

- Local people and culture, lifestyles similar to Tibetans.
- The trek was permitted only after 2008.
- Enjoy snow capped mountain views of Buddha Himal. Ganesh Himal, Himal Chuli and Sringi Himal

Tsum valley is a sacred Himalayan pilgrimage valley. It is located the midwestern part trans-Himalayan region of Gorkha, known as the Beyul Kyimolung. Tsum” word comes from Tibetan “Tsombo” which means vivid. The trek was permitted only after 2008. It lies in the restricted area of the Tsum valley, requires a special trekking permit. This is the holy hidden valley of happiness, first described by Guru Rimpoche (Padmasambhava) in the eighth century. Milarepa meditated in the caves of Piren Phu and there are centuries old nunneries.

Tsum Valley trekking is extremely rich in culture. This is surrounded by the Buddha Himal and Himal Chuli to the west, Ganesh Himal to the south, and Sringi Himal to the North. The Tibetan Buddhist culture is still very common in this area and the scenery is just stunning, with beautiful forests and countryside. Glacier Adventure Company carefully designs itinerary for Tsum valley trekking special way to acclimatize safely. We have decades of experience team. This trek remote area and less crowded than other trekking in Nepal.

## Trip Facts

**Price:**

USD 1350

**Duration:**

18 days

**Activities:**

Hiking & Trekking, Tours & Sightseeing

**Accommodation:**

Lodge and tent

**Meals:**

Breakfast in Kathmandu/All the meals during trekking

**Max. altitude:**

3710m

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November & December.

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane

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Company Pvt. Ltd.

## Day to Day Itinerary

### Day 1: Arrive in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Soti Khola (725m)

**Walking hr:** 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Arughat through the beautiful Nepalese countryside to reach the Arughat then continue Soti Khola transfer to the hotel rest of the time explore the around Soti Khola.

### Day 4: Soti Khola to Machha Khola (910m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, trekkers will encounter with the magnificent mountain ranges and unspoiled culture. After breakfast starts walking. The trail is going up and down, but very nice with green forests an eye-pleasing view, unique landscapes, rich flora and fauna and virtually Blue River. Trekkers cross Armala, Lapubesi, Nauli Khola, Khanibesi and finally reach in Machha Khola. Lapubesi and Khanibesi is beautiful and famous Gurung village.

### Day 5: Machha Khola to Jagat (1355m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, the adventure walk on the rugged terrain, views of outstanding mountains and cultural traveling around during the trail makes it a perfect. After breakfast starts walking. The trail is going up and down. Trekkers passing through Gurung villages Khorlabesi, Tatopani, Dobhan and Yuru Khola along Budigandaki valley, finally reach in Jagat.

### Day 6: Jagat to Chisopani (1665m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. First register permits in the checkpoint. The trail passes through riverbank cross several bridges and goes up and down to Shridibas then catch the right path to Budi Gandaki. The trail ascends to Philim. There is a good school building made by Japanese people, then continue to walk to Chisopani.

### Day 7: Chisopani to Chumling (2385m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down with gorge, waterfalls, pine and rhododendron

forest. Trekkers cross beautiful mountains Buddha Himal and Hialchuli and cross Lokpa and Gum Lung cross a few bridges on the streams and finally reach in Chumling.

### Day 8:Chumling to Chhokangparo (3015m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down. Trekkers passing through Rainjam and Gho village to enjoy the beautiful views of Ganesh Himal and Himalchuli mountains; finally reach in beautiful village Chhokangparo.

### Day 9:Chhokangparo to Nile (3365m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down. Already you are in a high altitude area. Follow AMS rules, walk slow pace and make the hike easier to adjust the thin air. Today trekkers have the opportunity to visit the famous monasteries and the historic Stupa Buddha.

### Day 10:Nile to Mu Gompa (3710 m)

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, almost closes the Tibetan border. After breakfast starts walking. The trail follows the west bank of the valley and finally reach in the Mu Gompa that can visit the Dhephu Doma Gompa.

### Day 11:Exploration day!

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a free day. Trekkers can rest or explore the Mu Gompa area with beautiful mountain views. This is remote, highest place and the most amazing part of the tsum valley trekking. Mu Gompa is largest in this Tsum valley area.

### Day 12:Mu Gompa to Burgi Village (3245m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down. Trekkers cross Chule, Phurbe and finally reach Burgi village after that trekkers can visit Milarepa cave. It's famous for a mesmerizing glimpse of the Poshyop Glacier. Mount Kipu Himal and Mount Churke Himal.

### Day 13:Burgi village -Chumling (2386m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ups and down. Trekkers cross the Chhokang Paro, Gho, and Sarpu stream. This river starts from Syakpa glacier and finally reach in Chumling along the lower Tsum Valley.

### Day 14:Chumling to Philim (1570m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down. The trail passes Lokpa. Enjoy the gorgeous Samba falls and finally reach in Philim. The trail continues to Ganesh Himal base camp. Where trekker can find other trekkers who heading up to the Summit.

### Day 15: Philim to Khorlabesi (970m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down and crosses the beautiful village of Jagat, Dobhan Tatopani and finally reach in Khorlabesi along the Budi Gandaki river. The Khorlabesi is the beautiful village.

### Day 16: Khorlabesi to Soti Khola (725m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail goes up and down with waterfalls and teak forest along Budi Gandaki river, cross Machha Khola, Lapubesi, Khursanibari and finally reach in Soti Khola, prepare for tomorrow.

### Day 17: Soti Khola to Kathmandu (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Soti Khola to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

### Day 18: Departure Day

**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast, lunch & Farewell dinner

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Tsum valley trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

## Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included. (3 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and Entrance fees
- Government licensed experienced English speaking Guide. Two people one porter. 4 people 1 sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.

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- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- All necessary paper works and permits
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.
- Official expense.

## Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mention on Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled

## IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Tsum valley Trekking located the remote area in the Manaslu region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

## Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Tsum Valley Trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

## Acclimatization

Glacier Adventure's Tsum valley Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe Tsum Valley Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is

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important to remember that some people are more susceptible than others.

## Physical Condition & Experience Requirements

Normally, Tsum valley Trekking is a remote mountain in Manaslu region in Upper Gorkha. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

## Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

## Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Tsum Valley Trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

## Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains of the Manaslu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

## Accommodations

All accommodations for Tsum Valley Trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is

possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

