Tsum Valley Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Accommodation Hotel, Guest House / Tea House

Max Height 3700 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus, Jeep, Car

Duration 14 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Tsum Valley Trek was not opened to **global trekkers until 2008,** meaning the trails are comparatively less traveled and more adventurous than many other treks in Nepal. On this trek, trekkers will be able to explore the remote and beautiful surroundings of Ganesh Himal, Bouddha Himal, and the Sringi Himal mountain ranges. The trek starts and concludes at Arughat, a 7-8 hours drive from Kathmandu. The initial days of the trek are all about hiking to Budhi Gandaki Valley on remote trails that pass through lush forests, terraced fields, and beautiful villages. The trekkers need to leave the main trail of the Manaslu Circuit trek to head towards Tsum Valley. The inner feeling of peace and tranquility that you get on this trek is indescribable. Apart from the exotic north of Mt.Manaslu Trek offers an exciting journey along the lower Budhi Gandaki regions of Liding, Machhakhola, Jagat, and Philim. Ancient Gumbas such as Rachen Gompa, **Mu Gompa, and Dephyudonma Gompa** are other important highlights of this trek. Lastly, the warm hospitality of the Tsum people, the indigenous ethnic community of the valley, offers a homely environment to trekkers even in such remoteness. bustle. Tsum Valley Trek is an ideal package for travelers who love solitude and a journey far away from crowds and hustle.

Trip Itinerary

Day 1 Drive Kathmandu to Soti Khola (730 m)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Bus | 730 m

We begin our journey driving west of Kathmandu along the Prithvi highway. We will drive through forested middle hills with the Trishuli river at our right. The first part of our road heads north towards Dhading Besi (Headquarter of Dhading district) and then dirt road drops to cross Ankhu Khola and then leads us northwest to Arughat on the Budi Gandaki. Budi Gandaki drains the Manaslu Tsum region. The dirt road winds upwards towards the Gola Bhanjyang where panoramic views of the southern slopes of the Ganesh, Boudha and Manaslu Himal can be visible. We pass through the hydroelectric

power plant, terraces, numerous villages, green hills, some pretty waterfalls, fields of rice and millet to Mangaltar, and through lush green forests until we arrive at Shanti Bazar.Descending to a high, cascading waterfall makes a long steep slog up a ridge to Kuerepani, from here the trail descends to Soti Khola. We stay overnight at Soti Khola. MEALS:Lunch &Dinner

Day 2 Trek Soti Khola to Machha Khola (870 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 870 m

Today, we embark on our trek from Soti Khola after breakfast. The trail gradually rises through forested and terraced ridges passing through two tropical waterfalls on a steep, rocky trail clinging to the side of a cliff. Then we descend down, eventually passing through rice terraces up to the Gurung village of Labubesi (885m).Then we climb behind a rocky outcrop, where the valley opens and the Budi Gandaki meanders among wide gravel bars.Dropping to the sandy river bed and walking along rounded stones before climbing over a side ridge. Heading down again to the river and traversing to Machha Khola village.We stay overnight at Machha Khola. MEALS:Breakfast, Lunch & Dinner

Day 3 Trek Machha Khola to Jagat (2148 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2148 m

After crossing Thado Khola, we follow a rocky ravine in order to reach Khorlabesi. Continuing our walk, we reach Tatopani where we can find a small trailside hot spring.From here, we climb over another ridge, to cross the Budi Gandaki on a suspension bridge.Then we climb on a wide, well-crafted staircase, across a landslide and over a ridge to Doban.Ascending up again to the Budi Gandaki, we reach Yaru Khola. Here also, we have to cross a suspension bridge and climb the stone stairs and then drop to the river and again climb more stone stairs to Thado Bharyang. Further, we cross the west bank of the Budi Gandaki and climb over a ridge trekking along the river and climbing towards the village of Jagat.We stay overnight at Jagat. MEALS:Breakfast, Lunch & Dinner

Day 4 Trek Jagat to Chisopani (1660 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1660 m

In the early part of our trek, we ascend over a rocky ridge to Salleri and then descend down to Sirdibas via a flat level path.The valley widens a bit as the trail continues up to Ghatta Khola.Continue upstream to a long simple hanging bridge and climb up to Philim, a big village mainly inhabited by the Gurungs.Walk past Philim to the north across a forest and with the views of the narrowing valley we reach Chisopani. We stay overnight at Chisopani. MEALS:Breakfast, Lunch & Dinner

Day 5 Trek Chisopani to Chumling (2386 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2386 m

This day is challenging as it is an ascending path that stretches on almost the entire route. Entering through the pine and rhododendron tree forest, we descend down to the trail which leads us to Tsum Valley. En route, you can see the panoramic views of mountains. Continuing our walk, we pass through a small beautiful village called Lokpa. It is along the old trial route.From Lokpa,we have to descend down for half an hour up to Lungwa Khola and then climb on a zigzag trail for further two hours north through pines and rhododendrons until we reach Gumlung. After crossing the Siyar Khola, we finally arrive at Chumling.It is the lower Tsum valley. Chumling is located on the south face of the Shingri Himal from where we can see an eye catching view of Shringi Himal.You can also visit the old Chumling Gompa, and the stone streets of the village. MEALS:-Breakfast, Lunch & Dinner

Day 6 Trek Chumling to Chokhangparo (3010 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3010 m

The scenic views of the valley and views of Ganesh Himal amply compensate for todays walk. Cross a huge slip where rocks and flood cleared the area even up onto the opposite bank, killing five in 1999, but is now covered with a forest of new trees.Up the valley to the east are superb views of several of the 7000-7400m Ganesh Himal, of long suspension bridges on the opposite bank, and far above the perched village of Ripchet (2468m) Passing through Rainjam and crossing Serpu Khola, we climb for over two hours on well-graded but exposed track to upper Tsum and the join villages of Chokhangparo, stone houses with a few iron roofs nestled under cliffs.Chokhangparo is situated on a flat land and consists of 2 settlements, Chokhang and Paro. If the weather permits, enjoy the views of Himalchuli (7893m) and Ganesh Himal (7140m).This area is prominent for its Tibetan Buddhist heritage. MEALS:Breakfast, Lunch & Dinner

Day 7 Chokhangparo to Nile (3361 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3361 m

Ascending from Chokhangparo, we head east through small villages. Stop for the magnificent view. Gradually climbing over a ridge of chortens, we pass Lama Gaon (3202m) through the flat fields, looking across the extensive crops and river to the huge courtyard of the Rachen Gompa/ Nunnery Gompa (3240m). The friendly people speak Tsumba, related to Tibetan, but often little Nepali and are quite unused to visitors. We continue walking through the well-managed villages Lar (micro hydropower), Phurbe and Pangdun. Nile is the last village heading north in the upper Tsum valley. This area is massively deforested.This village is situated on the banks of the Shiar Khola and it consists of a large number of households. Both villages are in traditional style with the inclusion of livestock compounds into the houses and sheltered verandahs for drying crops.We stay overnight at Nile. MEALS:Breakfast, Lunch & Dinner

Day 8 Trek Nile to Mu Gompa (3700 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3700 m

We have a very short and pleasant walk today. We walk to the west bank of the valley through the Tibetan landscapes. We are now almost close to the Tibetan border. After about three hours of walk from Nile we reach Mu Gompa through dry Tibetan country, with rows of chortens and widening mountain vistas. Mu Gompa is a very old monastery with over 100 monks and there are no village establishments here. Mu Gompa is the largest monastery in the region. It is located at the highest and farthest point in the Tsum valley. In an ancient period, this Gompa was visited by David Snellgrove (Himalayan Pilgrimage) in 1956. This trail is used to import and export things to and from Tibet. You may come across several yak trains supplying goods to local villages. As we have enough time left after arrival,we can explore around the Mu Gompa.We can also visit the monastery, Dhephu Doma Gompa.The isolated 600 year-old Dhephu Doma Gompa (3900m) is 30 to 45 minutes uphill on the obvious westward track and has two resident nuns who report seeing snow leopards and musk deer and may give you tea.The inside of the Gompa has been repainted by monks from Tibet and there are some ancient Thanka.Or taking a half day walk to the Nunnery and to a small pond a big further up to Nunnery is also a good option. MEALS:Breakfast, Lunch & Dinner

Day 9 Trek Mu Gompa to Burgi Village (3245 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3245 m

We leave Mu Gompa and trek back through Chhule and Phurba, passing through the east bank of Shiyar Khola. After about five hours of walk, we reach Burgi village. Burgi is a small beautiful village. Then we climb up to the Milarepa's Cave(piren phu). This Cave is known for its mesmerizing glimpses of Poshyop Glacier, Kipu Himal, and Churke Himal.In the path you can have the traditional Tibetan Chiya (butter tea) and local meal. MEALS:Breakfast, Lunch & Dinner

Day 10 Trek Burgi village to Chumling (2386 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2386 m

Continue trekking down to Chhokang Paro again.From there, continue descending to Gho.Descending further, we arrive at the bridge over the Sarpu Khola. Trekking along the lower Tsum Valley takes you to again Chumling. MEALS:Breakfast, Lunch & Dinner

Day 11 Trek Chumling to Philim (1570 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1570 m

We leave Chumling and continue our walk. We move ahead on a flat trail and reach Lokpa. En route you can also enjoy the view of Samba Falls. After a walk for about seven hours, we will reach Philim. MEALS:Breakfast, Lunch & Dinner

Day 12 Trek Philim to Khorlabesi (970 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 970 m

The trek starts today from Philim to Khorlabesi via Jagat and Tatopani. Descend down to Sirdibas and continue until we finally reach Jagat. Further descend takes us to Yaruphant.The arid Tibetan climate now gives way to subtropical green vegetation.Continue trekking to Dobhan. Finally arrive at Tatopani, where there is a hot spring. If interested, you may dip in the hot spring and relax your tired muscles! If not, continue walking up and down from Tatopani to reach Khorlabesi, our rest place for the day. MEALS:Breakfast, Lunch & Dinner

Day 13 Trek Khorlabesi to Soti Khola (730 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 730 m

We cross the Thado Khola following a rocky ravine. Then we descend down to the river and traverse through Machha Khola village.We walk along the Budhi Gandaki River to reach to Gurung village of Labubesi. Passing through two waterfalls on a steep rocky trail on the side of a cliff we reach Khursani.You can enjoy the pristine beauty of the waterfalls on both sides of the river. Walking along the ridge above Budhi Gandaki and crossing the Sal forests, we continue our walk and finally, cross the bridge to arrive at Soti Khola where we will spend our overnight. MEALS:Breakfast, Lunch & Dinner

Day 14 Soti Khola to Kathmandu (1400 m)

8 Hrs | Breakfast & Lunch | Hotel | Bus | 1400 m

We will be driven to Kathmandu which takes about 8 to 9 hours along the Prithivi highway. Marshyangdi and Trishuli River will be on your side throughout the drive with splendid views of green hills,mountains, farming terraces and villages.Then you head up to Dhading Besi and Malekhu which is famous for delicious fish. After your arrival in Kathmandu, you will be transferred to hotel.

Cost Includes

- Airport transfers by private vehicle as per the itinerary
- ACAP, MCAP and Manaslu, and Tusm Valley restricted area permit

- Local bus from Kathmandu to Sotikhola and return
- Government licensed, experienced English speaking guide
- Food, accommodation, salary, insurance, equipment, and medicine for all staff
- Sleeping bags and down jackets for the trek (should be refunded after the trek
- All government taxes
- Accommodation in guesthouses during the trek
- Three daily meals during the trek
- First aid kit
- Trekking Map
- fresh fruit

Cost Excludes

??Nepal visa fees Meals and accommodation in Kathmandu Travel and medical insurance International airfare Beverage bills, bar bills, and Personal expenses Drinks and desserts Tips for the guide, porter, and driver Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg) Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary Optional trips and sightseeing if extended

Trip Map