PO Box No.: 2721
Samakhusi-29, Kathmandu, Nepal
Contact No.: +977-9851133894
Email: jag@himalayancompanion.com
www.himalayancompanion.com

Tsum Valley Trek - 20 Days

Tsum Vlley Treks takes you in the Northern flank of Gorkha district. "Tsum Valley" is one of the Hidden Himalayan valley of Nepal. On the foothill of Shringi Himal, Langju Himala and Ganesh Himal, this valley is an ideal place to trek for Himalayan lover who is seeking to trek with avoiding high altitude above 4000m.

Tsum Valley is a most sacred and magical beyul and the only 'non-violence' zone of Nepal. People living in this valley are followers of Tibetan Buddhism, and primarily of Tibetan origin, killing and slaughtering of animals is strictly prohibited in the valley. Hence, wildlife such as Himalayan Thar and Blue Sheep roare around villages. Tsum Valley is divided into two sections which are Lower Tsum Valley and Upper Tsum Valley. Lower Tsum Valley starts from Lokpa to Chumling and Upper Tsum Valley starts from Chhekampar to Nile and Chule. Tsum Valley is a most remote area of the Gorkha district. The Tsum Valley was restricted to foreigners until 2008. Tsum Valley is home to 18 small villages and people living in Tsum valley an ethnic group known as 'Tsumbas'. Tsum Valley is surrounded by soaring Himalayan peaks, including the Baudha Himal and Himal Chuli to the west, Ganesh Himal to the South, and Sringi Himal to the north. The northern terminus of the valley is bounded by three high passes to Tibet, including Ngula Dhoj Hyang (5093 m.) to the east and Thapla Pass (5326 m.) to the west. All travel in Tsum Valley is done on foot along time-worn trails that stretch through lush forests, the long carved Mani walls, Chorten, Kanis, and beautiful villages.

Tsum Valley trek starts from Machha Khola a small town of Gokrha district, to the north of Arughat is about 130km from Kathmandu. There is no airport in Tsum Valley and even no motorable roads up to now. Hence, getting into Tsum Valley is taking a bus from Kathmandu to Arughat and then a local Jeep to Soti Khola or Machha Khola. Another way to get to Sotikhola is by private jeep. After getting at Soti Khola or Machha Khola, then begins along the Budi Gandaki river for a few days via Khorlabesi, Tatopani, Dovan, Yaru Bagar, Philim, Tekle Bhatti, Chisapani and Lokpa. From Lokpa there are two ways one trail leads to the Manaslu circuit trek and another leads to the Tsum valley trek. Following the Tsum Valley trail, along the lush vegetation, crossing the many suspension bridges and a rock-holding cantilever bridge to Lokpa, Chumling, and then Chhokampar. Chhekampar is the gateway to Upper Tsum Valley. Upper Tsum Valley comprises many villages such as Chhekampar, Leru, Lama Gaon, Burji, Phurbe, Chule, and Nile.

PO Box No.: 2721
Samakhusi-29, Kathmandu, Nepal
Contact No.: +977-9851133894
Email: jag@himalayancompanion.com
www.himalayancompanion.com

PRICE INCLUDES

- Local transfers for your international flight x 2 (arrival/ departure)
- Manaslu & Annapurna Area Permit and Restricted Area Permit
- Kathmandu to Soti Khola to Kathmandu (starting point/ending point of the trek) by private jeep
- One English speaking experienced guide and porter (1 porter for 2 person)
- 4 nights' accommodation in a Kathmandu hotel (Hotel Holy Himalaya or similar)
- All night accommodation in mountain teahouses
- All breakfast, lunch and dinner while on trek
- Farewell dinner in Kathmandu
- Staff insurance and necessary ground transport for support staff

PRICE EXCLUDES

- International flight ticket and Nepal Entry Visa
- Personal travel insurance (Which should include coverage for trekking)
- Lunches and dinners in Kathmandu, except the farewell dinner
- Personal gear for trekking (Including any you may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)