



Tsum Valley trek - 17 Days

Tsum valley is a **hidden valley** known for its rich Buddhist culture, ancient monasteries, and traditional way of life, at the foothills of Ganesh Himal (7422 m). It was opened for **trekking** in 2008. The trek takes you to the Rachen Gumpa and MU Gumpa, which are the main attraction of this trek. **MU Gumpa** is a 400 years old monastery, which is home to over 100 monks. It is the oldest and largest monastery sits at an altitude of 3700 m in the Tsum valley. Along the way, you will observe mani walls, prayer flags, and chortens.

It is a remote and less-traveled **trekking route** still demanding and **challenging** destination among adventure seekers. It is best for those who love to explore remote areas and experience the unique culture and traditions of the Himalayan people in **Nepal**. The trail leads you through countless beautiful small villages, including Machhakhola, Jagat, Chumling, and Chhekampar, where you can explore the unique culture of local people and experience the warmth hospitality.

The local people of Tsum valley are of **Tibetan** origin and communicate in a unique language. They have a strong faith in Buddhism. People of Tsum valley pray Buddha Guru Rinpoche (Padmasambhava) and some Bodhisattvas. They also place a prayer flags, mani walls, khata, burn butter lamps in monasteries and believe in the reincarnation of lamas.

The spring season (March to May) is one of the best seasons to travel to Tsum valley since the weather is often clear and warm, with moderate day time temperatures and milder night time temperature. The path is lovely, and trekking is simpler without rain or snow. Similarly, autumn (October to November) is another best seasons with the skies being clear once more after the monsoon rains and the landscape still as lush and hills are covered by green forests. The heavier clouds are gone now, and the summit of the mountain is once more clearly visible.



PRICE INCLUDES

- **Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek**
- **One experienced (government licensed) and qualified English speaking guide**
- **One porter for two trekkers**
- **Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc**
- **First aids kit**
- **All taxes and company service charge**
- **Trekking permit and TIMS card**

PRICE EXCLUDES

- **International airfare and visa fees**
- **Lunch and dinner in Kathmandu**
- **Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company**
- **Your trekking gears and extra nights in a certain destination**
- **Your travel insurance which should include the emergency rescue**
- **Tips for your guide and porters**
- **Extra expenses due to any event such as strikes, weather conditions, or flight delays**



ITINERARY IN DETAIL

Day 1: Drive from Kathmandu to Arughat Bazaar

On the first day of the trekking, you will take a drive for approximately 6 and half hours driving along the Kathmandu to Pokhara highway. Overnight stay at a lodge in Arughat Bazaar.

Day 2: Trek from Arughat Bazaar to Liding via Soti Khola

The path follows the route leading along the bank of Budhi Gandaki River through colorful green hills, lush forests, and beautiful villages along the way. The forest of Sal and chilaune will lead you to Liding, lies on the banks of Budhi Gandaki. Stay overnight at a teahouse.

Day 3: Trek from Liding to Khorlabeshi via Machha Khola

The six hours trek through forest, greenery, and waterfalls will lead you to the Mongolian village of Lupu Besi. The zigzag stream will finally lead you to Khorlabeshi and then Machha khola (Fish River). Overnight stay at a teahouse here in Machha Khola (930 meters).

Day 4: Trek from Machhakhola to Jagat

You will move ahead through Tato paani the hot springs and Khola Bensi, a village from where you will ascend up with some of the challenging trails. You will cross a suspension bridge over a river at a place called Lauri to reach Jagat at 1440 m. Stay overnight in a guest house.

Day 5: Trek from Jagat to Lokpa

On this day you will hike for approximately 6 or 7 hours ascending gently towards the flat route. You will reach a charming village of Gurung inhabitants before reaching Philim crossing the suspension bridge over Budhi Gandaki River. You will climb up to Lokpa at 2240 m which lies under Tsum valley. Stay overnight in a guest house.

Day 6: Trek from Lokpa to Chumling

You will ascend to Chumling located at 2600 m which is the south face of Shingri Himal. You can amble around the Chumling village where there are a lot of Gombas of Tibetan styles where you can enjoy the artistic scenery. Stay overnight at a lodge after all the travel.

Day 7: Trek from Chumling to Rachen Gompa via Chhokangparo

The trail becomes more tough and lengthy as you climb upwards from Chumling and reach Chhokangparo at 3010 m which inhabits two settlements Chhokang and Paro. The astonishing views of Ganesh Himlal can be clearly visible. Stay at a guest house in Rachen Gompa at 3300 meters of altitude.

Day 8: Trek from Rachen Gompa to Mu Gompa

Today, you will trek through the last village in Tsum Valley named Nile at 3361 m. The final destination for today will be Mu Gompa at 3700 m of an altitude. This trail to Mu Gompa is used as the trail for import and export from Tibet with the help of yak for local villagers. You will also explore all these beauty during this trek. Staying overnight at a guest house in Mu Gompa on this particular day.

Day 9: Acclimatization day in Mu Gompa



This particular day you won't trek further but will stay at Mu Gompa enjoying the spectacular views of snow covered peaks as well as strolling around for the whole day. Stay overnight at a guest house in Mu Gompa.

Day 10: Trek from Mu Gompa to Rainjam via Chhule

You will descend through Mu Gompa to reach Rainjam at 2600 m all the way through Chhule at 3347 m where you could enjoy the beautiful scenarios of Puchen Mountain which is a unique gift of nature. Stay overnight at Guest house in Rainjam.

Day 11: Trek from Rainjam to Gompa Lungdang

You will walk along the trail enjoying the views from Rainjam to Gompa Lungdang, beautiful giant monastery that shelters the female monks. You can also observe the spectacular sunrise through the Ganesh Himal. Stay overnight at the Gompa on this particular day.

Day 12: Trek from Gompa Lungdang to Ripchet via Rainjam

You will be descend from Gompa Lungdang to Rainjam enjoying the closest and the most impressive view of Ganesh Himal. The next destination will be Ripchet which is a village which lies on a rural area of Nepal. You will enjoy home stay at Ripchet.

Day 13: Trek from Ripchet to Philim via Lokpa

Today, you will descend through the dense pine forest where you will observe the inhabitant of different species of bird along with Musk Deer on the way. Reaching at Philip at 1700 m you will find a better lodge to stay in.

Day 14: Trek from Philip to Khorlabeshi

You will continue to descent from Philip to Khorlabeshi at 930 m following the foot path at the bank of river Budhi Gandaki. You can enjoy the hot spring in Tato paani where you can relax in the warm waters. Staying overnight at a tented camp in Khorlabeshi

Day 15: Trek from Khorlabeshi to Soti Khola

You will pass through charming villages with incredible waterfalls on the both sides of the river. Reaching Soti Khola at 730 m, you will stay overnight at a guest house.

Day 16: Trek from Soti Khola to Arughat

Walking for about 5 hours you will reach to Arughat from where you had started your journey. Staying overnight at a lodge in Arughat.

Day 17: Drive from Arughat Bazaar to Kathmandu

You will enjoy six hours trip from Arughat Bazaar to Kathmandu.