

Tsum Valley Trek



TRIP FACTS

Situated in trans-himalayan region, sacred himalayan pilgrimage valley, trek with majestic backdrop of the Baudha Himal, Ganesh Himal, Sringi Himal and other mountain ranges, This trek offers rich culture, ancient art, religion and beautiful views, authentic traditional culture, Buddhism's sacred hidden valleys and Tibetan Culture.

Trip duration:	14 Days
Maximum altitude:	3700m
Grade:	Moderate to fairly challenging
Starts in:	Kathmandu
Ends in:	Kathmandu
Accommodation:	Tea House (lodge)/homestay
Transportation:	Jeep 4WD
Best Season	Sep- Oct (End of Summer and beginning of autumn)
Very good Season:	Oct- beginning of Nov (autumn season)
Good good Season	Mar- May (spring season)
Not worth to visit season:	Dec-Feb (Winter season)
On luck weather season:	June- middle of Sep (summer/rainy Season)

ITINERARY:

- **Day 01 Drive to SotiKhola via Arughat**
Altitude: 700M
Drive Length: 8 Hours minimum by private 4WD jeep
Meal: Lunch, Dinner

Today we will drive towards the village of Sotikhola via Arughat. We will leave the busy city of Kathmandu and push ourselves to one epic journey. As we head towards our destination the natural beauty will be joining us along with beautiful green hills, ever flowing rivers and mystical waterfalls. We will cross different towns as we reach the village of Sotikhola, the gateway of our trek.

- **Day 02 Trek to Machha Khola**
Altitude: 870M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

Today we will start our trek towards the village of machkhola. The trail descends slowly until you climb again to mountain ridge to Almara. We will continue walking towards the forest trail to arrive at Riden Gaon. As we continue our trail, the trail follows down to the sandy river bed of Budhi Gandaki following the trail we will halt our trek for day as we reach the village of Machha Khola.

- **Day 03 Trek to Jagat**
Altitude: 1410M
Trek Length: 7 Hours
Meal: Breakfast, Lunch, Dinner

Today we will follow the trail ascending, crossing the Machha Khola and Khorola Beshi as we reach the village of Tatopani. Tatopani is known for its natural hot water spring. We will walk through forests towards Dovan, below which flows the enormous Budi Gandaki. As we climb up the views and the surrounding change, providing an awesome experience. We will stop our trek as we reach the village of Jagat.

- **Day 04 Trek to Lokpa (2240m); 6 hrs (B,L,D)**
Altitude: 2240M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

Today we will continue our trek towards the small village of Lokpa. Today will be a normal uphill climb with good view. We will ascend towards Philim, a typical Gurung village. We will continue our trail as we reach Ekle Bhatti, from there we will cross a gorge as after which we will encounter a beautiful waterfall. We will walk past the pine tree forests descending towards the trail going to the Tsum Valley. As we climb through pine and rhododendron forests, we reach the village of Lokpa treating us with majestic Himalchuli Mountains at 7893m and Boudha Himal. Overnight at Lokpa.

- **Day 05 Trek to Chumling**
Altitude: 2388M
Trek Length: 5 Hours
Meal: Breakfast, Lunch, Dinner

Today we will be descending until we reach Lungwa khola and ascending a difficult trail further north through pines and rhododendrons we reach the village of Gumlung. Walking further we will walk across the Siyar Khola, as we finally arrive the village of Chumling with a pleasant view of majestic Shringi Himal. As we reach the village we will visit an old monastery of Chumling gompa.

- **Day 06 Trek to Chokhangparo**
Altitude: 3015M
Trek Length: 4 Hours
Meal: Breakfast, Lunch, Dinner

Today we will walk towards the village of Chokhangparo, we will walk past a suspension bridge continuing our trail as we cross Gho Village. Then a 2 hour uphill trek to Tsum takes us to the village of Chokhangparo. The majestic view of Himalchuli and Ganesh Himal will make our trip worth it. Overnight at Chokhangparo.

- **Day 07 Trek to Nile (3361m)**
Altitude: 3361m
Trek Length: 4 Hours
Meal: Breakfast, Lunch, Dinner

Today we will be walking towards the village of Nile. We will walk past Lamagaon and crossing the Rachen Ghompa. We will continue our trail through the beautiful villages Lar (micro hydro power), Phurbe and Pangdun. We will walk past an old historic Stupa of Buddha crossing the village of Chhule, then we will continue our trail crossing the bridge with descend trek we enter the village of Nile .

- **Day 08 Trek to Mu Gompa/ afternoon sightseeing around Mu Gompa**
Altitude: 3700M
Trek Length: 3 Hours
Meal: Breakfast, Lunch, Dinner

Today will be a short trek towards Mu Ghompa, We will walk past the Tibetan Landscapes as we will be very close to the Tibetan border. The we will ascend towards Mu Gompa. As we reach Mu Gompa we will also visit the monastery. Then after, we make a visit to the Dhephu Doma Gompa. Overnight at Mu Ghompa.

- **Day 09 Trek to Nile via Milarepa Cave**
Altitude: 3361M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

Today we will descend our trail slightly until the path changes towards the Milarepa Cave. Milarepa Cave is known for its mystical view of Mighty Himalayas including Poshyop Glacier, Kipu Himal and Churke himal. Then we will walk back to the village of Nile.

- **Day 10 Tek to Chumling**
Altitude: 2388M
Trek Length: 5 Hours
Meal: Breakfast, Lunch, Dinner

Today will be a long descending trek we will follow the same trail back towards the village of Chumling. Overnight at Chumling.

- **Day 11 Trek to Philim (1570m)**
Altitude: 1570M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

Today will be a long descending trek we will walk past forests and villages following the same trail back towards the village of Philim. Overnight at Philim.

- **Day 12 Philim to Khorla Bensi**
Altitude: 970M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

Today we will be descending towards the village of Khorla Bensi. We will follow the same track back with the mesmerizing view of Mountains. Overnight at Khorla Bensi.

- **Day 13 Trek to Soti Khola (700m)**
Altitude: 700M
Trek Length: 6 Hours
Meal: Breakfast, Lunch, Dinner

Today will also be a long downhill walk as we bid our goodbye to the mountains and the surroundings. We will be trekking for the last time in this trek. We will walk across green meadows and great views. We will descend our trail and take a halt as we reach the village of Soti Khola.

- **Day 14 Drive to Kathmandu**
Altitude: 1400M
Drive Length: 8 Hours
Meal: Breakfast, Lunch

We say good bye to the village town of Sotikhola as we drive back to Kathmandu where our staff will transfer you back to the hotel of Kathmandu. Overnight in Kathmandu.

(NOTE: We can also combine this trip with the Manaslu Trek. Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)

Cost Includes

- International and Domestic airport pickup service and drop service
- Land transport by private 4WD private jeep
- Tsum Valley Special trekking permit
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek
- Sleeping bag (only if require)
- Government taxes and service charges

Cost Excludes

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Tipping to guide and porter

EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm (down or fibre fill)
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

4000-5000m:

Day: 19 degree Celsius

Night: minus 8 degree Celsius

Trekking Guide we provide: English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

Porter we provide (*if needed): Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).

Important note: Tsum Valley is moderate trek ; and we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

Meals that serve in mostly lodge/tea house: Simple Nepali, Indian, Chinese and few Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

Electricity facilities in trekking lodge: Due to remote area I highly suggest carry an extra battery in the trip. Only few places during the trek they have hidro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

Tsum Valley trek; Room in Tea house: You will have mountain hut (tea house accommodation). In this trek you cannot expect high room quality. Mostly time you will have common bath room. At higher elevation trekking lodge rooms are limited. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

Land transport: Since there are a lot of rough road during your drive; sometime drive journey may not be so present; so do not expect high for the comfortable journey. From our side we will private you best possible rough road transport.

Financial Security:

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>