



Tsum Valley Trek

Duration: 17 days
Difficulty: Medium

PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 4000m

Season: Spring/Fall/Winter

Accommodation: Teahouse

The Tsum Valley Trek is one of our favourite treks and we'd be delighted to help you explore this unique region in Nepal.

Overview

The Tsum Valley Trek with Incredible Himalayan Sherpa Adventures allows you to explore a newly opened trail in the northern Gorkha district. The valley is surrounded by Baudha Himal and Himal Chuli to the West, Ganesha Himal to the South and Sringi Himal to the North. Thanks to these nearby impressive mountain ranges, the villages in the valley were able to preserve their traditions and minimize external influence on their culture. This makes it a great destination for trekkers looking for authentic cultural experiences.

The famous Kyimo Lung, a pilgrim's circuit in the central Trans-Himalaya is well known for its centres of learning and meditation. The region derives its importance within the Buddhist community from the belief that the saint Milarepa has meditated in the caves of the surrounding mountains. Well sheltered from other areas, the region has an interesting history distinct from other parts of Nepal and the ancient remains of the Tsum Kingdom are still visible today. Apart from the cultural aspects, the valley is also rich in wildlife, especially the Himalayan Thar and Blue Sheep which congregate in herds of 50 to 200.

The Tsum Valley Trekking is of particular interest for those who want to venture off the main tourist routes. At Incredible Himalayan Sherpa Adventures, we'd love to introduce you to this remarkable region and create your unique adventure. We organize the logistics of the trip, as well as the required special permit. You can relax and simply enjoy the trek.

Highlights:

- + Sacred Hidden Himalayan (Happiest valley)
- + Religion Tolerance (Unity within different clans of Tibetan Buddhism)
- + Nonviolence to animals (Animals killing for the sake of meat is strictly banned since 96 ago)

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Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites- Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Taking a scenic drive to Soti Khola (700m), 7-8hr drive

Himalayan trek commences with scenic drive to reach Soti Khola following the Prithivi highway that lead to Pokhara till Dhading, after turn off the road and take the road which is decreasing in width and comfort. We will enjoy the beautiful sight of typical Nepalese houses, Buri Gandaki River, valleys and so on. By leaving the main settlement like Arughat, Arkhet Bazar and Khyorpani, finally we reach to Soti Khola.

[Included meals: Lunch+Dinner]

Overnight stay at teahouse.

Day 04; Dropping down to Lyabrubesi and follow the trail aside the

Buri Gandaki to reach Machha Khola (870m), 7-8hr walk The initial day of the Manaslu Circuit trek begin with gentle walk through the mule track, after climb on perilous steps blasted into a cliff face before dropping down to Lyabrubesi. We continue our trek to Nauli Khola and cross the suspension bridge. From there we follow the Buri Gandaki and reach at Machha Khola.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 05; Walking by the hot spring of Tatopani, slowly enter to the

Gateway to MCA at Jagat (1410m), 6-8hr walk We follow the original route which goes through the river to Khorlabesi and the warm spring at Tatopani. From here we follow the route lead from eastern bank of Buri Gandaki to Doban, Thulo Dunga and Yara Bagar. The trail lead back and forth across the river and reach a suspension bridge. Finally enter the gateway to the Manaslu Conservation Area at Jagat.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

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Day 06; Descend to Dudh Pokhari Khola and pass the villages to reach Lokpa (2240m), 6-7hr walk

Trek begin with descend to Dudh Pokhari Khola and then pass through Salleri, Sridibas and Philim. After 2hr of walk before we reach to the suspension bridge on Budhi Gandaki, the trail separate from the Manaslu Circuit trek. We follow the trail that lead to steady uphill of pines and finally reach to Lokpa.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; Some steep descend and ascend with river cross to reach Chumling (2385m), 6-7hr walk

Walk start with descend to the forest to the Sordi Khola. Following the often exposed route which lead us to the point that brings us to the steep and relentless climb upwards in the dense forest. No sooner as we reach on the summit then the path descends steeply further to the bridge across the Siyar Khola. Finally, we climb up to reach the Chumling.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Tantalising views of Ganesh Himal I, II, IV and unrelenting uphill to Chhokang Paro (3030m), 5-6hr walk

Initial walk begins through the lush forest to Tanju. Further an hour of walk brings us to Domje and the route cross the suspension bridge over the Sarphu Khola. Trek offer us spectacular views of glacier-draped peaks of Ganesh II (7118m), Ganesh IV (7052m), and the rocky face of Ganesh I (7429m). We continue on steep climb to Gho, passes some big Chorten and finally reach at Chhokang Paro.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; No substantial climb which enter to the Upper Tsum Valley to reach Nile (3360m), 3-4hr walk

The route ease from here as we are entering to Upper Tsum Valley. when Journey take us through the maze of Chortens which leads the trail to Kaye & then to the long ancient Mani wall. On the way, we pass Chi Phu monastery (one of the oldest in the region), Phurbe village, Pangdun, Chhule stupa and Gonhgye Monastery. Our trail goes through three-tiered kani gate & descend to Chhule. After crossing the Siyar Khola, we reach at Nile.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10; Fantastic and short trek to Mu Gompa (3700m), 3-4hr walk

We have dramatic landscape view with short breathless climb up trek. We across the river from Nile and climb gently through the pastures. The trek

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offers us enticing view of Ganesh II to the south. Following the trail lead to the stiffer climb which lead to the wooden bridge over the side stream and final steep path lead to the Mu Gompa.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11; A pleasant amble down the main valley to Rachen Gompa (3240m), 3-4hr walk

Trek begin with ascend to the left side trail which later follow almost level all the way to Ranchen Gompa. The whole trail lead to a gentle walk.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12; Spectacular view of Boudha and Himalhculi to reach Chumling (2385m), 6-7hr walk

We retrace our steps Chumling. We visit Jhong Gompa and follow narrow path via Domje and Ticso Tsechen Chholing Gompa etc. Further shot gentle walk bring us to Chumling.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 13; Descending down through the loose freefalling stone and cross some bridges to reach Philim (1570m), 7-8hr walk

We will cross the Sardi Khola Gorge Bridge and skip back to Lokpa to have some tea. From here, we follow the route down to cross the Budhi Gandaki Bridge and pass the Deng on a way to reach Philim.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 14; Side trip to Lungdang & Genesh Himal Base

From here we visit to Lungdang Gompa, highlight for retreat centre. And hike to Ganesh Himal base camp (4000m), incredible view point centre of Ganesh Himal and Shrigi Himal.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 15; Retracing the same route from Sirdibas, Salleri, Jagat and reach to Machha Khola (870m), 7-8hr walk

We retrace our steps through Sirdibas, Salleri, Jagat and reach at Machha Khola

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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Day 16; Few hours of walk and then drive to Kathmandu (1350m), 3-4hr walk+6-7hr drive

Finally retrace our steps to Soti Khola route and drive to Kathmandu.

[Included meals: Breakfast+Lunch+Dinner]

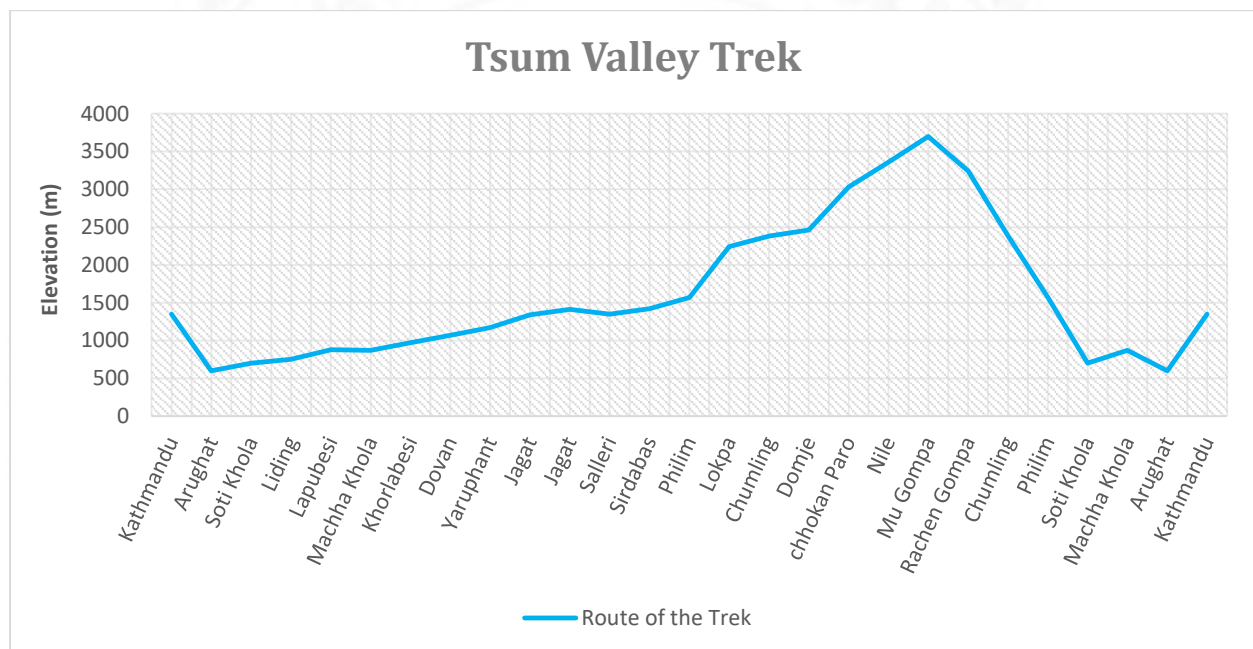
Overnight at teahouse

Day 17: Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 17 days Tsum Valley Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: USD 1025 per person with group size of 2

Comfort Package:

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As Basic and

+ 3* Hotel in Kathmandu

+ Sightseeing with guide. For details see below.

Price: USD1150 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 17 days. Can be shortened or extended depending on time and fitness.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu and Pokhara [upgrade possible]
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sharing(Public) bus from KTM to Arughat & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + All permits and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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Additional Options:

+ Additional porter: 210 USD [15 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Manaslu Circuit and Annapurna Circuit**, as well as if you would like to gain climbing experience along the routes there are several peaks with only a few additional days necessary rather than return to Arughat this can also be arranged.

+ Private Jeep (180 USD per drop for KTM to Soti Khola/KTM)

For a more comfortable ride from KTM to Soti Khola/Ktm to Soti Khola.

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet

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facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveler's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 8 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude and affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult

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your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

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