

Trip Name : Tsum Valley Trek

Starting Point	Drive in KTM-Arughat
Ending Point	Drive out Arughat-KTM
Type	HomeStay Trek
Grade	Medium-Hard
Duration	17 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	Mid-March to mid-May and September to mid-November
Max. Elevation	4000 mt.

Trip Details:

Tsum is derived from the Tibetan word 'Tsombo', which means vivid. Tsum Valley traditionally was a culturally distinct geographical region known as 'Tsum Tso Chucksums', which means thirteen provinces ruled as a single territory and lies in Gorkha district of Nepal. Tsum Valley is recently opened for foreign tourists. It has a unique importance in cultural aspect. The monasteries and the traditions are the major attractions of the valley. It is situated at an altitude from 1,905 meters (6,250ft) at Lokpa to over 5,093 meters (16,710ft) at Ngula Dhojhyang Pass on the Tibetan border having an area of about 1,663 sq.km. Tsum Valley popularly known as the "Hidden Valley" surrounded by the Baudha Himal and Himal Chuli to the west, Ganesh Himal to the south and Sringi Himal to the north. The valley includes two remote villages, Chhekampar (Upper Tsum) and Chumchet (Lower Tsum). The valley is yet untouched to the modern world. Due to its pristine state and remoteness, the unique culture of this valley has remained unspoiled for centuries.

The Tsum Valley trek can also be combined with Manaslu Base Camp as an extended trek.

Tsum Valley - Manaslu Base Camp Trek Itinerary:

Day 01: Drive from Kathmandu to Arughat (608m/1,995ft).

Day 02: Trek Arughat to Soti Khola (700m/2,296ft).

Day 03: Trek Soti Khola to Machha Khola (870m/2,854ft).

Day 04: Trek Machha Khola to Jagat (1,340m/4,396ft).

Day 05: Trek Jagat to Lokpa (2,240m/7,349ft).

Day 06: Trek Lokpa to Chumling (2,386m/7,828ft).

Day 07: Trek Chumling to Chhokangparo (3,031m/9,944ft).

Day 08: Trek Chhokangparo to Nile (3,361m/11,027ft).

Day 09: Trek Nile to Mu Gompa (3,700m/12,140ft).

Day 10: Rest day at Mu Gompa.

Day 11: Trek Mu Gompa to Rachhen Gompa (3,240m/10,630ft).

Day 12: Trek Rachhen Gompa to Dumje (2,440m/8,005ft).

Day 13: Trek Dumje to Lokpa (2,240m/7,349ft).

Day 14: Trek Lokpa to Bihi (2,130m/6,988ft).

Day 15: Trek Bihi to Namrung (2,630m/8,629ft).

Day 16: Trek Namrung to Sama Gompa (3,520m/11,549ft).

Day 17: Excursion to Manaslu Base Camp (4,400m/14,436ft) and Sama Gaon (Village).

Day 18: Trek Sama Gompa to Samdo (3,875m/12,714ft).

Day 19: Trek Samdo to Dharmashala (4,460m/14,633ft).

Day 20: Trek Dharmashala to Bhimtang (3,590m/11,778ft) crossing over Larkya la pass

(5,160m/16,929ft).

Day 21: Trek Bhimtang to Tilche (2,300m/7,546ft).

Day 22: Trek Tilche to Tal (1,700m/5,577ft).

Day 23: Trek Tal to Bahundanda (1,310m/4,298ft).

Day 24: Trek Bahundanda to Besi-Sahar (823m/2,700ft).

Day 25: Drive (175km) from Besi-Sahar to Kathmandu.

Weather in the Tsum Valley:

Trekking in Tsum Valley is the best in spring (mid March to mid May) and autumn (Sept to mid Nov). April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. Some passes may be treacherous in snowy conditions.

High Altitude Warning:

Altitude sickness is a serious concern in the Tsum Valley trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Tsum Valley trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Tsum Valley trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Tsum Valley special trekking permit
- Manaslu Conservation Area permit
- Three meals (B/L/D) a day on trekking from teahouse/lodge or Village Kitchens
- Accommodations at teahouse/lodge or Village Homes (Home Stay) in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Arughat (Gorkha)-Kathmandu overland transfers by private vehicle (4WD)
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

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Day 12 : Trek Rachhen Gompa to Dumje (2,440m/8,005ft).

Day 13 : Trek Dumje to Lokpa (2,240m/7,349ft).

Day 14 : Trek Lokpa to Dobhan (1,070m/3,510ft).

Day 15 : Trek Dobhan to Soti Khola.

Day 16 : Trek Soti Khola to Arughat.

Day 17 : Drive from Arughat (Gorkha) to Kathmandu.