

Tsum Valley Trek

The **Tsum Valley** has been hidden heritage of Nepal. The name Tsum derived from Tibetan word (**Tsombo**), which means (vivid) or known as the Beyul Kyimolung, means the holy hidden valley of Happiness. Tsum valley is located in the northern end of Nepal in Gorkha district, surrounded by the Buddha Himal/Himal Chuli to the west; Ganesh Himal to the south; and **Sringi Himal** to the north. The inhabitants of the Tsum valley is Tsumbas, an indigenous community. So the Tibetan Buddhist culture is extremely prevalent over here. This serene valley Tsum holds a history of ancient Himalayan civilization styles culture, art, tradition, religion, customs, and thinking. Tsum Valley is abundant in ancient art, culture, and religion and this valley housed mani walls, Chortens & Kaania. Chortens is also known as Stupas or religious monuments of Buddhism.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300 m/4265ft):

Arrival in Kathmandu. Meet with our friendly representative at the arrival terminal of only International airport. And, then you will be transferred to your hotel.

You check-in at your Hotel and then after short rest you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start the day with delicious breakfast served at your Hotel. The sightseeing involves tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – Soti Khola (710 m/ 2358ft) / 8 hrs drive:

Early morning after breakfast, you start the day by long drive – yet enjoyable and adventurous – to Sotikhola, the gateway to Manaslu trekking. We drive on a highway that stretches on the central hills of Nepal and boasts spectacular views. About 8 hours long drive goes past several small towns and dotted villages where you will come across with full of rural Nepalese life. We drive alongside beautiful River Trishuli for some distance and drive across it to go towards Sotikhola via Arughat Bazar. **Overnight local lodge.**

Day 04: Trek Soti Khola to Tatopani (990 m/ 3248ft) / 6 hrs walk:

This day marks your first day for the trek. You walk alongside the Budhi Gandaki River. The trail runs through the forest with diverse flora and fauna making your trek exciting. You will walk through farmlands which gives you an informative twist on your trek. You will reach Macha Khola and then to Tatopani via Khorlabesi. You will spend your night on a tented camp.

Day 05: Trek Tatopani to Philim (1570 m/ 5150ft)/ 7 hrs walk:

Tatopani literally means a hot water in Nepali language. In Tatopani there is a hot spring pool to take healthy bath if you want to enjoy. You start your day crossing a suspension bridge over beautiful river stretch. Once you reach Dobhan – confluence of two rivers, you cross the bridge over YaruKhola. You gradually descend down to river bed and reach Jagat. Crossing the village of Salleri and Sridibas you reach Philim and spend the night on a tented camp.

Day 06: Trek Philim to Chumling (2,386 m/ 7828ft): Walking Duration: 7 Hrs.

Enjoy the breakfast in the camp and then move on for the trek. You cross the checkpoint of Manasalu Conservation Area from where the Sringi Himal is visible. The day is very exciting and adventurous given the views of mountains and waterfall you witness throughout. If you are trekking in the month of April-May, you get to see blooming Rhododendron and beautiful Pine forest round the year. You then descend down to LungwaKhola and into Saarti gorge. The trail might be rocky and tough given less exposure prior to the trek. Once you reach Chumling you spend your night in a tented camp.

Day 07: Trek Chumling to the Nile (3,361 m /11026ft) / 8 hrs walk:

After breakfast you start the day towards the bridge on Samatikring Khola. You pass through Dhampa Gompa before reaching Rainjam. You then get to cross other bridge and reach Gho village. Significant increase in height will require acclimatization. Yet again you will have to cross a suspension bridge after crossing NgakyuLeru. You get to visit micro-hydro power for short informative session as per your interest. Walking past Lar village and crossing Phurba and Pangdun you reach Nile. You spend your night on the tented camp observing beautiful waterfall.

Day 08: Trek Nile to Dupchet (4,180 m/13713ft)/ 6 hrs walk:

Reaching Nile resembles to closer proximity of Tibetan border. You walk past Sengum and cross the bridge to reach the ChhoSyong. At 3,700m/12139ft you reach the famous stupa of Mu Gompa where you will enjoy the lunch. Rikang Gumba and DhepuDoma Nunnery Gompa are nearby which reflects the rich cultural heritage. The trekkers with tea house accommodation arrangements will spend the night in this area but being a tented trekkers you will have to walk further to Dupchet. Views of Ganesh Himal VII, VIII and IX, YongdoHimal can be seen from here. You spend the night on a tented camp.

Day 09: Hike to Thapla Bhanjyang (5,104 m/16745ft) and back to Dupchet / 8 hrs walk:

This day is reserved for hike and exploration surrounding in the valley. You walk from the camp to Tibetan border called Thapla Bhanjyang – from where trades of various goods take place. You could also opt for horse ride from Mu Gompa instead of a hike. Either way, you will have fun. The hike will be gradual uphill and landscape is dry in similar terrain to Tibetan Plateau. You will enjoy the magnificent view of Thaple Himal and Yangdo Himal. You then retrun back to your camp at Dupchet and spend the night in a tented camp.

Day 10: Trek Dupchet to Chhule (3,347 m/10980ft) / 6 hrs walk:

You will start your day with downhill trek to reach Mu Gompa. The spiritual awakening throughout the trail gives you uttermost satisfaction. You again descend down to Chhule where you spend your night in a tented camp. You can enjoy the view of Chhure Himal and Kipu Himal.

Day 11: Trek Chhule to Gho (3,000 m/9842ft)/ 7 hrs walk:

Walking past Chhuyang Chhemo waterfall and Chhorten you trek down to the Burji village through Shiar Khola. You get to visit the cave of Milarepa (Piren Phu) where Buddhist master and saint believed to meditate in ancient time. From Burji village you trek to Lama Gaun and Gho via Chhokangparo where you spend your night on the tented camp.

Day 12: Trek Gho to Lokpa (2,240 m/7349ft)/ 7 hrs walk:

From Gho you walk past Rainjam, Chumling, Sarti gorge throughout the trek to reach Lokpa. The trail might prove difficult to some given the rocky path particularly at Siyar Khola bank. We set your camp at the favorable location on Lokpa and spend the night in the tented camp.

Day 13: Trek Lokpa to Dobhan (1,070 m/3510ft)/ 8 hrs walk:

After breakfast and short trek you will meet the trail of Manasalu circuit trekking. You then trek to Ekle Bhatti and walk alongside bank of Budhi Gandaki River. The trail runs through green fields and subtropical vegetation. You officially check out of Manasalu Conservation Area and then reach to Philim then to Sirdibas and Salleri. The trail is comparatively easy and wide. After crossing the suspension bridge you reach Yaruphant. We can camp on this location or can walk further to Dobhan and camp here. Overnight will be spent on a tented camp.

Day 14: Trek Dobhan to Soti Khola (700 m/2296ft) |7 hrs walk:

You return to Soti Khola. You cross suspension bridge and then again walk through rocky trail. You can spend some time at the natural hot spring pool – Tatopani and then trek down to Khorlabesi and Maccha Khola. The north view of Ganesh Himal is clearly visible from this area. You walk along Budhi Gandaki watching and observing intensely beautiful site of forests and fields. After walk of approximately seven hours you reach Soti Khola and spend the overnight on the tented camp.

Day 15: Drive Soti Khola to Kathmandu/ 7 hrs drive:

The drive is long and of about seven hours. You drive past Aarughat, Dhading-besi and arrive Kathmandu – Pokhara highway at Malekhu. After long camp nights you finally get to sleep at a luxurious hotel in Kathmandu. Enjoy the city life again.

Day 16: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 17: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and

Cost Includes:

- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- Four Wheel Jeep (Kathmandu – Soti Khola | Soti Khola - Kathmandu)
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff
- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS) | Tsum Valley special permits.
- ACAP and MCAP permits
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- International airfare
- Travel Insurance
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)

2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck.
2. Warm wool or synthetic hat that covers your ears.
3. Balaclava - lightweight, thinner variety.
4. Glacier glasses-
5. Headlamp
6. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
7. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. A pair liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.
2. One pair warm gloves
3. Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient (optional).

Core Body

1. T-shirts (2).
2. Light and expedition weight thermal tops.
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. 2 women sports bras, Synthetic, no cotton!
7. Long shirts(2)

Lower Body – Legs

1. Two pairs nylon hiking shorts - Quick drying type, not cotton!

2. Underwear, stay away from cotton (4).
3. Two pairs lightweight long underwear - capilene or other synthetic.
4. One pair soft shell pants - synthetic, full zip from top and bottom preferable.
5. Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts.
6. One pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day.
7. One pair cotton pants (loose jeans/khakis).
8. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

Feet

1. Two-four pairs of liner socks, synthetic or capilene.
2. Two-three pairs heavy weight socks to be worn over liner socks.
3. One pair light weight socks, a good option for the lower / warmer parts of the trail.
4. One pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have worn them before to get used to it (otherwise you will get lots of blister).
5. One pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
6. One pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).

3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.