

# Tsum Valley Trek In Nepal

**Tsum Valley Trek** has always been one of the best off the beaten trails in Nepal. The hike to the Tsum Valley sees our exploration of the hidden gem-like monasteries, beautiful views, and unique Tibetan-influenced culture and tradition.

The trek to the [Tsum Valley](#) starts with a drive to the village of Arughat along the Prithvi Highway, similar to the **Manaslu Circuit Trekking**. From here, it's a walk towards the Khursane village. Now, our hike takes us towards the Machha Khola, and up from there are the stairs to Thado Bharyang. A further ascend marks our arrival at the village of Jagat and somewhere later, it sees us at Philim before the village of Chisapani.

Climb up towards the villages of **Ekle Bhatti** and **Gumlung** before arriving at Chumling. An uphill walk from here takes us to the village of **Chhokangparo**. Now, a further climb uphill sees us at Nile. But before that, we'll run into a gompa entirely run by nuns, the Rachen Gompa. Uphill from Nile and we make our way to the Mu Gompa. Explore the village before hiking downhill to Chhule and then to the **Burgi Village**. Here, we'll explore the Milarepa cave, once the resting place of the Tibetan monk, Milarepa. From here, it's all the way back to the village of **Arughat** to travel back to the capital city of Nepal, Kathmandu.

Let's take on the challenge to explore probably the best off the beaten trails of Nepal!

Duration: 18 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

## Itinerary:

### Day 1: Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

### Day 2: Drive to Arughat (570 meters)

Drive for a straight six hours along the Prithvi Highway across the rough tracks and Budi Gandaki river to get to Arughat. En-route, enjoy the first views of rural Nepal and also some of the high snowcapped peaks of the Manaslu Region.

### Day 3: Trek to Khursani Bari

Follow the Budi Gandaki river and then hike uphill before descending again. Hike downhill via the forest of Sal to finally arrive at the village of Khursani Bari (Khursane). This place is called so because of the high production of Khursani (red chilies) in the region.

**Day 4:** Trek to Machha Khola (890 meters)

Hike uphill along the green forests and pass small waterfalls to make it to the village of Lapurbesi. From here, it's a wide path along the Budi Gandaki River to make our way up to the village of Machha Khola.

**Day 5:** Trek to Jagat (2340 meters)

From Machha Khola, it's a walk along the Budhi Gandaki River. Ascend the steep trails to arrive at Tatopani and from here, it's an easy trail to Dobhan. Further hike uphill sees us at Jagat. This marks our entry to the Manaslu Conservation area.

**Day 6:** Trek to Chisapani (1660 meters)

Parade along the rocky trails to arrive at the village of Salleri before hiking downhill towards Sirdibas. An easy hike along the wide roads sees us at Ghatta Khola. Get past the suspension bridge to ascend to Philim prior to a downhill walk towards Chisapani.

**Day 7:** Trek to Chumling (2386 meters)

Hike upwards on rocky trails to make it to Ekle Bhatti and then walk along the Budhi Gandaki to arrive at the village of Lookpa. Further walk from here sees us at Gumlung. Across the Kungwa and Siyar Khola to finally make it to Chumling. Enjoy the views of the Manaslu and Annapurna peaks alongside pine and birch forests and waterfalls en-route.

**Day 8:** Trek to Chokhangparo (3010 meters)

Across the Budhi Gandaki and a climb uphill sees us at the village of Rainjam. Again, get past another river, Serpu Khola to get to the village of Gho. It's a couple of hours trek uphill to Chhokhangparo.

**Day 9:** Trek to Nile (3361 meters)

A trek uphill takes us to Lamagaon. From here, it's an easy trek towards the Nunnery Gompa, the Rachen Gompa. Keep on ascending to make it to Lar and Phurbe. Nile is just a few hours climb from Phurbe.

**Day 10:** Trek to Mu Gompa (3700 meters)

An uphill climb across the Budhi Gandaki river sees us at the Mu Gompa. The village is filled with mani walls, prayer flags, and chortens. If time persists, also visit the Dephu Doma Gompa.

**Day 11:** Exploration of Mu Gompa

Today, we'll explore the village and enjoy its traditional culture and values. Also, learn local words and norms from the people here. Rest for the time being!

**Day 12:** Trek to Burgi Village (3245 meters) via Milarepa Cave

Let's head back to the village of Chhule. From here, we'll change our trails towards the Burgi Village. Explore our major destination for today, the Milarepa Cave AKA Piren Chu, translation, the Pigeon Cave. Did you know, this cave was once the resting place of the Tibetan saint, Milarepa. Enjoy the views of the high peaks of Ganesh, Manaslu, Pika, Himalchuli, and much more.

**Day 13:** Trek to Chumling (2386 meters)

Hike downhill towards Chhokangparo. Keep on descending until we arrive at the village of Chumling.

**Day 14:** Trek to Philim (1570 meters)

An easy trek to Lokpa followed by a descend past the villages of Ekle Bhatti, and Gumling sees us at Philim.

**Day 15:** Trek to Khorlabesi (970 meters)

Plummet towards the village of Sirdibas and then Jagat before further hiking downhill to Yaruphat. Trek towards Tatopani and then a hike uphill sees us at Khorlabesi.

**Day 16:** Trek to Soti Khola (700 meters)

Plummet towards the village of Sirdibas and then Jagat before further hiking downhill to Yaruphat. Trek towards Tatopani and then a hike uphill sees us at Khorlabesi.

**Day 17:** Trek to Arughat and Drive back to Kathmandu (1400 meters)

Get past Arkhet, and Santee Bazar for a descend towards the village of Maltar. An easy hike downhill sees us at Arughat. Get the last look at the Annapurna, Lamjung, and Manaslu peaks and bid farewell to them! Early drive along the Prithvi Highway will see us back at the capital city of Nepal, Kathmandu.

**Day 18:** Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

**Highlights:**

- Tsum Valley
- Milarepa Cave AKA Pigeon Cave
- Mu Gompa
- Rachen Gompa
- Buddhist Monasteries
- Unique Culture, Tradition, and Lifestyle
- Mani Walls, Colorful Chortens, and Prayer Flags
- Annapurna, Manaslu, Pika, Lamjung, Himalchuli, Cheo, Himlung, Kang Guru, and Other Peaks

**Cost Include:**

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Manaslu Trek Permits
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa