



Tsun Vally Trek

Details

Located near the border of Nepal and Tibet, Tsum Valley lies to the west of Kathmandu Valley. The region is one of the popular trekking regions in Nepal. While there is no such official ranking, Tsum Valley is by popularity the preferred destination after Everest, Annapurna, and Langtang. Tsum Valley and Manaslu is a restricted area, requiring special permit to travel. Discovery Mountain will arrange the paperwork for you, so that you can concentrate on trekking and not waste time on the formalities.

Tsum Valley Trek is full of cultural, natural, and spiritual experiences. Sects of ancient Tibetan Buddhism are protected here in monasteries. Trekking beneath the shadow of the giant mountains is an adventure not to miss in this protected region. Prominent peaks you will encounter are Mount Manaslu, the eighth highest mountain in the world at 8,163 meters. Other peaks visible during the trek are Ngadi Chuli, Ganesh Himal II, Saula, Cheo, Shringi peaks.

In addition, this is a geographically diverse region in the country. With more than 1,500 species of flora and a number of fauna, Manaslu attracts botanists and enthusiasts alike. The elusive snow panda and lynx, the native red panda, musk deer, and thar are among the wildlife found around Tsum Valley.

Our 15-day trek takes you to Jagat. Following the Budhi-Gandaki river and Shir Khola in the Tsum Valley, we passing through the villages like Chumling, Chokhangparo has magnificent views of the surrounding mountains. And continue trek up to Rachen Gompa (Nunnery Monastery) This is at an altitude of 3250 meters, the highest point of our program in Tsum Valley. This trek will exhilarate you and make you fall in love with Nepal.

We Discovery Mountain Trek advice to you the best time to visit this area is in early autumn to early winter. As for the physical fitness, you need a good habit of walking and stamina because you will be going through some tough terrain along the way. Book this trip from Discovery Mountain for an unforgettable trip to Nepal.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	3250m
Duration:	:	15 Days
Walking Days:	:	11 Days
Activity:	:	Trek
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1 : ARRIVAL IN KATHMANDU (1365M)

After arriving in Kathmandu, Discovery Mountain Trek will pick up you from the airport and take you to your hotel. In the evening, there will be a welcome dinner hosted by Discovery Mountain Trek. For dinner, you will be served authentic Nepalese cuisine which will introduce you to the country's food culture

DAY 2 : DRIVE FROM KATHMANDU TO SOTI KHOLA (705M) 5/6H TREK

We start to drive after our breakfast to Soti Khola. It takes around eight to nine hours with stopover for lunch. The road is hilly but it's scenic for the most part.

DAY 3 : TREK FROM SOTI KHOLA TO MACHA KHIOLA (875M) 6/7H TREK

Starting off from Soti Khola, we first cross a bridge and a forest and trek above the roaring Budhi-Gandaki. Take a brief stop at Khursane and trek past beautiful waterfalls, cliffs and rough roads. Descending along the route we cross some paddies and arrive at Labubesi, a typical Gurung village. From there we trek further, cross the river and arrive at Machha Khola, a quite and remote village for the night stay.

DAY 4 : TREK FROM MACHA KHIOLA TO JAGAT (875M) 6/7H TREK

After leaving Machha Khola, we will head towards Jagat today. The trek duration is around six to seven hours at a normal pace including stops for lunch, brief rest, and photography. First you will cross Tharo river and come to Tatopani, a natural hot-spring. From there our route turn upwards until we cross the Budhi-Gandaki river. You will cross at least a couple of rivers and streams from here until you reach the village of Jagat.

DAY 5 : TREK FROM JAGAT TO PHILIM (1570M) 4/5H TREK

Beginning from Jagat, you first climb up an ascending route to Saguleri. Here you can have wonderful views of a lesser known mountain called Shringi Himal whose altitude is 7,177 meters. then descend to Sirdibas. From there trek west further to Sirish Gaun and arriving at the valley widens a bit as the trail continues up to Ghatta Khola. Then you cross suspension bridge and climb up to Philim, a large gurung village where you overnight in lodge.

DAY 6 : TREK FROM PHILIM TO CHUMLING (2390M) 6/7H TREK

We start our trek after our breakfast from Philim to Chumling. First we head to Ekkli Bhatti cross the gorge around half an hour then we will see a beautiful waterfall and walking through the pine forests. We walk down continue on the right side of the Buddhi Gandaki then we leave the way to Manaslu Circuit, and follow the Siyar Khola the trail going to the Tsum Valley. From where we enjoy the views of Mt. Manaslu the altitude of 8163m, Boudha Himal then we reach at Lokpa, a small beautiful village. From Lokpa, we descend to Lungwa khola and the trail ascending further two and half hours north through pines and rhododendrons. And we crossing the Siyar Khola, then finally we reach at Chumling, Overnight at Chumling.

DAY 7 : TREK FROM CHUMLING TO CHOKHANPARO (30105M) 4/5H TREK

Today we leave from chumling to chokhanparo, passing through several villages by crossing the suspension bridge and passing through a very pretty pine forest. Then we walk continue to Ranjam and Serphu. After Serphu we cross the suspension bridge and climb up around 25 minutes to Gho Village. From here takes about 2 and half hours climb to Chokhangparo. from where we can admire the view to the south on Ganesh Himal, Buddha Himal and Himal Chuli, Overnight in lodge.

DAY 8 : TREK FROM CHOKHANGPARO TO RACHEN GOMPA (3350M) 3/4H TREK

We walk from chokhangparo to Rachen Gompa it's known as nunnery Monastery. We walk through the villages in the middle of barley crops, buckwheat and potatoes essentially, like all Tibetan-dominated highlands. Once we reach in Rachen Gompa then we visit it after our lunch. In a nearby cliff (20 minutes walk) is the sacred site of a cave where the holy hermit Milarepa meditated, Overnight in lodge.

DAY 9 : TREK BACK FROM RACHEN GOMPA TO CHUMLING 5/6H TREK

Today our trek back from Rachen Gompa to Chumling, Our trail through Lamagaon, Chokhangparo, Gho Village then we cross Serphu Khola by suspension bridge. After all we walk continue through pine and rhododendron forest. Finally we arrive at Chumling.

DAY 10 : TREK FROM CHUMLING TO PHILIM (1585M) 6/7H TREK

The trail continues to Lokpa. After lunch south on a flat trail we move ahead. Enjoy the gorgeous Samba Falls. Finally arrive at Philim after 6 or 7 hours long trekking. A trail passes through the Phillim village that leads to the Ganesh Himal Base Camp.

DAY 11 : TREK FROM PHILIM TO KHORLABESI (985M) 6/7H TREK

Trek starts today from Philim to Khorlabesi via Jagat and Tatopani. Descend down to Sirdibas and we finally reach to Jagat. Further descend takes us to Yaruphan. The arid Tibetan climate now gives way to subtropical green vegetation. Continue trekking to Dobhan. Finally arrive at Tatopani. There is a hot spring at Tatopani. If interested, you may dip yourself in the hot spring and relax your tired muscles by soaking yourself in the hot spring. If not continue walking up and down from Tatopani to reach Khorlabesi, our rest place for the day.

DAY 12 : TREK FROM KHORLABESI TO SOTI KHOLA (695M) 6/7H TREK

The trail crosses the Tharo Khola flowing in a rocky ravine. Head down again to the river and traverse to Machha Khola village. Walk along the Budhi Gandaki River to reach to Gurung village of Labubesi. Pass the two waterfalls on a steep rocky trail on the side of a cliff. We then reach Khursane. Walk along the ridge above Budhi Gandaki and cross the Sal forests. Finally, cross the bridge to arrive at Soti Khola.

DAY 13 : DRIVE FROM SOTI KHOLA TO KATHMANDU 4H TREK 7H DRIVE

Climb up to the ridge of Kyorpani. Descend down to the cascading waterfall. Trekking further arrive at Arkhet. Cross the Arkhet Khola. We are now leaving the Budhi Gandaki Valley. Arrive at Sante Bazaar; pass through the forests to Maltar. Finally, passing by the hydroelectric plant following the stone streets, we arrive at the Arughat Bazar. Back to Kathmandu along the banks of the Marsyangdi and Trishuli rivers with splendid views of green hills, mountains, farming terraces and villages on both sides of the road. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening.

DAY 14 : KATHMANDU : SIGHTSEEING

Today after breakfast we will start visit you to several of the most historical and spiritual attractions in Kathmandu which are also listed as UNESCO World Heritage sites. you visit the historic Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath) and Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world.

DAY 15 : DEPARTURE ON YOUR DESTINATION

Your adventure in Nepal comes to an end today! Discovery Mountain Trek will take you to airport approximately 3 hours before our scheduled flight to on your way home,

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: MCAP, ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Special permit for Tsum Valley Region
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns

- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.