



# Tsum Valley Trekking - 16 Days



## Trip Facts

Destination	Nepal
Duration	16 Days
Group Size	2 - 30
Trip Code	DWTTK015
Grade	Moderate
Activity	Manaslu Treks
Region	Manaslu Region
Max. Altitude	3,700m at Mu Gumba
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All meals & Accommodation during the trek
Best Season	Mar, Apri, May, Sep, Oct, & Nov.
Transportation	Public Transportation- Kathmandu to Soti Khola, Arughat to Kathmandu

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Explore the secret Tibetan Buddhist land, which lies in the heart of the most isolated and hidden Himalayan Valley. With the history of Buddhism, also discover the beauty of nature...

# About the Trip

Explore the secret Tibetan Buddhist land, which lies in the heart of the most isolated and hidden Himalayan Valley. With the history of Buddhism, also discover the beauty of nature in the off-beaten route which provides spectacular views of the majestic mountains.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

## Highlights

- 📄 Scenic drive from Kathmandu to Arughat
- 📄 Exploration of the Tibetan culture and lifestyle
- 📄 Waterfalls, rivers and caves along the way
- 📄 Comparatively easy trek with no fear of altitude sickness
- 📄 Wildlife animals like blue sheep and Himalayan thar
- 📄 Many Buddhist monasteries
- 📄 Prayer flags and Mani walls along the route
- 📄 Stunning views of mountains like Ganesh Himal and Himal Chuli
- 📄 Beautiful pine, juniper and rhododendron forests.

## What is Included?

- ✔ Both way transportation service between Kathmandu and Arughat by local bus.
- ✔ Accommodations: Best Possible Teahouse, lodge accommodation (Generally twin Sharing room)-15 Nights
- ✔ All Standard Meals (16 Lunches, 15 Dinners and 16 Breakfasts) during the trek.
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader,(12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, and other necessary equipment.
- ✔ Tsum Valley special permit with Conservation Area Permit fees.
- ✔ Water purification tablets for safe drinking water
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

## What is Excluded?

- ❑ International flight airfare
- ❑ Excess baggage charges (Limit is 9 kg per Person)
- ❑ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ❑ All Accommodation and meals in Kathmandu, before and after we start our journey

- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## Overview

**Tsum Valley is a sacred Himalayan pilgrimage valley** that is situated in northern Gorkha. It is rich in ancient art, culture, and religion. The local people are of Tibetan origin and speak their own dialect. Being one of the remotest Himalayan valleys, the untouched beauty makes the trek much more enjoyable and pleasant. The valley gives us an amazing view of the landscapes and the mountains like Ganesh Himal, Shringi Himal, and Boudha Himal.

The Tsum valley is still not as much exposure as other trekking destinations as it was restricted until the year 2008. As the valley is rich in Buddhist culture, it comprises of many religious monasteries such as Rachen Gumpa and Mu Gumpa. Not just the culture, but the biodiversity is splendid as well with many forests, rivers, caves, etc.

**The journey heads off with a scenic drive to Arughat** following to Soti Khola. We will climb the Budhi Gandaki valley upstream via the mix of green terrains and many villages. As we trek, we will pass through blooming rhododendron and pine forests. Continuing the trek, we will be heading from Jagat to Lokpa where the trail will further lead us to Tsum valley; home to Tibetan locals. The route will have many prayer flags and mani walls that indicate the Buddhist culture. Along with it, we will pass by glacial rivers, beautiful waterfalls, and the beauty of nature within the valley. On the way, we will also be visiting the Piren Phu cave which is one of the most sacred caves in the valley. While on the way we may see the local wildlife such as the blue sheep or the Himalayan Thar. We will visit the monasteries on our way like the Mu Gumpa then the Rachen Gumpa. After crossing several suspension bridges we will reach Gumba Lungdang where after an overnight we will trek to the Ganesh Himal base camp. This exciting trek to the camp is indeed a rewarding one. Then we head back trekking to Lokpa then further down to Jagat. On the following day, we cross many bridges and villages reaching the Arughat Bazaar and from there we drive back to Kathmandu.

The Tsum Valley Trek is indeed an adventurous one that takes you via the off beaten route where you will explore the Tibetan culture, witness nature's beauty, and also give a pleasant trek. Trekkers may also wish to opt for other trekking packages we offer like

[Manaslu Circuit Trek](#)

[12 days Around Manaslu circuit trek](#)

[Tsum Valley and Manaslu circuit trek](#)

## Day to Day Itinerary

### Day 1

#### Drive from Kathmandu to Arughat then to Soti Khola (730m/2,896ft)

##### Itinerary Facts

**Driving Hours** (160km/99.4 miles) -6-8hrs

After early morning breakfast, we will begin our journey with a scenic drive to Arughat, following to Soti Khola. Driving on the Prithivi Highway; west from Kathmandu, we will be passing by a beautiful river view of the Trishuli river. In the first few hours, we will reach Dhading Bensi which is the district headquarters of Dhading (1050m). In this long drive, we will be stopping for multiple breaks and for lunch as well. From Dhading Bensi, we will be driving to Arughat where the roads will be rough. Along the way, we will see beautiful mountain scenery like Mt. Manaslu and Ganesh Himal range, small villages following the Budhi Gandaki river. Arughat being a large settlement, it is clustered on both sides of Budhi Gandaki river connected by a suspension bridge. The next two hours' drive will take us to Soti Khola.



Overnight at "ABC Hotel" with attached bathroom.



Included Meals (Breakfast, Lunch, Dinner)

### Day 2

#### Trek from Soti Khola (730m/2,896ft) to Machha Khola (890m/2,965ft)

##### Itinerary Facts

**Highest Altitude** 890m/2,965ft

**Trek Duration** 6-7 hrs

We begin our trek to Machha Khola. We will be crossing the Soti Khola with an attractive view of waterfalls and the river. Then we will be walking through the beautiful Sal forest, following the climb onto a ridge above the huge rapids of the Budhi Gandaki river on the way to Liding (750m). Passing through the rocky trails, we reach Khursane. Across Budhi Gandaki are the views of Annapurna Circuit between Bahundanda and Syange that looks incredible. Soon after, we will be trekking down rice terraces taking us to Lapubesi; a Gurung village. The path takes us where the valley opens up and the Budhi Gandaki wanders among wide gravel bars. The trail follows down to the sandy river bed of the Budhi Gandaki and we trek down to Nauli Khola crossing a suspension bridge and eventually arriving at Machha Khola.



Overnight at "Hotel Everest View"



Included meals ( Breakfast + Lunch + Dinner )

### Day 3

#### Trek from Machha Khola (890m/2,965ft) to Jagat (1,400m/4,593ft)

##### Itinerary Facts

**Highest Altitude** 1,400m/4,593ft

**Trek Duration** 6 to 7 hrs.

After an early morning breakfast, we will trek through a fertile landscape as there will be a few ups and downs. Crossing the Tharo Khola, we will reach Khorlabesi. We slowly begin to gain elevation. As we trek, we pass through a natural hot spring at Tatopani meaning 'hot water' in Nepali. Continuing the trek, we walk through the valley as it gets narrower but nature's beauty does not cease to fail us in the attractiveness. We climb over a ridge, then we cross the Budhi Gandaki river via a suspension bridge. Witnessing picturesque villages, we climb on a wide well designed staircase across a landslide then over a ridge that takes us to Doban. As we ascend up to the Budhi Gandaki river, we arrive at Yaru Khola that takes us further to a stone staircase with prayer flags hung on the way. We climb more stairs to Tharo Bharyang. Along the route, we pass through paved stones along with mani walls and high overlooks over rivers. Then we reach the appealing village of Jagat that lies on the west side of Budhi Gandaki River.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 4

### Trek from Jagat (1,400m/4,593ft) to Lokpa (2,040m/6,692ft)

#### Itinerary Facts

**Trek Duration** 1,400m/4,593ft

**Trek Duration** 6 -7 hrs

Before heading to Lokpa, we will register our permits for Manaslu and Tsum valley at the entry checkpoint. Climbing a ridge over Gallery, we will walk along the river bank crossing the Budhi Gandaki river via a long wide suspension bridge. Continuing to trek, the valley opens up as we head towards Phillip. The trek throughout is a very pleasant one. We will pass by Ekle Bhatti where the trail separates between Tsum and Manaslu. As we trek, we will notice the welcome board, so we head towards Lokpa. On the way, we will see a few villages and rivers. The rivers begin to narrow down as we meet the convergence of the Syar river from the Tsum valley. Taking a right turn, the trail takes us forward, eventually reaching the Lokpa village. This village is the first village in the Tsum valley that gives us the opportunity to view the beautiful Manaslu range. This village is isolated and is a hidden valley of happiness blessed by Padmashamva centuries ago.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 5

### Trek from Lokpa (2,040m/6,692ft) to Chumling (2,386m/7,828ft)

#### Itinerary Facts

**Highest Altitude** 2,386m/7,828ft

**Trek Duration** 5-6 hrs

The day begins with a trek from Lokpa village which is an entrance to a wild route to Tsum Valley. Although the actual entrance begins from a deep slender and narrow gorge. Depending on the weather, if favorable, on the way we will be blessed by the amazing view of the Boudha Himal (6,672m) and Ganesh Himal. The route takes us descending down to the Lungwa river valley as we climb through the dense tropical forests of rhododendron, juniper, and pine. The route takes us to Gumling where we only capture the serene nature. Shortly, we cross the Syar Khola again, arriving at the village of Chumling. As the day slowly comes to an end, we will have spare time to visit the monasteries of Chumling; The Panago Gompa, Mani Dhungyur, and Gurwa Gompa. This village includes telephone service as well as health posts.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 6

### Trek from Chumling (2,386m/7,828ft) to Chhokang Paro (3,031m/9,944ft)

#### Itinerary Facts

**Highest Altitude** 3,031m/9,944ft

**Trek Duration** 5-6 hrs.

The destination for today is Chhokang Paro and we begin our trek early in the morning. The upper Tsum valley opens from Chhokang Paro. It is a village that is situated on flat land and is made up of two settlements which are Chhokang and Paro. As we cross the suspension bridge onto the opposite bank, we will see great views of Ganesh Himal and from the south, we can see spectacular views of Boudha Himal and Himalchuli peaks to the southwest. We continue trekking past Rainjam to Serpu Khola crossing another bridge, arriving at the Gho Village. After another two hours climb, we finally make it to the village of Chhokanparo. In this village, we will be welcomed by hospitable locals welcoming us with Tibetan tea (butter tea) and local meals. If favorable weather, we will enjoy the views of Himalchuli and Ganesh Himal.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 7

### Trek from Chhokang Paro (3,031m/9,944ft) to Nile (3,361m/11,026ft)

#### Itinerary Facts

**Highest Altitude** 3,361m/11,026ft

**Trek Duration** 4-5 hrs

The Nile village is on the western side and is the last village heading north in the upper Tsum Valley. It is on the sun side of the Shiar Khola and about twenty minutes' walk from across Chhule. As we trek, we will pass the Piren Phu cave which is also known as the pigeon cave. This cave is one of the most sacred caves in the Tsum Valley. It is located at the foot of a rugged cliff near the village of Burji. The famous Tibetan saint called Milarepa was believed to have meditated in that cave as his footprint is imprinted on the cave. The route further is a very pleasant trek, as we will be walking past green meadows and the landscape become fertile and narrow. The farmers will be busy farming. There are two separate monasteries that are attached to the rocky cave. It is abundantly painted with Buddhist murals, excellent artistic scripts carved on the stones and long prayer flags and Buddhist paper scripts are in it that makes it one of the most important socio-cultural asset in the valley. Crossing the suspension bridge over the Shiar Khola, we will soon arrive at the Nile.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 8

### Trek from Nile (3,361m/11,026ft) to Mu Gompa (3,700m/12,139ft), visit Dhephyudonma Gompa (4,060m/13,320ft)

#### Itinerary Facts

**Highest Altitude** 4,060m/13,320ft

**Trek Duration** 3-4 hrs

Followed by an early morning breakfast, we will head out of Nile as the trail gradually ascends to Mu Gompa. It is the largest monastery in the region. Mu Gompa is located at the highest and the farthest point in the Tsum Valley. It was established in 1895 AD and includes many religious books including Kangyur, a life-size statue of Avalokiteshwara, and images of Guru Padmasambhava and Tara. The route takes us through yak pastures through typical dry and arid Trans Himalayan Terrain. The monastery has rows of Chortens and beautiful mountain views and houses. The historical Dhephyudonma monastery connected with the dawn of Buddhism run by Lama, on the lap of the rugged mountains, is one of the oldest monasteries in the Tsum valley.



Overnight at lodge



Included meals (B+L+D).

## Day 9

### Trek from Mu Gompa (3,700m/12,139ft) to Rachen Gompa (3,240m/10,629ft)

#### Itinerary Facts

**Highest Altitude** 3,700m/12,139ft

**Trek Duration** 3,700m/12,139ft

Shortly after breakfast, we will head from Mu Gompa to Rechen Gompa; a nunnery following the trails. It is situated in the Shiar Khola Valley in the foothills of the mountains that border Nepal and Tibet. We return down the valley through Chhule and continue down as far as Phurba. Walking on the east bank of the Siyar Khola and crossing flat boulder-covered plains following the power lines to Rachen Gompa. Rachen Gompa has established in the year 1905 AD and is one of the largest nunneries in the Tsum valley. The interior of the Gompa is richly painted with murals about Buddhism and its history.

## Day 10

### Trek from Rachen Gompa (3,240m/10,629ft) to Gumba Lungdang (3,200m/10,498ft)

#### Itinerary Facts

**Highest Altitude** 3,240m/10,629ft

**Trek Duration** 5-6 hrs

After trekking south, we cross a bridge to the west bank passing through the Chhokangparo again. We descend down the old trail towards Chumling and approximately two hours later we will witness a small white gompa on the left at Gho (2,458m). We descend down a narrow trail that passes through a Gompa then onto a wooden bridge over the Siyar Khola. Soon, we will be crossing the bridge to Domje which has a Tibetan herbal medicine clinic and a school. Further with a steep climb through pine, juniper, and rhododendron forest, the track starts to traverse at a mani wall with many prayer flags hung. This sight of the Tibetan culture is absolutely beautiful. Finally, in the forest, there is a prayer flag that marks the uphill trail and makes a zigzag climb through a big silver pine to reach the Gompa in Lungdang. Rhododendrons will be seen blooming everywhere. If this trek is done during the spring season, the view will definitely be breathtaking seeing nature capture our eyes and mind. This small gompa has forty nuns and an intense puja from 6:00-7:30 pm every night unless the nuns are on holidays which could be for some months in a year. From the gompa, beautiful and astonishing views of the mountains can be seen.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 11

### Trek from Gumba Lungdang (3,200m/10,498ft) to Ganesh Himal Base Camp (4,200m)

#### Itinerary Facts

**Highest Altitude** 4,200m/13,779ft

**Trek Duration** 7-8 hrs

Today is an exciting day as we will be trekking to the Ganesh Himal Base camp. On the route, the forest wilderness and the views make it an enjoyable and adventurous trek even though the altitude rise may cause difficulty in breathing and hiking. The route crosses through two small valleys dropping on the muddy meanders on a shortcut to regain the lower track and continue up the valley via a thick and dense forest. We will cross a small pasture, taking a right turn, we descend the track and down to the river. The suspension bridge takes us to a bank. The trail becomes slightly challenging but we will manage to cross the forest with many winds that have thrown trees crossing the Laudang Khola on the west bank on top of an unbalanced wooden bridge. Yet again, we climb through steep rhododendron and pine forests eventually reaching on to a ridge and stone huts beside a large stone in Kharka. Shortly, we will reach a landscape with greenery. Flat grassy lands and the lateral moraine of the Torogumba Glacier. As we continue climbing up, in a couple of hours we reach the Ganesh Himal Base Camp. After appreciating and admiring the effort to reach up here, we will then return back to Gumba Lungdang as it is a short trek.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

## Day 12

### Trek Gumba Lungdang (3,200m/10,498ft) to Lokpa (2,040m/6,692ft)

#### Itinerary Facts

**Highest Altitude** 3,200m/10,498ft

**Trek Duration** 6-7 hrs

Today we will be returning back to Lokpa. We will descend down to Domje by trekking in the upper track crossing the Laudang Khola. Crossing an unstable swing bridge between the lowest two houses in Domje, we will stay on the south bank of the Siyar Khola. As we walk by, we will come to across a new trail via a beautiful dense forest that will take us yet to another deep gorge and swinging bridges to Ripche (2,470m). We walk down the stairs to the Bhatti Ghumlong which we had walked through several days ago. As we climb up again through a pine forest, we will reach Lokpa.



Overnight at the lodge



Included meals ( Breakfast + Lunch + Dinner )

### Day 13

#### Trek from Lokpa (2,040m/6,692ft) to Jagat (1,400m/4,593ft)

##### Itinerary Facts

**Highest Altitude** 2,040m/6,692ft

**Trek Duration** 6-7 hrs

As we descend down to Jagat, we will be rejoining the Budhi Gandaki river. As we trek, we will get a few glimpses of the mountains. Walking through forests and terrains gives us an easy pleasant trek. Taking breaks in between, we will reach Sirdibas. After crossing a few suspension bridges, we will finally reach Jagat.



Overnight at the lodge



Included meals ( Breakfast + Lunch + Dinner )

### Day 14

#### Trek from Jagat (1,400m/4,593ft) to Lapu Bensi (900m/2,952ft)

##### Itinerary Facts

**Highest Altitude** 1,400m/4,593ft

**Trek Duration** 7-8 hrs

After early morning breakfast, we will be descending to Lapu Bensi. The trek today will be at ease and pleasant as we will walk through terrains and cross severely bridges. Trekking down to Machha Khola we will yet again cross a suspension bridge over the Nauli Khola. As we trek on the sandy river bed of the Budhi Gandaki, we will finally reach the Lapu Bensi; a small beautiful Gurung village.



Overnight at lodge



Included meals ( Breakfast + Lunch + Dinner )

### Day 15

#### Trek from Lapu Bensi (900m/2,952ft) to Arughat Bazaar (535m/1,755ft) .

##### Itinerary Facts

**Highest Altitude** 900m/2,952ft

**Trek Duration** 4-5 hrs

Today we will have a short trek back to Arughat Bazaar. Firstly we will be trekking a couple of hours following the Budhi Gandaki river that will take us to Soti Khola. From Soti Khola we will be taking a jeep to Arughat Bazaar. After a couple of hours of drive, we will reach the Arughat Bazaar. In this town, there are small cafes and shops where we can explore. Trekkers may wish to rest at the lodge or explore this town.



Overnight at "ABC Hotel" with attached bathroom.



Included meals ( Breakfast + Lunch + Dinner )

### Day 16

#### Drive back to Kathmandu from Arughat

##### Itinerary Facts

**Driving Hours** (126 km/78miles) -7-8

Followed by an early morning breakfast, we will be driving back to Kathmandu. The drive will be scenic as we will be passing by the beautiful Trishuli river. Also, the greenery of the hills will be eye-pleasing. We will be driving west towards

Kathmandu via the Prithivi Highway. Shortly, we will reach Kathmandu, where you will be escorted to your respective hotels. Afterward, with spare time in hands, trekkers may wish to rest at their hotel or explore the Kathmandu city.

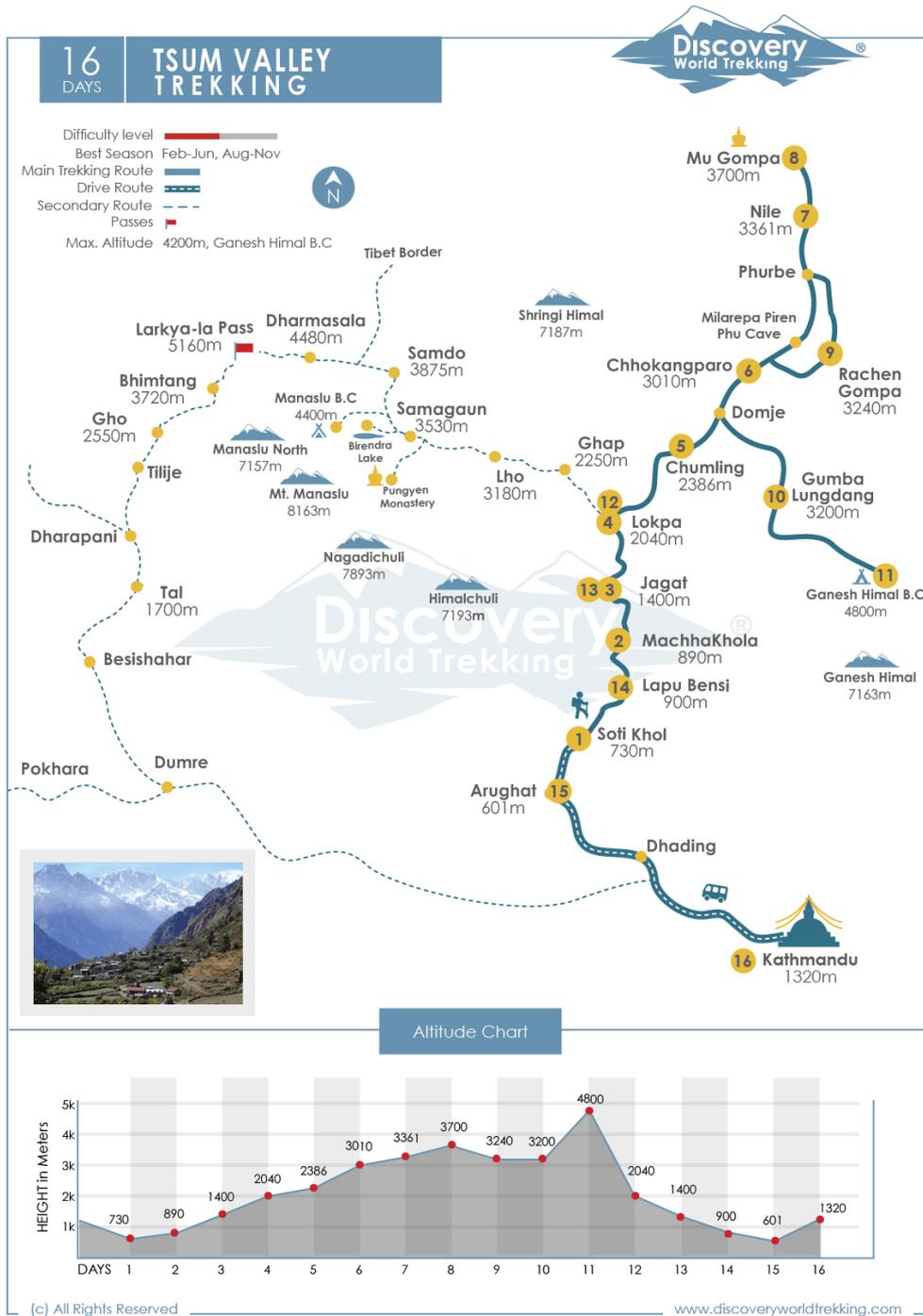


Overnight at your own selected hotel at Kathmandu.

Tent

Included standard meals ( Breakfast + Lunch ).  
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 Route Map



## Trips Notes

### The beginning of the journey towards Tsum Valley Trek

The first day is your arrival day in Nepal. The second day is a must to apply for the restricted area permit to Manaslu. In the meantime, we conduct a trek briefing, guide introduction, and equipment checklist. On the third day, we drive to Sotikhola via Arughat for the start of the trek.

Both ways transportation service between (Kathmandu and Arughat by local bus).is included in the package; private jeep is available at an extra cost

### Don't Worry, We'll Pick You!

We offer a complimentary Kathmandu TIA (Tribhuvan International Airport) airport pick up and drop off service. Upon your arrival, you are welcomed and greeted at your arrival gate (Holding your name on the company pamphlet) by our representative member from Discovery World Trekking, then transfer to your selected hotel in Kathmandu. For departure transfer, we will come to pick you up at your stay hotel in Kathmandu and take you to the airport for your international flight.

### Accommodation Details During The Trek

16 Days Tsum Valley trek includes 15 nights lodge to lodge stay at a mountain where we use the best available lodge and select the best accommodation during the trekking.

**Three nights Hotels in Kathmandu before and after the trek** is required which is not included in the package. Kathmandu has a wide range of hotel for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

Our trek is all over high elevations near the world's 8th highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **16 Breakfasts, 16 Lunch, and 15 Dinners** will be provided in the trek.

Some of the popular menu items are -

**sixteen breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**sixteen lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Fifteen dinners** -( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek.

The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

## Best Time for Tsum Valley Trek

Weather and temperature are the most important factors to take into consideration for the best season trekking in Nepal. March to May, September to November is the busiest season for Tsum Valley trek. Heavy snowfall in winter season from December until February closed the lodge at Mu Gumpa, From June to August is the rainy season. We do not recommend trekking in winter and rainy season to any one.

### March to May - Spring

This is the best time of the season to trek in the Tsum ValleyTrek. The weather is very favorable through the trek. Stunning views of Mt. Manaslu and glaciers will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. In April & May, low land start getting hot, high in the mountain is neither cold nor hot in the daytime. Nighttime is comparatively colder than daytime. Many trekkers often succeed in their expedition at this time. On the journey, the rhododendron flowers will be blooming at its best with a variety of colors.

### September to November - Autumn

This is also one of the perfect seasons for the Tsum Valley trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Tsum Valley trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar. As winter slowly begins, snow falls begin in the Manaslu region and it eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow.

The weather in the Mountain region can be unpredictable and the temperature may change quickly from day to night.

## Trip Grade: Fitness level, Medical, and Health

Our 16 Days Tsum Valley is a moderate grade trek. The highest point of the trek is the side visit of Ganesh Himal Base Camp 4200m from Gumba Lungdang 3,200m and overnight stay at Mu Gumpa 3700m. Per day hiking in low land below 3200m ranges from 5 to 7 hours, in high land above 3200m from 3 to 4 hours. Hiking in high elevation is difficult than in low elevation due to altitude. , proactive preparedness regarding physical fitness is required-the ability to walk 4 to 6 hours a day. Previous trekking experience would be an additional advantage. Normal fit and novice trekkers can join and achieve this trek. However, the fitter we are, the more enjoyable experience we will have during the trek. We recommend doing a morning walk, cycling or gym, etc at least 30 minutes a day on regular basis for a month before joining this trip. Trekking on the destination is reasonably comfortable, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents, and a steep forward trail in the rocky paths and the forests as well. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

## Trekking group/single

The group will **be generally 2 to maximum up to 30 people on the trek** -led by a leader guide and a porter for every two trekkers, an assistant guide for a **group of 12 or above people**. The price of a group discount is applied to having your own paxes in your group. We are able to lead and handle any size of the participants in a group. **Solo trekker can take a part in our group joining trek** but is not allowed to get entry special permit for private trek for Manaslu area, at least two person is required to obtain it due to restricted area. So we do not organize a private trip for a solo traveler in Tsum Valley Trek.

## A typical day on the Tsum Valley trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items. The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast,

we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

### Communication on Tsum Valley trek

On the **Tsum Valley Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes.

**We'll communicate all our valuable clients** through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be the signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Extra personal expenses on trekking

**Discovery World Trekking tries** to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu is up to our clients themselves as all kind of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it for on request. **All our valuable clients will have to bring** personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

### Electricity and battery recharge, water on trekking

Throughout the lodges at **Manaslu Circuit Trek**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. **A water purification pill** is will be provided to make **water drinkable**.

You shouldn't drink water from river, tap, well up there cause it might not be drinkable as it seems

### Travel Insurance Policy

This trip grade is ranked the challenging difficult as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes. Travel insurance is a significant part of our booking condition for The Manaslu circuit trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitudes (up to 6000m) for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of the insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

## Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is US \$50 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive a visa on arrival and so you will have to contact your local Nepalese embassy.

## Money exchange

**Nepali Rupees (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.100-112 NPR).**

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite several ATMs that are open around the clock.

The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

## How Much Luggage can I take during Tsum Valley Trek?

The weight limit for your luggage is **9 kg per trekker**, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than **18 kgs**. We never overload our porters. but a should carry your own knapsack or backpack (**with your valuables or anything important**) on your own. Only carry what is essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

## Tsum Valley Trek Safety

**Discovery World Trekking guarantees** our valuable client's **safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, **the rescue helicopter** will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Equipment lists for Tsum Valley Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

### Head

- ☞ Sun hat or scarf
- ☞ Winter hat or insulating hat or Wide brimmed hat
- ☞ Headlight with extra batteries

## Face

- ☞ Sunscreen
- ☞ Sunglass with UV protection
- ☞ Face/body wipes

## Hands

- ☞ Light weight gloves
- ☞ Heavy weight winter gloves

## Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Light weight cotton pants
- ☞ T- Shirt (bring Light weight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

## Foot wear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pairs of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high-altitude trekking)

## Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

-  **First aid kit**
-  **Extra passport photos and photocopies of passport**
-  **Notebook and pen**
-  **Binoculars**

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
30 Nov, 2020 - 16 Dec, 2020	\$1320 \$850

# FAQ's

## What is the weather condition at Manaslu Circuit trek?

Month	Temperature	Weather and Nature
January	Max -5°C at daytime to min -10°C at night and morning	Coldest month
February	Max 15°C at daytime to min 8°C at night and morning	Mild and humid, good visibility
March	Max 10°C at daytime to min -6°C at night and morning	Frozen lakes begin to thaw out, streams begin to fill and new buds begin to sprout
April	Max 12°C at daytime to min 4°C at night and morning	More colorful month because of red, green, white, blue, and pink rhododendrons
May	Max 18°C at daytime to min 4°C at night and morning	Warmest month
June	Max 25°C at daytime to min 10°C at night and morning	Humid, as the rain and clouds often overshadow the hot sun
July	Max 22°C at daytime to min 8°C at night and morning	Wettest month
August	Max 20°C at daytime to min 6°C at night and morning	Monsoon makes the trail lush, dense, and gorgeously green but quite slippery
September	Max 21°C at daytime to min 7°C at night and morning	A fresh and pleasant climate
October	Max 15°C at daytime to min -2°C at night and morning	Stable weather condition and best month to trek
November	Max 13°C at daytime to min -3°C at night and morning	Cold and dry weather
December	Max 12°C at daytime to min -8°C at night and morning	Driest month



## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

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Talk to an Expert

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