Lama Adventures Pvt. Ltd.

Tsum Valley Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accomodation
Moderate	**21 Days**	**Manaslu**	**3700m**	**Trekking**	**2 - 20 PAX**	**Tea House and Hotel**

Overview

Discover the secret Tibetan land lying at the edge of one of the most secluded Himalayan valleys. Tsum Valley is one of the hidden Himalayan valleys in the world. The trek to Tsum Valley takes you into the majestic surroundings of the Ganesh Himal, Sringi Himal, and Boudha Himal ranges. The region once being part of Tibet looks completely different from what you will find elsewhere. The people of Tsum Valley or the Tsumbas belong to Tibetan origin with their own ancient form of dialect, art, culture and religion. Very few adventure travelers have made it to this high and mysterious valley, which used to be an important trade link with Tibet.

The trek start and end point is Arughat, a seven hours drive from Kathmandu. The first half of the trek ascends the Budhi Gandaki Valley on good paths through a mix of dense forest, terraced fields and hill villages. Then, you divert from the main Manaslu Trail for the Tsum valley. You get a feeling of entering truly into a hidden valley. While on the trek, we also pass through the alpine forests, glacial rivers, and enjoy the warm hospitality of ethnic people. Pass the lower Budhi Gandaki regions of Liding, Machhakhola, Jagat and Philim. We also visit the ancient Gombas of the region such as: Rachen Gompa and Mu Gompa. Not just the culture, but the biodiversity in the region is splendid as well with many forests, rivers, caves etc.

The Tsum Valley Trek is indeed an adventurous one that takes you via the off beaten route where you will explore the Tibetan culture, witness the nature’s beauty and also give a pleasant trek.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuwan International Airport, our representative will welcome you & drive you to the hotel. It’s a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03: Kathmandu Arughat

A 7-8 hours 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.

Day 04: Arughat to Liding

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 Liding. Overnight stay at the campsite at Liding.

Day 05: Liding to Machhikhola

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 Labubesi. 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.

Day 06: Machikhola to Jagat

The narrow trail makes some minor ups and downs and eventually crosses the Tharo Khola, flowing in a rocky ravine, then reaches Khorlabesi. After a few more ups & downs there is a small trailside hotspring, 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.

Day 07: Rest Day

Today is a rest day in our trek to Tsum Valley. So, you can explore around Jagat and have a day for yourself taking pictures and videos.

Day 08: Jagat to Lokpa

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 Lokpa. Overnight at Lokpa.

Day 09: Lokpa to Chumling

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.

Day 10: Lokpa to Lamagaoun

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 Chhokangparo also known as Lamagaon. Weather permitting; enjoy the views of Himalchuli at 7893 meters and Ganesh Himal at7140m. Overnight at Chokhangparo.

Day 11: Trek to Nile over Milerepa cave

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.

Day 12: Hiking to Mu Gumpa

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 Dhephu Doma Gompa.

Day 13: Trekking to Chumling

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 (piren phu) is known for its mesmerizing glimpses of Poshyop Glacier, Kipu Himal and Churke himal.

Continue trekking watching the greenery of nature and descend down to Chhokang Paro again. From their 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.

Day 14: Trek to to Lokpa

Today, our walk is a short one. From Chumling, the trail goes downhill till Lokpa. You can rest and recover your sore muscles at Lokpa with a delicious meal and some drinks.

Day 15: Trek to Jagat

Trek starts today from Philim to Khorlabesi via Jagat and Tatopani. Descend down to Sirdibas and we finally reach to Jagat.

Day 16: Trek to Machhakhola

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. Overnight at Macchakhola.

Day 17: Trek to Arkhet Khola(620m)

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 Arkhet Khola.

Day 18: Trek to Arughat

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.

Day 19: Free Day

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.

Day 20: Final Departure

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 21: Final Departure

It’s time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Airport Pick Up and drop and all transportation.
Hotel twin sharing room on B/ Basis.
Sightseeing in Kathmandu with Guide & Entry fee.
Kathmandu to Arughat by private Bus.
Manaslu conservation fee and Manslu special permit.
T-sum valley special permit.
Two men sharing tent and necessaries.
Guide, Assistant Guide and necessary porters.
Insurance equipments for staff.
Return Private Bus to Kathmandu.

Cost Excludes

All Personal expenses and equipment
Health and medical insurance
Alcoholic bar bills
Nepali Visa Fees
Due to nature evacuations
Tips and Other mentioned above