 porter for 2 people), and their food, accommodation, salary, equipment, and insurance.
- ? Manaslu trekking special permit fee (Manaslu region is in the restricted zone, we need a special permit to visit the area)
- ? TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit)
- ? Annapurna and Manaslu conservation fees.
- ? First aid medical kit.
- ? Government taxes and office service charges.

Map

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Practical Information

Q. Food and Accommodation
A. As you hike in the higher elevation, the accommodation will be simpler. Two single beds are available in the most shared rooms. Toilet paper may not be available, and the toilets will be of the squat type. Therefore, taking a roll with you might be a good idea. You can eat as much of a standard Nepalese Dal Bhat, which is made of rice, lentils, and veggies, as you like. However, the tea house menu is available for hikers to pick from. Omelets, bread, boiled eggs, noodle soup, and vegetarian curry are some examples of typical dishes. Purely vegetarian or vegan food is available on the hike.

Q. Best Season for the trek
A. The Tsum Valley also adheres to the common consensus that autumn (September to November) is the ideal time for trekking in Nepal. The monsoon sweeping the countryside clean gives your trail a fresh feel. The best conditions for hiking are present when the temperature is comfortable. After the winter, the flowers bloomagain in spring (March to May), and rhododendrons paint the entire slope red under the clear blue sky. As in autumn, the weather is perfect for hiking.

Q. Trip Category
A. The Tsum Valley Hike is classified as a moderate to challenging trek. During the hike, you will typically gain 500 m each day. It can be challenging to reach a certain height in only a few days if you have never been on a high-altitude trip.

Q. Health and Safety along the trail
A. There are essential medical services at several health posts. It is possible to plan a return to Kathmandu in an emergency. Remember that prescriptions you require may not be available, so make sure you have enough on hand. In case of a health emergency, rescue operations can be carried out. Water is plentiful along the walk for personal hygiene. The toilet may be basic, but it is clean. Hot showers are available for a small fee

Frequently Asked Questions

Q. How long does it take to complete Tsum Valley Trek?
A.

Tsum Valley Trek typically takes about two weeks to complete depending upon the trails and pace of the trekkers.

Q. How difficult is the Tsum Valley Trek?
A. The Tsum Valley Trek is considered to be a moderate to challenging trek, and it requires a good level of physical fitness. The trek involves hiking for several hours each day, crossing high passes, and camping in remote areas.

Q. What is the best time to do the Tsum Valley Trek?
A. The best time to do the Tsum Valley Trek depends on your personal preferences and the type of weather you prefer. The trek can be done from September to November and from March to May, when the weather is generally dry and clear

Q. What is the maximum altitude reached on the Tsum Valley Trek?
A. The maximum altitude reached on the Tsum Valley Trek is around 5,100 meters (16,700 feet) at the Larkya La Pass.

Q. Do I need a permit to do the Tsum Valley Trek?
A. Yes, you need a special permit to enter the Tsum Valley. The permit can be obtained from the Nepal Tourism Board or a registered trekking agency.

Q. Is the Tsum Valley Trek suitable for solo travelers?
A. The Tsum Valley Trek can be done solo, but it is generally safer and more enjoyable to do it with a group or a guide.

Q. What should I pack for the Tsum Valley Trek?
A. Some essential items to pack for the Tsum Valley Trek include good quality hiking boots, warm and waterproof clothing, a sleeping bag, a first aid kit, and enough food and water for the duration of the trek. You should also bring your passport, visa, and any necessary permits.

Q. Is it safe to do the Tsum Valley Trek?
A. The Tsum Valley Trek is generally considered to be safe, but it is always important to be prepared and to follow safety guidelines. Make sure to hire a reputable trekking agency, bring necessary safety equipment, and listen to the advice of your guide.

Q. Can I bring my phone or camera on the Tsum Valley Trek?
A. Yes, you can bring your phone or camera on the Tsum Valley Trek. It is a good idea to bring a portable charger or a power bank to keep your devices charged, as there may not be electricity available in all the locations you will be visiting. Make sure to protect your devices from the elements and to be mindful of your surroundings while using them.