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Tsum Valley Trek

URL: <https://naatatravels.com/trip/tsum-valley-trek/>

Duration

18 Days Days

Per Person Cost

USD 2120

Difficulty

Demanding

Group Size

2-16

Maximum Elevation

3700 meters

Accommodation

3-star hotel in Kathmandu and tea houses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Highlights Of Tsum Valley Trek

The drive from Kathmandu to Sotikhola is a scenic one

Opened for trekking in 2008, the trails of the Manaslu region are still untainted with human flow, unlike other trekking routes in Nepal.

Located in the Manaslu conservation area, this valley is rich in flora, fauna, and wildlife.

Close-up view of the world's 8th tallest peak in Manaslu

A look into Tibetan culture, lifestyle, and village in the Tsum Valley.

Visit several Buddhist monasteries

Visit Milarepa cave, where it is believed Buddhist scholar Milarepa meditated hundreds of years ago.

Trip Overview

Lying in the northern part of Manaslu, Tsum Valley Trek is one of the world's remotest Himalayan Valleys. Tsum Valley, being a restricted region until 2008, is raw and undiscovered by many trekkers. There are not many footsteps on the trekking trails of Tsum Valley. That makes it an ideal choice for those who want to be 'one with nature.' The religion, art, lifestyle, monasteries, and prayer flags of Tsum Valley portray the Tibetan culture, as the valley was once part of Tibet. The people of Tsum Valley, known as Tsumbas, are of Tibetan origin.

This 18-day-long trip begins with sightseeing at UNESCO World Heritage Sites in Kathmandu, but the real adventure begins after a seven-hour drive to Arughat, the starting and ending point of our trek. The first part of the trek ascends the Budhi Gandaki Valley on a good trail through a mix of dense forests, terraced fields, and hill villages. After we leave the main Manaslu trail for Tsum Valley, we suddenly get the feeling of entering the hidden valley.

While on the trail, we see beautiful rhododendron forests, pine forests, alpine forests, and glacial rivers. However, the Himalayas play 'hide and seek' with us throughout the trail. We pass the lower Buri Gandaki regions of Liding, Machhakhola, Jagat, and Philim. We also visit the ancient monasteries of the region, like Rachen Gompa, Mu Gompa, and Dephyudonma Gompa. You can also watch out for the Manaslu circuit trek, a similar trek in Nepal. If you want to trek on a more popular route, the [Everest base camp trek](#) is among the best choices.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Kathmandu valley sightseeing

We will have a pre-trip meeting after breakfast, where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square is the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Day 139 kilometers, 7 hours: Drive to Sotikhola

After breakfast, we leave early for Sotikhola, which is the starting point of our trek. After we drive past the Malekhu Bridge, we drive on a long stretch of narrow and windy roads, which is an entertaining one indeed. The road is paved till Dhading Besi, after which we drive offroad. We stay overnight in SotiKhola.

Accommodation

Guest house

Meals:

Breakfast, lunch and dinner

Altitude:

710 meters

Day : Trek from Sotikhola to Machha khola

Today is the first day of the trek and we start by walking to Machha Khola. The trail generally goes through narrow and rocky terrain and is also blessed by a number of beautiful waterfalls. We pass through Labubesi which is a Gurung village before reaching Machha Khola. We stay the night here.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

900 meters

Day : Machha Khola to Jagat

After crossing Machha River we come across a hot spring called Tatopani. We can take a dip in it and relieve all the strains from our muscles. It indeed gets us ready for the trail ahead. The trail goes side by side a forest and we can see the fast flowing Budhi Gandaki River as we reach Dovan. We stay the night in Jagat.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

1410 meters

Day : Trek from Jagat to Lokpa

We start off today by climbing a rocky ridge upto Salleri after which we descend to Sirdibas. The valley gradually widens and takes us upstream to the Gurung village of Philim. After walking for a while we reach Chisopani after which we cross a gorge and come by a waterfall. We walk into rhododendron and pine forests and then descend to Lokpa where we will stay the night.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2240 meters

Day : Trek from Lokpa to Chumling

The trail is composed of mostly ascents today and right off we are getting greeted by the everpresent Himalayan range. We walk through the villages of Suyar Khola and reach Chumling where Chumling Gompa is also located. We stay the night in Chumling

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2385 meters

Day : Trek from Chumling to Chokhangparo

Today we start the trek with the crossing of a suspension bridge. We continue our walk while enjoying the views of Ganesh Himal as we head towards Serpu Khola. We cross a bridge more and head for the village named Gho. We advance for 2 hours more and finally reach the upper Tsum valley and reach Chokhangparo. We stay the night in Chokhangparo.

Time:

4-5 hours

Accommodation

Tea houses

Meals:

Breakfast, lunch and dinner

Altitude:

3031 meters

Day : Trek from Chokhangparo to Nile

We start our walk uphill and walk past Lamagaon and we cross a suspension bridge and make our way towards Rachen Gompa, also known as Nunnery Gompa. We make a short visit to the Gompa and continue on the trail. We pass through Shiar Khola, Lar, Phurbe and Pangdun village, a number of Buddhist monasteries, and cross the final bridge of the day before reaching Nile. Just a short walk from Nile there is a monastery at Chule which we can visit after taking a rest in Nile.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3361 meters

Day : Trek from Nile to Mu Gompa

We gain a bit of altitude today and the trail we take makes way towards the Tibetan border. We walk along the west bank of the valley and through the serene Tibetan landscapes. We finally reach Mu Gompa after walking close to 4 hours. We stay the night in Mu Gompa.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3700 meters

Day : Rest day in Mu Gompa and explore the area

We spend the day resting and exploring the Mu Gompa which is the largest monastery in the region and the Tibetan landscapes that continues to bewilder us. We have plenty of time later in the day to walk up to the base of the Pika Himal at 4,865m.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3700 meters

Day : Trek from Mu Gompa to Burgi village via Milarepa cave

Today we continue on the trail back to Chhule and Phurbe. We walk along the east bank of Shiar Khola and arrive at Burgi village, a small yet beautiful village. We then climb up to Milarepa cave famous for the mesmerizing views of the Kipu Himal, Churke Himal and Pashyop glacier. We stay the night in Burga village.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

3245 meters

Day : Trek from Burgi Village to Chumling

We trace back our steps and go through dense pine and rhododendron forests. We descend further down to Chokhangparo and walk towards the lower Tsum Valley Chumling. We stay the night in Chumling.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2386 meters

Day : Trek from Chumling to Philim

We have ample breakfast and descend for 6-7 hours. As we descend down to Lokpa we can enjoy the awe-inspiring Samba Falls and finally reach our destination in Philim. We stay the night in Philim.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

1700 meters

Day : Trek from Chumling to Khorlabesi

We descend towards Sirdibas then to Jagat and further descend to Yaruphant. We leave behind the Tibetan arid climate and eventually head for the subtropical green vegetation. We continue our descent towards Dovan and reach Tatopani. There is a natural hot spring at Tatopani and we can even take a dip in and the warm waters will indeed relieve all the strains from our muscles.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

930 meters

Day : Trek to Sotikhola

We descend for most part of the trail and cross suspension bridges and walk back to Machha Khola. We walk further along the Budhi Gandaki River and pass by Gurung village of Lapubesi, waterfalls and a village named Khursane as well. We enter through pine forests and cross a bridge before we arrive at Sotikhola.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

730 meters

Day 139 kilometers, 7 hours: Drive back to Kathmandu

We have breakfast and start the jeep drive back to Kathmandu and since we take the same road back the drive is an enjoyable one.

In the evening we have a THANK YOU farewell dinner program organized by Naata Trek and Tours where we can recall all the fond memories and have a good time.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1350 meters

Day : Final departure

Our trip concludes today and a representative from Naata Trek and Tours will drop you at the international airport for your final departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek

- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- Excess baggage charges
- Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- International airfare to and from Kathmandu
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Views During Trek

The views you get on this trekking journey are something out of the ordinary. From the beautiful rhododendron forests to the Mighty Mountains, the Tsum Valley trekking trail has much to offer regarding scenery and sightings. To start with, the feeling of walking through pine and rhododendron forests is simply amazing. The varied terrain we see throughout the trek is also astounding. Some of the mountains we can see on our trek to Tsum Valley are **Mt Manaslu (8,156 meters)**, **Ganesh Himal (7,422 meters)**, **Boudha Himal (6,672 meters)** and **Himalchuli (7,893 meters)**.

Best Season for the Tsum Valley trek

The best times to trek to Tsum Valley are the spring and autumn seasons.

Spring Season

The spring season begins in March and lasts till May. It is the second busiest time of the year for Tsum Valleytrek in Nepal. The weather is pleasant, with warm temperatures and clear skies that offer great views of the Manaslu mountains and glaciers. In mid-March, temperatures start to rise, and by April and May, it can get a bit hot in the lower areas but remains ideal for trekking at higher altitudes. In spring, rhododendron flowers bloom in the forests, making your trek even more beautiful.

Autumn season

The autumn season begins in September and lasts till November, another excellent time to trek in Tsum Valley. It is the busiest time of the year for trekking trails in Nepal. *These months have pleasant daytime temperatures, unobstructed visibility, and vivid trails. Daytime temperatures are around 20 degrees Celcius, while it cools down to **5 degrees** Celcius at night.*

The clear skies and stunning mountain views make this a popular trekking season. Autumn is also a festive time with major festivals like Dashain, Tihar, Chhath, and Indra Jatra. November offers clear, sparkling days, but temperatures start to drop, and snow may begin to fall at higher altitudes.

Why is Tsum Valley Trekking best?

Lokpa

Lokpa is a beautiful settlement in the Tsum Valley in the Gorkha district of Nepal. A traditional Tibetan Buddhist settlement, it also serves as the gateway to the remote valley of Tsum. The valley is rich in natural beauty with towering mountains, surging waterfalls, lush green forests, and deep gorges.

Mu Gompa

Also known as Mui Gompa or Mung Gompa, it is a Buddhist monastery close to Nepal and Tibet's border. It sits at a high altitude of **3,700 meters** and offers a serene atmosphere and a spiritually rich experience. It is one of the most significant gompas of the region.

Philim

A village inhabited by the Gurung community known for their involvement in the Gurkha regiment. Terraced fields of rice, millet, and potatoes characterize the village. The people here follow Buddhism and have their language, Gurung.

Tsum Valley Trek Difficulty

The Tsum Valley trek, being an 18-day itinerary, is challenging. Although the altitude gained throughout the trek isn't as high as other trekking routes, it is still challenging due to the long duration. The trails can be uneven and difficult, and you can expect to walk about 6 hours daily. Maintaining your physical well-being to complete this trek with ease and improve the trekking experience is best advised. The trek starts at a low altitude, giving you plenty of time to adjust before reaching heights over 3,000 meters.

Accommodation and Meals During The Tsum Valley Trek

You will get the customary Nepali dish (**dal, bhat**) everywhere. Besides that, there will be options for other Nepalese dishes such as dumplings, roti tarkari (bread and curry), momo (dumplings), and Thukpa (Tibetan noodle soup) at every stop you make. There will also be options for Western dishes such as pasta, pizza, omelets, oatmeal, macaroni, etc. However, you will be taking a packed lunch on your summit day.

The accommodation during the trek will be rather basic, and we will stay in teahouses. The rooms will be shared between 2-4 people, and the bathrooms will also be common. The teahouses will be reasonably clean and offer decent food choices. The lack of amenities is made up for by the hospitality of the Sherpa people, though. Once you reach Lobuche base camp, you will stay in tented camps.

Required Permit

You will essentially require three types of permits for the Tsum Valley trek, and they are as follows,

Tsum Valley Restricted Area Permit or Special Permit - The restricted area permit for the Manaslu trek can be obtained only from the Department of Immigration in Kathmandu through an authorized trekking agency.

Manaslu Conservation Area Project Permit - The conservation area permit can be obtained from the Nepal Tourism Board in Kathmandu.

Annapurna Conservation Area Permit - You will also require an Annapurna conservation area permit for the Manaslu Tsum Valley trek, which you can acquire from Kathmandu's Nepal Tourism Board office.

Equipment and Gear

The equipment required for the Tsum Valley trek is as follows,

Head: Sun Hat, Head Lamp, Glacier Sunglasses, Head Scarf.

Hand: Light Liner gloves, Fleece gloves, and Expedition Mittens.

Upper body: Thermals, Fleece Jacket with wind stopper, waterproof jacket, Down Jacket, Short-sleeve shirt

Lower Body: Lightweight pants, waterproof shell pants, Fleece or woolen trousers, Hiking Shorts

Feet: Lightweight socks, woolen socks, Cotton socks, Gaiters

Miscellaneous: Sleeping bag, Inflatable sleeping mat, water bottle, small travel bag, duffel bag, small padlocks, Pee Bottle, Pee funnel for women, Swiss knife, Toiletry bag

Medical: First-aid kit, water purification tablets, anti-mosquito cream, anti-altitude sickness pills such as Diamox or Acetazolamide, Earplugs, Anti-Diarrhea pills, Blister repair kits, Antibiotics for a chest infection, and sunscreen.

Frequently Asked Questions

Where is Tsum Valley located?

Tsum Valley is located in the Gorkha district of Nepal, nestled in the northern part of the country near the border with Tibet. It is a part of the Manaslu Conservation Area and lies east of the Manaslu mountain range.

How much is the permit for Tsum Valley?

The permit for the Tsum Valley trek typically costs around \$40 for a 7-day permit. Additionally, you will need a Manaslu Conservation Area Permit (MCAP), which costs about \$30. Both permits are required to trek in the Tsum Valley, and they help support local conservation efforts and ensure the area's sustainability.

How high is the Tsum Valley trek?

Tsum Valley sits at an altitude between 2,000 and 3,500 meters. It is part of the Manaslu Conservation Area, which was created in 1998. The gradual increase in altitude helps trekkers acclimatize and offers stunning views of the surrounding Himalayan landscape.

What is the history of the Tsum Valley?

In the 8th century, the Buddhist leader Padma Sambhav is believed to have created 108 special hidden valleys called Beyuls in the Himalayas. In Buddhism, Beyuls are secret places meant to protect and preserve the religion, serving as hidden refuges.

Is it necessary to hire a guide to trek in the Manaslu area?

Yes, you must have a trekking guide in Tsum Valley as it is a restricted area. The Nepalese government requires trekkers to have a licensed guide and a porter for safety reasons and to ensure proper navigation through the remote and often challenging terrain.

Address

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