

# Tsum Valley Trek



### Highlights of Tsum Valley Trek :

- Enjoy a scenic drive from Kathmandu to Machha Khola.
- Explore the Tibetan arid region for a unique cultural experience.
- Discover Buddhist monasteries and Gompas dotted along the trails.
- Witness stunning waterfalls en route, adding to the beauty of the journey.
- Picturesque views of the Himalayas throughout the trip
- Visit iconic landmarks such as Mu Gompa, Rachen Gompa, and Milarepa cave.
- Cross Nepal's first Cantilever Bridge for an adventurous highlight.
- Immerse yourself in Tibetan and Buddhist lifestyle, culture, art, and religion.

### Overview

Tsum valley, unknown and undiscovered to most and finally hatched with exploration under initiation from TAAN (Trekking Agent Association of Nepal). Derived from the Tibetan word Tsombo, Tsum holds many passes over 5000m extending from the northern part of Nepal to the border with Tibet.

This beautiful, panoramic landscape can be found in Gorkha District, which has a rich history dating back to the Shah Dynasty of Nepal. It is defined by mountains, culture, traditions, landscape and adventure. Beautiful routes have just become available for exploring.

Crossing through beautiful villages, entering into the restricted area with special permit takes you to the heart of cultural and traditional hub, where you will see the real and true image of ancient habitant, untouched by many.

The altitude varies from 1905m till 5093m at Ngula Dhojhyang Pass on the Tibetan border. Traditionally Tsum valley was culturally district geographical area called 'Tsum Tso Chucksums', which means thirteen provinces ruled as a single territory. This hidden valley is surrounded by Mountains called, Boudha Himal, Himal Chuli, Ganesh Himal and Sringi Himal. Tsum valley includes two remote VDCs, **Chhekampar (Upper Tsum)** and **Chumchet (Lower Tsum)**.

## Tsum Valley Trek Journey

Tsum is a holy Himalayan pilgrimage valley situated in the trans-Himalayan zone of the Gorkha, Nepal. Arughat, a 7-hour drive from Katmandu, is the beginning and finishing point of the trek.

In the first part of the tour, Budhi Gandaki Valley is climbed through good roads through a mixture of dense forest, terraced fields and mountain villages. As we exit the central Manaslu trail in the Tsum canyon, we immediately get the feeling that we are really entering the secret valley.

During the ride, pass past alpine trees, glacier flowers, and indigenous peoples' warm hospitality. We go through the Buri, Machhakhola, Jagat and Philim lower Budhi Gandaki districts. The old Gombas of the city, such as Rachen Gompa, Mu Gompa, Dephyudonma Gompa, are visited as well.

# Outline Itinerary ( 16 Days )

## Day 1 : Arrival in kathmadnu.

Upon your arrival in Kathmandu, our representative will meet you at Tribhuvan International Airport, extend a warm welcome, and transfer to your hotel. Take advantage of this day to adjust to the new time zone and immerse yourself in the lively atmosphere of Kathmandu. Orientation Program will be at 5 PM. After orientation program welcome Dinner with guide.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Sightseeing in Kathmandu

Our guide and driver will pick you up from your place (Hotel) at about 9:30 am and your guided sightseeing tour starts from Swoyambhunath following with Boudhanath, Pashupatinath, and Patan Durbar Square. You will have a lunch break at Bouddha and you will be escorted to your hotel in the late afternoon.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Drive to Machha Khola via Soti Khola

After breakfast, we'll head to Machha Khola, where our trek begins. The journey from Kathmandu to Dhading Besi is a smooth 3-hour drive

on a paved road. From there, we'll encounter a rough and winding dirt road to Machha Khola, lasting 5 to 7 hours depending on traffic and road conditions.

The total travel time for the day will be approximately 9 to 10 hours. Please note that the road from Soti Khola to Machha Khola is recently constructed and not yet paved. To ensure your comfort and safety, we'll arrange sharing 4WD vehicle with an experienced driver for your transportation.

**Max Altitude** Machha Khola ( 850 M)

**Duration** Drive 8 - 9 hrs

**Overnight** Overnight at Guesthouse

**Meal** Breakfast

## Day 4 : Trek to Jagat

Once we pass the Machha River and Khorla Besi, we'll come across a relaxing hot spring known as **Tatopani**. Following a path through the forest, we'll arrive at Dovan, situated beneath the impressive Budi Gandaki river. As we climb higher, you'll notice a change in the scenery and the speed of the rapids.

**Max Altitude** Jagat (1350 M)

**Duration** 6 - 7hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 5 : Trek to Lokpa

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 (2140 M)

**Duration** 6-7 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 6 : Trek to Chumling

Today will be challenging as we climb to higher altitudes, mostly uphill. Along the trail, we'll catch glimpses of the Himalayas peeking through the scenery. Passing by charming villages like Lungwa Khola, we'll hike through pine forests to Gumlung. Crossing the Siyar Khola, we'll arrive at Chumling, a lower part of the Tsum valley known for its Chumling Gompa and quaint stone streets.

**Max Altitude** Chumling (2386 m)

**Duration** 5-6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 7 : Trek to Chhokangparo

Leaving behind Chumling, we begin our walk to Chhokang Paro. Chhokang Paro is also popularly known as Chhekemper 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** Chhokangparo (2386 m)

**Duration** 6-7 hrs

**Overnight** Overnight at Guest House

**Meal Breakfast**

## Day 8 : Trek to Chhule-Nile

The village of Nile is to the west, which is the north of the upper Tsum valley last settlement. As we pass into the grotto of Piren Phu, also known as the cave of pigeons. It is one of Tsum Valley's most holy caves. It is located near the town of Burji, at the foot of a steep hill. It was assumed that the revered Tibetan Saint named Milarepa meditated in that cave because of the cave's footprint. The road is a perfect way to walk through green woods and the landscape can turn lush and low. Two different convents are connected to the rocky cave.

**Max Altitude** Chhule-Nile (3361 M)

**Duration** 4-5 hrs

**Overnight** Overnight at Guest House

**Meal Breakfast**

## Day 9 : Trek to Mu Gompa

After an early breakfast in the morning we will abandon Nile as the road progresses towards Mu Gompa. This is the region's largest monastery. The highest and most far-away in the Tsum Valley is Mu Gompa. It was established in 1895 A.D. and consists of several books, among them a Kangyur, an images of Guru Padmasambavaya and Tara. Chortens rows and spectacular mountain views and houses have been developed into the monastery. One of the oldest monasteries in the Tsum valley is Dephyudonma's ancient monastery associated with the dawn of Buddhism run by Lama on the lap of rough mountains.

**Max Altitude** Mu Gompa (3700 m)

**Duration** 4-5 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## **Day 10 : Trek 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 (3240 m)

**Duration** 3 - 4 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## **Day 11 : Trek to Gumba Lungdang**

Next day leaving Rachen Gompa we trek towards Domje village form where the trail starts to cross over a mani wall with several flags of prayer, continuing the steep climb through a oak, junipar and rhododendron wood. It is a lovely view of the Tibetan culture. Eventually, there is a prayer flag in the forest marking the climb and passing through a large silver pine to the Gompa in Lungdang. In the mountains.



**Max Altitude** Gumba Lungdang (3200 m)

**Duration** 5 - 6 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 12 : Trek to Lokpa

After our breakfast we walk down to Rainjam and catch the unforgettable glimpse of the Himal Ganesh. We climb up and down to Ripchet slightly after that. The village of Ripchet is lovely with big houses. It offers you the chance to learn about the local people 's hospitality history, practices and lifestyles.

**Max Altitude** Ripchet (2468 m)

**Duration** 5 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 13 : Trek to Jagat

It's time for us to descend to Jagat, where we'll reconnect with the Budhi Gandaki river. Along the trails, we'll catch glimpses of the mountains. The hike today through forests and downhill terrain should be pleasant and easy on our legs. We'll traverse several suspension bridges to reach Sirdibas village before finally arriving at Jagat.

**Max Altitude** Dobhan (1070 m)

**Duration** 6-7 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 14 : Trek to Machha Khola

Both Khorlabesi and Machha Khola are in the banks of the Budhi

Gandaki River. After hot breakfast, we will take the trail to Machha Khola. It's mostly a decent today. We will walk on the side of the mountain with the roaring Budhi Gandaki below us, cross suspension bridges and finally arrive at Machha Khola, the end point of our trek.

**Max Altitude** Machha Khola (850 M)

**Duration** 7-8 hrs

**Overnight** Overnight at Guest House

**Meal** Breakfast

## Day 15 : Drive to Kathmandu

We'll head back to Kathmandu in the morning. The road starts newly built but unpaved until Dhading Besi, so expect bumps. From there to Kathmandu, it's concrete but still mountainous, so it won't be city-smooth.

**Max Altitude** Kathmandu (1400 m)

**Duration** Drive 9 -10 hrs

**Overnight** Overnight at Himalayan Suite Hotel

**Meal** Breakfast

## Day 16 : Departure

Use your last morning in Kathmandu according to your flight time. Pack your things, check out of the hotel, Head to Tribhuvan International Airport for your departure. Wishing you a safe and pleasant journey back home!

**Max Altitude** kathmandu (1300 M)

**Meal** Breakfast

## **Include / Exclude**

- All surface transfers as per itinerary
- Three star category hotel in Kathmandu (Himalayan Suite Hotel or similar category) in twin sharing bed and breakfast basis
- All Meals, accommodation, insurance and other expenses of trekking crew
- Necessary permit, TIMS and national park fees
- Guided sightseeing tour in Kathmandu by car
- All necessary equipment ( Sleeping bag and duffel bag ) during the trek.
- Accommodation in lodge with breakfast during the trek
- Breakfast during trekking days
- Lunch and dinner in Kathmandu and trekking days. (Meal costs about 5\$ - 8\$ dollar per item depending on the place where you eat)
- Personal equipment and clothing
- City sightseeing entry fees ( NRS entrance fee cost Rs 400+250+1000)
- Cold and alcoholic drinks
- Personal expenses and tips to the crew
- Your Insurance (compulsory)



# 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."

## Our Contact

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