

15 Days Tsum Valley Trek

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March- May & Sep- Oct

Max Elevation: 4200 m

Tsum Valley is one of Nepal's off-beaten treks located on the east side of the popular [Manaslu circuit Trek \(https://www.alpineramble.com/14-days-manaslu-circuit-trek-itinerary\)](https://www.alpineramble.com/14-days-manaslu-circuit-trek-itinerary) in the Manaslu region as it is also known as a hidden valley trek in Nepal that has been become very popular due to its beauty of culture and nature!

The Tsum Valley Trek is a classic trek that offers a wide range of mountains including some of the world's highest mountains, a unique culture of the local people, and a wide range of flora and fauna. The Manaslu region is inhabited by Gurung people.

Tsum Valley is very closed to Tibet, most of the people are in this area have influenced by Tibetan culture as the Buddhist religion. the entire Tsum valley area has a unique definition of it is rich culture and nature diverse. Tsum Vally is one of the best small valleys for trekking that situated in the Manaslu region, a restricted area of Nepal since 2008,

Our journey to Tsum Valley Trek begins at Kathmandu, a capital town of Nepal located at an altitude of 1350 m., 6 -an hour of scenic drive from Kathmandu to Soti Khola where our real trek starts towards the beautiful hidden valley of Tsum valley, From Soti Khola, we officially start our trek towards Nepal's most unique area stepping out to the most dazzling places through lush pine forests, farming lands along raging rivers, enjoying the gorgeous waterfalls that come from the high alpine glacier mountains, crossing the long suspension bridges over the tackling mountain rivers and interacting with hospitable mountain

people through fascinating local villages along that makes this journey truly blissful that should try at least once in a lifetime without any further hesitations lets start the planning to the life-changing trek today!

Tsum Valley is probably Nepal's top place where you will be visiting the numerous gompas, ancient monasteries, unique significant setup, and mani walls with massive wheeled prayer flags.

Trek in Tsum Valley is a stunningly beautiful journey that offers a wide range of fantastic high alpine mountain ranges of Manaslu (8,163m), Ganesh Himal (7,140m), Himalchuli (7,893m), and many other stunning peaks at this region is surrounded by massive high peaks where you'll be rewarded by panoramic mountains almost all the time on a trek.

This 15 Days Tsum Valley Trek is a moderate hike that could be done by any reasonable hikers who can be willing to walk 4-5 hours a day with a lighter day backpack. Moreover, these best season for this trekking is in the month of March, April, May, and September, October, and November. The weather and climate at this time of the year are perfectly fine and suitable for walking!

Additional Benefits

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out the accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communication during

the trek

Highlights

- A unique Tibetan culture and lifestyle
- Enjoying the sceneries with Waterfalls, rivers, and caves along on a trek
- Face the Wildlife animals and meet super friendly local people
- Visit ancient numerous Many Buddhist monasteries, mani walls, with Prayer flags
- Spectacular views of mountains such as Manaslu, Ganesh Himal, Himal Chuli, and many more.

Day to Day Itinerary

Day 1: Drive from Kathmandu to Soti Khola

Day 2: Trek from Soti Khola to Machha Khola

Day 3: Trek from Machha Koa to Jagat

Day 4: Trek from Jagat to Lokpa

Day 5: Trek from Lokpa to Chumling

Day 6: Trek from Chumling to Chokong Paro

Day 7: Trek from Chhokongparo to Nile

Day 8: Hike to Mu Gumba (3700 m) and Dephyudonma Gumba

Day 9: Trek back to Chhokongparo

Day 10: Trek from Chhokongparu to Lungdang

Day 11: Hike to Ganesh Himal Base Camp

Day 12: Trek back to Lokpa

Day 13: Trek from Lokpa to Lapubesi

Day 14: Trek from Lapubesi to Soti Khola/ Arughat

Day 15: Drive back to Kathmandu

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on the full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English speaking trekking guide.
- Local strong porter to help the trekkers luggage during the trek (1 porter = 2 trekkers with limited weights '10kg each max')
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Manaslu conservation area **permit** and **TIMS card** (Trekking Information Management System) fee.
- special Manaslu permits
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 8 or above
- Kathmandu- Soti Khola- Kathmandu by bus/ jeep
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance which has to cover emergency rescue evacuation from the high-altitude
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tips for guide and staffs (Tipping is expected)
- Any other expenses that are not mentioned in the Price Include section of this trek