

Tsum Valley Trekking

Destination: Nepal

Discover the secret Tibetan Buddhist land that lies at the edge of the most isolated Himalayan valleys. Enjoy the unique history of Buddhism in the ancient monasteries of the regions, and explore the beauty of diverse nature and culture in a beautiful Hidden valley along with the spectacular mountains vista.

Tsum Valley is one of Nepal's remotest and sacred Himalayan Valleys which is located on the northern side of Kathmandu Valley. Tsum Valley is one of Nepal's remotest and sacred Himalayan Valleys which is located on the northern side of Kathmandu Valley. This route has recently become one of Nepal's most popular off- the beaten treks in the isolated valley of Nepal. It is rich in the beauty of nature and culture surfaces, also with ancient architectures, Gumba, Monasteries, and religion. The people are inhabited mostly of Tibetan origin and speak their own dialect and wear their own costumes. Likewise, the untouched beauty of nature including some of the world's highest mountain like Manaslu, Ganesh Himal, Boudha Himal make your trip much more enjoyable and gives you a lifetime experience.

Tsum Valley Trek can be done during the best seasons of Spring and Autumn, with a clear sky and great views, the climate is moderate and stable that favors perfect time for hiking in Nepal including Tsum Valley. If you like to avoid the crowded then Summer and Winter season would be perfect. but make sure to be prepared well for these seasons since this season demands extra preparations.

Complimentary Benefits Of This Trek

- 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 high altitudes to find out the accurate health condition while you are trekking in the mountain.
- **WOKI TOKI** (<https://en.wikipedia.org/wiki/Walkie-talkie>) - for communication during the trek

Highlights

- Scenic drive from Capital city of Kathmandu to SotiKhola
- Enjoy the wildlife, Waterfalls, rivers, and caves in the region
- Exploration of the local Tibetan culture, and lifestyle
- Visit the fantastic Buddhist monasteries and meet monks
- Stunning views of mountains like Ganesh Himal and Himal Chuli

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 Khola to Jagat

Day 4: Trek from Jagat to Lokpa

Day 5: Trek from Lokpa to Chumling

Day 6: Trek from Chumling to Chhokang Paro

Day 7: Trek from Chhokang Paro to Nile

Day 8: Trek from Nile to Mu Gompa, visit Dhephyudonma Gompa

Day 9: Trek from Mu Gompa to Rachen Gompa

Day 10: Trek from Rachen Gompa to Gumba Lungdang

Day 11: Trek from Gumba Lungdang to Ganesh Himat Base Camp

Day 12: Trek Gumba Lungdang to Lokpa

Day 13: Trek from Lokpa to Jagat

Day 14: Trek from Jagat to Lapu Bensi

Day 15: Trek from Lapu Bensi to Arughat Bazaar

Day 16: Drive back to Kathmandu from Arughat

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.