

## Tsum Valley Trek

Duration: 19 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 3,700 m.</b>
<b>Activity: Trekking</b>	<b>Group Size: Min 02 Pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Make your way into the remote Manaslu region where the scenic mountain valley of Tsum valley lies. Explore the mystical lands of Tsum Valley and get bewildering insights about the ancient Tibetan Buddhist culture on your trip to Nepal by joining our **Tsum Valley Trek** today. Our 19 days Tsum Valley Trek begins with an enriching sightseeing tour around the iconic UNESCO World Heritage Sites across the [Kathmandu city](#), which allows travellers to learn and educate themselves with the historical knowledge of the visited sites. Next, we are to take a scenic drive to Arughat (600m) which can take us approximately 8 hours to reach when driving from Kathmandu. From Arughat, trekkers can get the first taste of walking in the foothills of the Himalayan nation which can be a very mind-boggling experience for the novice travellers. Moving away from Arughat, we now head toward the higher regions of this splendid part of Nepal and pass through several villages before reaching Jagat which is situated at a high elevation of 2,340 meters above sea level. Hereafter we shall tighten our shoelaces and carry our bags for a walk towards Mu Gompa but before that, we need to go through Chisopani, Chumling, Chokhangparo and Nile villages respectively. Every village that we pass through is uniquely located which makes travelling through them even more exotic and adventurous for us. Passing through shimmering huge waterfalls along a densely covered rhododendron forest, we arrive at Mu Gompa (3700m) at the eleventh day of our trek. All in all, Mu Gompa is basically the largest monastery within Tsum Valley and is the highlight of many trips that go inside Tsum Valley. Hence, we are to spend a day to explore the surrounding areas of this magnificent place before continuing our trek further ahead. The following day we shall make a beeline towards Burgi Village (3245m) but before that, we are going to visit the Milarepa Cave. From Milarepa Cave, one can hike up to see the beautiful Poshyop Glacier, Kipu Himal and Churke Himal. Later, we continue with we descend down to Chumling, Philim, Khorlabesi and Sotikhola before ultimately arriving at Arughat. Upon reaching Arughat, we take a drive back to Kathmandu and conclude our trek. Trekkers who can walk for 4-5 hours per day through rugged hill terrains and have an above average physical fitness level can become a part of this trek. Previous trekking experience is not needed as the trails are not extreme

like ABC and EBC. March to May and September to November are the most suitable time of the year for this trek. Contact, **Himalayan Holyland Treks & Expedition** today to visit the beautifully festooned stunning forested valleys and hills of Tsum Valley with us.



## Itinerary

### Day 01: Arrive Kathmandu & Transfer to Hotel (1,300m/4,264ft)

Upon our arrival in the Tribhuvan International Airport (TIA) in Kathmandu, we will be greeted by a representative from **Himalayan Holyland Treks and Expedition** who will drop us off at our hotel. After checking in, we take a rest or visit Himalayan Holyland's office. We may also stroll in the streets of Thamel, tourist hub in Kathmandu for some souvenir shopping. In the evening, there will be welcome dinner hosted by Himalayan Holyland Treks and Expedition where you will be served excellent authentic Nepalese cuisine which will introduce you to the country's food culture. Overnight at hotel in Kathmandu.

Included meals: Dinner

### Day 02: Kathmandu: Sightseeing and Trek Preparation

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. Some of these landmarks are considered World Heritage Sites; including the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swoyambunath) and Buddhists shrine (Boudhanath) which is one of the large Stupas in the world. In the afternoon, there will be a pre-trip discussion where we can meet our trek guide and other team members. Himalayan Holyland briefs us regarding our trek as well as provides us opportunity to ask any questions we may have regarding our upcoming adventure. Overnight at Kathmandu.

Included meals: Breakfast

### Day 03: Drive Kathmandu to Arughat (600m/1,968ft) 7-8 hours drive

A 7-8 hour's drive from Kathmandu into the western mountains takes us to Arughat via Dhadingbesi, headquarter of the Dhading district. Through the dirt road from Dhadingbesi viewing the greenery hills we reach Arughat, our trek start point. Arughat is a major town in the region and is divided in two parts with the Budhi Gandaki river flowing between them. Overnight at Arughat.

Included meals: Breakfast/ Lunch/ Dinner

### Day 04: Arughat to Sotikhola (700m/2,296ft): 5-6 hours

We cross the bridge over Budhi Gandaki and begin our trek from the western part of Arughat., we follow the stone-paved street north through the bazaar. We pass through the hydro- electric power plant, fields of rice and millet to Mangaltar, and through forests we arrive at Shanti Bazar. The trail to Budhi Gandaki valley now becomes steeper and the trek more difficult as we cross the Arkhet khola on a suspension bridge, passing the shops of Arkhet Bazar. Descend to a high, cascading waterfall making a long steep slog up a ridge to Kuerepani. Then from here the trail descends to Sotikhola. Overnight stay at the campsite at Sotikhola. Overnight at Sotikhola.

Included meals: Breakfast /Lunch /Dinner

### Day 05: SotiKhola to Maccha Khola (870m/2,952ft): 6-7 hours

Cross the bridge and trek through the beautiful Sal forests, then climb onto a ridge above huge rapids on the Budhi Gandaki. The rocky trail then weaves its way up and down, past two tropical waterfalls on a steep, rocky trail clinging to the side of a cliff. It eventually makes its way down and past a few rice terraces, then up and around to the Gurung village of Lapubesi. Climb behind a rocky outcrop, where the valley opens and the Budhi Gandaki meanders among wide gravel bars. Drop to the sandy river bed and walk along rounded stones before climbing over a side ridge. Head down again to the river and traverse to Machha khola village. Overnight at Machha khola.

Included meals: Breakfast /Lunch /Dinner

## Day 06: Maccha Khola to Jagat (2340m/7676ft): 6-7 hours

The narrow trail makes some minor ups and downs and eventually crosses the Tharokhola, flowing in a rocky ravine, then reaches Khorlabesi. After a few more ups & downs there is a small trail side hot spring, from where we reach to Tatopani. From the Hot spring we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. Climb on a wide, well-crafted staircase, then across a landslide and over a ridge to Dobhan. Crossing a suspension bridge over the Dobhan Khola, the trail climbs on a rugged trail to Duman. Ascending up again to the Budhi Gandaki, we reach at Yaru Khola. Crossing a suspension bridge over the Yaru Khola we climb the stone stairs and then drop to the river and again climb more stone stairs to Tharo Bharyang. Cross to the west bank of the Budhi Gandaki, climb over a ridge, and trek along the river then climb towards the village of Jagat.

Included meals: Breakfast/ Lunch /Dinner

## Day 07: Jagat to Chisapani (1660m/5,445ft): 4-5 hours

After completing with the ACAP procedure, we climb over a rocky ridge to Salleri, and then descend to Sirdibas. The valley widens a bit as the trail continues up to Ghatta Khola. Continue upstream to a long simple hanging bridge. Climb up to Philim, a large Gurung village. Philim valley is well known for Japanese made school and police station. Walk past Philim to the north across a forest with the views of the narrowing valley we reach Chisapani. Overnight at Chisapani.

Included meals: Breakfast/ Lunch/ Dinner

## Day 08: Chisapani to Chumling (2,386m/7,827ft): 6 - 7 hours

After Ekle Bhatti cross the gorge and half an hour walk in the right side we get to see the big and beautiful waterfall and enter the pine tree forests. Descend down to trail going to the Tsum Valley. Climb through pine and rhododendron forests. Enjoy the views of Himalchuli mountains at 7893m and Boudha Himal from Lokpa, a small beautiful village. Pass Lokpa, descend half an hour towards Lungwa khola and climbing jick jack difficult trail further two hours north through pines and Rhododendrons we reach Gumlung. Crossing the Siyar Khola, finally arrive at Chumling, from where we can view Shringi Himal. Visit the old Chumling Gompa and the stone streets of the village.

Included meals: Breakfast/ Lunch/ Dinner

## Day 09: Chumling to Chokhangparo (3,010m/9,903ft): 4-5 hours

Cross the suspension bridge onto the opposite bank. Enjoy the great views of Ganesh Himal. Walk past Rainjam to Serpu Khola crossing another bridge we arrive at the Gho Village. Another continues 2 hours climb to Tsum takes us to the village of Chhokhangparo. Weather permitting; enjoy the views of Himalchuli at 7893 meters and Ganesh Himal at 7140m. Overnight at Chokhangparo.

Included meals: Breakfast /Lunch /Dinner

## Day 10: Chokhangparo to Nile (3,361m/11,058ft): 5-6 hours

While climbing above Chokhangparo, better to be careful of altitude problems. Walk past Lamagaon crossing rope suspension bridge to the Rachen Gompa, which is also well known as Nunnery Gompa too. We make a small visit and then we cross the Shiar Khola. Continue walking through the well managed villages Lar (micro hydro power), Phurbe and Pangdun. Leaving old historic Stupa of Bhudda in a way crossing the village of Chhule, climb upstream and cross the bridge to finally arrive at Nile. If you consider we can make your visit to a famous monastery of Chhule which is located in the top of area.

Included meals: Breakfast /Lunch /Dinner



## Day 11: Nile to Mu Gompa (3,700m/12,174ft): 3 hours

We are now almost close to the Tibetan border. Walk to the west bank of the valley through the Tibetan landscapes. Climb up to the Mu Gompa. We also visit the monastery. Then after, we make a visit to the Dhephudoma Gompa.

Included meals: Breakfast/ Lunch /Dinner

## Day 12: Mu Gompa, sightseeing day

Today we make a sightseeing of the whole Mu Gompa Region. Mu Gompa is the largest monastery in the region. The Gompa lies at the highest and most remote part of the Tsum Valley. After exploring the Mu Gompa area, you may also consider the option of getting to the base of Pika Himal (4865m).

Included meals: Breakfast/ Lunch /Dinner

## Day 13: Mu Gompa to Burgi Village (3,245m/10644ft) via Milarepa cave: 5 hours

Trek back through Chhule and Phurbe, on the east bank of the Shiar Khola. Finally we arrive at Burgi village. The Burgi village is a small beautiful village. Climb up to the Milarepa's Cave Milarepa Cave (pirenphu) is known for its mesmerizing glimpses of Poshyop Glacier, Kipu Himal and Churke himal.

Included meals: Breakfast /Lunch /Dinner

## Day 14: Burgi village -Chumling (2,386m/7,827ft): 5-6 hours

Continue trekking watching the greenery of nature and descend down to Chhokang Paro again. From there continue descending to Gho. Descending further, we arrive at the bridge over the Sarpu Khola. Trekking along the lower **Tsum Valley** takes you to again Chumling.

Included meals: Breakfast /Lunch /Dinner

## Day 15: Chumling to Philim (1,570m/5,103ft): 6-7 hours

The trail continues to Lokpa. After lunch south on a flat trail we move ahead. Enjoy the gorgeous Samba Falls. Finally arrive at Philim after 6 or 7 hours long trekking. A trail passes through the Phillim village that leads to the Ganesh Himal Base Camp.

Included meals: Breakfast /Lunch /Dinner

## Day 16: Philim to Khorlabesi(970m/3182ft): 6-7 hours

Trek starts today from Philim to Khorlabesi via Jagat and Tatopani. Descend down to Sirdibas and we finally reach to Jagat. Further descend takes us to Yaruphant. The arid Tibetan climate now gives way to subtropical green vegetation. Continue trekking to Dobhan. Finally arrive at Tatopani. There is a hot spring at Tatopani. If interested, you may dip yourself in the hot spring and relax your tired muscles by soaking yourself in the hot spring. If not continue walking up and down from Tatopani to reach Khorlabesi, our rest place for the day.

Included meals: Breakfast /Lunch /Dinner

## Day 17: Khorlabesi to SotiKhola (700m/2,296ft): 6-7 hours

The trail crosses the Tharo Khola flowing in a rocky ravine. Head down again to the river and traverse to Machha Khola village. Walk along the Budhi Gandaki River to reach to Gurung village of Labubesi. Pass the two waterfalls on a steep rocky trail on the side of a cliff. We then reach Khursane. Walk along the ridge above Budhi Gandaki and cross the Sal forests. Finally, cross the bridge to arrive

at Soti Khola.

Included meals: Breakfast /Lunch/ Dinner

**Day 18: SotiKhola to Arughat to Kathmandu (600m/1,968ft): Walk 4 hours and drive 7-8 hours**

Climb up to the ridge of Kyorpani. Descend down to the cascading waterfall. Trekking further arrive at Arkhet. Cross the Arkhet Khola. We are now leaving the Budhi Gandaki Valley. Arrive at Sante Bazaar; pass through the forests to Maltar. Finally, passing by the hydroelectric plant following the stone streets, we arrive at the Arughat Bazar. Back to Kathmandu along the banks of the Marsyangdi and Trishuli rivers with splendid views of green hills, mountains, farming terraces and villages on both sides of the road. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

Included meals: Breakfast /Lunch/ Dinner

**Day 19: Final Departure Day.**

Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with travel companions and organize the photos. If you have more time you can do some shopping or sightseeing. A representative from Himalayan Holyland Treks and Expedition will take you to the airport approximately 3 hours before the scheduled flight. On your way home you will have plenty of time to plan your next adventure in the wonderful country of Nepal.

Included meals: Breakfast

*Himalayan Holyland*  
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## Cost Includes

- => Transfer to and from the international airport, Kathmandu.
- => All necessary domestic transportation as per mentioned in our itinerary.
- => Insurance for all trekking staff such as: Guide and porters during your whole trek.
- => A professional guide for touring Kathmandu valley.
- => All-inclusive trekking activities with accommodation, breakfast, lunch and dinner during the trekking period.
- => Three times tea/coffee in a day.
- => Hot soup with dinner when you reach in the high Himalayan land.
- => All special trekking permits for restricted zones such as Manaslu and Tsum Valley region.
- => Provide experienced and licensed holder trekking guides, Sherpas, trail helpers, cook and kitchen boys.  
(Posted guide will be well spoken of English and French)
- => Farewell dinner in Kathmandu.
- => Trip completion certificate.
- => T-shirt from company.
- => Trekking map.

## Cost Excludes

- => Accommodation and foods during your stay inside Kathmandu city before or after the trekking.
- => International airport tax at the international airport in Kathmandu.
- => Personal expenses/insurance.
- => Nepal entry visa.
- => Helicopter rescue flight in case of emergency during your trekking period. Political evacuations, land Slides, weather changes and any kind of sickness etc.
- => Tips for your guide and porters.