

15 days Tsum Valley Trek

URL: <https://himalayan360.com/trip/tsum-valley-trek/>

Destination

Nepal Treks & Tours

Activity

Adventure Treks In Nepal

Start / End Point

kathmandu/kathmandu

Trip Type

lodge to lodge trek

Duration

15

Destination

Nepal, Manaslu Region

Language

Nepal, Manaslu Region

Per Person From

USD 965

Region

Manaslu Region Trek

Max. Altitude

4,200m/13,778ft

Group Size

1 - 30

Best Season

Mar, Apr, May, Sep, Oct, Nov

Trek Distance

147.2KM/91Miles

Transportation

Local transport

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Tsum Valley Trek Major highlights

- Get a chance to explore the hidden gem of the Manaslu region, the Tsum Valley.
- Experience the raw nature and unspoiled Himalayan wilderness.
- Trek to the remote and restricted area close to the Tibetan border.
- Ascend from the subtropical dense rhododendron verdant to alpine meadows within the Manaslu Conservation Area.
- Traverse on off-beat, quiet, and less-traveled trails to the Tsum Valley.
- Navigate through charming settlements, rivers, valleys, suspension bridges, and waterfalls.
- Hike up to the Ganesh Himal Base Camp at an elevation of 4,200 meters.
- Witness the magnificent mountain panoramas of Mount Manaslu (8,163 meters), Ganesh Himal (7,140 meters), Himalchuli (7,893 meters), and more.
- Visit the largest monastery of the Tsum Valley, Mu Gompa.
- Take a closer look at the ancient Bon Po culture and immerse yourself in local hospitality.

Typical Day on the Tsum Valley Trek

During the Tsum Valley Trek, every day will be exciting and adventurous. You will climb uphill and downhill on varied terrains, trekking through diverse landscapes. Similarly, you will enjoy gorgeous scenery and explore new places. Your guide and porter will accompany you throughout the journey and provide deeper insights into the area. There will also be plenty of opportunities to take photos and videos each day.

You will wake up early in the morning and have your breakfast. Then, you will start your day's journey between 7 to 8 AM, depending on the day's destination. You may have to wake up before dawn if you plan on observing sunrise. After walking for three to four hours, you usually take an hour's break at noon. You will also have your lunch before resuming the trek.

The afternoon treks are usually shorter than the morning ones. You will reach your destination before dark and have time to explore around. The dinner is usually served around 6 to 7 PM. After dinner, your guide will give a short briefing about the next day's trek. Then, you can spend the rest of the evening consoling with your fellow trekkers, playing games, reading books, or watching documentaries. You can also learn the Nepali language and greetings with your guide.

15 Days Tsum Valley Trek Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and transfer to hotel (1,400m/4,593ft)

Place: Thamel

A representative from Himalayan 360 will greet you at the Tribhuvan International Airport in Kathmandu. They will help you transfer to your hotel in a private vehicle. Today, you will have a free day to refresh

yourself and explore the city.

Highest Altitude:

1,400m/4,593ft

Meals:

N/A

Accommodations:

3 Star Hotel

Day 02: Trek Briefing and Preparation of Manaslu Restricted Area Permit

Place: Thamel

You will have breakfast at your hotel in Kathmandu. Then, we will hold a brief meeting session about the trek. You can ask us any queries, and we will also inspect the equipment. If you need help with buying trek equipment, we can also assist you. You will also receive your Manaslu Restricted Area Permit today. For the permit, we will require your passport with a valid visa, three passport-size photos, and travel insurance. With your spare time, you can prepare and do the last-minute shopping for the trek. You can also tour the UNESCO World Heritage Sites around Kathmandu.

Meals:

Breakfast

Accommodations:

3 Star Hotel

Day 03: Drive from Kathmandu to Machha Khola

Place: Machha Khola

Our journey to Tsum Valley will begin today. After an early breakfast, we will get on a jeep or bus (per your booking) and drive towards Machha Khola. The vehicle will drive on the Prithvi Highway, taking us past charming Nepalese countryside, terrace farms, river banks, hills, and bazaars. You will get your first glimpse at rural Nepal and its landscapes while driving on the winding highway. Similarly, you will also see mountain vistas like Annapurna, Manaslu, Langtang Himal, and Ganesh Himal.

From Arughat, the road starts to get off-road and bumpy. We will drive past the town's dense settlement and then along the Budhi Gandaki River Basin. After driving for some time, we will reach Soti Khola. Many trekkers start their Tsum Valley Trek from here. However, it will extend their trek by a day, so we will drive further to Machha Khola. We will start our trek from Machha Khola and stay here for the night.

Highest Altitude:

1,400m/4,593ft

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 04: Trek from Machha Khola to Jagat

Place: Jagat

Our journey begins today after our breakfast at Machha Khola. The trail ascends and descends, making it a challenging day. We will trek past Tharo Khget to the beautiful Gurung village of Khorlabesi. From here, we will climb steep uphill to Tatopani (hot spring) and cross a suspension bridge over the Bushi Gandaki River to reach Dovan. We must also climb stone staircases along the way.

Then, we will pass by Yaruphat to reach the Yaru River. A cantilever bridge over the river was constructed in 2016 using Swiss engineering technology. From here, we will follow the trail that takes us alongside the western bank of the Budhi Gandaki River. We will once again make an uphill climb before descending to Jagat. There is a checkpoint where we must show our trek permits before entering the village. We will stay overnight at Jagat.

Distance:

7 Hours

Ascent:

540m/1,772ft

Descend:

60m/197ft

Highest Altitude:

1,410m/4,626ft (Jagat)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

22km/13.6 miles

Day 05: Trek from Jagat to Lokpa

Place: Lokpa

Jagat is a beautiful Gurung settlement on a level plain. We will have breakfast before continuing our journey. The trail descends steeply from Jagat towards Bhatu Khola. We must cross a suspension bridge over the river before climbing the rugged terrain to Salleri. Upon reaching Salleri, we can witness the gorgeous view of Mount Sringi. Then, we will cross Nepal's longest suspension bridge and climb uphill.

En route, we will come across several Buddhist stupas, chortens, and mani walls. We will also trek through the dense subtropical forests to reach Ekle Bhatti. It is mostly an uphill climb with very few descend on this day. After hiking for some time, we will reach a canyon and cross, from where we will take the right trail to Tsum Valley. We will trek through the pine forest for a while to reach Lokpa. The village sits at the meeting point of Syar and Budhi Gandaki River.

Distance:

7 Hours

Ascent:

900m/2,953ft

Descend:

70m/230ft

Highest Altitude:

2,240m/7,349ft (Lokpa)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17km/10.6 miles

Day 06: Trek from Lokpa to Chumling

Place: Chumling

Today's trek is relatively easier, with a few uphill ascending and descending on rocky terrains alongside the river banks. As we leave Lokpa, the trail enters a forest of rhododendrons and pine. Very few travelers are on the route, and you can enjoy a tranquil trekking atmosphere. En route, we will also have to cross small suspension bridges. Then, we will come across the villages of Rpichet and cross another suspension bridge before the trails begin to descend.

You will cross a little stone wall before reaching Chumling. The beautiful village is home to several age-old monasteries like the Gurwa Gumba, Mani Dhungyur, and Panago Gumba. You can also get a clear and stunning view of the Ganesh Himal from here. Likewise, you can see many chorten stands in the village's field, making for a picturesque setting. We will stay overnight at Chumling.

Distance:

5 Hours

Ascent:

186m/610ft

Descend:

40m/131ft

Highest Altitude:

2,386m/7,828ft (Chumling)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

6.3km/3.9miles

Day 07: Trek from Chumling to Rachen Gompa

Place: Rachen Gompa

We will leave the Chumling by crossing a suspension bridge opposite the village. The trail then descends to Yarju and goes uphill, following the Syar River. We will come to a crossroads at Dumje, which separates the route for Tsum Valley and Ganesh Himal Base Camp. We will come to a meeting point for the Syar, Sarpu, and Langtang Rivers. The trail will then begin to ascend steeply through a narrow river gorge to reach Chhokang Paro.

From here, the trail slowly starts to get even and easy. En route, we will pass by the Gho village and cross a bridge to get to Tsum. You can also get a beautiful view of Ganesh Himal and Himalchuli. After trekking for a while, we will reach Lamagaon and finally to Rachen Gompa. An ancient monastery in Rachen Gompa marvelously reflects the Tibetan and Tsumba-styled architecture. It has a massive significance to the Tsumba people of Tsum Valley. We will stay overnight at Rachen Gompa.

Distance:

6 Hours

Ascent:

854m/2,802ft

Descend:

0m/0ft

Highest Altitude:

3,240m/10,630ft (Rachen Gompa)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.5km/6.5miles

Day 08: Trek from Rachen Gumpa to Nile and hike to Mu Gumpa then back to Nile**Place: Nile**

We will leave the beautiful village of Rachen Gumpa and continue our trek to Mu Gumpa. The trail goes alongside the Syar River, passing several small Tsumba settlements. We will pass by villages like Phurbe and Chhule before reaching the Nile village, where we will stay overnight. We will leave our luggage at a tea house or lodge in Nile and begin our excursion to Mu Gumpa.

The trekking trail gradually ascends as we get closer to Mu Gumpa. En route, we will pass by Milarepa Piren Phu Cave, Milarepa Gumpa, Chi Phu Gumpa, mani walls, and other monuments. The monastery in Mu Gumpa is the most sacred one in the Tsum Valley. The village sits in a flat, bowl-shaped valley surrounded by incredible mountain vistas. Mu Gumpa has no accommodations, and the monastery has only a small space. So, after exploring for a while, we will return to Nile.

Distance:

7 Hours

Ascent:

460m/1,509ft

Descend:

340m/1,115ft

Highest Altitude:

3,700m/12,139ft (Mu Gumpa)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.4km/7.7miles

Day 09: Trek from Nile to Gumba Lungdang (3,200m/10,499ft)**Place: Gumba Lungdang**

After breakfast at Nile, we will take a southern trail back to Chhokangparo and then to Chumling. En route, we will come across a small white Gumpa at Gho village. We will continue trekking and cross a wooden bridge over Siyar Khola. The trail will then begin to descend and arrive at Dumje. There is a small Tibetan herbal medicine clinic and a small school there.

From Dumje, the trail enters the rhododendrons, juniper, and pine forest. We will also trek past many mani walls and colorful prayer flags. After a while, we will begin our climb through beautiful pine forests and reach Lungdang Gumpa. The gumpa is famous for its daily evening prayers. Similarly, it is home to around forty nuns. You can also see beautiful mountain vistas from here. We will rest at Lungdang Gumpa for the night.

Distance:

8 Hours

Ascent:

760m/2,493ft

Descend:

920m/3,018ft

Highest Altitude:

3,360m/11,024ft (Nile)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

20km/12.4miles

Day 10: Hike to Ganesh Himal Base Camp

Place: Gumba Lungdang

On this day, we will trek to the highest point of our journey, the Ganesh Himal Base Camp, at 4,200 meters. We will leave Lungdang Gumpa and slowly start ascending on rough terrains. We will trek on the Tsum Valley Trek Path and pass by small valleys along the way. Due to the remote location, very few people are on the trail to Ganesh Himal Base Camp. After about four hours of climbing, we will finally reach the base camp. You can see magnificent views of the Ganesh Himal Range from here. After enjoying the view and exploring for a while, we will head back to Lungdang Gumpa and stay there overnight.

Distance:

7 Hour

Ascent:

1000m/3,280ft

Descend:

1000m/3,280ft

Highest Altitude:

4,200m/13,780ft (Himal Base Camp)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12km/7.5miles

Day 11: Trek from Gumba Lungdang to Lokpa (2,240m/7,349ft)

Place: Lokpa

After an adventurous climb to Ganesh Himal Base Camp and witnessing the grand view of the Ganesh Himal range, it is time to descend. As we leave Lungdang Gumpa, we will begin descending to Dumje. After a while, we will cross the Laudang Khola and head south to Ripchet. The trail enters dense subtropical forests from here, and we must cross several suspension bridges. We will keep descending until we reach Batti Ghumlong, from where the trail starts to climb uphill to Lokpa. We will stay overnight at Lokpa.

Distance:

7 Hours

Ascent:

330m/1,083ft

Descend:

1,290m/4,232ft

Highest Altitude:

3,200m/10,499ft (Gumba Lungdang)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

15km/9.3miles

Day 12: Trek from Lokpa to Jagat (1,410m/4,626ft)**Place: Jagat**

On this day, we will continue to descend as we leave Lokpa village. The trail once again joins the Budhi Gandaki River. Similarly, we will enter the dense subtropical forest trails. En route, we can witness the mountain views here and there. It is mostly a downhill climb and relatively easy. After descending for some time, we will cross several suspension bridges and reach Sirdibas village. From here, we have to trek for a while to reach Jagat village, our overnight stop for today.

Distance:

7 Hours

Ascent:

70m/230ft

Descend:

900m/2,953ft

Highest Altitude:

2,240m/7,349ft (Lokpa)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17km/10.6miles

Day 13: Trek from Jagat to Machha Khola (860m)**Place: Machha Khola**

Today will be another descending day for us. After breakfast at Jagat village, we will continue our downhill hike. We will retrace our steps on familiar paths, staircases, and suspension bridges to reach Machha Khola. The trail takes us through familiar trails and past villages like Yaruphant, Dobhan, Tatopani, and Khorlabesi. Machha Khola is our ending point of the trek and we will rest for the night here.

Distance:

8 Hours

Ascent:

60m/197ft

Descend:

540m/1,772ft

Highest Altitude:

1,410m/4,626ft (Jagat)

Meals:

Breakfast Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

22km/13.6miles

Day 14: Drive from Machha Khola to Kathmandu (1400m)

Place: Thamel

Today is the final day of our trek. We will have an early breakfast and board a vehicle that will take us back to Kathmandu City. The vehicle will drive past Soti Khola and Arughat, returning on the same highway. We will again pass through the similar scenery and reach Kathmandu. The drive can take around 9 hours, depending on the traffic and road conditions. In the evening, we will host a farewell dinner to celebrate our incredible journey together. Then, you can enjoy your night in the city as you please.

Highest Altitude:

1,400m/4,593ft (Kathmandu)

Meals:

Breakfast Lunch Dinner

Accommodations:

3-Star hotel

Day 15: Transfer to the International Airport for your Final Departure

Our representative will transfer you to Tribhuvan International Airport via private vehicle two hours before your scheduled flight. We hope you had a wonderful time trekking to the beautiful Tsum Valley. Thank you for choosing us, and we hope you will be back for another adventure in Nepal soon. Have a safe flight!

Meals:

Breakfast

Trip Includes/Excludes

Includes

- Airport transfer
- Kathmandu to Machha Khola to Kathmandu local/Public bus ticket
- 3 Night Kathmandu in a 3-star hotel (sharing basis)
- 11 nights in the mountain tea house (on a shared basis)
- **Food:** 14 Breakfast, 12 Lunch, 12 Dinner
- Government-licensed English-speaking local trek leader
- Manaslu conservation area permit (MCAP)
- Manaslu restricted area permit (Manaslu RAP)
- Tsum valley special permit

- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excludes

- International flight
- Private transfer during the trek
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,490
2 - 3	USD 1,110
4 - 6	USD 1,030
7 - 12	USD 1,020
13 - 20	USD 985
21 - 30	USD 965

Tsum Valley Trek Commonly Asked Questions

Is the Tsum Valley Trek worth it?

Absolutely yes! The Tsum Valley Trek is a beautiful journey combining adventure and a rich cultural experience. It is an ideal destination for those who want to avoid the commercialized and busy trekking trails of Nepal. The trekking trails of Tsum Valley are off-beat and quiet. During the trek, you will witness the unique and ancient Bon Po culture and customs.

How long is the Tsum Valley Trek?

The Tsum Valley Trek usually takes 15 to 19 days. However, the duration can vary depending on the itinerary. Trekkers can shorten or extend the journey to suit their preferences best. Similarly, you can also take side trips or combine the Manaslu Circuit Trek with the Tsum Valley Trek. The starting and ending point of the trek can either be Soti Khola or Machha Khola.

What fitness level is necessary for the Tsum Valley Trek?

You will need a reasonable fitness level to participate in the Tsum Valley Trek. The trek is a moderate-grade journey without the need for prior experience or technical skills. However, the trail has a steep ascend and descend section. Trekkers must be physically and mentally fit to overcome the challenges and high altitude of the Tsum Valley Trek.

Is the Tsum Valley Trek route crowded?

Tsum Valley is a lesser-traveled trek destination in Nepal, but its trekking trails can get busy during peak season (spring and autumn). The valley lies in a remote part of the Manaslu region. Moreover, it is in a restricted area that requires a restricted area permit (RAP) for access. Hence, there are fewer trekkers on the Tsum Valley trekking trails.

How do you get to Tsum Valley?

There are no roadways or airways in Tsum Valley, so the only way to get there is by trekking. You must take a jeep or a bus from Kathmandu to Arughat and then to Soti Khola or Machha Khola. You will trek past Jagat, Lokpa, Chumling, Nile, and several other villages to get to Tsum Valley. Nile is the last village in Tsum Valley, at 3,360 meters above sea level. It lies in the northern part of the valley, close to the Tibetan border. Nile village serves as a gateway to Mu Gompa, an ancient Buddhist monastery. The residents are of Tibetan origin. There are several basic tea houses in Nile, where trekkers can rest during their Tsum Valley Trek.

What is the last village in Tsum Valley?

Nile is the last village in Tsum Valley, at 3,360 meters above sea level. It lies in the northern part of the valley, close to the Tibetan border. Nile village serves as a gateway to Mu Gompa, an ancient Buddhist monastery. The residents are of Tibetan origin. There are several basic tea houses in Nile, where trekkers can rest during their Tsum Valley Trek.

What is the highest point of the Tsum Valley Trek?

Ganesh Himal Base Camp is the highest point of the Tsum Valley Trek at 4,200 meters. The trekking trail to the base camp goes through dense subtropical forests to alpine meadows and pastures. It lies in a remote region and offers spectacular views of Ganesh I (7,422 meters), Ganesh II (7,118 meters), and Ganesh III (7,043 meters).

Are there any health risks during the Tsum Valley Trek?

Due to the high altitude of the Tsum Valley Trek, there is a risk of altitude sickness. As trekkers ascend to an elevation above 2,500 meters, the air gets thinner, and the oxygen level decreases. Hence, trekkers can experience severe to mild forms of altitude-related sickness. Following proper precautions and safety guidelines helps to reduce the risk.

What accommodations are available along the Tsum Valley Trek route?

Teahouses, lodges, and guest houses are the standard accommodations available along the Tsum Valley route. These stays provide only basic facilities as they are in rural parts of the country without proper infrastructure. The rooms are usually shared or dormitories and have communal bathrooms. Locals run these accommodations and provide beds, mattresses, blankets, and pillows.

Is safe drinking water available during the Tsum Valley Trek?

Yes, safe drinking water is available during the Tsum Valley Trek. Most tea houses and lodges provide hot or filtered water to trekkers for an additional cost. You can also buy bottled water, but it is not environmentally friendly, so carry a water bottle and refill it. Avoid drinking directly from water sources such as taps or streams, as they may carry waterborne diseases.

Can I take a hot shower during Tsum Valley Trek?

Yes, you can take a hot shower during the Tsum Valley Trek. The accommodations in lower regions have hot shower facilities, which can be limited as you move to higher elevations. Most accommodations in higher areas have solar-heated water, or they provide hot water in buckets. You will have to pay an additional charge for a hot shower, which can cost between USD 2 and USD 5.

Are WiFi/ internet facilities available while trekking to Tsum Valley?

WiFi/ internet facilities are available during the Tsum Valley Trek, but the connectivity is poor and limited. Due to the remote location, the internet connectivity is rather poor and unsuitable for intensive data work. In higher altitude regions, the service can be non-existent. The accommodations will charge additional cost for WiFi/ internet service.

Are there ATM facilities available along the Tsum Valley Trek route?

There are no ATM facilities along the Tsum Valley Trek route. You may find ATMs in towns like Arughat and Soti Khola, but the service is unreliable. It is best to withdraw cash in Kathmandu before the journey. There are plenty of ATMs and money exchange centers around the capital city where you can easily withdraw cash.

Where can I buy trekking equipment for the Tsum Valley Trek?

You will find numerous shops around Thamel, Kathmandu, where you can buy trekking equipment for the Tsum Valley Trek. You can find various options, from high-quality, branded gear shops to budget-friendly ones. Similarly, those not wanting to invest in trekking equipment can also rent them. There are plenty of trekking gear rental shops as well.

Where can I buy the Tsum Valley Trek map?

You can buy the Tsum Valley Trek map in trekking shops around Thamel, Kathmandu, or at bookstores. You can also get digital maps online, but it is best to have a physical map. Internet services may not be available along the trekking route. Many trekking agencies also provide handy maps with essential details for the trekkers on the journey.

Seasonal guide to trek in the Tsum Valley

Spring Season

Spring is one of the best times for the Tsum Valley Trek. It has moderate temperatures and favorable weather conditions. During early spring, the temperature is slightly colder, with some remnants of snow on high-altitude trails. The temperature gradually becomes warmer. There is very little rainfall, so the sky is clear with brilliant visibility at this time of the year. The trails are also dry, but there can be occasional rain showers.

Similarly, the flora and fauna are the most active during spring. Thus, you get to enjoy the vibrant and lush vegetation. Moreover, the entire forest of rhododendron blooms in different shades of red, pink, and white. You may also catch sight of Himalayan wildlife during the trek. Due to the favorable weather, the trail can be busier.

The temperatures of Tsum Valley in spring are as follows:

Month	Temperature
March	-5 to 10°C
April	0 to 15°C
May	5 to 18°C

Summer Season

The monsoon enters Nepal as the summer season begins. It brings heavy rainfall to the lower hilly areas. However, Tsum Valley lies in the rainshadow area and receives very little rainfall. The trails of lower regions are wet and muddy due to the rain. They are slippery, and leeches infest the forest trails.

Moreover, heavy rain clouds obstruct the view. Flights are usually delayed or canceled due to poor visibility. There is also the risk of landslides and floods while traveling in summer. As a result, summer is not recommended for the Tsum Valley Trek.

The temperatures during the Tsum Valley Trek in summer are as follows:

Month	Temperature
June	7 to 20°C
July	8 to 18°C
August	8 to 20°C

Autumn Season

Autumn is the peak season for trekking in Nepal, with the most stable weather conditions and mild temperatures. Hence, it is the right time for the Tsum Valley Trek. By early autumn, the rainfall ceases, and the sky becomes clearer and crisper. The rain cleanses the surrounding landscapes, leaving the vegetation lush and vibrant. Similarly, the autumn foliage adds more colors and beauty to the landscapes.

Autumn offers exceptional visibility. You can enjoy crystal-clear views of the mountain panoramas with few obstructions. It is also a festive season, and the country's biggest festivals, Dashain and Tihar, are celebrated at this time. Enjoy comfortable weather and a festive atmosphere while trekking to Tsum Valley in autumn. The temperature gradually gets colder by the end of the season.

The temperature of Tsum Valley in autumn is as follows:

Month	Temperature
September	5 to 18°C
October	0 to 15°C
November	-5 to 10°C

Winter Season

As the winter season begins, the temperature drops significantly at higher altitude regions. Heavy snowfall can also block high mountain trails and passes. The harsh and extreme weather conditions make the Tsum Valley Trek more strenuous than at other times. Most accommodations at higher elevations close during winter, and the locals also migrate to the lower regions. Many seasoned and experienced trekkers

The temperature during the Tsum Valley Trek in winter is as follows:

Month	Temperature
December	-8 to 6°C
January	-10 to 4°C
February	-8 to 7°C

Do I need Travel insurance & Permits for the Trek?

Yes, travel insurance and permits are necessary for the Tsum Valley Trek. It is a high-altitude trek within a restricted area of Nepal. Tsum Valley also lies in a remote and rural region that lacks infrastructure and proper medical facilities. Moreover, it lies in a high-risk area for natural disasters. In an emergency, helicopter rescue is the only way to provide prompt medical assistance. However, the helicopter rescue operation is very expensive. Travel insurance helps provide financial safety during the trek.

The highest point of the trek is 4,200 meters. Therefore, travel insurance for Tsum Valley must cover the high altitude and the helicopter rescue operation. The insurance also covers trip postponement/cancellation and luggage damage/ loss. Likewise, the insurance must cover medical and emergency expenses, including altitude sickness. You must provide travel insurance to your trekking agency before the journey. The agency will use this insurance to call for rescue operations in emergencies.

The necessary permits for the Tsum Valley Trek are as follows:

Restricted Area Permit (RAP)

Tsum Valley is among the country's restricted areas. It is restricted for border security purposes because it lies close to the Tibetan border. Similarly, Tsum Valley has well-preserved, age-old cultural heritages untouched by modernization. The preservation of these ancient heritages is another reason for the region

being designated a restricted area by the government of Nepal. Hence, trekkers must obtain a restricted area permit for Tsum Valley Trek.

The Department of Immigration in Kathmandu and Pokhara issues the restricted area permit. Trekkers can only obtain it through a registered trekking agency. The permit costs are as follows:

- **Autumn season:** USD 40 per person for the first week and then USD 7 per additional day.
- **Spring, summer, and winter season:** USD 30 per person for the first week and then USD 7 per additional day.

Manaslu Conservation Area Project Permit (MCAP)

The trekking trails of Tsum Valley require access to the Manaslu Conservation Area. It is home to diverse and rare flora and fauna. The permit helps regulate tourism within the conservation area and minimizes the impact on the pristine environment. Similarly, the permit fees contribute to the development and protection of the Manaslu Conservation Area.

Trekkers can get the MCAP through a registered trekking agency in Kathmandu and Pokhara. The costs of MCAP are as follows:

- **SAARC residents:** NPR 1000 per person (USD 10 approx.)
- **Non-SAARC residents:** NPR 3000 per person (USD 30 approx.)

Where should I visit during the Tsum Valley Trek?

Mu Gompa

Mu Gompa is one of the most sacred monasteries in the Tsum Valley. Guru Drupa Rinpoche established it in 1936, and the gompa is part of the Nyingma tradition of Tibetan Buddhism. The monastery reflects traditional Buddhist architecture, with chortens adorning its surroundings. The main hall of the Gompa has many age-old Buddhist statues, thangka paintings, and ancient scriptures. Many monks live in the gompa and perform daily prayer and meditation. You get to visit this sacred site during the Tsum Valley Trek and take a spiritual retreat or practice meditation.

Tsum Valley

Tsum Valley is hidden deep in the Himalayas and lies close to Tibet. It is believed that Furu Rinpoche blessed the valley in the 8th century and established it as one of the 108 Beyuls (valleys for protecting religion and sheltering people during crises). Thus, the valley is known as the “Valley of Happiness.” The Tsum Valley is a spiritual hub where you can witness the ancient Tibetan culture and traditions. Many monasteries, gompas, chortens, mani walls, and colorful prayer flags are along its trails. Similarly, magnificent mountains surround the valley. You get to experience rich culture and deep spirituality in the Tsum Valley.

Rhododendron Forests

The Tsum Valley Trek takes you through dense and luscious rhododendron forests. Rhododendrons are Nepal’s national flower, and they adorn the trekking trails to the hidden Tsum Valley. During springtime,

the entire trail comes into life with blooming rhododendrons in different colors of red, pink, and white. It colors the whole landscape, making it perfect for photographers. These rhododendron forests are also home to diverse Himalayan flora and fauna. While trekking through the forest, you will get an opportunity to encounter them, including some rare species.

Rachen Monastery

Rachen Monastery, or Rachen Gompa, is another significant monastery in Tsum Valley. It was established by Guru Drupa Rinpoche in 1936. The monastery is part of Tibetan Buddhism’s Nyingma tradition. It is also a nunnery and a spiritual hub for Buddhist people worldwide. Rachen Gompa is built in Tibetan and Tsumba-style architecture. The monastery has intricate woodwork and stone structures. Similarly, the main hall has several statues of Buddhist deities, manuscripts, and intricate thangka paintings. During the Tsum Valley Trek, you can visit the Rachen Gompa and witness the daily rituals, chanting of sutras, and meditation sessions. Likewise, you can also watch the spiritual lives of the nuns. It is a great retreat for spiritual seekers.

Milarepa Cave

Another reason to take the Tsum Valley Trek is that you get to visit the sacred Buddhist pilgrimage site, the Milarepa Cave or Piren Phu Cave. Guru Chipchun Milarepa visited Tsum Valley in the 11th century and meditated in the Piren Phu Cave. He was on a journey to spread the teachings of Buddhism to the world. Hence, the cave is a huge spiritual center for Buddhist pilgrims worldwide. They believe the cave holds significant spiritual energy. Thus, many visit the cave to meditate and gain spiritual enlightenment. Meditating in the Milarepa Cave allows you to connect with Himalayan spirituality.

Elevation Throughout the Trek

During the Tsum Valley Trek, you will begin at an altitude of 1,400 meters in Kathmandu and reach a high altitude of 4,200 meters at Ganesh Himal Base Camp. As you can see, the elevation increases significantly during the trek.

Rapidly ascending to a higher elevation can expose trekkers to the risk of altitude sickness. Hence, it is essential to know about elevation gain while trekking so trekkers can plan their itinerary most effectively. It also helps trekkers adjust acclimatization days to minimize the risk. Look at the Himalayan 360’s Tsum Valley Trek itinerary to better understand the elevation gained during the trek.

Itinerary	Max Elevation
Drive from Kathmandu to Machha Khola	1,400 meters
Trek from Machha Khola to Jagat	1,410 meters
Trek from Jagat to Lokpa	2,240 meters
Trek from Lokpa to Chumling	2,386 meters
Trek from Chumling to Rachen Gompa	3,240 meters
Trek from Tachen Gompa to Nile and hike to Mu Gompa, then back to Nile	3,700 meters
Trek from Nile to Gumba Lungdang	3,360 meters
Hike to Ganesh Himal Base Camp	4,200 meters

Trek from Gumba Lungdang to Lokpa	3,200 meters
Trek from Lokpa to Jagat	2,240 meters
Trek from Jagat to Machha Khola	1,410 meters
Drive from Machha Khola to Kathmandu	1,400 meters

Buddhist Heritage Trail

Tsum Valley lies in the northern part of Gorkha in the Manaslu region. It is hidden within the Manaslu Conservation Area and is among the lesser-known trek destinations of Nepal. The trekking trails to Tsum Valley opened in 2008, and due to its close proximity to the Tibetan border, it is a restricted area. The valley is among the few places on earth with well-preserved ancient Tibetan Buddhist culture, civilization, and customs. Trek to Tsum Valley is a rare chance to participate in the Buddhist Heritage Trail deep into the Himalayas.

The Tsum Valley has an ancient relationship with Buddhism, which has had a massive influence on the region. It is also known as the “Valley of Peace,” and the locals who practice Tibetan Buddhism are committed to non-violence. The indigenous Tumbas people, who are of Tibetan origin, call the valley their home. They speak in a unique dialect, heavily influenced by Tibetan culture, called Tsumke and Tumba. Some locals in Tsum also practice the ancient Bon Po culture. The locals declared the region “Shayagya” or “non-violent area” in 1920. Hence, there is a ban on animal sacrifices here.

Tsum Valley is believed to be blessed by Guru Rinpoche (Padmasambhava). In the 8th century, he founded 108 Beyuls (a secret valley that protects religion and people in crisis) in the Himalayas. Five of the Beyuls were established in the Himalayas of Nepal by Padmasambhava; one was in Tsum Valley. Hence, the valley is considered sacred for Buddhism. Moreover, Guru Chipchun Milarepa meditated in the Piren Phu Cave in the valley in the 11th century. Travelers can still see his footprints on the cave’s stone, and Buddhist pilgrims from across the world visit Tsum Valley to visit the sacred site.

There are 23 monasteries in this beautiful, hidden valley. The Rachen Gompa and Mu Gompa are massively significant to Buddhist devotees. These monasteries were established by Guru Drupa Rinpoche in 1936. Due to the isolated nature of the valley, it remains far from modernization. Hence, you can still witness the remnants of ancient times and the deep-rooted connection to Buddhism. Tsum Valley embodies deep religion, rich culture, and spirituality. Hence, it is a true Buddhist Heritage Trail of the Himalayas.

Difficulty Level of Tsum Valley Trek

The Tsum Valley Trek is a moderate journey that requires good health and fitness. It takes you to a remote, rural part of Nepal without proper infrastructure. You must hike on rough and rugged terrains, which requires good balance. The average hiking hours is 5 to 6 hours per day. Similarly, you will have to climb steep uphill and downhill trails, which are physically demanding and mentally strenuous.

During the Tsum Valley Trek, you will ascend to an altitude of 4,200 meters at Ganesh Himal Base Camp. The high elevation exposes trekkers to the risk of altitude sickness, which can be fatal. Its mild symptoms can quickly turn into severe without proper precautions. Thus, you must not neglect the symptoms. As the region lacks proper medical facilities, helicopter rescue is the only way to provide prompt assistance.

The higher you go, the more unpredictable the weather becomes, and the temperature drops. Sudden changes can bring unforeseen challenges, further heightening the difficulty of the Tsum Valley Trek.

Trekkers must prepare for physical as well as mental challenges during the journey. Although the trek requires no prior experience, it can be especially difficult for beginners. The challenging trails can also test the stamina and endurance of seasoned trekkers. Hence, adequate preparation is necessary to overcome the Tsum Valley's demanding trails. However, if you still feel this is not challenging enough you can also try [Manaslu Tsum Valley Trek](#).

How can I prepare for the Tsum Valley Trek?

Physical Preparation

The trails of Tsum Valley are moderate, but they require a good fitness level. Trekkers must climb steeply uphill and downhill trails on rocky and rugged terrains. Moreover, the high altitude makes the climb more challenging. Therefore, proper physical preparation helps to build strength, stamina, and endurance for the journey. It is the key to overcoming the physically demanding trails, which makes the trek more enjoyable.

The best way to build your physical strength for the trek is to undertake cardiovascular exercise and training 2 to 3 months before the journey. Exercises like jogging, running, hiking, swimming, and cycling are especially beneficial. You can also do strength-building exercises like squats, stair climbing, lunges, push-ups, and pull-ups. Yoga is also helpful for trekkers as it helps with breathing exercises and strengthens the lungs.

Begin with simple exercises initially and gradually increase the intensity. Trekkers must also pay attention to their diets. They must eat a nutritious and balanced diet rich in carbohydrates and proteins. Similarly, they must keep their bodies hydrated and practice drinking water regularly. If you have heart, lung, or blood disease, we highly discourage you from taking the Tsum Valley Trek.

Mental Preparation

In addition to physical preparation, mental preparation is also crucial for the Tsum Valley Trek. Take your time researching the trek, its challenges, and weather conditions. You must understand the difficulties and set realistic expectations for the journey. The remote location, lack of modern infrastructure, challenging terrains, and uncertainty will test your mental resilience. They can strain trekkers mentally, but do not let them demotivate you.

You need to build strong mental resilience to overcome the challenges and uncertainties during the Tsum Valley Trek. Likewise, you must also have a positive mindset. Focusing on the rewarding experience and achievement is a good way to motivate you during the journey. You also need to practice patience and stress management. Meditation and yoga are great for building the mental toughness necessary for the Tsum Valley Trek.

What to Expect in Tea House?

Tea houses are standard accommodations along Nepal's trekking routes. They are small and basic but cozy, and they are a great way to experience the hospitality of the locals. During the Tsum Valley Trek, you will stay at these tiny tea houses and closely experience the local culture and lifestyle.

The tea houses are not only an accommodation for rest but also a place for socialization. You will meet many new people from different walks of life heading to similar trails. You can share your experiences and forge new friendships while sipping tea at the teahouses. Nepalese people are well-known for their friendliness and warm gesture. The locals who run these teahouses will treat you with warmth and kindness.

Most teahouses have shared rooms or dormitories. The toilets and bathrooms are mostly shared, with squat-style or Western-style toilet seats. It is very rare to find single rooms with attached bathrooms. So, expect to stay in shared rooms during the Tsum Valley Trek. These rooms are usually small and have limited furniture. The accommodation provides you with beds, blankets, and pillows. In peak seasons, these teahouses are packed with trekkers. So, expect to share the rooms with fellow trekkers.

There are massive stoves in the communal dining halls of teahouses for heating purposes. However, the rooms lack proper heating facilities, so it is best to carry a sleeping bag. In higher-altitude regions, tea houses may not have electricity. They use solar power for lights and charging of electronic devices. Hot water is also scarce. Hence, you must pay extra fees to charge for your electronics and hot showers. Similarly, WiFi/ internet facilities are limited. Even if the service is available, it is poor and unsuitable for heavy data-intensive work. You must pay an additional charge for the internet services.

Meals Available During the Tsum Valley Trek

While on the Tsum Valley Trek, you will mostly eat Nepalese cuisine. You will find various meal options that are healthy and nutritious. These meal options are mostly local or staple Nepalese cuisines, but you can also find Western and other international cuisines on the menu. Almost all the ingredients are sourced locally. Take a look at popular meals that you will see during the trek:

Breakfast

Eggs, Tsampa porridge, cornflakes, oatmeal, bread (Tibetan/ chapati), toast, pancakes, butter, jam, cheese, honey, fruits, tea (black/ milk/ green), and coffee.

Lunch

Dal Bhat, bread (Tibetan/ chapati), curries, soup, salad, Sherpa stew, Thenduk, momo (dumplings), thukpa, chowmein, sandwiches, pasta, spaghetti, noodles, steak, fries, deserts (pies, rice pudding), drinks (teas, coffees, hot chocolates, juice, and soft drinks), etc.

Dinner

Dal Bhat, bread (Tibetan/ chapati), curries, soup, salad, Sherpa stew, Thenduk, momo (dumplings), thukpa, chowmein, sandwiches, pasta, spaghetti, noodles, steak, fries, deserts (pies, rice pudding), drinks (teas, coffees, hot chocolates, juice, and soft drinks), etc.

Note: The package only includes standard meals and drinks. If you have any dietary restrictions, you must inform us in advance.

Food Tips For Tsum Valley

Nutritious and healthy food energizes trekkers during the Tsum Valley Trek. The options are limited, but high-carb and protein-rich meals are best for keeping your energy level up. However, you must be careful about what you are eating. So, here are a few food tips that you can follow during the trek:

- Avoid meat and dairy products during the journey, as they might not be fresh.
- Avoid eating oily and spicy foods as they may upset your stomach.
- It is also best to avoid raw foods like salads or uncooked vegetables.
- Avoid excessive intake of caffeine, alcohol, and hot chocolate drinks. It may increase the risks of altitude sickness.
- In higher altitude areas, digestion gets slowed. So, eat small but frequent meals.
- Carry lightweight snacks, mixed nuts, and energy bars.
- Keep yourself hydrated.
- Do not be afraid to try local cuisine!

How can we communicate on the Trek?

WiFi/ internet services are available during the Tsum Valley Trekking. The accommodations along the route provide these services for additional charges, usually around USD 2. Although the internet service is poor and limited, you can use it to communicate with your family and friends back home. Another way to communicate during the trek is to use the local SIM card. There are various telecom operators like Nepal Telecom (NTC), NCELL, etc. NTC offers the best connectivity while traveling in rural regions. Note that the phone signals may be poor at some parts of higher elevations.

Can we do a solo trek to Tsum Valley?

You cannot do a solo trek to Tsum Valley because of its restricted nature. The Tsum Valley lies close to the Tibetan border, and for security purposes, it has been declared a restricted zone. Hence, a government-certified guide must accompany the trekkers.

Trekkers must also acquire a restricted area permit (RAP) for the Tsum Valley Trek, issued by the Department of Immigration in Kathmandu or Pokhara. The department does not issue the RAP permit for solo trekkers; one must obtain it through a registered trekking agency. Moreover, the Government of Nepal and the Nepal Tourism Board (NTB) have made it compulsory to hire a licensed guide for trekking in Nepal. Thus, solo trekking is no longer possible in Nepal.

Are Porters necessary for the Tsum Valley Trek?

Porters are not mandatory, but they provide huge logistic support during the trek. Tsum Valley is a moderate journey requiring you to ascend steeply and descend on varied terrains. It is physically demanding for trekkers to hike on these trails for 5 to 6 hours daily. Trekking with a heavy backpack is physically draining even more. Furthermore, it can put trekkers' livers in danger. They may suffer from over-exertion and increase the risk of altitude sickness. Similarly, with a heavy burden on the back, trekkers may lose footing on rough trails and get injured.

Hiring a porter is an excellent solution to relieve your physical burden. They carry your baggage and leave you free to enjoy the journey. The weight limit for a porter is 18 to 20 kg, and a single porter usually carries the luggage of two trekkers. Hence, they carry around 10 kg of luggage for a single trekker. Porters are local to the trekking region, so they are skilled at navigating the trails and have local

expertise. Many porters can also communicate in English, so they can provide you with knowledge of the region's history and culture.

The cost of hiring a porter ranges from USD 25 to USD 30 per day. This does not include tips. You can tip your porter as a gesture of appreciation for their services. Your small tip can help them support their livelihoods. Himalayan 360's Tsum Valley Trek package does not include porter services, but you can add them while booking. Hiring a porter helps to provide them with employment opportunities and contributes to the local economy.

Packing List for Tsum Valley

Clothing & Footwear

- Insulating layers (top and bottom)
- Windproof/ waterproof jacket
- Fleece jacket/ sweater
- Down jacket
- Long and short-sleeved trekking shirts and t-shirts
- Lightweight trekking pants
- Warm trousers
- Sun hat, beanie, gloves, and scarves
- Comfortable and sturdy hiking shoes
- Moisture-wicking trekking socks
- Warm socks
- Gaiter

Equipment

- Backpack (40 to 50 liters)
- Rucksack
- Adjustable trekking pole
- Sleeping bag
- Headlamp/ flashlight with extra batteries
- Water bottle
- Raincoat and raincover
- Adapter and charger
- Power bank

Miscellaneous

- Toiletries
- First aid kit and personal medication
- Water purification tablets
- Smartphone, camera, binoculars
- Maps or GPS
- Snacks or energy bars

- Diary or journal

Address

Address:

Galkopakha Marg - Kathmandu - Nepal