

# Tsum Valley Trek

## Trip Overview

In a sacred valley in the Himalayas of northern Gorkha lies a “classic valley of happiness,” also known as Tsum Valley. Just a decade ago, only trekking in this valley was allowed. Until then, the place was restricted for trekking or any tourism purposes. Due to the newly opened trail, you may not see plenty of trekkers, like in the Everest region or Annapurna region. But you will have majestic views of the Himalayas, forests, and the sound of the flowing river as your companion throughout the journey.

The trekking route is tucked deep within Nepal’s remote Himalayan range. You can have a majestic view of the Ganesh Himal, Sringeri Himal, and Boudha ranges for most of the trek. This off-the-beaten trail is full of adventure as you hike up and down through the rugged path of a remote part of Nepal where the touch of development can be seen. But this remoteness and the intact culture have been the attractive features of this trail. Many tourists visit this place to explore the unexplored beauty of Nepal. Because of the remoteness, the valley is behind in experiencing development. As a result, the locals have been able to preserve their culture and practices.

The Tsum Valley is so different from the mainstream cities of Nepal in geographical structure, culture, religion, and language. Though Nepal is a country with many languages, you will find different dialects here. Since most of the people residing here are of Tibetan origin, this beautiful Himalayan valley is rich in ancient art, culture, and natural beauty. The path to the Tsum Valley is full of Tibetan prayer wheels, also known as mani wheels. They are the symbol of spreading spiritual blessings and well-being. This is the only non-violent valley in the Himalayas.

The valley is not only rich in culture and the majestic Himalayas but also rich in wildlife resources. Here you can see varieties of flora and fauna as it lies in the Manaslu Conservation Area. The two most common animals you will see on the journey are the Himalayan thar and the blue sheep. The valley is also home to historic monasteries such as Rachen gumba, Tsum Monastery, and Mu gumba, which lie on a beautiful plateau huddled in the lap of the valley. And there is gumba Lungdang, located at the base of the narrow hill against the main slope of Ganesh Himal.

The trek starts from Machhakhola and ends there as well. Mostly you will be walking along the BudhiGandakii valley on a good trail through a mix of dense forest, terraced fields, and hill villages. Then we will leave the Manaslu trail for the Tsum Valley, where you will find a beautiful hidden valley nested in gorgeous mountains. During the trial, we also pass many alpine forests and glacial rivers. This off-the-beaten-tail is a blend of ancient culture, art, and natural beauty.

## Trip Highlights

- Experience Tibetan culture and remote lifestyles.
- Rivers, water, forests, and suspension bridges along the way.
- Moderate trek with little fear of getting altitude sickness.
- Different domestic and wild animals are easily seen around like yaks, Blue sheep, Himalayan Thar, etc.
- Prayer Flags and mani chortens along the trek.
- Various Buddhist nunneries and monasteries.
- Beautiful alpine forest with dense alpine trees.
- Beautiful view of Ganesh Himal and Himal Chuli.

# **Trip Itinerary**

## **Day 1: Pick up from airport transfer to Hotel**

### **Cost Includes**

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish).
- Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per itinerary.
- Teahouse accommodation during the trek.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is provided in guesthouses throughout the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service (2 trekkers: 1 porter).
- Trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits ('Restricted Areas' Permit, MCAP, TIMS).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

### **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff