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Tsum Valley Trek

- Duration: 20 Days Days
- Max Altitude: 3,700 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- An exciting journey to the sacred and hidden Tsum Valley
- Pass through three different climate zones
- Walk through of pine and rhododendron forest
- Gain insight into Buddhist culture.

Overview

The Manaslu - Tsum Valley trek takes you on an exciting journey to the sacred and hidden Tsum Valley. Consumed by the alluring panorama of Ganesh Himal ranges, [Tsum Valley](#) only opened for trekking a decade ago, so it is guaranteed to provide you with an experience of 'untouched Nepal'.

Tsum Valley Trekking Route

The Manaslu trek starts from Arughat, where you will begin by passing through the first of three different climate zones: tropical, temperate, and polar - all of which can be experienced in a single day. From Arughat, we will follow the [Manaslu Circuit](#) until Jagat - where we will head north to Tsum Valley. Along the way, you walk through pine and rhododendron forests and pastureland, where you will witness various animals, such as yaks and blue sheep.

Seated in the lap of the Himalayas, amid the panorama of Ganesh Himal (7422m) and Shringi Himal (7161m), Tsum Valley is vibrant with Tsumba culture - giving you a true insight into the Buddhist culture that thrives along with Nepal and Tibet border. On this spiritual journey, we will visit Mu Gompa - the largest monastery in the region, which houses many monks and ancient Buddhist texts on its premises. The trek also reaches several nunneries, including Rachen Gompa, which houses hundreds of nuns and is illustrated with old Buddhist paintings across its walls.

This Manaslu - Tsum Valley trip is further heightened by the opportunities you have to stay in Tsum Valley homestays. So as well as experiencing the spirit, nature, and challenge of the valley, you will also get to share the tradition and culture with the local people in their homes whilst enjoying their food and stories along the way.

My Everest Trip is a highly professional team whose mission is to make your trekking experience unforgettable. With us, you will not have to worry about your safety issues or Tsum Valley permits, as our friendly team will ensure this is all organized for you. So for more information about the [Manaslu circuit trek](#) cost or difficulty, please feel free to contact a member of our friendly team - who will also be happy to provide you with a Manaslu Tsum Trek Map to show you the heights you will reach on your journey. Or, if you would like to read a personal account of what it's like to join this adventure, you can check out our [Tsum Valley trek blog](#) below.

Day 01

Arrival in Kathmandu (1,310m/4,298ft)| O/N at 3 Star Hotel (A, D)

On arrival, a friendly team member will pick you up at the airport and transfer you to your hotel in Thamel, [Kathmandu](#), where you can spend the day exploring the capital.

Day 02

Sightseeing in Kathmandu valley|8 Hrs|O/N at 3-Star Hotel (A, B, D)

Today, we will spend the whole day sightseeing around Kathmandu valley. We will take tours of Kathmandu Durbar Square, Bhaktapur Durbar Square, and Patan Durbar Square. In the evening, you will meet your fellow trekkers and meet your guide to be briefed about your trek.

Day 03

Drive to Arughat (700m/2297ft)|O/N at Tea House(A, B, L, D)

Driving along the beautiful Trishuli River, we journey from Kathmandu to Dhading. Our scenic drive will take you to the beautiful Himalayas and the lovely countryside. This is also the starting point of the [Manaslu Circuit trek](#).

Day 04

Trek to Liding (860m/2821ft)|4-5 Hrs |O/N at House (A, B, L, D)

On the first day of our trek, we will be heading to Liding (860 m) from Arughat. We will trek through tropical and subtropical forests and small remote villages along the bank of Budhi Gandaki River to reach Living. The trail becomes steeper as we walk, with waterfalls and rivers delighting us.

Day 05

Trek to Machha Khola (930m/ 3051ft)|5-6 Hrs|O/N at Tea House (A,B,L,D)

We will trek uphill through dense rhododendron and juniper forests to reach Lapu Besi. We continue our trek and pass some villages, streams, and waterfalls before we reach Machha Khola (930 m).

Day 06

Trek to Jagat (1410m/4625ft)|6-7 Hrs|O/N at Tea House(A,B,L,D)

Passing lush forests of rhododendrons, sal, chiptune, and juniper, we reach Khorla Beshi. We continue our uphill trek and pass Khola Bensi, leading us to Jagat. Climbing up some stone stairs, we get to the village of Jagat - a resting point for both Annapurna and Manaslu circuit trekkers.

Day 07

Trek to Lokpa(2040m/6692ft)|5-6 Hrs |O/N at Tea House (A, B, L, D)



Trekking through ridges covered with prayer flags and Chortens, we will be introduced to Buddhist culture along the way. We will cross several suspension bridges over the Budhi Gandaki River to reach the Gurung village of Philim. From Philim, we trek for a few hours before going to Lokpa (2040 m), where we will rest for the night.

Day 08

Trek to Chumling (2363m/7753ft)|3-4 Hrs |O/N at Tea House (A,B,L,D)

As we are still in the lower Tsum Valley, we will be trekking for another couple of days to reach the upper

Tsum Valley. Chasing the majestic panorama of Shringi Himal (7161m), we travel for 3-4 hours to reach Chumling (2363 m). We will hike along small water streams and cross wooden bridges. On arrival, we will see the traditional houses and beautiful stone-paved streets for which Chumling is famed. This section is way easier than the [Annapurna Base Camp trek](#).

Day 09

Trek to Chhokang Paro (3010m/9875ft)|8-9 Hrs |O/N at Tea House (A, B, L, D)

Today will be one of our most challenging days. On our 9-hour trek to Chhokang Paro, we will pass some small villages and relish the stunning view of the Ganesh Himal range before reaching Chhokang Paro. Chhokang Paro is a large village where we will find stone houses built under the shadow of cliffs, with farms growing maize, potatoes, and barley.

Day 10

Trek to the Nile (3361m/11026ft)|4-5 Hrs|O/N at Tea House(A, B, L, D)

Trekking along Shiar Khola, we will pass a few villages to reach the Nile (3361 m). These villages have traditional houses with compounds built inside to house livestock. We'll also trek through rough ridges and pass various monasteries along the way.

Day 11

Trek to Mu Gompa (3700m/12139ft)|5-6 Hrs |O/N at Tea House (A, B, L, D)



As we trek towards the upper Tsum valley, we will see some significant places in the region, and Mu Gompa (3700 m) is one of them. Mu Gompa is a large monastery housing around 100 monks, located at the highest and farthest point in the Tsum valley. We will climb by Mani walls and walk alongside

Yangdol Khola to reach Mu Gompa - filled with ancient Buddhist culture. On our way, we will come across several yak herds carrying goods to the local villages.

Day 12

Trek to Rachen Gompa (3240m/10629ft)|4-5 Hrs|O/N at Tea House (A, B, L, D)

Today, we trek downhill to Rachen Gompa (3240 m), a nunnery in the lap of the Himalayas. Relishing the stunning view of Puchen Himal, we will hike through alpine forests for 4-5 hours to reach Rachen Gompa. The Gompa houses thousands of clay-moulded Avalokiteshvara statues and has rich Buddhist paintings. Every household in the Tsum Valley has at least one family member, a nun or a monk.

Day 13

Trek to Domje (2440m/8005ft)|6-7 Hrs |O/N at Tea House (A, B, L, D)

Enjoy the alluring view of Ganesh Himal (7422m) as we trek downhill to Domje (2440 m) - passing through Chhokang Paro. During our 7-hour trek, we will cross several wooden bridges over small water streams. Upon reaching Domje, we can visit the Tibetan herbal medicine clinic and school.

Day 14

Trek to Gumba Lungdang (3200m/10498ft)|6-7 Hrs |O/N at Tea House (A,B,L,D)

Today, we will trek towards another monastery, Gumba Lungdang, which houses 40 nuns. We will walk through pine and rhododendron forests, following a steep, zigzag trail. We will also hike up to Ganesh Himal Base Camp, where we will be treated to a magnificent vista of the Ganesh Himal range. We will then hike back to Gumba Lungdang for the night.

Day 15

Trek to Ripchet (2468m/8097ft)|5-6 Hrs|O/N at Tea House (A,B,L,D)

Trekking through rough ridges, we pass several water streams, waterfalls, and small Himalayan villages to reach Ripchet (2468 m) - a fertile valley with good farmlands.

Day 16

Trek to Dobhan (1070m/3510ft)|7-8 Hrs|O/N at Tea House(A, B, L, D)

Trekking through subtropical regions, we will cross a couple of wooden bridges to reach Dobhan. During the 7-8 hours of trek, we will stumble across remote villages where we can enjoy lunch. From here, instead of taking the [Annapurna Circuit trek](#), we take the same way back.

Day 17

Trek to Soti Khola (815m/7533ft)|8-9 Hrs |O/N at Tea House (A, B, L, D)

Trekking along the Soti River, we will enter dense forests of rhododendron, sal, chiptune, and pine to reach the village of Soti Khola (815 m)- after 8-9 hours of trekking. On our way, we will see cattle grazing in the field, as animal husbandry is a common occupation in this region.

Day 18

Trek to Arughat (700m/2297ft)|4-5 Hrs|O/N at Tea House (A, B, L, D)

After more than two weeks of trekking, we will finally head back to Arughat. Today is your last day of the trek. Relishing the vista of the Himalayas, we will trek for 4-5 hours to reach Arughat.

Day 19

Return to Kathmandu |8 Hrs|O/N at 3 Star Hotel (A, B, L, D)

Driving along the Trishuli River, we head back to Kathmandu for your departure. On arrival, you can spend your final day exploring the city.

Day 20

Departure|(B)

On your final day, a friendly team member will drop you at Tribhuvan International Airport, which will be plenty of time for you to connect with your scheduled flight.

What To Expect?

What's included

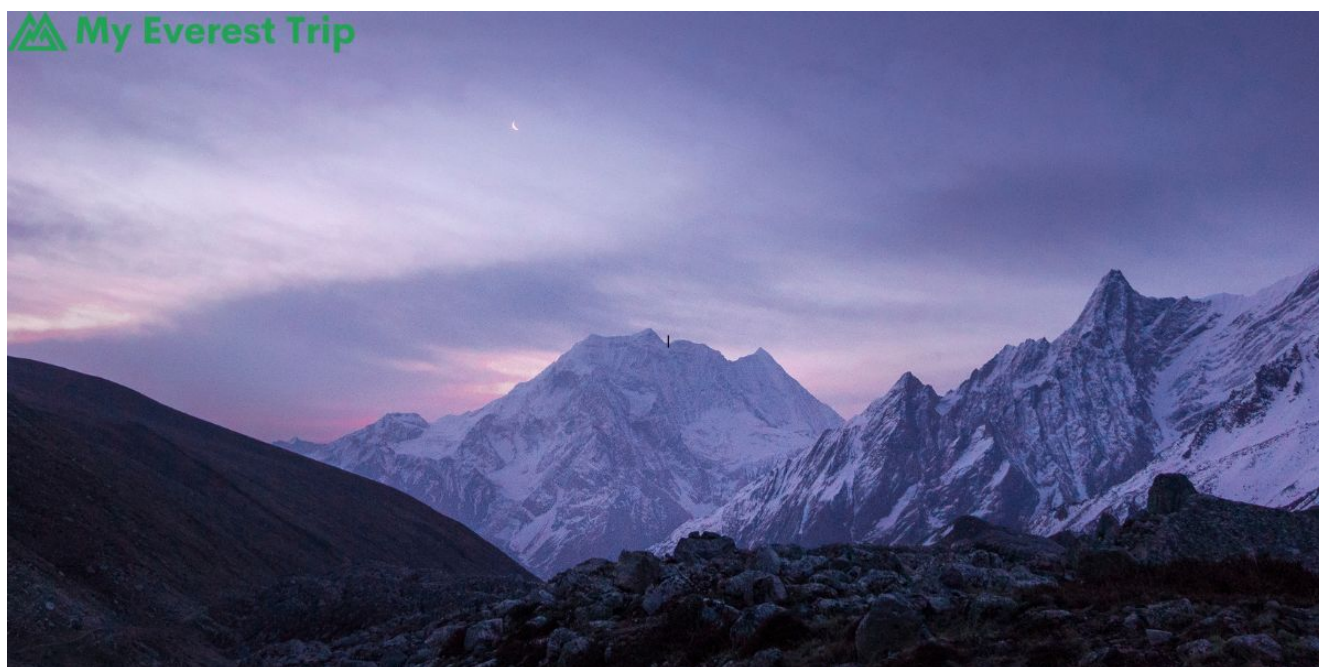
- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu -Soti Khola - Syange - Kathmandu By local Bus / By jeep up to your request
- Trekking map
- An experienced Government license holder guide.
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking (2 person 1 Porter).
- Personal shopping and laundry etc
- Personal trekking equipment.

FAQs

How long is the Tsum valley trek in Nepal?



It takes about a minimum of 10 days to 16 days to complete the Tsum valley trek. It depends upon your physical strength and ability. As you trek more hours daily, then you can shorten your trekking days.

What is the highest altitude of the Tsum valley trek?

The highest altitude of the Tsum valley trek is 3700m. Although this is not a very high altitude compared to [Everest Base Camp](#), the journey isn't easy. At this altitude, the land's architecture is sloppy, making it difficult to trek.

Why is Tsum valley Restricted?

Tsum valley holds many traditional distinct cultures, norms, and values of local people, and to protect these historical cultures, it is listed as a restricted area. Only government-authorized agencies can apply for Tsum valley determined permits.

During this trial, most of the routes are under Manaslu Conservation Area, and everything is uncertain in these areas. So by considering your safety, the government listed it as a restricted area. The nearby Tibetan border is also a cause for restriction.

Is there WiFi in Tsum valley?

WiFi facility on this trek is limited, and you must know this before your hike. Few places like Chhekampar and Nile village provide WiFi facilities. Once you move to a more remote area of TSUM village, there shall not be any WiFi. You can use the mobile data of NTC and NCell.

Is it possible to trek Tsum valley independently?

According to the Nepal Tourism Board, a trek requires at least two group participants and an authorized guide. So, no solo trekking is not allowed in TSUM valley. However, MyEverestTrip might be able to make some arrangements for you.

Additional Information

Manaslu Circuit and Tsum valley trekking difficulty

Tsum Valley Trek is a moderate to highly tough trek. Many up-and-downhill obstacles make it difficult for novice and professional trekkers.

The weather of TSUM becomes more difficult for regular trekkers throughout the winter season. During the trip, the cold wind and snowfall make things difficult. You can wait for the regular trekking season between autumn and spring.



TSUM valley and altitude sickness

Altitude sickness might be another possible problem during this Manaslu and TSUM valley trek. As you

have to cross [Manaslu Larkya La Pass](#) (5165m) at this altitude, symptoms of altitude sickness are seen, such as dizziness, nausea, and headache. Drinking plenty of water and coffee may help to cope with it. If you are already facing altitude sickness, ensure you are sufficiently acclimatized for a few days at a lower altitude.

Another factor determining the difficulty of a Manaslu and TSUM valley trek is the weather. You can avoid dealing with poor weather conditions by choosing the optimal time to go trekking. The most excellent season for trekking is autumn and spring, between October and April. You can enjoy clear mountain views and calm weather during this season.

However, the return trek is rewarding, with extensive downhill to return to a lower, warmer altitude. Back trekking is not that arduous, as you enjoy the scenery and beauty of the Himalayas.

Also, check the [Short Everest Trek](#) for a more leisurely trek in Nepal.

2. Best time to visit Tsum valley

If we search for the best season for Manaslu and TSUM valley trek, it's spring and autumn. It is also applied to other tours, like the Langtang Valley trek in Nepal.

During this season, the days are warm and sunny with a clear sky, making your Manaslu TSUM Valley Trek Itinerary smooth and full of joy. In April and May, hills are covered by the blooming of several wildflowers along with the heavenly beauty of the rhododendron, the national flower of Nepal.

At lower altitudes, your trekking routes consist of agricultural land with green valleys. As you go higher and higher, there are terrains of hilly land with a similar Tibetan arid plateau. During trekking season early morning and late-night become slightly chilled. If you trek during spring and autumn, there is less chance of rain, the weather isn't too cold, and the skies become clear. Rhododendrons provide a magnificent backdrop to the hills throughout this season. You will have the opportunity to see snow-capped mountains and wildflowers (as in [Ghorepani Poonhill Trek](#)) as per our Manaslu TSUM Valley Trekking Itinerary. These are the region's uniqueness.

Trekking during monsoon season, i.e. June -August, weather becomes cloudy with a higher rainy frequency, limiting your Manaslu TSUM trek. As the rain begins, Route becomes muddy in the lower area and slippery on the hilly slope. Most of the day sky is covered by clouds which block the scenery of the landscape and mountains. Temperatures are not a problem this season, but slippery routes make it difficult to trek.

The Winter season becomes challenging for regular trekkers as the temperature drops to minus degrees. There are high chances of cold winds from December to March. The many Himalayas are seen as clean skies during the day, but the freezing temperatures during morning and night make it difficult to trek.

Frequent snowfall on the trekking Route makes you challenging. Trekking during winter is probably not a good idea, so we recommend you visit during spring and autumn.

3. Tsum valley Nepal trekking accommodation

During trekking to Tsum valley, at lower altitudes, accommodation includes an overnight stay in the Lodge, where you can choose varieties of accommodations available there.

As you go up the Manaslu TSUM valley, there are many teahouses where you can spend overnight

peacefully. Many traditional hotels in TSUM valley are available, facilitating the night stay. Rooms are made from wood and consist of two to three beds with foam mattresses. During the peak season of Manaslu Circuit and TSUM Valley trekking, you might have to share a room with other trekkers. There is one washroom per house which might be unsatisfying for you as there is no attached washroom or modern facilities. Some tea houses provide warm water from solar power, but most provide warm water from a traditional oven. These houses provide you with typical Nepalese and Tibetan dishes. Breakfast is usually egg and bread with warm tea and coffee.

4. Tsum valley entry permits

If you are planning to Manaslu Circuit and TSUM Valley trekking, then you need two types of permits, and these are

Manaslu conservation area project(MCAP) permit:

During peak season, the Manaslu Permit costs \$ 70.00 per person for the first week and US\$ 10.00 daily. If you travel during the off-season, this permit costs \$50.00 per person for the first week and \$7.00 each day after that.

Restricted Area Permit:

TSUM valley lies within the restricted region of Nepal so you will need a restricted area permit. This permit is necessary to cross Jagat (there's a check-post). This restricted area permit is only issued to group trekkers (more than two) accompanied by a licensed trek guide. The trekkers need to get this permit from the Department of Immigration, Kathmandu and require a long list of documents. Your travel agency (Himalayan masters) will assist you in getting the restricted area permit. The cost is:

September - November: USD 40 per person/week and USD 7 per person/day (beyond one week)

December - August: USD 30 per person/week and USD 7 per person/day (beyond one week)

You might also need an Annapurna Conservation area permit if you take the Route of the [Annapurna Circuit trek](#).

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.

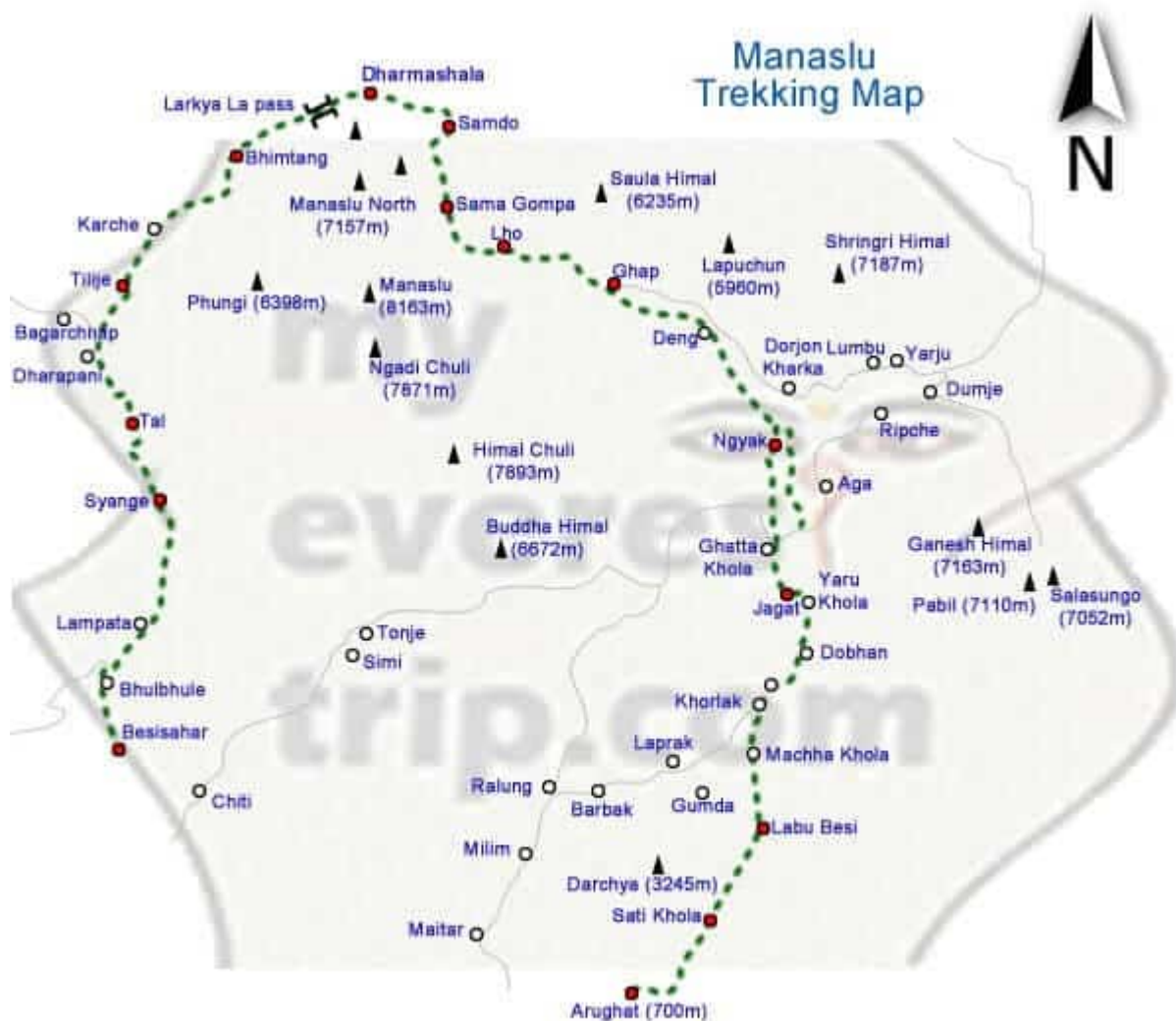


Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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