

Tsum Valley And Ganesh Base Camp Trek



Overview

Tsum Valley and Ganesh Base Camp Trek is remote area trekking in Nepal. It has been only a decade and a year since the trail has been opened for trekking and tourism purposes. Thus, the natural beauty and all the glorious details of this place are unspoiled and intact in its purest form. Together with that, you can get the majestic views of the mountains like Manaslu, Sringi Himal, Boudha Himal and many other beautiful peaks. Through trekking in Nepal, you get to see the different types of life style of Nepal. Tsum valley in particular is one of the remote trekking destination of Nepal but with rich ancient art, culture and religion Himalayan region. The trails are filled with stunning landscapes, deep valley and pathways through cliffs, roaring rivers, forest and the people with large cattle. These cattle are the constant companion throughout the trek.

The valley possesses the ancient history of pioneers of Buddhist religion. It is believed that saint Milarewa has meditated in this place. Therefore, the villagers strongly follow Buddhist religion. At the same time, ancient remains of the Tsum Kingdom are still found. Maybe due to poor development of infrastructure, these remains are still intact as they used to be.

Journey To Tsum Valley and Ganesh Himal Base Camp

Tsum valley trek starts with a fun sightseeing tour of UNESCO listed world heritage sites of Kathmandu valley. You will be visiting the cultural heritage sites like Pashupatinath, Swayambhunath, Patan Durbar Square and Boudhnath to learn the spiritual and historical side of Nepal. The next day, you will take a scenic drive to Arughat from Kathmandu. Upon reaching Arughat, you can officially start your trek from Arughat to Soti Khola. From there onwards, you will see some spectacular views and traverse through many villages crossing many suspension bridges. Ganesh Himal Base Camp is another exciting add on the trip. From the Base Camp, you will get the close up view of Ganesh Himal.

Tsum Valley and Ganesh Himal Base Camp Trek gives you phenomenal memory of trekking in Nepal. Not only the place is

beautiful but this ancient villages have its own charm that attract the visitors. Join Himalayan Social Journey to visit this beautiful place and to make a lifetime memory.

Highlights

- A picturesque journey from Kathmandu to Arughat
- Exploring the Tibetan culture and way of life
- Waterfalls, streams and caves on the way
- Fairly easy trek without fear of altitude sickness
- Wilderness animals such as the Blue Sheep and the Himalayan Thar
- Several of the buddhist temples
- Prayer flags and the walls of Mani along the road
- Spectacular views of mountains such as Ganesh Himal and Himal Chuli
- Wonderful forests of pine, juniper and rhododendron.

Outline Itinerary (22 Days)

Day 1 : Arrival Day

Arrive in Kathmandu at any time. Upon your arrival, representative will be picked up from airport then you will be transferred to a hotel for check in.

Max Altitude Kathmandu (1,400 m)

Overnight Overnight at Himalayan Suite Hotel

Day 2 : Sightseeing tour of Kathmandu Valley

After breakfast, our guide will take you to different attractions of Kathmandu Valley. Today, you will visit, Swayambhunath, Boudhanath, Pashupatinath and Patan Durbar Square.

Max Altitude Kathmandu (1,400 m)

Duration 4-5 hrs

Overnight Overnight at Himalayan Suite Hotel

Meal Breakfast included

Day 3 : Drive to Soti Khola (710m/2328ft) via Arughat (695m/2280ft)

Today, you will drive towards Arughat after breakfast. Upon reaching Arughat, you will start your trek to Soti Khola.

Max Altitude Soti Khola (710 m)

Duration Drive (7-8 hrs)

Overnight Overnight at Guest house

Meal Breakfast included

Day 4 : Trek to Machha Khola (900m/2952ft)

Today, you will cross many bridges and trek through the beautiful Sal forests, then climb onto a ridge above huge rapids on the Budhi Gandaki. The rocky trail then makes its way up and down, past two tropical waterfalls on a steep, rocky trail clinging to the side of a cliff. It eventually makes its way down and past a few terraced paddy fields, then up and around to the Gurung village of Labubesi. Climb behind a rocky outcrop, where the valley opens and the Budhi Gandaki meanders among wide gravel bars. Drop to the sandy river bed and walk along rounded stones before climbing over a side ridge. Head down again to the river and traverse to Machha Khola village.

Max Altitude Machha Khola (900 m)

Duration 6-7hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 5 : Trek to Jagat

Our trail for the day remains quite easy in the morning as we move through Khorlabesi. We stop for a while at Tatopani, to explore the natural hot water springs here and continue walking through a forested path to Dobhan. From here, our trail down into the banks of the Yaru Khola at Yaru Beshi, and continue climbing up on a high path to the fields in Jagat.

Max Altitude Jagat (1,340 m)

Duration 6-7 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 6 : Trek to Lokpa in Tsum Valley (2,240m)

Our trail moves uphill and then continues through a flat leveled path trail to sandy banks. The path then gets steep near Sirdibas and as we cross a dramatic suspension bridge over the river, we further climb up to a beautiful village of Phillim. From Philim, we lose the height and enter to Tsum valley. As we head a little further with a climb, we reach Lhokpa. The views of Ganesh Himal and Shringi Himal from Lokpa is amazing.

Max Altitude Lokpa (2,140 m)

Duration 6-7 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 7 : Trek to Chumling in Tsum Valley

Today, we cross three suspension bridges in the morning and ascend up steeply for rest of the day. As we are close to the end of our journey today, we walk gradually along a nice path until we reach Chumling. Our walk for the day is short but as we have to ascend for long, the walk is quite tiring and gains a little more of elevation.

Max Altitude Chumling (2,386 m)

Duration 5-6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 8 : Trek to Chhokang Paro in Tsum Valley

Leaving behind Chumling, we begin our walk to Chhokang Paro. Chhokang Paro is also popularly known as Chhekempar and is located on the top of the hill. Our trail for today follows one of the tributaries of the Budhi Gandaki River for the most part of the day. We pass a small monastery on the way and crosses another tributary from where we begin to ascend up to the hill to Chhekampar. Chhekampar consists of

two unique settlements namely Chhokang and Paro. Being on the top of the hill, Chhekampar acts as a vantage point that offers close-up views of Ganesh Himal Range.

Max Altitude Chhokang Paro (2,386 m)

Duration 6-7 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 9 : Trek to Lama Gaon(3302m)

Today, we walk ahead along an easy path through several small villages like Leru and Ngakyu to Lamagaun. Upon our arrival at Lama gaon, we explore around the village.

Max Altitude Lama Gaon (3,302m)

Duration 5-6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 10 : Excursion day of Lama Gaon

Today we visit the famous Milarepa Cave and explore other gompas in Lama gaon. We explore around the wild village exploring the lifestyle, culture and tradition of people residing here.

Max Altitude Lama Gaon (3,302m)

Duration 5-6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 11 : Trek to Mu Gompa

We continue our journey to Nile that goes through series of ups and downs to Mu Gompa. Mu Gompa is one of the oldest existing

monasteries in Tsum Valley region of Nepal. Due to its remote access, no human settlement is found in area around Mu Gompa. This Gompa exists at the highest and farthest point in Tsum valley. Yaks carrying goods to and from Tibet can be seen on the way.

Max Altitude Mu Gompa (3,700 m)

Duration 5-6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 12 : Hike to Rachen Gompa

We descend down the valley to Chhule and continue walking down to Phurbe. We stay on the east bank of the Siyar Khola and cross flat boulder-covered plains and follow the power lines to Rachen Gompa/ Nunnery Gompa. We visit this ancient gompa and interact with the monks and nuns living in the gompa.

Max Altitude Rachen Gompa (3,240 m)

Duration 2-3 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 13 : Trek to Chhokang Paro

Leaving Nunnery Gompa, we retrace our journey back to Chhekampar.

Max Altitude Chhokang Paro (3,010 m)

Duration 4-5 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 14 : Trek to Gumba Ludun

After having quick breakfast, we will leave Dumje and choose the descending trail that enthralls us with scenic views of Manaslu Mountain and Ganesh Mountain. Moving through few dispersed settlements, we will arrive at Lungdang Gompa. Lungdang Gompa is a Buddhist nunnery where males are not allowed an entrance. The area around Lung Dang Gompa offers the best sunrise view over Ganesh Himal range. Stay overnight in a camp nearby Lung Dang Gompa.

Max Altitude Gumba Ludun (3,200 m)

Duration 4-5 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 15 : Hike to Ganesh Himal Base Camp

Today, we hike up to the Ganesh Base Camp. As we get closer to the Ganesh Base Camp, we will get looming close up views of Ganesh Himal. After beholding the beauty of Ganesh Himal from the base camp, we return back to Lung Dang Gompa.

Max Altitude Ganesh Himal Base Camp (4200m)

Duration 6-7 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 16 : Trek to Dobhan (2240m) via Ripchet

Leaving Lung Dang Gompa, we descend down to Ripchet. We follow the trail that goes through a series of ups and downs to the large village of Ripchet. We then descend down through pine forests with wildlife and descend down the river until we reach Dobhan.

Max Altitude Dobhan (2,240 m)

Duration 6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 17 : Trek to Yarla Phat

We further descend down along the trail to Yaru Phat. Overnight at a guesthouse in Yaru Phat.

Max Altitude Yarla Phat (1170m)

Duration 6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 18 : Trek to Lapubensi (884m)

We pass through the same ridge, drop down through the same stairs at Thulo Bharyang and cross the suspension bridges to Dobhan. We retrace our journey back to Hot springs at Tatopani and then the Macchakhola to Lapubensi.

Max Altitude Lapubensi (884m)

Duration 6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 19 : Trek to Arughat

We continue descending down along the slope of the Budhi Gandaki. Before reaching Sotikhola we again cross a suspension bridge on the way up the valley. As we walk ahead to Sotikhola, we can see a stunning waterfall in front of us. We further walk ahead until we reach Arughat.

Max Altitude Arughat

Duration 6 hrs

Overnight Overnight at Guest house

Meal Breakfast included

Day 20 : Drive back to Kathmandu

We will take early bus and drive back to Kathmandu enjoying the mountain views, rice fields and crop fields and river.

Max Altitude Kathmandu (1,400 m)

Duration Drive 6-7 hrs

Overnight Overnight at Himalayan Suite Hotel

Meal Breakfast included

Day 21 : Free Day in Kathmandu

You have a free day so you can do anything you want to do. Take a stroll around Thamel or do shopping.

Max Altitude Kathmandu (1,400 m)

Overnight Overnight at Himalayan Suite Hotel

Meal Breakfast included

Day 22 : Farewell

You will depart back to your country. Our representative will come and get you to transfer you to Airport.



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Meal Breakfast included

Include / Exclude

- Airport pick up and drop
- Transportation by bus(Kathmandu-Arughat and Arughat to Kathmandu)
- Three star category hotel in Kathmandu (Himalayan Suite Hotel or similar category) in twin sharing bed with breakfast
- All meals, accommodation, insurance and other expenses of trekking crew
- Accommodation in lodge with breakfast during the trek
- TIMS and Permits (ACAP + MCAP)
- Special permit
- Guided sightseeing tour in Kathmandu by private vehicle
- Equipment (sleeping bag and duffle bag) for the trek
- Thirty minute special massage at Himalayan Suite Spa
- Lunch and dinner during the trip (each meal item costs \$4-\$7) it depends on meals items and place you choose to eat
- Personal equipment and clothing
- City sightseeing monuments entrance fees (NPR 400+250+1000)
- Personal expenses and your travel insurance



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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