

## Overview

### Trip Overview

Tsum Valley Trek takes visitors to the hidden valley of Tsum meaning “vivid” home to the direct descendant Tibetan people known as Tsumbas, the Tsum Valley is located to the east of Manaslu, on the border with Tibet. This isolated hidden Shangri-La just opened to trekkers in 2008. It remains relatively untouched, with ancient villages and Tibetan Buddhist monasteries waiting to be explored. Each day you will walk between 5 to 8 hours, with the high point of the trek being 4,000m above the largest of the monasteries in the valley, Mu Gompa. You will be accommodated in lodges and traditional ‘homestays’ on this trek, rather than in tents. As the Tsum Valley is much undeveloped but with its unique culture most hospitable people traditionally offer us a friendly welcome to their home can be somewhat rudimentary and you can expect to eat similar food to the locals (Dal Bhat, Chapatis, noodle soup). If you are not prepared to ‘rough it a little bit, then this trek is probably not for you!

The trail to the sacred pilgrimage site of Tsum Valley heads upper Budi Gandaki River Valley through unexplored countryside inhabited by the Tibetan community and authentic Tsum Villages such as Chhokangparo, where the area is long considered Baeyul or Hidden land offers unspoiled culture and tradition of Tsumba with fabulous mountain view of Ganesh Himal Range, Sringi Himal, Bauddha Himal and Himalchuli. The valley is extensively rich in culture and tradition dwelled with Buddhist monasteries, nunneries, chhortens and prayer walls, and significant religious monuments, the longest mani walls at Dzong and Phurpe are great attractions.

Tsum Valley Trekking Permit is rock bottom cheap compared to other restricted areas trekking routes and even cheaper than its sister trekking route to Manaslu Circuit. Our ‘Tsum Valley Trekking Itinerary is provided only as a guideline so we can personalize this program per your need and preference that suit your schedule and budget. This trip can be combined with the Round Manaslu Trek.

### When is the best season to trek to Tsum Valley?

#### Spring and autumn

**Permit Cost:** September-November USD 40.00 per person for the first 8 days. December-August USD 30.00 per person for the first 8 days. You will need an additional permit an MCAP (Manaslu Conservation Area) Permit that costs NPR 3000 per head.

### Outline Itinerary

**Day 01 : Drive to Machha Khola (877m) from Kathmandu; about 8 hours drive.**

**Day 02 : Trek to Jagat (1345m) 6-7 hrs walk.**

**Day 03 : Trek to Lokpa (2240m), 6 hrs walk.**

**Day 04 : Trek to Chumling (2386m) (Lower Tsum); 4-5 hrs walk.**

**Day 05 : Trek to Chhokangparo (3031m), 4-5 hrs walk.**

**Day 06 : Trek to Nile (3347m) via Milarepa Cave, 5-6 hrs walk.**

**Day 07 : Excursion Mu Gompa (3700 m) and Dhephyudonma Gompa (4060m) 5-6 hrs. walk.**

**Day 08 : Trek to Chhekamparo (3031m), 4-5 hrs walk.**

**Day 09 : Trek to Gumpa Lungdang (3200m), 6 hrs walk.**

**Day 10 : Hike to Ganesh Himal Base Camp (4200m)**

**Day 11 : Trek to Lokpa, 6-7 hrs. walk.**

**Day 12 : Trek to Machha Khola 6 to 7 hrs walk.**

**Day 13 : Drive to Kathmandu via Arughat, 8/9 hrs drive.**

### **Cost Includes**

- An experienced registered English-speaking local trekking guide.
- Assistant guide to take care of group if above 6 pax
- Porters to carry your main pack during trek (weight limit 25kg per porter)
- Meals: 12 Breakfasts, 13 Lunches, and 12 Dinners during the trek.
- Round local ground transportation to and from trekking.
- Lodge and homestay accommodation on a sharing basis during the trek.
- Food, accommodation salary of the guide and porters.
- All necessary Tsum Valley trekking permits.
- Documentation charge and all government taxes.
- Insurance and trekking gear for guide and porters.

### **Cost Excludes**

- Transfers, accommodation, and meals in Kathmandu.
- Hard drinks, beverages such as coke, fanta, mineral water, laundry service, and toiletries.
- Hot shower, hot water, internet, phone calls, and personal nature expenses.
- Personal travel insurance, Nepal visa, international air ticket laundry services.
- Rescue operation charge in case of emergency, hiring horse and extra porter.

- Gratitude and tips for your guide and porter.