

## Tsum Valley

Tsum comes from the Tibetan word 'Tsombo', which means vivid. Traditionally Tsum valley was a culturally distinct geographical area called 'Tsum Tso Chucksums' which means thirteen provinces arise from a 1905m at Lokpa to over 5093m at Ngula Dhojhyang Pass on the Tibetan border. The valley occupies an area of about 1663 Km sqr.



## Detailed Itinerary

### Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal "KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

### Day 2: Explore Kathmandu

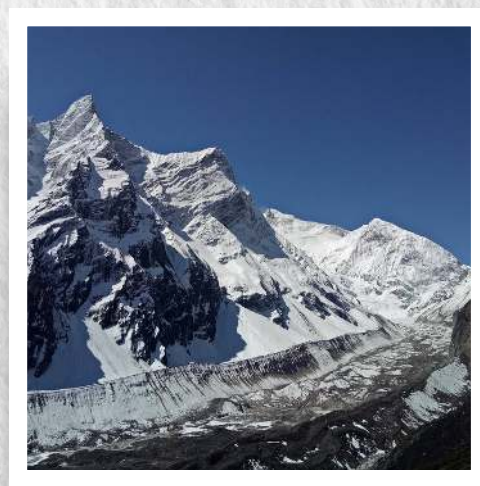
"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

### **Day 3: Drive to Soti Khola**

We start the journey with 8 hours' drive through beautiful landscape, rivers and river valley to Soti Khola for overnight.

### **Day 4: Trek to Machhakhola**

The first part of the day begins with uphill walk through deep forest then we encounter several ascends, descends and climb the paddies just prior to the beautiful Gurung village. Away from the valley, the trail goes down onto the banks of river to the village of Machhakhola (Fish River) just above the river which offers the good views of Ganesh Himal (7,000m).



### **Day 5: Trek to Jaga**

Following the forest path, which is small and segmented, we arrive at tatopani (meaning hot water), you pass by the natural hot water and reach to Dobhan. It is an advantage to experience the rapids of Budhi Gandaki. At Lauri, we will cross the river on a suspension bridge, and then get ready to go up on a high pathway to the grassland of Jagat.

### **Day 6: Trek to Philim**

Cross the West bank of the Budhi Gandaki and go up a fold following the River smoothly uphill to the village of Sirdibas. Moving down to Sirdibas we meet an additional suspension bridge which leads to the East bank that gives an exhausting ascend up to Philim. Philim a flourishing Gurung village, the Chholing Sandu Gompa which is bounded by the grassland of maize and millet.

### **Day 7: Philim – Chumling**

Cross the top of stunning gorge and enter the mainly unoccupied area of pine trees previous to the drop of a trail junction at new bridge where we turn to Tsum valley and climb through pine and rhododendron forest to Lokpa. It's the first village as we enter the valley, surrounded by barley fields. From here the trail steep ascend and descend down to siyar khola and climbs again to Chumling village. Explore the old monasteries around the village.

### **Day 8: Chumling – Chhokang paro**

It's an easy day today. We pass through fields and Tibetan houses. To the east and south you have great view over Ganesh himal range. We follow the valley upward and arrive at joint village of Chhokang and Paro. We explore the village and monastery.

### **Day 9: Chhokang paro – Nile**

Passing small villages on the way we climb over a ridge to Lama gaon overlooking Rachen Gompa which we will visit on the way back. We cross the river and pass through hamlet of Phurba and Pangdun and reach the large village of Chule and after half an hour walk arrive at the village of Nile.

### **Day 10: Nile – Mu Gompa**

We climb through the valley and pasture field to Mu Gumpa which is the largest monastery of the area. We visit the monastery and have chat with monks who are studying Tibetan and learning prayers and ritual in the monastery and spend their time in lifelong retreat. We could also explore Dhephyundoma monastery going further west which is situated at the height of 4000m

### **Day 11: Explore the surrounding**

Enjoy Mu Gompa or you could process for a day hike further to Kalung which is a big terrace valley and beautiful view of Ganesh himal range and Tsum valley could be seen.

### **Day 12: Mu Gompa – Rechen Gompa**

We retrace our way back and follow the east bank of the river to Rechen gompa. This Rechen Nunnery was founded in 1936 and now a home for around 80 nuns who are dedicating their whole life for spiritual practice.

### **Day 13: Rechen Gompa – Chumling**

We retrace our way back through traditional village to Chumling.

### **Day 14: Chumling – Philim**

Continue retracing the way through forest, village and river to Philim.

### **Day 15: Philim – Tatopani**

We follow the budhi gandaki river downhill and arrive at tatopani where you could enjoy the natural hot spring and relax your tired leg and body.



### **Day 16: Tatopani – Soti Khola**

We continue following the river and go through forest with uphill and downhill talk to the village of Soti khola.

### **Day 17: Drive to Kathmandu**

Drive back to Kathmandu after completing the magnificent Manaslu trek and Relax.

### **Day 18: Free day and Shopping**

Its free day today, walk around and find a nice souvenir.

### **Day 19: Fly Back**

We drive you to airport and farewell.





Chamer



Lajo Dada

Mu Gompa  
3700m



Nile  
3361m



Chumling  
2363m



Rechen Gompa 3240m

Chhokang Paro  
3010m



Langbo Kangri

Philim  
1519m



Ganesh Himal

Jagat  
1410m



Pabil

Tatopani  
990m



Machhakhola  
890m



Soti Khola  
700m



Kathmandu  
1350m



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