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Kapan Marg, Kathmandu, Nepal



### **Tsum Valley Trek**

Tsum Valley is a sacred Himalayan pilgrimage valley situated in Northern Gorkha district of Nepal. Tsum comes from the Tibetan word “Tsombo”; which means vivid. The trail heads up the valley of the Budi Gandaki River through wild & unexplored country inhabited mainly by members of the Gurung ethnic groups. A nice cup of the local cultivated natural coffee & a soak in Tatopani hot springs will help you to relax on this spectacular trail. The Tsum Valley has long history of Buddhism. The Buddhist saint Milarepa is believed to be meditated in the caves of these mountains. Traditionally, the valley was a culturally distinct geographical called “Tsum Tso Chuksun”, which means thirteen provinces ruled as a single territory. Upper Tsum valley (part of the Inner Himalayas) open from Chhokangparo, where the native local people (Tibetan group “Tsombo”) welcome you with traditional Tibetan Chiya (butter tea) & tasty local meals. The Tsum Valley is extremely rich in culture. The valley is dotted with Gompas (Buddhist monasteries), Chortens & Mani walls. The valley preserves steps of the great Buddhist Yogi Chyuchin Milarepa & story about Guru Padmasambhava circumambulation. The Tsum Valley is surrounded by the Buddha Himal & Himal Chuli to the West, Ganesh Himal to the South & Sringi Himal towards the North. Tsum Valley was a restricted area until 2007. It was opened for Trekking since 2008 by Nepal Government. The valley is uniquely rich in wildlife, especially the Himalayan Thar and Blue Sheep which congregates in herds of 50 to 200. Hunting, fishing is not permitted in the Tsum Valley. The valley also boasts some unique and historic monasteries, including Rachen Gumba and Mu Gumba, which lie on a pretty plateau nestled in the lap of the valley, and Gumba Lungdang, situated at the base of a conical hill against the main slope of Ganesh Himal.

Price:

Trip Start:

Trip Ends:

Duration: 20 Days

Grade: Medium

Altitude: 3700m

Destination:

Trip Style:

Transport:

Group Size: 1 - 10+

Best Time: Autumn and Spring Season

## Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu (1,350m)</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	<u>City tour in Kathmandu and trek preparation</u>	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
3	<u>Drive Kathmandu to Arughat, 600m</u>	A 7-8 hour's drive from Kathmandu into the Western mountains takes us to Arughat via Dhadingbesi, headquarter of the Dhading district. Through the dirt road from Dhadingbesi viewing the greenery we reach Arughat, our trek starting point. Arughat is a major town in the region & is divided into two parts with the Budhi Gandaki river flowing between them. Overnight at Arughat. Included meals: breakfast, lunch & dinner

4 Arughat to Soti Khola, 700m  
We cross the bridge over Budhi Gandaki & begin our trek from the western part of Arughat, we follow the stone-paved street North through the bazaar. We pass the hydro-electric power plant, fields of rice & millet to Mangaltar, then through dense forests to reach Shanti Bazar. The trail to Budhi Gandaki valley now becomes a little steeper as we cross the Arkhet Khola on a suspension bridge. Descend to a high, cascading waterfall making a long steep slog up a ridge to Kuerepani. Then from here the trail descends to Soti Khola. Overnight stay at the campsite at Soti Khola. Included meals: breakfast, lunch & dinner

5 Soti Khola to Maccha Khola, 870m  
After a hearty breakfast we trek through the beautiful Sal forests, then climb onto a ridge above the huge rapids on the Budhi Gandaki. The rocky trail then weaves its way up past two spectacular waterfalls. We eventually trek past a few rice terraces, then up to the Gurung village of Labubesi. Climb behind a rocky outcrop, where the valley opens where the Budhi Gandaki meanders among wide gravel bars. Drop drop to the sandy river bed & walk along rounded stones. We traverse to Machha Khola village for our cosy well earned rest night. Included meals: breakfast, lunch & dinner

6 Maccha Khola to Jagat, 2,340m  
The narrow trail takes us through some interesting scenery eventually crossing the Tharo Khola, flowing in a rocky ravine, then reaches Khorlabesi. After a few more ups & downs there is a small trailside Hot spring, from where we reach to Tatopani. From the Hot spring we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. We then climb on a wide, well-crafted staircase, across the old landslide, over a ridge to Dobhan. Crossing a suspension bridge over the Dobhan Khola, the trail climbs to Duman. Ascending up again to the Budhi Gandaki, we reach at Yaru Khola. Crossing a suspension bridge over the Yaru Khola we climb the stone stairs to Tharo Bharyang. Cross to the west bank of the Budhi Gandaki, climb over a ridge, to trek along the river to Jagat for our next night halt.

7 Jagat to Chisopani, 1,660m  
After completing with the ACAP procedure, we climb over a rocky ridge to Salleri, then descend to Sirdibas. The valley widens a bit as the trail continues up to Ghatta Khola. Continue upstream to a long simple hanging bridge. Climb up to Philim a large Gurung village. Philim valley is well known for Japanese made schools & Police stations. Walk past Philim to cross a forest with awesome views of the narrowing valley we reach Chisopani for our next overnight.

8 Chisopani to Chumling, 2,386m  
After Ekle Bhatti we cross the gorge where we get to see a big & beautiful waterfall then enter a dense Pine forests. Then trek into the Tsum valley. Climb through Rhododendron forests. Enjoy the views of Himalchuli mountains at 7,893m & the Boudha Himal from Lokpa, a small beautiful native village. Pass Lokpa, descend half an hour towards Lungwa khola then zig zag our way to reach the Siyar Khola crossing, to finally arrive at Chumling, from where we can view Shringi Himal. Visit the old Chumling Gompa & the stone streets of the village.

9 Chumling to Chokhangparo, 3,010m  
Cross the suspension bridge onto the opposite bank. Enjoy the great views of Ganesh Himal. Walk past Rainjam to Serpu Khola crossing another bridge we arrive at the Gho Village. Another continues 2 hours climb to Tsum takes us to the village of Chhokangparo. Weather permitting; enjoy the views of Himalchuli at 7,893m & Ganesh Himal at 7,140m. Overnight at Chokhangparo.

10 Chokhangparo to Nile, 3,361m  
After a tasty breakfast & well earned rest from Chokhangparo, better go easy to be careful of altitude problems. We walk past Lamagaon crossing traditional rope suspension bridge to visit Rachen Gompa, also known as the Nunnery Gompa. Then we cross the Shiar Khola. Continue walking through the well managed villages Lar (micro hydro power), Phurbe & Pangdun. Leaving old historic Stupa of Bhudda in the village of Chhule, climb upstream & cross the bridge to finally arrive at Nile. Then visit the famous monastery of Chhule.

11 Nile to Mu Gompa, 3,700m  
We are now almost close to the Tibetan border. Walk to the west bank of the valley through the Tibetan landscapes. Climb up to & visit the Mu Gompa monastery. Thereafter, we a visit to the Dhephu Doma Gompa.

12 Mu Gompa, sightseeing  
Today we make a sightseeing of the whole Mu Gompa Region. Mu Gompa is the largest monastery in the region. The Gompa lies at the highest & most remote part of the Tsum Valley. After exploring the Mu Gompa area, you may also consider the option of getting to the base of Pika Himal 4,865m.

13 Mu Gompa to Burgi Village, 3,245m  
Trek back through Chhule & Phurbe, on the East bank of the Shiar Khola. Finally we arrive at Burgi village. The Burgi village is a small beautiful village. Climb up to the Milarepa's Cave Milarepa Cave (Piren Phu) is known for its mesmerizing glimpses of Poshyop Glacier, Kipu Himal & Churke himal.

14 Burgi village to Chumling, 2,386  
Continue trekking enjoying the flora & fauna descending 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 back to Chumling.

15 Chumling to Philim, 1,570m  
The trail continues to Lokpa. After lunch South on a flat trail we move ahead. Enjoy the gorgeous Samba Falls. Finally arrive at Philim. A trail passes through the Phillim village that leads to the Ganesh Himal Base Camp.

16 Philim to Khorlabesi, 970m  
Trek starts today from Philim to Khorlabesi via Jagat & Tatopani. Descend down to Sirdibas and we finally reach to Jagat. Further descend takes us to Yaruphant. The arid Tibetan climate now gives way to subtropical green lush vegetation. Continue trekking to Dobhan. Finally arrive at Tatopani. There is a hot spring at Tatopani. If interested, you may dip yourself in the hot spring to relax your tired muscle. From Tatopani we trek on to reach Khorlabesi, our rest place for the day.

17 Khorlabesi to Soti Khola, 700m  
The trail crosses the Tharo Khola flowing in a rocky ravine. Head down again to the river & traverse to Machha Khola village. Walk along the Budhi Gandaki River to reach to Gurung village of Labubesi. Pass the two waterfalls on a steep rocky trail on the side of a cliff. We then reach Khursane. Walk along the ridge above Budhi Gandaki & cross the Sal forests. Finally, cross the bridge to arrive at Soti Khola.

18 Soti Khola to Arughat to Kathmandu, 600m  
Climb up to the ridge of Kyorpani. Descend down to the cascading waterfall. Trekking further arrive at Arkhet. Cross the Arkhet Khola. We are now leaving the Budhi Gandaki Valley. Arrive at Sante Bazaar; pass through the forests to Maltar. Finally, passing by the hydroelectric plant following the stone streets, we arrive at the Arughat Bazar. Then we drive to Kathmandu along the banks of the Marsyangdi & Trishuli rivers with splendid views of green hills, mountains, farming terraces & villages.  
Overnight in Kathmandu.

19 Extra day in Kathmandu  
This day will be an extra buffer day just in case the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening.

## 20 Final departure

Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuwan International Airport a few hours before the scheduled flight for final departure.

### **Includes**

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

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All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

### **Excludes**

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

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Tips for trekking staff.