



Tsum valley Trek 14 Days

MANASLU AND GANESH HIMAL REGION

14 Days

DURATION

Moderate

DIFFICULTY

USD \$1,500

FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

✓

OVERVIEW

The Tsum Valley Trek is a unique and culturally rich trekking experience located in the northern part of the Gorkha district of Nepal, near the border with Tibet. This 14-day trek offers stunning Himalayan scenery, ancient Buddhist monasteries, and a chance to experience the unique culture of the Tsumba people.

The secret Tibetan Buddhist mystical land lying at the edge of Himalayan Valleys where we can find happy people at Tsum Valley, hidden valley of Tsum means “vivid” home direct descendant Tibetan people known as Tsumbas. It is one of the world’s remotest valley takes you into the majestic surroundings of Ganesh Himal, Sringi Himal, and Boudha Himal range. This place remains untouched with ancient villages and Tibetan Buddhist monasteries waiting to be explored. The people of Tsum valley, Tsumbas belong to Tibetan origin with their own ancient form of dialect, art, culture, religion and food is at Manaslu Conservation area.

Tsum valley had many beautiful villages that practice iconic cultural wonders and the timelessness of Tsum’s culture is something that will amaze you during the trek. While, you explore those remote mountains, cultures and the unique lifestyle of the people of Tsum valley you will catch up some powerful healing energy. You will be speechless to be there and to feel the place in such a remote region with such beautiful cultural richness along with innocent lifestyle.

The trek initiates and ends at the point of Arughat, a seven hour drive from Kathmandu. The first half of the journey need to ascend the Budi Gandaki Viley on good paths through a mix of dense forest terraced fields, pretty landscape and hill villages. After we leave the main Manaslu Trial from Tsum valley, suddenly we get a feeling of entering truly into the hidden valley. Moreover, the second half of the trial passes through the alpine forests, glacier rivers, and enjoy the warm hospitality of authentic and ethic villages. Not only that, it is blessed to put your feet on such a spiritual region such as Rachen Gompa, Mu Gompa, Dephyudonma Gompa and many more.

DAY-BY-DAY ITINERARY

DAY 1 Kathmandu to Arughat Bazar (535 m) Machakhola

Meals: Breakfast, lunch and dinner

The first day from Kathmandu to Arughat Bazar (535 m) - will be a morning drive from Kathmandu, following the Prithvi Highway along the banks of the Trishuli River. After Malekhu from Kathmandu, one has to proceed towards Arughat Bazar, a historic trading town in Gorkha district. At the starting point of the trek, the fish reaches Khola while driving along the banks of the Burhi Gandaki River. Natural river valleys and rural villages can be seen during the journey. Driving time is about 8-9 hours. Overnight stay: Open-air restaurant Food: Breakfast, lunch and dinner

DAY 2 Trek to Machakhola to Jagat

Meals: breakfast

After breakfast your first day's journey starts from Machakhola to Jagat (1,340 m) is completed. We follow the Budhi Gandaki River, crossing suspension bridges and reaching small Gurung villages. The gentle ascent and descent leads to Jagat, a traditional stone-paved village and outpost for the Manaslu and Sum Valley. We will enter the restricted hiking area by splashing waterfalls and deep gorges. After a walk of about 5-6 hours one reaches a place called Jagat. Overnight in the World Food: all kinds of food

DAY 3 Jagat to Loppa (2,240 m)

Meals: breakfast

After breakfast, the second day's journey from Jagat to Loppa (2,240 m) is scheduled. Today the trail splits from the Manaslu circuit towards the hidden Sum Valley, and a steep climb through the forest leads to Lokpa, the first true Sum village with dramatic views of the Ganesh Himal. Which is known as the remote trail with a little less trekkers. The way of life here is very similar to Tibetan culture. We reached a place called Loppa after a walk of 5-6 hours. Overnight at the house of Lokap Food: all kinds of food

DAY 4 Loppa (2,240 m) to Chumling (2,361 m)

Meals: breakfast

After breakfast reach Chumling (2,361 m) from Loppa. After about 4-5 hours of trekking the trail descends into the Shiyar stream and gradually climbs up to Chumling, a beautiful village with Mani walls, chortens (Stupas) and ancient monasteries. Among the famous caves are the Chumling Gompa and the Panago Gompa. Traditional stone houses and prayer wheels can be seen in abundance here. Overnight at the house in Chumling Food: all kinds of food

DAY 5 Chumling (2,361 m) to Chekampa (3,010 m)

Meals: breakfast

After breakfast from Chumling to Chekampar (Upper Sum - 3,010 m) Chekampar, the biggest settlement of Upper Sum valley is reached. It is a gradual climb through beautiful alpine terrain and the region adheres to strict Buddhist traditions and non-violent practices. Where it is like a barrier to cut. A continuous walk of 4-5 hours offers panoramic views of the Ganesh Himal range. The people live a traditional Tibetan Buddhist way of life. Overnight at the house Food: all kinds of food

DAY 6 Chekampa (3,010 m) to Nile / Chhule (3,361 m)

Meals: breakfast

After breakfast, travel from Chekampar to Nile / Chhule (3,361 m). The sacred Milarepa Piren Phu cave can be seen on the way while taking a beautiful walk through the open valleys and yak pastures. Where the famous Buddhist saint Milarepa is believed to have meditated. It takes a continuous journey of 5-6 hours to reach the Nile. There is also a strong Tibetan cultural influence. Overnight at the home of the Nile Food: all kinds of food

DAY 7 Nile / Chhule (3,361 m) - to Mu Gompa (3,700 m)

Meals: breakfast

After breakfast the trek takes 3-4 hours to travel from the Nile to Mu Gompa (3,700 m). A short but rewarding hike to Mu Gompa, the largest monastery in the Sum Valley area, and an afternoon hike to Dafyudonma Gompa offer excellent acclimatization and views. It also offers a panoramic view of the mighty Himalayas. Overnight at the Guesthouse Food: all kinds of food

DAY 8 Mu Gompa (3,700 m) to Gho (2,555 m).

Meals: breakfast

After breakfast, it takes about 6-7 hours to travel from Mu Gompa to Gho (2,555 m). Gradually descending through the upper Sum landscapes, following the stairs behind the Nile and Chekampar, then continues to Gho, passing through the quiet village below Chumaling. Simultaneously passing through the forest landscape and peaceful rural settlements one reaches the Gho village. Overnight at the Guest house Food: all kinds of food

DAY 9 Gho (2,555 m).to Gumba Lungdang (3,200 m)

Meals: breakfast

After breakfast, it takes 4-5 hours to travel from Goh to Gumba Lungdang (3,200 m). On a steep climb through the pine and rhododendron forests leads to the sacred Gumba Lungdang Monastery, located at the bottom of the Himalayas. On the way, Ganesh reaches the designated place with mesmerizing views of the Himalayas. Overnight at the Guesthouse Food: all kinds of food

DAY 10 Hike to Ganesh Himal Base Camp (4,800 m) - Return to Gumba Lungdang

Early morning hike to base camp of Ganesh Himal (4,800 meters).The journey takes about 6-7 hours a morning walk to the Ganesh Himal base camp offers breathtaking views of the glaciers and mountains. Along the way, the Ganesh Himal peaks can be seen in front of the eyes. After basecamp hike we will return to Gumba Lungdang Overnight at the guesthouse Food: all kinds of food

DAY 11 Gumba Lungdang (3,200 m) to Ripchet (2,470 m)

Trek from Gumba Lungdang to Ripchet (2,470 m) the destination can be reached by walking closely through traditional quiet Sum villages and local life with dense forests and strong cultural roots. The trip will take about 5-6 hours. Overnight at the guest house Food: all kinds of food

DAY 12 **Ripchet (2,470 m) to Filim (1,570m)**

Meals: breakfast

After breakfast, again join the Manaslu Trail from Ripchet to Filim (1,570m) and descend to reach Filim, an excellent stay in the lively Gurung village with good facilities. There will be a journey of 5-6 hours with a wide path and a continuous stretch of farmland. There will also be cultural interaction with the locals. Overnight at home: all-foods

DAY 13 **Filim (1,570m to Machakhola (930m)**

Meals: breakfast

After breakfast, travel from Filim to Machakhola (930 m). When the fish reaches the pond, the old Gandaki swims and reaches the pond after a continuous walk of 6-7 hours, experiencing the warm weather. Overnight at the fish house Food: all kinds of food

DAY 14 **Drive Machakhola (930m) to Kathmandu (1300m)**

Meals: breakfast

After breakfast, travel from Filim to Machakhola (930 m). When the fish reacThe drive will be fixed in the morning MachaKhola to Kathmandu (1350 meters) via Arughat and Gorkha. It will return to Kathmandu via Arughat Bazar and Go. It’s about a 9-10 hour drive. Overnight at the hotel in Kathmandues the pond, the old Gandaki swims and reaches the pond after a continuous walk of 6-7 hours, experiencing the warm weather. Overnight at the fish house Food: all kinds of food

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
- + Accommodation during the trek

Meals & Dining

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu at the end of the trek

Guides & Porters

- + Government-licensed trekking guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guide and porter costs including meals, insurance, salary, lodging, transportation, and necessary equipment

Permits, Fees & Taxes

- + Annapurna Conservation Area Permit (ACAP) fee
- + Trekkers’ Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (expenses covered by the traveler’s insurance)

