



**Himalayan Glory
Travels and Tours**
"Holiday Planner in Himalayas"

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Tsum Valley Trek

Trip Overview

Isolated trans-Himalayan valley in close proximity with Tibet, Tsum Valley is as beautiful as it is revered

Tsum valley trekking is a recently opened trekking destination located in trans-Himalayan region of Gorkha District. However, it still falls under restricted area for trekking in Nepal, demanding high permit fees to get there. Tsum Valley is a sacred Himalayan Valley hidden in the wilderness of the Himalayas ringed by Buddha Himal, Himal Chuli, Ganesh Himal and Sringeri Himal among others.

The Tsum Valley trek in Manaslu

Tsum Valley is cultural treasure trove housing many ancient monasteries, chortens and mani walls scattered in every corner of this wonderful valley. The myths associated with Buddhism can be heard throughout the monasteries in Tsum Valley. Steps of the great Buddhist Yogi Chyuchin Milarepa and story of Guru Padmasambhava circumnavigating the valley are the popular ones. In fact, Tsum Valley restricts animal sacrifice making it one of the peaceful revered Buddhist Valleys in entire Nepal.

The trek starts at Arughat Bazaar, winds through the peaceful trails of Manaslu Conservation Area Project, and arrives to the valley after several days of walk. Rachen Gompa and Mu Gompa are the interesting monasteries in the valley, where trekkers can witness young monks and nuns learning the principles of Buddhism. Homestay accommodation in the monasteries can be a wonderful experience during the Tsum Valley Trek and the culture that resembles to the Tibetan in closest possible justifies Tsum Valley's closest proximity with Tibet.

Overall, the fascinating trek that spellbinds trekkers with its untouched natural beauty and nomadic cultural aspect makes you fall in love with Nepal. Try it and we assure, this won't be your first trek in Nepal. You will keep on coming.

Trip Highlights

Day 1: Day 1: Arrival to Kathmandu airport and transfer to hotel.

Day 2: Day 2: A free day in Kathmandu

Day 3: Day 3: Trek to Machhakhola (930m.)

Day 4: Day 4: Trek to Jagat (1410m-11km.)

Day 5: Day 5: Trek to Lokpa (2040m.)

Day 6: Day 6: Trek to Chumling (2363m.)

Day 7: Day 7: Trek to Chhokangparo (3010m.)

Day 8: Day 8: Trek to Chhule-Nile (3361m.)

Day 9: Day 8:Trek to Mu Gompa (3700m.)

Day 10: Day 10: Trek to Rachen Gompa (3240m.)

Day 11: Day 11: Trek to Dumje (2440m.)

Day 12: Day 12: Trek to Gumba Lungdang (3200m.)

Day 13: Day 13: Trek to Ripchet (2468m.)

Day 14: Day 14: Trek to Dobhan (1070m.)

Day 15: Day 15: Trek to Soti Khola (720m.)

Day 16: Day 16: Drive back to Kathmandu

Day 17: Day 17: Transfer to the international airport for your final departure.

Cost Include

- All Ground Transport
- English speaking guide and support porter.
- Hotel tourist standard in kathmandu with B/B plan.
- All necessary tsum trekking permit and full board meal during the trekking.
- Insurance and equipment for trekking guide and porter.

Cost Exclude

- Nepal visa and Exit flight form Kathmandu.
- Meal as per itinerary.
- Tips for guide and porter.

- Travel insurance extra expense.

Route Map

Joint Group Cost:

US\$1900