

# Tsum valley trekking-19 Days all-inclusive

## 3 Star Hotel Package

**2170**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**2370**<sup>USD</sup>  
per person

\*Including healthy meals

Trip Style: Cultural Tour+Trek

Trip Difficulty: Moderate+2



## Tsum Valley Trek: A Journey into Nepal's Hidden Himalayan

**Tsum Valley Trek** is a restricted area trek in Nepal's Manaslu region, reaching 3,705m at Mu Gompa with rich Tibetan Buddhist culture and mountain views.

Discover the **Tsum Valley Trek**, a 19-day adventure into one of Nepal's most remote and culturally preserved Himalayan regions. Located in the northern **Manaslu and Gorkha region**, near the Tibetan border, Tsum Valley remained a restricted area until 2008—allowing its ancient traditions and landscapes to remain remarkably untouched.

Often referred to as the “Valley of Happiness,” Tsum Valley is home to the indigenous Tsumba people, centuries-old monasteries such as **Mu Gompa and Rachen Gompa**, and sacred meditation caves linked to the Buddhist master Milarepa. Trekking through this hidden valley offers panoramic views of **Ganesh Himal, Sringi Himal, and Himlung Himal**, alongside peaceful villages where Tibetan Buddhist culture continues to shape daily life.

Reaching elevations of approximately **3,700–4,200 meters**, this moderately challenging trek is ideal for travelers seeking authentic cultural immersion, spiritual heritage, and pristine Himalayan scenery—far from the crowded trails of Everest and Annapurna.

### Why Tsum Valley?

The valley's isolation has preserved a unique **Tibetan Buddhist heritage**. Local residents, known as the **Tsumba people**, maintain centuries-old traditions, rituals, and lifestyles. Visitors can witness **chortens, mani walls, and sacred monasteries**, and even explore meditation caves believed to have been visited by Buddhist yogis like **Milarepa**.

Tsum Valley is not just about culture — its **landscapes are awe-inspiring**. From lush forests of pine, rhododendron, and juniper to sweeping Himalayan panoramas including **Ganesh Himal, Himalchuli, and Manaslu**, every step offers a new scenic vista. Wildflowers, waterfalls, and the occasional sighting of Himalayan wildlife, such as **blue sheep and tahr**, add to the allure. The Tsum Valley Trek is perfect for those who want more than just mountains — it's a journey into living Himalayan history.

### Tsum Valley Trek Overview

Our trek itineraries start and end in **Kathmandu**, with a scenic drive to **Soti Khola** by private vehicle, where the trek begins. You will gradually ascend through the **Manaslu Conservation Area**, entering the sacred **Tsum Valley**

at Lokpa.

Along the trail, you will visit villages such as **Chumling, Chhokang Paro, and Nile**, and monasteries including **Mu Gompa** and **Rachen Gompa**. Afterwards, our **Sherpa guide** will lead you on higher-altitude excursions to **Ganesh Himal Base Camp (~4,200m)**, offering panoramic views of snow-capped peaks.

The trek emphasizes **gradual elevation gain**, making **acclimatization and safety a priority**.

## Accommodation & Meals

Accommodation along the trail is mostly in **tea houses and lodges**, offering **twin or dorm-style rooms**. Meals typically include **breakfast, lunch, and dinner**, featuring local specialties such as **dal bhat, momos, thukpa**, and **fresh seasonal fruits**. In **Kathmandu**, you will be accommodated in **4- or 5-star hotels** before or after the trek.

## Tsum Valley Trekking Experience

Daily trekking hours vary between **4–7 hours**, balancing moderate physical challenge with time to explore the cultural and scenic sites. Highlights include:

- **Cultural immersion:** Experience local festivals, rituals, and interactions with the Tsumba people.
- **Monastery visits:** Observe Buddhist teachings and explore historic temples.
- **Nature exploration:** Trek through pristine forests, cross suspension bridges, and encounter waterfalls.
- **Panoramic Himalayan views:** From lower valleys to higher vantage points.

The trek is considered **moderate**, suitable for trekkers with basic Himalayan trekking experience and good physical fitness.

## Permits & Regulations

Tsum Valley lies within the **restricted Manaslu Conservation Area**, requiring special trekking permits, including:

- **Tsum Valley Restricted Area Permit**
- **Manaslu Conservation Area Permit (MCAP)**
- **Trekkers' Information Management System (TIMS)** registration

These permits are usually arranged by the trekking operator and are mandatory for entry.

## Tsum Valley Trek Highlights

1. **Authentic Tibetan Villages:** Wander through the traditional settlements of Chumling, Chhokangparo, and Nile, where the indigenous Tsumbas maintain their centuries-old customs and way of life.
2. **Spiritual Monasteries and Meditation Caves:** Discover the serene Mu Gompa and Rachen Gompa, and visit remote meditation caves associated with the legendary yogi Milarepa, offering a glimpse into profound spiritual traditions.
3. **Majestic Himalayan Panoramas:** Be captivated by sweeping views of towering peaks such as Ganesh Himal, Sringi Himal, and Himlung Himal, each presenting a picture-perfect backdrop at every turn.
4. **Untouched Natural Beauty:** Traverse through dense forests, vibrant alpine meadows, sparkling rivers, and intricately terraced fields, all preserved in their pristine state, far from the influence of modern commercialization.
5. **Rich Cultural Experiences:** Time your trek to coincide with traditional Tibetan Buddhist festivals like Lhosar and Saka Dawa, experiencing the vibrant colors, rituals, and community celebrations firsthand.
6. **Exclusive Trekking Destination:** With restricted permits required to enter, Tsum Valley offers a secluded

trekking experience, free from crowds and noise, allowing for true immersion in nature and culture.

7. **Hidden Himalayan Adventure:** Known as a less-traveled trail, the Tsum Valley Trek provides an off-the-beaten-path adventure, where the tranquil landscapes and untouched trails create an unforgettable journey of exploration and serenity.

DURATION: 19 days

## ITINERARY

### **Day 01.: Arrive Kathmandu & Transfer to Hotel (1,300m/4,264ft)**

Upon your arrival in Kathmandu under clear skies, your journey unfolds as your plane enters Nepali airspace. The spectacle from the aircraft windows reveals a breathtaking panorama of glittering snow-capped peaks below, instilling the initial thrill that marks the beginning of an unforgettable vacation. Upon landing at Tribhuvan International Airport, a representative and driver from Mountain Sherpa Trekking will warmly welcome you with Sherpa hospitality. They will escort you to your hotel, assist with check-in, and later introduce you to our company manager. The manager will provide a comprehensive briefing on the upcoming daily activities and introduce you to our expert Sherpa guide who will accompany you throughout the trek. With the remaining time, feel free to explore the area around your hotel. We offer complimentary guidance on where to eat, where to exchange money, and other necessary information. Rest assured, you will stay at one of the best centrally located hotels in Kathmandu.

### **Day 02:: Full day Kathmandu city Sightseeing and Trek Preparation- Overnight Hotel**

After a restful night's sleep and a hearty breakfast, we embark on our tour starting with Swayambhunath, popularly known as the Monkey Temple. The name "Swayambhu" signifies "self-created," rooted in the myth that the hill emerged suddenly from a vast lake that once covered the Kathmandu Valley. Moving on, we head to the renowned Boudhanath Stupa, claimed to be the largest in the world, serving as a significant center of Tibetan culture in Kathmandu. The stupa's design mirrors a giant mandala, symbolizing the Buddhist cosmos.

Following our visit to these key Buddhist monuments, we enjoy lunch at a rooftop restaurant in Buddha. We then explore the Thamel Market for currency exchange, purchasing a SIM card, or acquiring any trekking gear or essentials you may require. Our guide will assist in organizing everything you need. Later, we return to the hotel to pack for the upcoming day's long drive to Sotikhola.

**Join us in the evening for a warm welcome to our home, where you can relish a delightful Sherpa feast, immersing yourself in the authentic flavors of Sherpa cuisine. This intimate setting is perfect for engaging conversations and gaining insights into the renowned Tsum Valley trek trails and the vibrant Sherpa culture. Alternatively, we can arrange dinner at a typical Nepali cultural restaurant, offering a taste of Nepali cuisine accompanied by a cultural show featuring traditional dances from various ethnic groups of Nepal. Either way, it's a memorable and immersive experience that goes beyond just the food, fostering lasting connections and a deeper understanding of local heritage.**

### **Day 03:: Drive Kathmandu to Soti Khola (700m/2,296ft) 7-8 hours drive-Overnight lodge/homestay**

Today, after enjoying a delicious breakfast at the hotel, we prepare for an exciting and lengthy journey from Kathmandu to Sotikhola in a comfortable private Jeep. Our expert Sherpa guide and experienced driver will be at your hotel between 7:00-7:30 in the morning to kick off this adventurous journey.

The approximately 7 to 8-hour drive unfolds as we initially head west along the Kathmandu-Pokhara highway. The landscape opens up like a vibrant canvas, showcasing the captivating beauty of Nepal's countryside. Our private 4x4 jeep serves as a perfect vantage point, offering panoramic views through its windows.

Navigating through winding roads, our route takes us toward the historic hill bazaar of Gorkha, a town rich in ancient tales and pivotal to Nepal's history. Beyond Gorkha, the terrain transforms into a rugged dirt trail, adding a

touch of excitement to our expedition. Amidst the bumps and twists, the southern slopes of Annapurna, Ganesh Himal, Manaslu, and Langtang Himal come into view, providing a breathtaking backdrop for our journey.

After traversing this scenic tapestry, we eventually reach our destination – the charming village of Sotikhola. The seven to eight hours spent on the road from Kathmandu become a captivating odyssey, marked by diverse landscapes and historical echoes that accompany us throughout our expedition.

#### **Day 04:: Trek from Soti Khola to Khorlabesi (970 m/3182.71 feet) ~ 6-7 hours- Overnight Lodge**

Following a satisfying breakfast in Soti Khola, your trek unfolds amidst a captivating blend of landscapes. The trail promises a dynamic experience, weaving through jungles, picturesque rice paddies, an exhilarating cliff-face ridge, a lively rushing stream, and a series of breathtaking waterfalls.

As you progress today, the changing elevations become apparent. Starting with a traverse through a broad valley, the path gradually ascends, guiding you through a dense forest. The adventure kicks off with a bridge crossing, leading to a trek through a wooded area. Soon, you'll find yourself hiking along a ridge above the formidable rapids of the Budhi Gandaki River, sourced from the Tibetan plateaus and joined by the Tum Khola River.

The trail then takes you to Khursane, where a rocky path winds through undulating terrain, passing two tropical cascades on a steep, rocky trail clinging to the side of a cliff. Descending past vibrant rice paddies, the ascent continues until you reach the charming Gurung village of Labubesi.

Continuing from Labubesi, you'll ascend near a rocky outcrop, revealing a vast valley alongside a more tranquil river. Crossing another suspension bridge, your next destination is the village of MachhaKhola. The journey doesn't conclude there, as you'll proceed to Khorlabesi, approximately an hour away. We will stay at Khorlabesi and sleep at the Mountain Lodge.

#### **Day 05:: Trek from Khorlabesi to Jagat (1,410 m/4,626 feet.) 5-6 hours- Overnight Lodge**

Our day begins with a nourishing breakfast in the delightful village of Khorlabesi. As we commence our trek, the trail unveils a series of invigorating ascents and descents, presenting breathtaking views of the surrounding landscapes. Our journey takes us to the heart of Tatopani, a picturesque village adorned with terraced fields.

Moving onward from Tatopani, we ascend over another ridge, crossing the Budhi Gandaki via a suspension bridge. The path unfolds, guiding us up a meticulously crafted staircase and across a ridge, where a striking panorama awaits. Carefully navigating a landslide, we proceed to Dobhan.

The day's adventure concludes upon reaching Jagat, where a welcoming lodge awaits to offer a comfortable night's rest. The serene surroundings and the echoes of the day's journey set the stage for a peaceful evening in this remote Himalayan haven.

#### **Day 06:: Jagat (1,415 m) to Lokpa (1,900m/6,234ft): 4-5 hours-Overnight lodge/homestay**

Today, after enjoying our breakfast, we commence our trek from Jagat to Lokpa village. The trail crosses the river, guiding us through several beautiful villages like Philim and Ekle Bhatti before eventually reaching Lokpa. This village is considered the entry point to Tsum Valley.

Along the way, we experience diverse landscapes and cultural immersion. Leaving Jagat behind, we traverse through charming villages and terraced fields, immersing ourselves in the local way of life.

The trail leads us through dense forests, resonating with the sounds of nature and occasional glimpses of wildlife. As we ascend and descend along the undulating path, the scenery transforms, offering panoramic views of the surrounding mountains and valleys.

Passing through quaint settlements, we encounter the warm hospitality of the locals, providing a glimpse into their

traditional lifestyles. Crossing suspension bridges over glistening rivers, our journey continues through this captivating terrain.

Our destination, Lokpa, welcomes us with its unique charm and tranquility. Nestled in the Himalayan foothills, Lokpa offers a serene atmosphere, making it an ideal place to rest and reflect on the day's trekking adventures. The day's trek to Lokpa not only provides a physical journey through diverse landscapes but also an immersion into the rich cultural tapestry of the region.

**Day 07:: Lokpa to Chumling (2,386m/7,827ft): 6 - 7 hours-Overnight lodge/homestay**

The trek from Lokpa to Chumling marks another day of exploration and captivating landscapes. Starting our journey after a nourishing breakfast, we leave Lokpa behind and follow a trail that unveils the natural beauty and cultural richness of the Tsum Valley.

The path leads us through picturesque villages, each with its own unique charm. As we traverse the undulating terrain, we enjoy panoramic views of the surrounding mountains, creating a breathtaking backdrop to our trek. The sound of rivers and waterfalls adds to the serene atmosphere, providing a soothing soundtrack to our adventure.

As we reach Chumling, we are greeted by the tranquility of this Himalayan village. Nestled amidst the mountains, Chumling provides a peaceful setting for a well-deserved rest. The day's trek not only offers physical challenges but also exposes us to the cultural nuances and natural wonders of the Tsum Valley, making it a memorable and fulfilling journey.

**Day 08:: Chumling to Chokhangparo [3,010m/9,903ft] 4-5 hours- Overnight lodge/homestay**

The trek from Chumling to Chhokang Paro covers a distance of approximately 7 to 8 kilometers. Starting our day after a hearty breakfast in Chumling, we embark on a trail that meanders through the picturesque landscapes of the Tsum Valley.

The journey takes us through charming villages, and as we ascend, we witness the stunning vistas of the surrounding mountains. Chhokang Paro, one of the culturally rich villages along the route, is known for its traditional stone-built houses adorned with intricate wood carvings.

As we traverse the undulating terrain, the cultural heritage of the region becomes more apparent. The local residents, with their warm hospitality, provide a glimpse into their unique way of life. The trail offers opportunities to appreciate the traditional architecture, religious monuments, and the overall tranquility of the Tsum Valley.

Arriving in Chhokang Paro, we find ourselves immersed in the serene ambiance of this Himalayan village. The day's trek not only covers a moderate distance but also allows for a deeper exploration of the cultural and natural wonders that make the Tsum Valley a unique and enriching trekking destination.

**Day 09:: Chokhangparo to Chhule-Nile [3,361m/11,058ft]: 5-6 hours-Overnight lodge/homestay**

The trek from **Chhokang Paro to Nile**, also known as Chhule, is approximately 10 kilometers. This segment of the journey takes you through the heart of the Tsum Valley, revealing unique cultural and natural wonders.

Starting from Chhokang Paro, with its traditional stone-built houses and intricate wood carvings, the trail meanders through the captivating landscapes of the Tsum Valley. As you ascend, you'll be treated to panoramic views of the surrounding mountains, including the Ganesh Himal range.

Passing through the villages of Lamagaon and Rachen, you'll encounter the distinctive local culture and hospitality. The Rachen Gompa, a prominent monastery, is a notable highlight along the way. The trek continues along the picturesque Shiar Khola, crossing suspension bridges and traversing through terraced fields.

Nile, or Chhule, is the final destination for this leg of the journey. This village is known for the ancient Piren Phu

cave, considered sacred and adorned with numerous Buddhist artifacts. The day's trek showcases the unique blend of cultural immersion and natural beauty that defines the Tsum Valley, offering a fulfilling and enriching experience for trekkers.

**Day 10:: Nile to Mu Gompa [3,700m/12,174ft]: 3 hours-Overnight lodge/homestay**

Mu Gompa stands in a remote location, just a couple of hours' walk beyond Nile. Established in 1895 A.D. and meticulously restored in 1998, this monastery holds a special place along the trail locals use to journey to Tibet. During your visit, you'll have the opportunity to explore the monastery and ascend higher to enjoy breathtaking views before returning for a night's rest.

If Amish is present in the village, we'll visit his small clinic, where healing is done using herbs harvested from the slopes of the mountains that surround the valley. The journey takes us to Mu Monastery, perched on the ancient part below and the new constructions housing the young monks above. As we stand here, we are just a few hours from Tibet, giving us a profound sense of being at the edge of the world. The overnight stay at the lodge enhances the experience of this unique and remote location.

**Day 11:: Rest day in Mu Gompa- local sightseeing-Overnight lodge/homestay**

Taking a well-deserved rest, today is dedicated to exploration and immersion in the unique surroundings of Mu Gompa. Surrounded by the pristine landscapes of the Tsum Valley, Mu Gompa offers a tranquil setting for reflection and discovery.

During this rest and exploration day, you have the freedom to delve into the cultural and spiritual aspects of Mu Gompa. Explore the monastery's ancient structures, engage with the resident monks, and soak in the serene ambiance. The day also provides an opportunity to wander through the picturesque landscapes surrounding Mu Gompa, with the towering Himalayan peaks creating a majestic backdrop.

For those seeking a deeper connection with the local traditions, interactions with the monks and participation in any ongoing rituals or ceremonies can be arranged. Alternatively, you can use this day to simply unwind, enjoy the breathtaking views, and absorb the peaceful atmosphere that Mu Gompa offers.

Whether you choose to delve into the cultural richness or prefer a day of relaxation, Mu Gompa's rest day allows you to tailor your experience to your preferences, making it a memorable stop in your Tsum Valley trek.

**Day 12:: Trek from Mu Gompa to Chokhangparo- Approx. 6-7 hours - Overnight stay in Lodge**

The trek from Mu Gompa back to Chhokang Paro involves retracing the trail, offering a different perspective of the landscape. Mu Gompa is situated at an altitude of approximately 3,700 meters (12,139 feet), while Chhokang Paro is at a lower elevation.

The distance covered during this trek depends on the specific route taken, as there might be variations in the trails chosen. Typically, the trek covers a moderate distance of approximately 8 to 10 kilometers. The trail descends from the higher altitude of Mu Gompa, passing through the serene landscapes of the Tsum Valley.

As you make your way back to Chhokang Paro (3,031 meters/9,944 feet), you'll have the opportunity to revisit the picturesque villages, monasteries, and natural wonders encountered during the initial trek to Mu Gompa. The descent provides unique views and allows for a deeper appreciation of the surroundings.

The journey may take around 6 to 7 hours, depending on the pace and specific stops along the way. This descent from Mu Gompa to Chhokang Paro not only offers a different viewpoint of the landscape but also provides a chance to acclimatize to the changing altitudes.

**Day 13:: Trek from Chokhangparo to Chumling. Approx. 5-6 hrs - Overnight stay in Lodge**

The trek back from Chhokang Paro to Chumling involves retracing your steps through the enchanting landscapes of the Tsum Valley. The journey typically takes around 5 to 7 hours, depending on the pace and specific stops along the way.

As you descend from the higher altitude of Chhokang Paro, you'll retrace the trail through picturesque villages, terraced fields, and serene forests. The trek provides an opportunity to revisit the cultural gems and natural wonders encountered during the initial journey to Chhokang Paro.

The route may include crossing suspension bridges over glistening rivers and passing through quaint settlements, allowing for a continued immersion into the local way of life. The descent offers unique perspectives of the surrounding mountains and valleys, creating a different experience compared to the ascent.

#### **Day 14:: Trek from Chumling to Chisopani. Approx. 7-8 hours- Overnight stay in Lodge**

We kick off our day in Chumling with a delightful breakfast, energizing ourselves for the day's adventure. Commencing our trek at around 7:30 in the morning, today's journey is predominantly a descent. The trail leads us through charming villages, surrounded by lush pine and rhododendron tree forests.

As we traverse the picturesque landscapes, the panoramic views of the mountains unfold, providing a breathtaking backdrop to our trek. One of the notable villages on our route is Lokpa, adding to the scenic beauty with its unique charm. We will stop for our lunch at Lokpa.

The day's trek offers a serene and enjoyable experience as we immerse ourselves in the natural beauty of the surroundings. The gentle descent allows us to appreciate the terrain and engage with the local culture. The combination of village life, diverse flora, and distant mountain vistas makes this trek a truly enriching experience.

The trek duration is approximately 7-8 hours, depending on your walking speed and rest breaks. We will stay at the best local lodge in Chisopani after the long trek.

#### **Day 15:: Trek from Chisopani to Dovan. Approx. 6-7 hrs- Overnight stay in Lodge**

Starting our trek from Chisopani, we embark on a new day of adventure towards Dovan. The journey begins after a hearty breakfast, gearing up for the upcoming challenges. The trail takes us through diverse landscapes, offering a mix of terrains and stunning views.

As we set out, we gradually descend from Chisopani, soaking in the beauty of the surrounding hills and valleys. The trek leads us through enchanting forests, where the cool shade of pine and rhododendron trees provides a refreshing atmosphere. The chirping of birds and the rustling of leaves add a natural symphony to the trekking experience.

Continuing our descent, we may encounter small villages along the way, each contributing to the cultural tapestry of the region. The trail unfolds before us, revealing panoramic vistas of the mountains, creating a picturesque backdrop for our journey.

Lunch will be a welcome break, providing an opportunity to refuel and enjoy the surroundings. Afterward, the trek resumes, leading us through the captivating landscapes until we reach Dovan. The day's trek offers a balance of challenges and moments of tranquility, making it a rewarding experience.

Upon reaching Dovan, we can rest and rejuvenate, reflecting on the day's adventures. Accommodations at a local lodge are arranged for a comfortable night's stay, ensuring we are ready for the next leg of our trekking expedition.

#### **Day 16:: Trek from Dovan Soti Khola. Approx. 6-7 hrs Overnight stay in Lodge**

Today marks the culmination of our Tsum Valley trek. As is our routine, the day commences with a hearty and hygienic breakfast at the Local Lodge, preparing us for the exciting adventures ahead. Our journey unfolds amidst

lush forests, meandering rivers, and the awe-inspiring backdrop of the majestic Himalayan peaks.

Throughout the trek, our Sherpa guide strategically plans stops for lunch, ensuring that you are provided with the best food to sustain your energy for the journey. This midday break serves as a well-deserved pause, allowing us to refuel and immerse ourselves in the scenic beauty surrounding us.

Pressing forward, we traverse through more enchanting landscapes until we reach our destination for the day – Sotikhola. This warm and inviting village signifies the conclusion of our Tsum Valley trek. In Sotikhola, we have the opportunity to unwind, reflect on the day's experiences, and connect with the local community.

Accommodations have been thoughtfully arranged at a local lodge, ensuring a comfortable stay as we bring this leg of our trekking adventure to a close. It provides a valuable moment to rest, rejuvenate, and cherish the memories of the Tsum Valley trek.

### **Day 17:: Return to Kathmandu from Sotikhola by Private Jeep- Overnight Hotel**

Today, after a fulfilling breakfast, our return journey to Kathmandu from Sotikhola begins with the convenience of a private 4W Jeep. For your comfort, we provide a well-maintained Jeep along with an experienced driver, ensuring a smooth and enjoyable trip. As an expert and responsible **Sherpa company with over 25 years of experience**, our commitment to quality service and prioritizing guest comfort and safety is unwavering for every trek in Nepal.

The scenic drive from Sotikhola to Kathmandu spans approximately 7-8 hours, offering a picturesque view of the Nepalese countryside. Our seasoned guide will ensure a pleasant journey, and a mid-journey lunch will be arranged for your convenience.

Upon arrival in Kathmandu, you will be transferred to our finest luxury hotel, providing you with a haven to rest and relax after the trekking adventure. Your comfort is our priority, and we do our best to make your Tsum Valley trek enjoyable, safe, and a trip of a lifetime.

### **Day 18:: Emergency buffer day, which can be used for rest in Kathmandu after a long trek.**

As a seasoned local Sherpa company with over 25+ years of experience, we strongly recommend allocating an additional day in Kathmandu as a contingency for any unexpected events such as altitude sickness or adverse weather conditions. While such occurrences are rare, it's always a prudent idea to have an extra day at the end of the trek.

If everything proceeds according to schedule, that's excellent. However, this contingency day can be utilized for a captivating cultural tour, exploring two ancient Newari cities – Patan and Bhaktapur. The tour, lasting about 5-6 hours, provides a fantastic opportunity to delve into the local culture, ancient architecture, and fine arts.

Immerse yourself in the medieval charm of Bhaktapur Durbar Square, where well-preserved palaces and courtyards transport you through time. Your adventure doesn't pause; it becomes even more enriching with every moment. This contingency day adds a layer of flexibility to your itinerary, ensuring that your trek and overall experience are not only enjoyable but also well-prepared for any unforeseen circumstances.

### **Day 19:: Transfer to Kathmandu Airport by private car and fly back home after a great trek**

After savoring a delightful breakfast, our dedicated representative and office vehicle will be at your service to accompany you to the airport for your journey homeward. It has been an absolute joy serving you at Mountain Sherpa Trekking and Expeditions. We sincerely appreciate your decision to make us your travel partner and to explore the beautiful country of Nepal alongside us.

The bonds we've cultivated during your time with us are truly special, and we are confident that the memories from your Tsum Valley trek, guided by our reliable Sherpa, will be cherished for a lifetime. As we bid you farewell, we extend our heartfelt gratitude and eagerly anticipate the day when our paths cross again.

**Please Note: While our goal is to adhere to the provided itinerary, local trail or weather conditions may necessitate slight adjustments. The trekking schedule might also be adapted based on the acclimatization rates of our trekkers. Given the adventurous nature of this trek in the high-altitude wilderness, we appreciate your understanding and flexibility for any necessary changes prioritizing safety. Thank you for choosing Mountain Sherpa Trekking and Expeditions.**

## **Cost Includes**

### **Transports & Accommodations**

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning.
- We provide you with the finest hotel accommodation at 3-star/5-star, as per your chosen package in Kathmandu before and after the trek (4 nights). We will also provide you free local guide services to explore tourist and local markets.
- Private 4W Jeep from Kathmandu to Soti Khola before the trek and Soti Khola to Kathmandu return with an experienced driver.
- During the entire trek, we will accommodate you in the best available mountain lodges. Wherever available, we provide you with a room with an attached toilet and also a hot shower.

### **Meals & Drinks Included As Per Below**

- Hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day to keep you warm throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Our Sherpa guide will provide fresh fruits during the trek where available

### **Staff Pay, Insurance & Required Permits**

- Pay and insurance for Sherpa guide and support staff
- Special Tsum Valley trekking entry permit fee
- City tour guide and driver will be provided during city tour in Kathmandu before start of Trek
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

### **Best Sherpa Guide & Porters Will Be Provided**

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

### **Complimentary Gear & Equipment**

- Complimentary T-shirt, Water bottle and walking pole
- We provide you with the best-quality sleeping bags and down jackets. If you don't have your own, you can use these for the entire trek and must return them after the trek.

- We provide you with the best waterproof duffel bag, which you can keep with you, along with a trek map and a group medical kit.
- Pulse oximeter for oxygen saturation as well as heart rates

### **Value Added Service (VAS) By MSTE**

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
  - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
  - We provide a free Local Market Guiding Service for our valued clients who wish to buy souvenirs at wholesale prices at the end of Trek
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### **WHAT'S NOT INCLUDED**

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City ( approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

### **Extra Bills**

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

## **Vital Information**

### **Why Book With US**

## **Why Choose Mountain Sherpa Trekking for Your Tsum Valley Trek?**

1. **Expert Sherpa Company:** Mountain Sherpa Trekking is run by a Sherpa family with over 25 years of experience, specializing in personalized and small-group treks in the Tsum Valley and other regions of Nepal.
2. **Friendly and Flexible Sherpa Guide:** Our Sherpa guides are known as the best in the world for trekking and climbing. They are not only experienced but also friendly and flexible, ensuring a positive trekking experience.
3. **Quality Accommodation:** Our trek package includes the best hotels in the city, either 3-star or 5-star,

depending on your chosen package. Additionally, we provide top-notch lodges along the trek for a comfortable stay.

4. **Well-Designed and Flexible Itinerary:** Our trek itineraries are well-designed and fully customizable if required. Flexibility is crucial in trek adventures, and our Sherpa guides will adapt to any changes necessary during the trek.
5. **Hygienic and Abundant Meals on Trek:** We provide ample meals during the trek, allowing you to choose from the lodge menu according to your preferences. Unlike some companies that limit meals and drinks to lower their prices, we prioritize providing enough food and drinks for a successful trek.
6. **Private Jeep Transportation:** For both the start and end of the trek, we offer comfortable private 4W jeeps with experienced drivers. As a responsible Sherpa company, we focus on the quality of service, ensuring a comfortable and enjoyable journey.
7. **Supporting Our Community:** Recognizing the importance of giving back, Mountain Sherpa Trekking established the Mountain Sherpa Foundation. We actively work with local communities to address basic needs problems, support deprived people, and uplift low-income families in remote parts of Nepal. We donate up to 15% of our annual revenue to these charitable initiatives. In times of crisis, such as the COVID-19 pandemic, Mountain Sherpa Trekking has extended support to the local community, distributing relief packages to Sherpa trekking guides, porters, and climbing guides. We also contributed to Trekking Agencies Association of Nepal (TAAN) food banks for tourism workers during Covid.

By choosing Mountain Sherpa Trekking, you not only experience a fantastic trek but also contribute to meaningful community initiatives and make a positive impact in Nepal.

## Hotels & Foods

Our [Tsum Valley Nepal Trekking](#) package includes 4 **Nights Deluxe accommodations** in Kathmandu at a comfortable and luxurious hotel. As we know, the best accommodation is a crucial part of your trip planning, our hand-selected best hotel accommodations are clean, in a good location, and give you value for your money. Our selected luxury 5-star hotels provide a wide array of excellent services and modern amenities. Our handpicked hotels offer a peaceful and relaxed atmosphere, privacy when preferred, and attentive service. You can treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu after your trek. Or rest and relax in a tranquil and peaceful garden resort. We have two different package options available as outlined below. Book your perfect dream holiday trek package with a local Sherpa expert and get exceptional service.

- [Our 4 Star Hotel Package start from \\$2170 USD Per Person only](#)
- [Our 5 Star Hotel Package start from \\$2370 USD Per Person only](#)

### **3 STAR HOTEL OPTION IN KATHMANDU**

Indulge in comfort and luxury with our exclusive 3-star hotel package for your Tsum Valley trek. Starting at just \$2170 USD per person, enjoy a premium stay at Kathmandu's finest, [Hotel Lo Mustang](#). Nestled in the heart of

Thamel, this modern yet warmly traditional hotel offers the perfect retreat before and after your adventure.

Conveniently located, Hotel Lo Mustang is your gateway to Thamel's vibrant energy. Explore bustling streets, markets, and immerse yourself in rich culture.

Our package includes 4 nights in Kathmandu - 2 before the trek and 2 for post-trek relaxation. Exceptional service ensures a memorable stay at Hotel Lo Mustang, your home in Thamel. We look forward to hosting you, adding joy to your pre and post-trek moments!

### **5 STAR HOTEL OPTION IN KATHMANDU (We have 2 different 5 \* hotel Accommodation options to choose )**

- **Marriott Kathmandu** - Located at Naxal, Kathmandu. Combine the modern design with local creativity
- **Yak and Yeti Hotel**- Centrally located Luxury 5 star hotel in Kathmandu

### **LOCAL MOUNTAIN LODGE DURING TREK**

Throughout the trek, we ensure your comfort with the best available mountain lodges, providing cozy rooms with shared bathrooms for 14 nights. Twin-bedded rooms with mattresses, pillows, and blankets available. The 'living room' for dining and relaxation is heated in the evenings, fostering a friendly atmosphere where you can connect with fellow trekkers.

Typically, breakfast is served at 8 am, and you'll be asked to pack your bags for the early departure of our porters. Lunch is taken en route at one of the many teahouses, and dinner is generally served at 7 pm.

## **What Kind of Food I can expect during Trek Tsum Valley Trek Nepal?**

### **Morning Breakfast between 7:00-8:00 AM**

1. Tea or Coffee, Hot chocolate, lemon tea, hot milk, or green tea
2. Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
3. Bread items- Toast, Pancakes, Chapati & Tibetan Bread
4. Porridge with Honey

### **Afternoon Lunch between 12:30 – 1:00 PM**

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

### **Evening Dinner between 6:00-8:30 PM**

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Shop
2. Dal Bhat Tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese, etc

## Drinking-Water during Tsum Valley Trek

For many of us, the perfect choice may be to go for mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travelers, where they take more than 450 years to decompose.

Take, for example, **Tsum Valley Trek**, The recommended amount of water intake on a high altitude trek like this is 3-4 liters a day. The trek is 14 days long. That's more than approximately 42 liters and 42 plastic bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 500 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 500 or more bottles will be up there forever. But what can you do? You have to drink, so how can you get around the problem?

**The Alternatives:** The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

**Striped-** Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

**Boiled water–** This isn't always an option if you're out and about, but boiled water is an excellent option for safe drinking water on trek. Boiling the water kills any nastiness lurking there. It is the safest and most convenient option. Most lodges serve it, and it is great to ward off the cold. Prices range anywhere between NPR 50 and 120 per liter. **This means the cost of drinking water will be around \$70-\$80 for 14 days Tsum valley trek. Please note that 3-4 liters of fully boiled drinkable water will be provided daily during the whole trek. you can book our all-inclusive Tsum Valley trek package for safe and hassle-free service. There is no hidden cost.**

**Purification tablets–** Water refining tablets or chemicals like chlorine dioxide are frequently used. They are easy to carry and cheap to buy. However, they are not as effective as UV filters or boiled water and need a few hours to act. Besides these, LifeStraw and iodine-based treatments are also available but have their drawbacks.

## Transportation

Our comprehensive package offers private, comfortable Jeep transportation from Kathmandu to Soti Khola, covering a distance of 138 kilometers, as the starting point of your trek. Our commitment to your safety and comfort led us to carefully choose experienced drivers and well-maintained Jeeps for this journey.

While there is a public bus option to reach Soti Khola from Kathmandu, we, as a responsible and **seasoned Sherpa company with over 25 years of expertise**, strongly discourage this mode of travel due to challenging road conditions. Prioritizing the safety and well-being of our guests, we have opted for the inclusion of a comfortable Jeep transport instead of a lengthy and potentially arduous local bus ride.

The journey from Kathmandu to Soti Khola typically takes around 7 to 8 hours, covering a scenic route. Initially, you will follow the Prithvi Highway, a well-maintained road connecting Kathmandu and Pokhara. While traffic congestion may be encountered leaving Kathmandu, the road quality remains commendable. Upon turning off to Dhading, the landscape transitions into a more rustic and remote setting, with a gradual deterioration in road conditions. However, the breathtaking views of Annapurna, Manaslu, Ganesh Himal, and Langtang Himal compensate for any discomfort.

For your convenience, we also provide you a comfortable 4W Jeep pickup from Soti Khola at the end of your trek. By choosing Mountain Sherpa trekking trips, you are assured of the most comfortable and safe travel experience. Our private 4W Jeep, coupled with an experienced driver, ensures a secure and pleasant journey back to Kathmandu. The advantages of opting for a private Jeep include the flexibility to request stops at your convenience and the ability to navigate through traffic more efficiently compared to larger buses. Your satisfaction and safety are our top priorities throughout your entire trekking experience.

## Altitude Sickness

### Altitude Sickness:

**If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening.**

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Tsum Valley trek itinerary is carefully designed to avoid altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to the Himalayas is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the

mountain. However, during the acclimatization process, you may experience some of the following symptoms.

1. [Tiredness](#)
2. [Minor Headache](#)
3. [Troubled sleep](#)
4. [Loss of appetite/nausea](#)
5. [Shortness of breath](#)
6. [Cough](#)
7. [Palpitation](#)
8. [Swelling of the hands and face](#)

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalayas ' views. If anything does happen and you, unfortunately, get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

## **Travel insurance:**

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance, in this case, to help expedite your processing.

## **Packing List**

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but

you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

## **YOU MUST BRING THE FOLLOWING ITEMS:**

### **Upper Body - Head / Ears / Eyes**

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

### **Hand**

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

### **Core Body**

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated  $-10^{\circ}\text{C}$ )\*

## **Lower Body – Legs**

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

## **Feet**

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

## **Food & Snacks**

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

## **Toiletries**

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)

11. Face lotion
12. Hairbrush
13. Hair ties

## **Other necessary important items:**

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

## **Additional Supplies**

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

**Basic First Aid Kit including** antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

## **THE FOLLOWING ITEMS ARE OPTIONAL:**

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

**Note:**

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

**Additional info:**

As you pack for your trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffel bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

**INSIDE YOUR DAYPACKS:**

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the Manaslu trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you with 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down

jacket are most important for high altitude trek.