Tsum Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Trekking

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel and teahouse

Group Size: Min 1 Pax

Max Elevation: 3,700 m

Best Time: March - May & Sept - Dec

Tsum Valley Trek is a mystical journey that allows you to experience rich Tibetan Buddhist culture and take you to one of the most secluded parts of Himalayas. The region was banned to travel until 2008 and now comes under the restricted regions of Nepal. During the Tsum Valley Trek 22 Days, you get to see tempting views of nature along with stunning Himalayan mountains like Mt. Manaslu (8,156 m), Ganesh Himal (7,422 m), Boudha Himal (6,672 m), etc. The region boasts pristine nature and rich cultural heritage.

Tsum Valley Trekking lets you experience the daily lifestyle and culture of Mumbai, the locals who belong to Tibetan origin. Only a handful of adventure loves has traversed this region and get to hold the irresistible beauty of it. In this part of Nepal, you get to see polyandry practice, where all the brothers of a family marry the same girl. Back in the days, this region also used to be an important trade route. Likewise, you get to explore ancient monasteries and stupas on the trail.

Highlights

- Explore the mystical land of Tsum Valley
- Experience rich and ancient Tibetan Buddhist culture
- Visit old caves and monasteries
- Adventurous and challenging trail
- Get to see beautiful landscape view unlike any other place
- Witness stunning views of Himalayan mountains like Ganesh Himal, Boudh Himal, Himalchuli, Mt. Manaslu, etc

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing & preparation day.

Day 3: Drive to Lapubesi (884m); 9 hrs.

Day 4: Trek to Khorlabeshi (970m); 6 hrs.

Day 5: Trek to Jagat (1,340m); 7 hrs.

Day 6: Trek to Lokpa (2,240m);7 hrs.

Day 7: Trek to Chumling (2,385m); 5 hrs.

Day 8: Trek to Chokhangparo (3,031m); 7 hrs.

Day 9: Trek to Nile (3,360m); 6 hrs.

Day 10: Trek to Mu Gompa; 4 hrs.

Day 11: Rest day; 7 hrs.

Day 12: Trek to Kowo (2,630m); 6 hrs.

Day 13: Trek to Ghumba Lungdang (3,200m); 6 hrs.

Day 14: Hike Ganesh Himal Base Camp (4,500m) and back to Ghumba Lungdang; 7 hrs.

Day 15: Trek to Ripchet (2,470m); 7 hrs.

Day 16: Trek back to Ekle Bhatti (1,600m); 7 hrs.

Day 17: Trek back to Yaruphat (1,170m); 7 hrs.

Day 18: Trek back to Machhakhola (869m); 7 hrs.

Day 19: Trek back to Lapubesi 4 hours and drive to Arughat Bazar (610m); 3 hrs.

Day 20: Drive back to Kathmandu.

Day 21: Leisure time in Kathmandu.

Day 22: Back to home.

Cost Includes

- Airport pickups/drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch & dinner with tea & coffee) during the trek
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek guide and assistant guide (4 trekkers: 1 assistant guide)
- Porter service
- Staff costs including their salary, insurance, equipment, food, and accommodation
- Down jacket and sleeping bag if you need (to be returned after trip completion)
- Free Ascent Trails T-shirt, cap or duffel bag
- All necessary paperwork and trekking permits, special permit (MCAP, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes

Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)

- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal trekking gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section