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## TSUM VALLEY TREK

### Overview

#### OVERVIEW

Tsum Valley, also known as a hidden valley trek in Nepal, is one of the country's less-travelled routes and is situated on the east side of the renowned Manaslu circuit Trek in the Manaslu region. This trek has gained popularity due to the region's spectacular natural and cultural surroundings. In 2008, this remote, secluded Shangri-La only recently opened to hikers. Ancient settlements and Tibetan Buddhist monasteries are still mostly unexplored and can be found there. You can travel the Manaslu Circuit and Tsum Valley on the Tsum Valley Trekking route to discover geographically attractive and historically fascinating areas. Beautiful mountain vistas, dramatic scenery, terraced slopes, enigmatic valleys, Tibetan culture, and the Larkya La High Pass are among the highlights of the trek.

Throughout the excursion, you will pass through areas upstream of the Budi-Gandaki River, trekking as far as Mu Gompa (3,700m), from which you can admire the beautiful scenery of Ganesh Himal, Singri Himal and Boudha Himal. The highest peak of the trek, Larkya La Pass (5,106m/16,751ft), is passed throughout your hike. You will have travelled in a semi-circular path around three Manaslu peaks by the time you arrive at the Marshyangdi river.

A Shangri-La of the Himalayas, Tsum Valley is known for its rich cultural legacy, secretive hilltop monasteries, traditional villages, colourful residents, enigmatic yaks, mani walls, chortens, vibrant festivals, and historical treasures. Trek in Tsum Valley is a breathtakingly gorgeous adventure that offers a wide range of great high alpine mountain ranges including Manaslu (8,163m), Ganesh Himal (7,140m), Himalchuli (7,893m), and many other stunning peaks. This area is surrounded by enormous peaks, and the entire expedition will be rewarded with a panoramic view of the Alps. Throughout the journey, you will also get to explore some interesting and historic monasteries, such as Rachen Gompa and Mu Gompa, which are located on a beautiful plateau hidden in a valley and Gompa Lungdang, which is located at the foot of a conical hill next to the main slope of Ganesh Himal.

## Itinerary

### **Day 1: Drive from Pokhara to Arughat then to Soti Khola.**

We will begin your tour with a picturesque drive to Arughat after an early-morning breakfast, then continue to Soti Khola. We will arrive at Dhading Besi, the district's administrative center, after a few hours' drive. The bus departs from Dhading Besi and travels down the Budi-Gandaki River to Arughat Bazaar, offering breathtaking views of Mt. Manaslu and Ganesh Himal along the way. A suspension bridge connects Arughat Bazaar, a small village on both banks of the Budi-Gandaki. Soti Khola can be reached after a two-hour drive from Arughat.

**Destination:** Soti khola

**Altitude Gain:** 730

**Duration:** 8

**Accommodation:** Teahouse

### **Day 2: Trek from Soti Khola to Maccha Khola.**

Early in the morning, we will travel to Machha Khola. We begin the journey by crossing the Soti Khola while taking in the picturesque sights of several waterfalls and rivulets. After that, we will be moving through a lovely Sal woodland as you make your way to a hilltop over the enormous Budi-Gandaki rapids. Eventually, we will travel to Liding and then Khursane.

To get to Lapubesi, a community of Gurung ethnicity, we must descend from Khursane down the edges of terraced farmlands. Following the Budi-Gandaki's sandy riverbanks, the path then descends into a broad valley. From there, you must cross Nauli Khola to get to Maccha Khola.

**Destination:** Machha khola

**Altitude Gain:** 890

**Duration:** 7

**Accommodation:** Teahouse

### **Day 3: Trek from Machha Khola to Jagat.**

After a leisurely breakfast, we will travel through a scenic region with some ups and downs until we get to Tharo Khola, which we must cross to reach Khola Besi. We'll depart towards Tatopani, leaving Khola Besi behind. In Tatopani, we will get the opportunity to

enjoy the natural hot spring. After an hour, we will be walking through a narrower valley that leads to the Budi-Gandaki River, which you must cross on a suspension bridge. On the way to Jagat, you will pass through several prayer flags and a stone-paved path until you reach today's destination.

**Destination:** Jagat

**Altitude Gain:** 1400

**Duration:** 7

**Accommodation:** Teahouse

#### **Day 4: Trek from Jagat to Lokpa.**

We register our permits for Manaslu and Tsum valley at the entry checkpoint in Jagat before proceeding to Lokpa. Following a short excursion to appreciate the panorama of Mount Sringi, we will climb over a steep ridge to Salleri before descending to Sirdibas. As we continue our trek, we arrive at Ekle Bhatti and then Lokpa, the entrance to Tsum Valley, after crossing the largest suspension bridge in Nepal at Sirdibas. We can view the stunning Manaslu range for the first time from this village in the Tsum valley.

**Destination:** Lokpa

**Altitude Gain:** 2040

**Duration:** 7

**Accommodation:** Teahouse

#### **Day 5: Trek from Lokpa to Chumling.**

The day begins with a hike from Lokpa village along the path to Tsum Valley. The Ganesh Himal and Boudha Himal (6,672m) can both be seen magnificently from the trail. The path continues through a thick forest covered with rhododendron, juniper, and pine before descending to the Lungwa river valley. Once you arrive at Syar Khola, which indicates you have reached the village of Chumling. You'll have enough time after the quick hike to tour Chumling's three main monasteries, Panago Gompa, Mani Dhungyur, and Gurwa Gompa.

**Destination:** Chumling

**Altitude Gain:** 2386

**Duration:** 6

**Accommodation:** Teahouse

#### **Day 6: Trek from Chumling to Chhokang Paro.**

We start early in the morning and travel to Chhokangparo today. Chhokang Paro, which is located on flat land, is where the upper Tsum valley begins. Chhokangparo, as it turns out, consists of two settlements: Chhokang and Paro. The major settlement in Tsum Valley, Domje, is reached by travelling along Shair Khola. You must ascend upward from Domje to reach Chhokang Paro, where you may take in breath-taking vistas of Ganesh Himal and Himalchuli. We're confident you'll appreciate the warm welcome from the community members and their special Tibetan tea (butter tea).

**Destination:** Chhokang Paro

**Altitude Gain:** 3031

**Duration:** 6

**Accommodation:** Teahouse

### **Day 7: Trek from Chhokang Paro to Nile Village.**

We'll leave Chhokang Paro today and head toward the Nile village. The final settlement before the upper Tsum Valley, the Nile village, is situated on the western side. You must walk for 20 minutes to reach the Nile from Shair Khola. The renowned Phiren Phu Cave, commonly known as Pigeon Cave, will be passed along the trip. Since his imprints are visible in the cave, many people think that Milarepa, a Tibetan Buddhist guru, meditated there. You will pass across lush meadows and narrow, productive landscapes as you move on. In addition, you will see Gumbas' filled with prayer flags, scripts written on paper, and creative scripts cut into the stone. To settle on the Nile, you must cross the Shair Khola suspension bridge.

**Destination:** Nile

**Altitude Gain:** 3361

**Duration:** 5

**Accommodation:** Teahouse

### **Day 8: Trek from the Nile to Mu Gompa, visit Dhephyudonma Gompa.**

You will leave Nile Village after an early-morning meal and travel along a trail that gradually climbs to Mu Gompa, the largest monastery in this area.

The Dhephyudonma Gumba (monastery), one of the oldest in the area and representing the beginning of the Buddhist faith in this valley, is the first place you will arrive after a two-hour journey from Nile Village.

A life-size statue of Avalokiteshwara, several sacred scriptures, including Kangyur, as well as images of the Buddhist gurus Padmasambhava and Tara, can all be found inside Mu

Gompa, which was founded in 1895 and is located at the highest and furthest point in the Tsum Valley. You must traverse multiple yak farms and the barren Trans Himalayan terrain to reach Mu Gompa.

**Destination:** Mu Gompa

**Altitude Gain:** 4060

**Duration:** 5

**Accommodation:** Teahouse

### **Day 9: Trek from Mu Gompa to Rachen Gompa.**

On the ninth day of the excursion, we make our way to the monastery Rachen Gompa, which is located in the Shiar Khola Valley at the base of the Himalayas separating Nepal from Tibet. You'll pass through Chhule on the way back and keep going until you reach Phurba. Then, to arrive at Rachen Gompa, you'll take a route along the east banks of the Siyar Khola that passes through grasslands covered in rocks.

**Destination:** Rachen Gompa

**Altitude Gain:** 3240

**Duration:** 5

**Accommodation:** Teahouse

### **Day 10: Trek from Rachen Gompa to Gumba Lungdang.**

The excursion today travels south, passing through Chhokangparo on the way to Chumling. A little white Gompa at Gho at the elevation of 2,485m, will be visible after two hours of trek. You will ultimately reach a wooden bridge over Siyar Khola by descending on a route from this monastery. You will reach Domje, which has a clinic for Tibetan herbal treatment and a school, after crossing this bridge. When travelling east from Domje, you will notice several mani walls and prayer flags as you ascend through a forest of pine, juniper, and rhododendron. You will ascend once more through the silver pine forest to Lungdang Gompa, which is home to forty nuns. You may enjoy breathtaking vistas from the paths, especially in the spring when rhododendrons are in blossom.

**Destination:** Gumba Lungdang

**Altitude Gain:** 3200

**Duration:** 6

**Accommodation:** Teahouse

### **Day 11: Trek from Gumba Lungdang to Ganesh Himal Base Camp and back to Gumba Lungdang.**

You will embark on a challenging journey today to the Ganesh Himal Base Camp. Although the walk begins with an ascent, the scenery will make it worth the trek. You pass via smaller valleys on the route. Although not many people travel to Ganesh Himal Base Camp, you shouldn't worry because our experienced guides will show you the way. After almost four hours, you will arrive at Ganesh Himal Base Camp.

**Destination:** Gumba Lungdang

**Altitude Gain:** 4200

**Duration:** 8

**Accommodation:** Teahouse

### **Day 12: Trek from Gumba Lungdang to Lokpa.**

We return to Lokpa on the 12th day of the expedition. You will initially descend to Domje by following the upper track and passing through the Lungdang Khola. You will travel south from Domje to Ripche (2,470m), travelling through gorgeous, deep forests and over suspension bridges. After there, you will descend to Batti Ghumlong and then briefly climb upward to Lokpa.

**Destination:** Lokpa

**Altitude Gain:** 2040

**Duration:** 7

**Accommodation:** Teahouse

### **Day 13: Trek from Lokpa to Jagat.**

Today, we make our way down to Jagat, where you can enjoy the sight of the Budi Gandaki river. Several panoramas of the mountains might be viewed from the pathways. In comparison to earlier day hikes, today's trip through woodlands and downward terrain will be pleasant and simple. To reach Sirdibas village and then to Jagat, you must cross several suspension bridges.

**Destination:** Jagat

**Altitude Gain:** 1400

**Duration:** 7

**Accommodation:** Teahouse

### **Day 14: Trek from Jagat to Lapu Besi.**

You will descend to Lapu Besi after an early morning meal. As you make your way downhill, the journey will be generally pleasant, but the suspension bridges add some enjoyment. You may enjoy the magnificent view of Machha Khola and the surrounding natural environment. To go to Lapu Besi, a stunning Gurung village, we'll follow the direction of the Budi Gandaki river.

**Destination:** Lapu Besi

**Altitude Gain:** 900

**Duration:** 8

**Accommodation:** Teahouse

### **Day 15: Trek from Lapu Besi to Aarughat Bazaar.**

The journey back to Aarughat Bazaar today won't take much time. First, to get to Soti Khola, we spend a few hours travelling along the Budi Gandaki river. We'll take a vehicle from Soti Khola to Aarughat Bazaar. You'll arrive in the Aarughat Bazaar after a few hours of driving. The rest of the day will be spent exploring the Aarughat Bazaar.

**Destination:** Aarughat Bazaar

**Altitude Gain:** 535

**Duration:** 5

**Accommodation:** Teahouse

### **Day 16: Drive back to Pokhara from Aarughat.**

Early in the morning, from Aarughat, we take a seven-hour bus or jeep ride to Pokhara, passing the Trishuli River. The rest of the day may be spent relaxing and seeing the city, or you can take a flight back to Kathmandu.

You may rent a boat and explore the mysterious caverns or go sightseeing or go boating in the exotic Phewa, Rupa, and Begnas Lakes in Pokhara Valley. You will have the opportunity to shop for memories and enjoy the vibrant city's nightlife.

**Destination:** Pokhara

**Altitude Gain:** 822

**Duration:** 7

**Includes**

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)
- Accommodations in a Tea House/Lodge during the Trekking.
- Pokhara-Arughat and from Tal to Besisahar drive costs (includes tax and government fees)...
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Shared by two clients) with Insurance, food, and accommodations.
- Manaslu & Tsum Valley Special Permit with Conservation Area Permit and Annapurna Conservation Area Permit fees.
- Water purification tablet for safe drinking water.
- Snacks (cookies) and seasonal fresh fruits every day.
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit.
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- The company's duffel bag will also be provided. (if needed).
- All essential official fees.

## Excludes

- International flight cost.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- On arrival visa fees at Tribhuvan International Airport (30 days- USD 50).
- All accommodations and meals in Kathmandu, before and after the trek.
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter (expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.