Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Tsum Valley Trek - 18 Days

Trek the Tsum Valley of Nepal and discover the sacred and preserved hidden paradise land of Tsumba people. Tsum Valley is a trek if you want to trek somewhere pristine, uninfluenced of the rest of the world's modern affairs. A real non-touristy and off-beaten-path trek, Tsum Valley Trek!

Since Tsum Valley was isolated from the outer world until it was officially opened to tourists in 2003, it still seems to very few tourists and is a hidden gem.

Rich in natural and cultural heritage, Tsum with its beautiful ancient monasteries, remote and traditional villages, streams and waterfalls, untouched solitude high-land meadows, and less trekked trail to Ganesh Himal Base Camp and the Tsumba people is purely an exciting cultural and exploratory trek.

Located to the north of the Gorkha district of Nepal, Tsum Valley Trekking route is stretched along the Syar Khola, a tributary of Budi Gandaki River. We start the Tsum Valley Trek after a long drive to Soti Khola from Kathmandu.

We first trek stretching the Budi Gandaki River through the colorful rhododendron forests, fertile farmlands stretched over the hills, hot springs and several settlements Machhakhola, Khorlabensi, Jagat, Philim, etc until Lokpa and traverse toward Siyar Khola valley.

We then inter the temperate zone and gradually to the alpine zone to the inner core of Tsum Valley from Chhekampar (Chhokung Paro) to further remote northern villages through a picturesque trail lined with Chortens and Mani walls and vista of Ganesh Himal, Sringi Himal, Mt. Manaslu, Buddha Himal, Himal Chuli, etc.

While trekking back we trek to Ranchen Gompa and also make a side trip to Gumba Lungdang and Ganesh Himal Base Camp for compelling views of the snow-capped Ganesh Himal Range.

Tsum Valley Trek is a moderately strenuous trek that advances through low altitude route reaching the maximum height at Mu Gompa (3700m). But options of hiking upper valleys up to 5000m toward the Tibet border are there in addition to the special bonus of trekking to Gumba Lungdang and Ganesh Himal Base Camp.

Spring (March to May) and Autumn (mid-September to November) are the best seasons for Tsum Valley Trek.

For the seasoned trekker who is looking to experience a more challenging traverse the Tsum cum Manaslu trek is a great realm to trek, please check Tsum Valley and Around Manaslu Trek.

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

PRICE INCLUDES

Transport

- Private vehicle: Kathmandu to Soti Khola transfer
- Private Vehicle: Soti Khola to Kathmandu transfer
- Private vehicle: Airport and hotel transfers for arrival and departure

Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- 14 nights' accommodation (twin sharing) during the trek in local teahouses/homestay

Food / Drinks

- Meals during the trek
- Breakfasts while in Kathmandu
- Welcome and farewell dinner in Kathmandu
- Seasonal fruit on the trek

Staff

- English speaking Trekking Guide/leader: One guide for each group. One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- English speaking city tour guide for Kathmandu city tour

Permits and Taxes

- Special Restricted Area Permit for Tsum Valley
- Manaslu Conservation Area Permit
- Entrance fee/permit for monuments and temples (Boudhanath, Pashupatinath, Monkey Temple, Patan Durbar Square) for Kathmandu City tour (day 2)
- Local village Development charge
- TIMS permit (if applicable)
- All applicable taxes to be paid to Nepalese government

Others

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (suggested to bring if you have your own)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek.

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

- Complimentary Tsum Valley Trekking Map
- Complimentary Icicles Adventure T-shirt
- First aid medicine box carried at all times by guide.
- Sightseeing tour (includes private vehicle transfers to and from the hotel, English speaking guide to Boudhanath, Pashupatinath, Monkey Temple)

PRICE EXCLUDES

Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc)

Accommodation

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary.

Food / Drinks

- Soft drinks and alcoholic beverages are not included and must be purchased separately by the client.
- Drinking water on the trek
- Desserts are not included and should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

Other

- Tourist visa for Nepal (available on arrival at Kathmandu Airport)
- Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal shopping and expenses
- Tips/gratuities for the staff (Tips are expected by staffs)

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu airport (1345meters)

Welcome to the Himalayan land, Nepal. As you land and finish your custom formalities and get out to the arrival gate of the airport, you will find an Icicles Adventure staff waiting for you at the waiting terminal. Identify him/her with the Icicles Adventure Treks and Tours signboard he/she will be carrying. You will be then transferred to your hotel. You will be informed of the time to be ready for next days' city tour. Relax or just hang around your hotel the rest of the day. Stay overnight in Kathmandu. Accommodation: Hotel.

Day 2: Kathmandu (1,338 m/4,390 ft) city tour and Trek Preparation

After breakfast, we start a guided tour to several medieval and spiritual sites in Kathmandu which are also listed as UNESCO World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous ‘Monkey Temple’ (Swayambhunath), and Buddhists shrine (Bouddhanath) which is one of the large stupas in the world.

Later after the sightseeing program, we will introduce you to your trekking guide and have a small pre-trip meeting.

You can also take an opportunity to hire/buy any last-minute trekking equipment or bargain for your souvenirs at the many stores. You are advised to pack your things and be set up for your Tsum Valley Trekking adventure that will begin the next day. Stay overnight in Kathmandu. Accommodation: Hotel, Included: Breakfast.

Day 3: Drive to Soti Khola by jeep: 138km/8-9 hours drive

We start early around 8 am after breakfast. The drive today is adventurous and scenic as well as it winds up and down along the mountains, fields, rivers, gorges, and bridges. Leaving Kathmandu, we drive by the side of the Mahesh River and from Galchhi we drive through the side of Trishuli River.
We cross a bridge over Trishuli River itself and continue driving towards headquarter of Dhading district, Dhading Besi, and get to Arughat.
Its now about 14 km to reach to Soti Khola but because its dirt road it takes time. We further drive to Arkhet through a dirt road and continue again to Soti Khola. Half of the drive today is along the bumpy dirt road, so it's tiring. Upon arriving Soti Khola, we deserve a good night's sleep.
Accommodation: Local Teahouse. Meal: B, L, D

Day 4: Trek starts- Soti Khola to Machha Khola (870 m/2854 ft): 14km/4-5 hours

The real Tsum Valley walking adventure starts today. After having breakfast at our teahouse in Sotikhola, we start the trek. The first part of the walk is through low-altitude middle hills and we are going to feel quite hot.

The trail first climbs in a gentle upward slope and drops slowly until you climb again to mountain ridge to Armala village. We walk through tropical forest to the Gurung village of Lapubesi.

Along the way we see waterfalls today from our trail. We reach the small hamlet of Machha Khola. Machha Khola village was wiped out by a flood several years ago and has been rebuilt. We see beautiful views of Ganesh Himal and Buddha Himal today.

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Accommodation: Teahouse. Meal: B, L, D

Day 5: Machha Khola to Jagat (1,340m/4395ft): 22km/6-7 hours

Walking along the bank of Budi Gandaki River, we reach Khorlabensi. We cross a suspension bridge over Namrung Khola and again continue to Tatopani. Tatopani literally means hot water, and there is a hot spring at this place, hence given the name Tatopani.

Shortly after leaving Tatopani, we again cross a suspension bridge over Budi Gandaki River and the trail goes through another side of Budi Gandaki River. The trail winds through the gorges of Budi Gandaki River uphill and downhill through forests, rice fields, rock ridges, streams, and cascading waterfalls.

Again, we pass another suspension bridge over Dovan Khola and reach the settlement of Dovan. Further, ahead we walk past forests, farmlands, waterfalls and reach the confluence of Budi Gandaki and Yaru River.

We walk through a stone-paved trail to the beautiful cobbled village of Jagat and its post-military checkpoint at the foot of a pretty Chorten!
Accommodation: Teahouse. Meal: B, L, D

Day 6: Jagat (1,340 meters) to Lokpa (2,240 meters): 18km/6-7 hours

About half an hour leaving Jagat, we reach Salleri village and walk past mani walls. The view of Shringi Himal from here is beautiful. The valley starts to widen. We cross a long bridge and climbed to Philim, a major village perched on a small plateau; Philim has MCAP check post, a Japanese-sponsored school, a health post, and a micro-hydro plant.

Ahead of Philim the terraced farmlands are beautiful. We walk past the village of Ekle Bhatti. The valley start to narrow as we walk past a superb waterfall. After two hours of walking from Philim we reach a metal bridge which spans over the Budhi Gandaki River with a trail leading east to Manaslu Ciruit to our left.

We take the right turn and catch the trail to Tusm Valley towards narrow valley of the Syar Khola. As we climb the top of Lokpa, beautiful landscapes surrounded us and the snow-capped mountains of Ganesh Himal came into view. Overnight in Lokpa.

Accommodation: Teahouse. Meal: B, L, D

Day 7: Lokpa (2,240 meters) to Chumling (2,386m/7,769ft): 11km/4-5 hours

The walk today is challenging and by the end of the day we will realize why Tsum valley has remained isolated for long time.

From Lokpa the trail goes up and down through a thick forest. We follow the path along the Shiar Khola River before starting some ascents and descents in a dense pine forest. Then we descend slowly to the river, walking over the cantilevered metal walkway across a cliff face.

The river cut down this section of the trail in 2016 and had left Tsum Valley almost cut off for a few months. We cross a suspension bridge over Syar Khola before the final ascent to Chumling.

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Chumling is a traditional Buddhist village set beautifully below the mountains with an old monastery, traditional houses, stone-paved streets, mani walls, primary school, a small clinic, prayer and flags fluttering in the wind, and we feel strong spiritual culture of the place. This village allows us to fully soak up the atmosphere present in the Tsum Valley, which we will appreciate more and more over the next few days.
Accommodation: Teahouse, Included Meal: B, L, D

Day 8: Chumling to Chho kang Paro/Chhekampar (3,030m/9,940ft): 10km/5-6 hours

We trek relishing the view of Lumbo peak, Himal Chuli and tantalizing view of Ganesh Himal I, II and IV. There are seven peaks of Ganesh Himal range! Today we will find the trek rather hard due to a lot of uphill walk and altitude gain.

We walk past water driven prayer wheel at Tanju and continue through dense pine forest full of faunas. We contour high above Syar Khola and get to Dumje village. The trail then plunges down to Sarphu River, a tributary of Siyar River.

We cross the suspension bridge over Sarphu River and join the main trail that comes via Ripchet village. We then start the climb up to Gho Village. Behind us is beautiful view of Buddha Peak. After having lunch at Gho village its about 2 hours final climb up to Chhokang Paro. The climb is accentuated on a slightly exposed path.

We come out on a plateau covered with pines and Chortens announce the arrival at the villages of Chokang and Paro, locals call it Chhekampar (means the place of wisdom) more than Chhokang Paro. Here the valley widens and the stone houses lean against the cliff to allow full use field for cultivation.

Accommodation: Teahouse. Meal: B, L, D

Day 9: Chhokang Paro to Nile (3,360m/11020ft) 12 km/4-5 hours

Relatively easy walk today as we walk through the wide valley through several settlements, several Gompas, a lot o Chortens and mani walls. We reach Ngakyu Leru, a village rich in cultivating land with wheat, buckwheat, mustard, potatoes and apples!

We can get to Ranchen Gompa crossing the suspension bridge over Syar Khola from Ngakyu Leru village but we plan Rachhen Gompa on trek back.

We take the trail through Lamagaon where we discover its superb monastery whose gilding shines in the distance. The next village is Burji and we can go explore, if conditions allow, the cave of Milarepa (Piren Phu), and the Chi Phu Gompa.

Little ahead of Burji Village we cross a suspension bridge and take through next side of Syar Khola. Then the trail continues to Phurwa and Pangdun Monastery, with its large prayer wheel. An imposing gate and stupa mark the entrance to the large village of Chhule.

If we have deep interest in Buddhism, we also would visit Gonhgye Gompa at Chhule, the main monk here is mine of information. A waterfall is there traversing the Gonhgye Gompa. Ahead we walk through long mani walls with cravings of Milarepa. After reaching Nile, we can walk up the side of the valley close to a monastery perched on a

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

cliff. If weather is clear, watching the sunset over the mountain would be overwhelming experience to see the Himalayas in their bursting majesty.
Accommodation: Teahouse. Meal: B, L, D

Day 10: Nile (3,361 meters) to Mu Gompa (3,700m/12136ft): 8 km/2 hours to Mu Gompa (additional exploration time depends upon how far you go)

We leave Nile after early breakfast and walk towards Mu Gompa. Mu Gompa, the last permanently inhabited village of Tsum Valley is located spectacularly above the Syar Khola which is about 2 hours walking from the village of Nile. The panorama here is stirring and the monks are friendly.

Exploring the monastery presents you a chance to enjoy the beautiful exhibition of religious books, including a statue of Avalokiteshwara, Guru Padmasambhava and Tara. The scenery of surrounding yak pastures is relaxing and view of the Longnang Glacier is captivating.

We also visit Dhephu Doma Gompa, a 600 year old Nunnery. We can see ancient Thankas here. We enjoy superb views of the spectacular Ganesh Himal pyramid throughout this high valley. We stay overnight in the Mu Gompa, and make short walks to the ridges above up to Dupchet if weather permits and visibility is clear.

You can further trek to Bhajyo, make a day trip to the Nepal-Tibet border at Nueladajyen Bhanjyang at 5093 meters and return to Mu Gompa

Note: It is also possible to walk from Nile to Mu Gompa for a short visit, and then trek back to Chhokung Paro on the same day, but it is recommended to allow at least a full day for exploration of Mu Gompa and high above the valley and its surroundings starting from Nile. If you want to explore more towards the Tibet-border to Nueladajyen Bhanjyang, Chhekya, etc, please let us know at the time of trip, planning as you will need an extra day on the itinerary.
Accommodation: Teahouse. Meal: B, L, D

Day 11: Mu Gompa (3,700 meters) to Chhokang Paro (3,030m/9938ft): 14 km/6-7 hours

After making last glance and walk around the surrounding of Mu Gompa and soaking in the pristine Himalayan atmosphere we make our way out of Upper Tsum Valley. Walking from Mu Gompa is a pleasant down the main valley to Nile. We continue Chhule, Pangdun, Phurbe, and Lar villages. After about 30 minutes leaving Lar, we reach the impressive Rachhen Gompa, a nunnery of Nagk-pa sect in about 4 hours. Ranchen Gompa which was established in 1905 houses 1000 terracotta images of Avalokiteshowra (Chenresing) along with images of other god, goddesses and gurus related to Mahayana Buddhism. The interiors are richly painted with murals depicting Buddhism and its history.

After exploring Ranchen Gompa, we continue our trek to Chhokug Paro and along the way can also visit the Chhekampar Gompa too.

Accommodation: Teahouse. Meal: B, L, D

Day 12: Chhokang Paro to Gumba Lungdang (3200m/10496ft): 15km/5-6 hours

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

A highly recommended side trip on Tsum Valley trek is a side trip to Gumba Lungdang and Ganesh Himal Base Camp. This side trip can be done while traveling towards Mu Gompa but it is recommended to do this trip on the way back from “Upper” Tsum Valley.

Leaving after early breakfast from Chhokang Paro, we arrive Gho village in about 2-3 hours. We trek down the Syar Khola, cross the river over wooden bridge and climb up steep to Domje.

After having lunch at Domje we trek to Gumba Lungdang. Its about 11 km to Gumba Lungdang from Domje. The trail from Domje to the Gompa is an attraction of its own through oak, pine and rhododendron forest – its first part zigzags steeply and then levels a bit as it goes high above the Langdang Khola on an exposed slope towards the Gompa.

Gumba Lungdang Gompa situated at an altitude of 3200m just in front of Mt. Ganesh Himal is one of the most significant holy places of the area where locals come to pay their reverence. It is in an impressive site perched on ridge and has small houses for the nuns scattered through the rhododendrons forest. The mountain views from here are dramatically incredible and we will feel ourselves blessed to be here.

We are greeted by nuns of the monastery who guide us and educate us on the significance of each and every aspect of the amenities present in the gompa/gumba.

Accommodation: Teahouse. Meal: B, L, D

Day 13: Visit Ganesh Himal Base Camp (4000m/13120ft) back to Gumba Lungdang (3200m/ 10496ft): 20km/6-7 hours

Some trekkers take side trip to Gumba Lungdang but very less trekkers take a visit to Ganesh Himal Base Camp. We will not miss this wilderness trail.

First, the trail goes through the forest up the Langdang Khola towards the Torogumba glacier and the Ganesh Himal Base Camp.

After having breakfast at the Gompa, we start the day's venture. We carry packed lunch and water for the day. The wilderness and the grander views will make our walk exceptional.

We traverse down and up through two small valleys, then drop on muddy zigzag trail. Passing through a small beautiful pasture, we take the right-hand descending track and walk down to the river. We traverse through forest on and cross Langdong Khola on a wooden bridge.

We climb again through pines and rhododendron forest on a ridge. Eventually, we emerge on to a meadow on the lateral moraine of Torogumba glacier. We continue climbing past the seasonal yak huts and several tracks on the moraine wall enjoying the sublime views of the mountains. We relish the views of the Ganesh Himal Range. It takes about 4 hours to reach the Ganesh Himal Base Camp and about 3 hours to return back.

Accommodation: Teahouse. Meal: B, L, D

Day 14: Trek from Gumba Lungdang to Lokpa (2240m/7350ft) via to Ripchet (2470m/8100ft): 24km/7-8 hours

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

We trek down the beautiful trail of oak, pine and rhododendron forest from Gumba Lungdang. We descend through the forests to a small Chorten and take a left fork onto a narrow trail to cross the Langdang Khola.

Later we climb steadily crossing two high bridges over impressive narrow gorges up to Ripchet, an agricultural village. We enjoy the view of the fertile valley of Ripchet village along with its of barley and buckwheat fields with Chortens in the silhouette of pine forest. We take steep descend carefully to Gumlung at the Sarli River, cross it and walk through the forested pass and take final ascent though beautiful temperate forest back to Lokpa.
Accommodation: Teahouse. Meal: B, L, D

Day 15: Trek Lokpa to Yaru Phat (1170m/3837ft): 20km/7-8 hours

After breakfast, we will walk downhill to the trail junction for Manaslu and trek up to the high waterfall and Ekle Bhatti. We will walk to Philim for lunch and then, follow the river bank trail back to Sirdibas, the last Buddhist village on the trail. We trek further through the village of Salleri to Jagat where we stayed overnight on our way up and further trace our way to Yaru Phant, where we will stay today.

Accommodation: Teahouse. Meal: B, L, D

Day 16: Yaru Phat to Lapubesi: 25km/7-8hrs.

Today's route changes into dense subtropical vegetation. We retrace our steps, leisurely following the same trail that we used to trek before some days ago to go up towards Tsum Valley. We walk through the villages of Dobhan and Tatopani to Khorlabesi, Machhakhola, Khanibensi enjoying the tropical environment and reach Lapubensi in about 7-8 hours.

Accommodation: Teahouse. Meal: B, L, D

Day 17: Drive Lapubesi to Kathmandu: 140km/8-9 hours drive

After breakfast at Lapubesi, we start early drive. First part of the drive will not be enjoyable due to dirt road as soon as we reach the coal-tarred road, we will enjoy the scenic drive. The villages, farmlands, forests, rivers, mountains, gorges, and bridges are beautiful to gaze from the window pane.

We deserve a good shower and rest today, so upon arriving Kathmandu we shower and will rest or use the time for souvenir shopping, etc (if we have time). In the evening, we would probably be invited to a farewell dinner by Icicles Adventure. We will enjoy a cultural dinner at a cultural restaurant and get a good night's sleep at a comfortable 3 star hotel in Kathmandu.
Accommodation: Hotel. Meal: B, L, D

Day 18: Departure

Our Tsum Valley Trek ends today. While on the trek we must have felt we are travelled back into time. Now we are ready to move into civilization. We will be dropped to airport by Icicles Adventure representative. Probably promising to be back to this beautiful country again for another beautiful Himalayan trek, we fly home.

Meal: Breakfast