

## 1. Trip Overview

### Tsum Valley Trek Trip Notes:

- The trail passes through the route from Arughat - Jagat - Chumling - Mu Gumpa - Ganesh Himal Base Camp - Philim - Tatopani and back Arughat.
- Minimum of 2 travelers is recommended during the trek.
- The trek lasts for around 19 days in total.
- Strenuous difficulty level is graded as the difficulty grade.
- Around 4-7 hours of walk is averaged on a day.
- Accommodations in tea houses, home stays and lodges are provided during the trek.
- The best season to travel is from March to May and September to November.

### More Attractions About Tsum Valley Trek :

- Spectacular panoramic view of Mt. Manaslu, Mt. Himchuli, Mt. Ganesh.
- Amazing view of Budhi Gandaki River Valley.
- Tsum Valley Trek is Delightful And unique Adventurous Trekking route of manasalu Region of Nepal.
- Tsum VALley Trekking routes is Famous for Buddhist Monastries along with their Culture.
- Tsum means Tsombo in Tibetan Word.
- Diversified unspoiled ecosystem at its best condition along with sacred caves and monasteries.
- Trail passes through the tropical green hills covered with pine and oak forests and other flora and faunas.
- Unique culture and traditions of Tibetan and Nepalese people.
- Exploration of Nuri people influenced by the Tibteatan cultures.

**Tsum Valley Trek** offers the lovely opportunity to discover the secret Tibetan Buddhist land lying at the edge of one of the most beautiful Himalayan valley. Tsum Valley is located at Sringi Himal and Buddha Himalayan range and the trek through this route reaches at majestic Himalayas. The Trek provides the opportunity to discover the lovely vistas and local charming Himalayan peaks and traditional culture as the people of Tsum Valley are Tibet origins following their own culture, tradition and life style. Even though the trek starts from Kathmandu, the real trekking starts on foot only after we reach to Arughat. Travelers will be walking on good paths as the trek ascends the Budi Gandaki valley through the mix dense forest, terraced agricultural fields and hill villages with warm hospitability during the trekking. More attractions on the route will be the alpine forests, glacial rivers and the enjoyment with the warm hospitability of local ethnic people from different ethnicity.

**Tsum Valley Trek** is one of the World's remotest Himalayan Pilgrimage and Untouched Valley. Tibetan culture influenced Tsum valley and Nuri are the beautifully landscaped places with warm hospitability provided by friendly locality drives away the tiredness while travelers reach the destination. The trail also keeps the adventurers engaged in

watching the amazing diverse scenarios around the valley and attracts the eye with lovely vistas and spectacular mountain peaks. Tsum Valley Trek is Much Undeveloped route but with its unique culture and their local peoples offers us friendly Welcome in their local way. peoples in Tsum valley are dependent on traditional subsistence agriculture system and trading with Tibet.

Tsum Valley stands for "The Valley Of Vivid" which occupies 1662sq km. Trek to Tsum Valley is heart satisfying as it has long history of Buddhist saint Milarepa who has meditated in this sacred valley surrounded by giant rocks and mountains. This area is non violence and people are peace loving which gives important message of peace to the World. As only limited trekkers had plan this trek so trekkers need some trekking experience and idea of Attitude. During this 19 days Tsum Valley trek our team offers you the unforgettable lifetime memory where the travellers can memorize the Gurkha Kingdom and the majestic valley of Tsum.

## 2. Trip Includes

- Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 star Standard Accommodation in Kathmandu); Breakfast included. (If you need a single room, it can be arranged at an additional cost).
- All Standard meals while on trek (Breakfasts, lunches and Dinners).
- Luxurious Guesthouse Accommodation during the trek.
- Full day guided sightseeing of Kathmandu with well English Speaking Tour Guide.
- Public Vehicle From Kathmandu to Arughat And Back to Kathmandu.
- English speaking Trek leader/Guide.
- Porters to carry your bags (1 porter for 2 guests).
- Free Mount Glory Adventure Tshirt.
- Food, Accommodation, salary, insurance and equipment's for all staff.
- Manasalu Conservation Park permits and TIMS permit for trekking.
- All government, hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

## 3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa (visa is obtained in Nepal Airport immigration on arrival. USD 25 per visa for 15 days, USD 40 per visa for 30 days and USD 100 per visa for 90 days. All the visas are multiple entry visas. please carry 02 passport sized photograph for the visa.

- Lunch and Dinner in Kathmandu.
- All items of personal expenses.
- Tipping for guide, porters and drivers (Tipping is expected).
- Any other expenses which are not mentioned on 'Price Includes' section.

**Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.**

## 4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Welcome And Namaste, Representative of Mount Glory will be receiving you at TIA (Tribhuvan International Airport). He will be displaying sign board of Mount Glory outside the TIA terminal. Then, he/she will be transferring you to the respective hotel in private tourist vehicle. On the way to hotel he will be explaining you about the various services provided by Mount Glory Team. Then after reaching the respective hotel you will be freshening up and taking some rest. In the same day we will be meeting in Mount Glory office discussing about the trip. At the same time we will be sharing our experiences about various mountains, landscapes, and beautiful scenery across the Himalayas for the another day tour. Then we will meet you with our experienced guide who will take you to the beautiful mountains.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

The Kathmandu valley alone holds the four heritage sites that are listed under the UNESCO World Heritage Site list. Our tour guide will start the valley tour late in the morning with private tourist vehicle. You will be noticed about the various beautiful panorama that are in the valleys, which includes the temple of Holy Pashupatinath, Swyambhunath, Kathmandu Durbar Square and Boudhanath. All of these sites have been referred by the tourist visiting the valley. These famous world heritage sites are famous among the tourist visiting the Kathmandu valley. Our Pashupatinath is the sacred religious temple of Hindu. Similarly, the Monkey temple of Swyambhunath is famous among Buddhist Pilgrimage, where you will be seeing the holy monks representing almost 90 Percent Tibetan Culture. The Durbar square of Kathmandu holds the historic importance of Nepalese Monarchy. The rulers of ancient Nepal use to run the kingdom from the same Durbar (palace). Also, the Boudhanath is the largest Buddhist stupa in the world. These historic monuments are representative of country's cultural and religious tenor. After the tour we will return back to hotel and stay overnight at the same hotel.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast Included

Day 3: Drive from kathmandu (1,400M/4,593FT) to Arughat(535m/1755ft).

Our first day trekking is drive to Arughat Bazar from Prithivi Highway. We will have lunch on the way and have breath-taking views of Trishuli river and high hill. We pass historical Gorkha Palace and after 4 hours we reach Arughat Bazar at the bank of Budi Gandaki River. We will stay overnight at Arughat.

Trip Hours: 6-7 Hours Drive

Accommodation: Standard Trekking Lodge

Max Altitude: 1,400m/4,593ft

Meals: Breakfast,Lunch And Dinner Included

Day 4: Arughat (535m/1755ft) to Soti Khola (700m/2296ft).

Today after breakfast we walk for 5 hours to reach Soti Khola. On the way we can see many breath taking views of mountain and beautiful Budi Gandaki River. We pass Mangaltar through forest to reach Shanti Bazar. Then, the trek forwards to Arkhet Khola to reach Arkhet Bazar. The trail descends to beautiful Soti Khola Bazar where we stay overnight.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 700m/2296ft

Meals: Breakfast,Lunch And Dinner Included

Day 5: Soti Khola (700m/2296ft) to Maccha Khola (870m/2854ft).

After breakfast we will be heading towards Machhekhola for 6- 7 hour walk, on the way we will be crossing suspension bridge of soti khola 710m. We see water falls, rocky cliff and rapid Budigandaki River on the way. We will reach Khursane through Sal forest. We will be climbing rocky cliff, from Lapu Bensi where the valley open up. Walking

through sandy river bed and climbing overstone ridges we reach the valley of Machhe Khola village where we will stay overnight at tea house.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 870m/2854ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Maccha Khola (870m/2854ft) to Jagat (2340m/7677ft).

Today we will be heading towards Jagat from Machhe Khola,We will walk through a narrow trail to reach Tharu khola and finally to Khorla Bensi where beautiful Ganesh Himal is seen.After few hour walk we reach popular hot spring called Tatopani where we will spend some time enjoying natural hot spring and remove all our tiredness and stress of trek.We climb another ridge and cross Budi Gandaki through suspension bridge.To reach Dovan we climb staircase and cross a landslide.After passing Dovan we climb Stone staircase to reach Thado Bharyang.Then,we cross Budi Gandaki west bank to reach Jagat where we will spend overnight.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2340m/7677ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Jagat (2340m/7677ft) to Chisopani (1660m/5446ft).

After breakfast at Jagat we ascend to rocky ridge to Salleri and they descend to Sirdibas.The valley widens different natural beauties upto Ghatta Khola.Today we climb upto Philim to reach Gurung Village.Also our trail further leads to Philim valley where we can see Japanese made school and police station.Then,we pass forest and narrow valley to reach beautiful Chisopani where we stay overnight.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 1660m/5446ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Chisopani (1660m/5446ft) to Chumling (2,386m/7828ft).

After breakfast we head towards Ekkle Bhatti where we can see amazing village and beautiful landscape.After half an

hour walk we enter Gorge and beautiful waterfall, pinetree forest. Further, our trail descends down to Ksum Valley where we can see amazing views of Himculi, Boudhha Himal, and Lokpa which is small and beautiful village. After Lokpa we descend toward Lungwa Khola and climb difficult trail to reach Gumlung. On the way we can see many Rhododendron and pine forest. Crossing the Siyar Khola we arrive at Chumling and stone street of Chumling Gompa is Breath Taking. We spend overnight at Chumling.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2386m/7828ft

Meals: Breakfast, Lunch And Dinner Included

Day 9: Chumling (2,386m/7828ft) to Chokhangparo (3,010m/9875ft).

Today we head towards Chokhangparo from where we can see many high hill and mountains. Our journey start after breakfast at Chumling then forward to Gho Village by passing Sherpu Khola where we will be crossing many bridges. After few hour walk we reach Tsum and finally to Chokhangparo where we spend overnight.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3010m/9875ft

Meals: Breakfast, Lunch And Dinner Included

Day 10: Chokhangparo (3,010m/9875ft) to Nile (3,361m/11026ft).

We climbed to higher altitude today to reach beautiful village of Chhule. One might have altitude problem as the height is gradually increasing. On the way we cross Nureri Gompa and Shiar Khola and continuous to Lar, Phurbe and Pangdun. We will observed historic stupa of buddha and we cross village of Chhule to reach Nile. where we stay overnight at Nile.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3361m/11026ft

Meals: Breakfast, Lunch And Dinner Included

Day 11: Nile (3,361m/11026ft) to Mu Gompa (3,700m/12139ft).

Today we will forward towards west bank of valley through tibetian landscape. We climb upto Mu Gompa to visit

Monastery and Dhephu Doma Gompa.Overnight stay at Mu Gompa.

Trip Hours: 3-4 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3700m/12139ft

Meals: Breakfast,Lunch And Dinner Included

Day 12: Sightseeing at Mu Gompa (3,700m/12139ft).

Today we have time for sightseeing at Mu Gompa Region which is largest monastery.The Gompa lies at the highest and most remote part of Tsum Valley.After visit to Mu Gompa we will have oppertunity to get the base of Pika Himal(4865m).Overnight stay at Mu Gompa.

Trip Hours:

Accommodation: Standard Trekking Lodge.

Max Altitude: 3700m/12139ft

Meals: Breakfast,Lunch And Dinner Included

Day 13: Mu Gompa (3,700m/12139ft) to Burgi Village (3,245m/10646ft) via Milarepa cave.

Today we will head towards Chhule and Phurbe on the bank of Shiar Khola.We pass Burgi Village which is small and beautiful.Then,we climb upto Milarepa's Cave known as mesmerizing glimpses of Poshyop Glacier also Churke Himal and Kipu Himal seeing through Burgi village are Breath Taking.We will stay overnight at Burgi village.

Trip Hours: 5 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3245m/10646ft

Meals: Breakfast,Lunch And Dinner Included

Day 14: Burgi village (3245m/10646ft) To Chumling (2,386m/7828ft).

After breakfast at Burgi village we forward to reach Chumling village.On the way we can see greenery of nature and many beautiful peaks.We reach Gho and further descend to Sarpu Khola.Trekking along the lower Tsum Valley takes us to Chumling where we will stay overnight.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3245m/10646ft

Meals: Breakfast,Lunch And Dinner Included

Day 15: Chumling (2,386m/7828ft) to Philim (1,570m/5150ft).

After breakfast we move ahead to Lokpa along the south of Samba Falls.After 6-7 hours walk we reach Philim village that leads to Ganesh Himal Base Camp.Overnight stay at Philim.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2386m/7828ft

Meals: Breakfast,Lunch And Dinner Included

Day 16: Philim (1,570m/5150ft) to Khorlabesi(970m/3182ft).

Trek start from Philim after breakfast to reach Khorlabensi today.We pass Jagat and Tatopani again we descend down to Sirdibash to reach Jagat.Further,the trail descend to Yaruphant where we can fill sub tropical climate.We continue our trek to reach Dovan and after few hour walk we reach Tatopani where we can have hot spring bath.If interested you can relax for an hour or more on hot water spring.Then,the trek continuous to reach Khorlabensi where we take rest for a day.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 1570m/5150ft

Meals: Breakfast,Lunch And Dinner Included

Day 17: Khorlabesi (970m/3182ft) to Soti Khola (700m/2296ft).

Today we head towards Tharo Khola flowing in a rocky ravine and again to the river edge to reach Machha Khola Village.We walk along the Budi gandaki River bank to reach Gurung Village at Lapubesi where we pass waterfalls and steep rocky trail on the side of cliff to reach Khursane.We walk along Budi Gandaki to cross sal forest finally,we descend to Soti Khola where we spend overnight.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 970m/3182ft

Meals: Breakfast,Lunch And Dinner Included

Day 18: Soti Khola (700m/2296ft) to Arughat to Kathmandu.

Today is a last day of our trek so we take jeep to arughat,on the way we pass Arkhet Bazar on the bank of Budi Gandaki River.We continue our drive to reach beautiful and historic Gorkha Bazar.On the way we can have amazing view of high green hills and white mountain.The trail further leads us through the bank of Trishuli River to reach Kathmandu Valley.Where Mount Glory offers you certificate of trek completion and Token of love. We will have Farewell Dinner for Successful Trekking.Overnight stay at Thamel.

Trip Hours: 7-8 Hours Drive

Accommodation: 3 Star Standard Hotel

Max Altitude:

Meals: Breakfast,Lunch And Farewell Dinner Included

Day 19: Final Departure.

Our Mount Glory representative will transport you to TIA around 3 hours before your scheduled flight from where you will Depart.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

## **5. Trip Useful Info**

### **Tsum Valley Trek After 2015 Earthquake**

Gorkha Earthquake of 7.8 Magnitude that has brought undeniably transformation on the regular trekking trails with abundant landslide,the safety of trails and settlement are on daunted.Trekkers are still doing Manasalu Trek as there have been rumors about Tsum Valley.Coming to an end after earthquake but its all fictitious.Risk assessment has been done and its fully functional.so,there is no any obligation for Tsum Valley Trek.

### **Accommodations**

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan.If the trekker is willing to have single room an additional charge of USD 50 per night is added.During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available.Trekkers have to shared the bathrooms and toilets in Tsum Valley Trek.You will be provided with teahouses,and luxury lounge that depends upon your demand.

### **Meals**

We will provide you with standard breakfast on the same Hotel in Kathmandu.During the trek our guide will choose hotel for hygienic lunch according to your request.Breakfast and evening meal are served on the hotel where you will stay overnight.our meal include typical nepalese food,continental food,and sherpa's menu on the trek.Meal will be provided on your request from respective menu from the hotel.

### **Physical Conditions**

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on easy trekking routes.Mount Glory itinerary is designed for proper acclimatization for each day.Trekkers with poor physical condition,who are having lungs related diseases are requested to take medical supervision before the trekking.

### **Drinking Water**

Water in the high mountain region maynot be familiar with trekkers.so,you can buy hot water or mineral water in affordable cost and Trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic.But normal drinking water is available easily during the trek.

### **Routes Maps**

Routes maps will be provided to you by Mount Glory Team.This include the minor itinerary of whole trekking with darkened routes.The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

### **Trekking Group Size**

Mount Glory is organizing its trekking with minimum of 2 trekkers who are provided with our guide and porter.If your group consist of more than 20 members we will split the group and manage our guide and porter accordingly.6 travellers are provided with a experienced guide and a porter per 2 travellers to carry your belongings.

### **Transportation**

Travellers are provided with tourist private vehicle while they are on Kathmandu. There will be Public Bus to Arughat. If you need Private vehicles we can manage for you. The minimum of 300 Dollar for Tourist vehicle and flight ticket both way.

### **Luggage And Bags**

Travellers can bring maximum 2 bags which include your day to day belongings like camera, clothes, sun screen glasses, etc. The bag which contain less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weigh more than 15 kg.

### **Guide And Porters**

Mount Glory will provide you experienced Trekking guide who will guide you through the trek. You are provided with porter who carry 25 kg maximum weight of 2 trekkers. Our guides are licensed from Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

### **Travel Insurance**

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical case also injuries and food related health problem. We can only provide air ambulance service, Helicopters, and other rescue operation if travellers already have international travel insurance. We are responsible for accidental problem of Mount Glory staff.

### **Weather Condition In Tsum Valley Trek**

During Manasalu Circuit Trek you will have to face different weather condition. Our experienced guide are aware about possible weather changes as they have done this trekking many times. If the weather is incase not favourable for trekking our guide will decide weather to continue the trek or return through same path. But weather condition in this circuit is not changeable so far.

### **Communication System During Trek**

Some places in the mountain have internet while some place don't. But our team can manage you internet facilities on your request for that you have to pay the internet bill. As, we trek high up in the mountain the signal receiver of communication office may not work at some places. So, you need to have some patience to get proper communication facilities.

### **Tips For Guide And Porter**

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you

like.

### **Best Time To Travel**

March to May and september to November are the best month for trekking around the himalayas.Trekkers can also make their trekking plan on winter month as our professional team can decide the perfect time in cold month as well.

### **Personal Expenses On Trek**

Your personal expenses on the trek depends upon your expenses.You should have expenses for extra food and drinks besides Lunch ,Breakfast and Dinner which our company can afford.Also,expenses for shopping gears,alcoholic drinks and intertainment expenses depends upon you.It may be about minimum of USD 500 or according to you.Your credit card arenot accepted in the mountain so you need to have require cash in kathmandu.

### **Itinerary and Changes**

We have 19 days trek for Tsum Valley Trek.We can minimize or maximize your trek according to your wish and request before starting the trek.In case of certain problem like attitude,tiredness,our guide can re arrange the scheduled on your request.If trekkers some group have some problem then he/she stop on the way with our experienced porter or assistant guide while other will continue their trek.

## **6. Contact Us**

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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