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Tsum Valley Trek is one of the best treks in the blessed land of Hindus and Buddhists. Tsum valley trek takes visitors to the hidden Tsum valley. The splendid landscapes of the Tsum Valley, surrounded by majestic chains of Mount Ganesh Himal, Buddha Himal, and Shringi Himal, are attractive and radiate magnificence at every turn. This isolated and hidden Shangri-La was opened to hikers in 2008. It remains relatively intact, with ancient villages and Tibetan Buddhist monasteries waiting to be explored

Tsum Valley Trek Highlights

- ❖ Exploring an ancient form of Buddhist dialect, art, culture, and religion.
- ❖ Panoramic drive from Kathmandu to Arughat and Beshisahar to Kathmandu
- ❖ Observe the distant local life and Tibetan culture and tradition.
- ❖ Striking views of Mt. Ganesh and Manaslu mountains.
- ❖ The unique cultural mix of Tibetans and Nepalese
- ❖ Visit the ancient Rachhen Gumba and other monasteries.
- ❖ Explore desert trekking in the hidden valley.
- ❖ Natural hot spring bath for refreshing.
- ❖ A significant cultural and spiritual experience.
- ❖ Peaceful trekking experience

About Tsum Valley Trek

Tsum Valley Trek is a hidden gem among trekking routes in Nepal. The Tsum Valley is an important pilgrimage area and is located in the northwest of Kathmandu. It takes you to one of the most protected hidden gorges in the Himalayas, which until recently was a small region and is completely different in culture and topography from any other area in Nepal. The people of the Tsum or

Tsumbas Valley are of Tibetan origin with their own vernacular, ethical and Buddhist religion, and this route was once an essential trade link with Tibet. Tsum Valley Trek is also the only adventurous hiking spot near Manaslu. The Route reached in the Buddhist culture. Our trekking starts from Arughat and continues the journey to the remote Tsum region.

The Tsum Valley lies between the Sring Himal in the north, the Baudha Himal Chuli in the west, and the Ganesh Himal in the south. The Tsum Valley is increasing in ancient art, culture, and religion. Somewhere the local population is formerly from Tibet; they speak their language, which is similar to the Tibetan language but not to the Tibetan languages. Buddhism is the main religion rated by local people, and they celebrate their festival; Lhosar, Dhacyhang, Saka Dawa, Fanning, and many others. Travel with a Buddhist religious and one of our competent cultural guides to the Hidden Valley of Joy, the sacred valley of Tsum in the Himalayas in Nepal, on the edge of Manaslu.

The most successful season for the Tsum Valley Trek is the same as the Manaslu Circuit, fall (September to November), This time ideal for hiking in the Tsum Valley. The temperature is moderate, making it the best time to walk in the Stum Valley. The sky is generally clear and crystal with spectacular views. The second most popular season is spring (March to May), it is also the peak season for climbing. It is slightly warm at low altitude and quite moderate.

Important note

Your safety is of the utmost importance when traveling with us. Please note that your guide has the power to modify or cancel any part of the itinerary if deemed necessary for security reasons. Our guide will try to continue the above plan; however, as this adventure involves traveling to remote mountain regions, we cannot guarantee that you will not stray from it. The weather, a group member's health, unforeseen natural disasters, etc. can all contribute to route changes. The guide will try to make sure the trip is made according to plan, but be prepared to be flexible if necessary.

Detail itinerary

Day 01: Warm welcome at Kathmandu airport and transfer to the hotel.

After you arrive at Kathmandu International Airport, our representative will meet you and transfer you to the hotel. You will have time to settle down and refresh after your long flight; We will invite you to visit our office for a briefing on your trip. You will have an introduction with your trekking guide and discuss the necessary equipment. If you arrive in the evening, we will have the same discussion the next morning after breakfast.

Meals included: Breakfast

Day 02: Full day City tour in Kathmandu and preparation for the trek

Today, you visit some of the sightseeing places. Our guide will take you some of Kathmandu's most historical and spiritual attractions, also listed as a UNESCO World Heritage Site. You will visit the historic Durbar Square in Kathmandu, the holy Hindu temple of Pashupatinath, the famous "temple of the monkeys" (Swayambhunath) and the Buddhist shrine (Budhanath), which is also one of the most popular and largest stupa in the world. At noon, our trekking guide checks your equipment. After that, you can walk the famous streets like Thamel and Durbar Marg. You will spend the night at the deluxe three stars Hotel in Kathmandu

Meals included: Breakfast.

Day 03: Drive Kathmandu to Soti Khola: 8-9 hours by Bus

Today you will travel to Soti Khola through Arughat, which will take approximately 8-9 hours. The drive is alienated in two parts. Your first trip will take you to Dhading Besi, the headquarters of the Dhading district. Another 4 hours to Arughat will be on a bumpy road and then another hour to Sotikhola. Spend the night in guesthouses.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek from Soti Khola to Maccha Khola: Walking distance 6-7 hours

Today, after breakfast, Cross the bridge and travel through the magnificent Sal forests, then climb a ridge over huge rapids at the Budhi Gandaki River. The rocky trail then goes up and down, passing two tropical waterfalls on a steep rocky path that clings to the side of a cliff. Finally, go down and pass a few rice terraces, then go up and around the Gurung village of Labubesi. Climb up behind a rocky outcrop, where the valley opens up and the Budhi Gandaki winds between full gravel bars. Drop into the sandy river bed and hike along with rounded stones before climbing a side ridge. Return to the river and cross to the town of Machha Khola. Night stay at local guest houses.

Meals included: Breakfast, lunch, and dinner

Day 05: Trek from Maccha Khola to Jagat: walking distance 6-7 hours

The narrow path does some minor ascents and descents and finally crosses the Tharo Khola, flows into a rocky ravine, then reaches Khorlabesi. After a few more ascents and descents, there is a small hot spring at the edge of the road, from where you reach Tatopani. From the hot springs (Tatopani), you climb another ridge and then cross the Budhi Gandaki on a suspension bridge. Climb a wide, well-designed staircase, then cross a landslide and over the hill toward Dobhan. Crossing a suspension bridge over Dobhan Khola, the path climbs a steep way towards Duman. Going up towards Budhi Gandaki, you arrive at Yaru Khola. You cross a suspension bridge over Yaru Khola, go up the stone stairs, then down into the river and over more stone stairs to Tharo Bharyang. After this cross, the west bank of budhi Gandaki, climb a ridge, and walk along the river, then climb the town of Jagat. Spend the night at standard local guest houses.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek from Jagat to Chisopani: Walking Distance 4-5 hours

After following the ACAP procedure, you climbed a rocky ridge to Salleri, and then went up to Sirdibas. The valley widens a bit as the path continues towards Ghatta Khola. Continue upriver to a long, simple suspension bridge. Go up to Philim, a big Gurung village. The Philim Valley is famous for its school and Japanese

construction police station. Pass Philim north through a forest overlooking the narrow valley, and you will arrive at Chisopani. Night stay in Chisopani.

Meals included: Breakfast, lunch, and dinner

Day 08: Trek Chisopani to Chumling: Walking duration 6 to 7 hours

After Ekle Bhatti crosses the gorges and a half-hour walks on the right side, you can see the big and beautiful waterfall and enter the pine forests then descent to the path that leads to the Tsum valley. Climb through the pine and rhododendron forests. Enjoy the view of the Mount Himalchuli at 7893 m and Boudha Himal from Lokpa, a beautiful little town. From Lokpa you descend for half an hour to Lungwa Khola and follow the Jick Jack trail; two hours further north, through pine and rhododendron trees, you reach Gumlung. Crossing Siyar Khola, finally reaching Chumling, from where you can see Shringi Himal. Visit the old Gompa Chumling and the stone streets of the town.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek from Chumling to Chokhangparo: Walking distance 4-5 hours

Cross the suspension bridge on the opposite bank. Enjoy the magnificent views of Ganesh Himal. Pass Rainjam to Serpu Khola crossing another bridge; you will arrive at Gho village. Another continuous 2-hour climb to Tsum takes you to the community of Chhokangparo. Enjoy the view of Himalchuli at 7893 meters and Ganesh Himal at 7140m. Night stay in Chokhangparo.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek from Chokhang paro to the Nile: Walking distance 5-6 hours

When climbing above Chokhangparo, it is better to pay attention to altitude problems. Pass Lamagaon across the rope suspension bridge towards Rachen Gompa, also known as Nunnery Gompa. You're going to take a little tour and then you'll go through Shiar Khola. It continues through the well-managed villages of Lar (micro-hydro), Phurbe and Pangdun. You will leave the ancient and historic Buddha Stupa and cross the town of Chhule and climb over the bridge to the Nile.

If you want, you can visit a famous Chhule monastery which is located in the upper part of the region.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek from the Nile to Mu Gompa: Walking distance 3-4 hours

You are now almost at the Tibetan border. You walk towards the west bank of the valley through the Tibetan landscapes. You also visit the monastery. Then we visit the Dhephu Doma Gompa. Spend Night at local guest houses.

Meals included: Breakfast, lunch, and dinner

Day 12: Explore Mu Gompa.

Today we are touring the entire Mu Gompa. Mu Gompa is one of the largest monasteries in the region. The Gompa is located in the highest and remote part of the Tsum Valley trekking region. After exploring the Mu Gompa area, you can consider the alternative of reaching the base of the Pika.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek Mu Gompa to Burgi through the Milarepa cave: Walking 5 hours

Climb up Chhule and Phurbe, on the east bank of Shiar Khola. Finally, you reach the village of Burgi. Burgi village is a beautiful little town. Climb up to Milarepa Cave is known for its captivating glimpses of the Poshyop Glacier, Kipu Himal, and Churke Himal.

Meals included: Breakfast, lunch, and dinner

Day 14: Trek from Burgi village - Huming: Walking Distance 5-6 hours

Continue the walk observing the vegetation of nature and descend to Chhokang Paro. So they keep going down to Gho. Going down further, we reach the bridge over the Sarpu Khola (river). Walking along the lower Tsum Valley takes you back to Chumling.

Meals included: Breakfast, lunch, and dinner

Day 15: Trekking Chumling to Philim: walking duration 6-7 hours

The trek continues to Lokpa. After lunch south on a flat path, we continue. Enjoy the magnificent falls of Samba. You finally got to Philim after 6 or 7 hours of walking. A road crosses the village of Phillim that leads to the Ganesh Himal base camp.

Meals included: Breakfast, lunch, and dinner

Day 16: Trek from Philim to Khorlabesi: walking distance 6-7 hours

The trek starts today from Philim to Khorlabesi through Jagat and Tatopani. Get off at Sirdibas, and we will finally reach Jagat. Going down even further brings us to Yaruphant. The aridity of the Tibetan climate is now giving way to subtropical green vegetation. Continue the walk towards Dobhan. Finally, you got to Tatopani. There is a hot spring in Tatopani. If interested, you can soak in the hot springs and relax your tired muscles by soaking in the hot springs. Otherwise, keep going up and down from Tatopani to reach Khorlabesi.

Meals included: Breakfast, lunch, and dinner

Day 17: Trek to Soti Khola from Khorlabesi: Walking Duration 6-7 hours

The path crosses the Tharo Khola, which flows into a rocky ravine. Return to the river and cross to the town of Machha Khola. Walk along the Budhi Gandaki River to get to the Gurung village in Labubesi and Pass the two waterfalls on a steep rocky path at the edge of a cliff. Then you come to Khursane. Stroll down the ridge above Budhi Gandaki and pass through the Sal forests. Finally, cross the bridge to reach Soti Khola.

Meals included: Breakfast, lunch, and dinner

Day 18: Trek Soti Khola to Arughat and Kathmandu: Walk 4 hours and drive 7 to 8 hours

Go up to the Kyorpani ridge and descent to the waterfall. The trekking then reaches Arkhet. Cross the Arkhet Khola. Now you are leaving the Budhi Gandaki valley. Arrival at the Bazaar of Sante, crossing the forests to Maltar. Finally,

passing the hydroelectric power station following the stone streets, you arrive at Arughat Bazar. Return to Kathmandu along the banks of the Marsyangdi and Trishuli Rivers for great views of the verdant hills, mountains, agricultural terraces and villages on either side of the road.

Meals included: Breakfast and lunch

Day 19: Drop to Kathmandu Airport

Today, if you have more time, you can go shopping or sightseeing. A representative from our office will take you to the airport approximately 3 hours before the scheduled flight.

Meals included: Breakfast.

Included

- ❖ Pickup and delivery at the Kathmandu airport
- ❖ Deluxe Hotel accommodation in Kathmandu including breakfast
- ❖ Kathmandu city tours including entrance fees, guide, and private vehicle
- ❖ Drive Kathmandu to Sotikhola
- ❖ All transportation, that is, the beginning and end of the trek.
- ❖ The best double sharing accommodation to accommodate during the trek
- ❖ Three full board meals (breakfast, lunch, and dinner) during the walk
- ❖ A very experienced, helpful and friendly hiking guide
- ❖ A reliable and experienced carrier
- ❖ special permits for Manaslu and the Tsum Valley
- ❖ First aid medical kit

Excluded

- ❖ Personal travel insurance
- ❖ Nepal entry visa fee
- ❖ International plane ticket
- ❖ WIFI Internet and phone call
- ❖ Snacks and other personal expenses.
- ❖ Soft drinks, including water and alcohol.

- ❖ Hot shower during the trek

Food and lodging during Tsum Valley Trek

Manaslu region has increased its popularity over the years, so the number of trekking Lodges in the area has constructed. Although essential, accommodation is adequate and generally less expensive than lodging in the Everest region during the high season. The walk-in Manaslu was previously only possible as a camping walk, but in recent years it has become possible to do it entirely as a walk in the teahouse

During the Tsum Valley trek, you will stay at local tea houses. The teahouses are not luxurious but will provide you with all the necessary services and warm hospitality. You can expect to have all the everyday foods like soup, noodles, pasta, potatoes, vegetables, dal bhat, fried rice, eggs, etc. You can also try traditional dishes in local communities. During your stay in Kathmandu, you will stay in a 3-star hotel with breakfast included.

Best time for hiking in Manaslu region

As in many other trekking regions of Nepal, the best trekking season in the Manaslu region is fall, late September to November, and spring, April to May. Manaslu receives a lot of precipitation and is sensitive to landslides during monsoon storms, and can get a lot of snow, making trip trails difficult and sometimes dangerous in winter

Trekking Guide (s) and staff arrangements

The most important thing that makes your trek in the Manaslu Tsum Valley successful, enjoyable and memorable is the qualified, experienced, courteous and helpful hiking guide and crew members capable of spending your days in the mountains with no hassle. Your walk will be led by the best and most professional leaders. All of our company, trekking guides, are carefully selected based on their relevant experience, leadership skills, and personal skills. To support local communities, we only employ local staff who have adequate knowledge of the region's culture (s), flora, fauna, geography, and history.

Travel insurance

Travel insurance for any itinerary of our company is a condition for the holiday reservation. You must at least have emergency medical and repatriation insurance that must include the cost of the mountain rescue. Carefully check the general conditions of your insurers, in particular, you must ensure that the following elements are covered: 1) Activity (i.e., hiking, trekking or mountaineering) 2) Maximum altitude reached during the trek 3) Evacuation of the helicopter in case of emergency. It is essential you to understand that you will be responsible for all expenses incurred in evacuation and repatriation procedures and that it is your responsibility to bear all costs incurred in case of evacuation or medical treatment. You must be fully aware of the implications of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide can initiate helicopter rescue procedures in medical emergencies without first contacting your insurance company for approval.

Physical condition and experience requirements

The Manaslu tsum valley Trek is a challenging trek suitable for passionate hikers who can walk at least 5-6 hours a day. Some days may even need to walk 8 to 9 hours. Walking at high altitude is more physically demanding than walking at low elevations; however, if you are in excellent health with average fitness, a positive attitude, self-confidence, and strong determination, you can complete the trip. Exercising and running regularly for a few months before the trip is a good idea, as it will improve your strength and stability. Previous hiking experience is preferred, but no need for technical skills. You should visit the doctor before booking a Tsum valley trek.

Suggested preparation

- ❖ Cardiovascular exercises, including running, biking, jogging, pull-ups, and pull-ups, for approximately 4-5 days a week for three months before your trip is beneficial.

- ❖ You should also participate in the development of core strength and muscular endurance during bodybuilding.
- ❖ Walking the hills in different weather conditions will be proper preparation for this trip.
- ❖ If you have access to it, Swimming and kayaking can be a very beneficial way to develop the strength and endurance needed for this trip.