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15 Days Tsum Valley Trek

URL: <https://boundlessadventure.com/tsum-valley-trekking>

Duration

15 Days

Per Person Cost

USD 1200

Difficulty

Moderate

Best Seasons

Mar-May & Sep-Dec

Transportation

Bus

Max Altitude

4060m

Trip Type

Trekking

Meal

Breakfast, Lunch, Dinner

Accommodation

Tea House

15 Days Tsum Valley Trek Highlights

- Himalayan Raging River Budhi Gandaki in Tsum Valley Trekking
- Tsumba People and Distinct Culture within 15 days.
- The eighth-highest mountain in the world, Mt. Manaslu,
- Medieval Monasteries of Tsum Valley Trek
- Enigmatic Geology of deep valleys of Gorkha District
- Panoramic views of Ganesh and Manaslu Range
- Centuries-old monasteries and relics of Buddhism
- Ancient trade route of Manaslu highlands and Tibet
- Less crowded and rain-shadowed trekking area

Trip Overview

The 15-day Tsum Valley Trekking is in the Manaslu region of Nepal. It perfectly represents the surrounding atmosphere of the area. Mount Manaslu (8163 meters) resides in the western territory between Langtang and the Annapurna Range. The Budhi Gandaki River slides from the **Manaslu, cutting colossal hills** in lower areas.

These raging rivers create a plain basin as a flatland between the high hills. Tsum Valley, known as the "Veiled Basin of Manaslu region," is iconic. This is considered a remote and less crowded Trek in the Himalayas for 2024/2025. However, today, you may contact us through inquiry or **WhatsApp** at +977 9851033819.

Tsum Valley is nestled over in the remotest stretch of the Gorkha district. Furthermore, Treks to Tsum Valley is still secluded. Your adventure trekking begins from [Kathmandu](#). It takes scenic road travel via Prithvi Highway until Dhading Besi and follows northbound.

The pathway will take you until Maccha-Khola. Herein, Maccha-Khola is a small village in Gorkha district, the initial point of the Trek. The path toward Tsum Valley follows the Budhi Gandaki River, raging around the year.

The trekking journey to Tsum Valley follows through the riverside hamlets of Lapubesii, Khorlabesii, Jagaat, Salleri, and Ekle Bhatti before reaching Lokpaa village. Jagat village acts as the entry and exit point for the restricted area in this Trek.

Lokpaa Hamlet is the divergent point between the [Manaslu Circuit Trek](#) and the Tsum Valley Trek. Furthermore, the trekking path from here heads eastward, making gradual ascents. Lokpa village is a confluence point for the Budhi Gandaki River that originates in Manaslu.

The other watercourse is the Syar River, which forms from Tsum Valley. Trekkers follow along the pathway trailing through the basin of the Syar River. Then follows a series of Buddhist villages while trekking in Tsum Valley.

These inhabitants of Tsum Valley have long been Tibet trading routes of northerners. Some prominent monasteries of Tsum Valley are Rachenn Monastery, Gumbaa Lungdang, Milarepaa Piren Phu, and the oldest monastery of Tsum Valley, Mu Gompaa.

The pathway to Tsum Valley envisions a series of Sherpa, Gurung, and Thakali villages. Tumje is a crossroad point for the Ganesh Himal Base Camp Trek. Followingly, we traverse via Chhule, Nile, and Choo Syong before reaching Mu Gompaa.

Mu Gompaa is the best attraction in this basin area. Located amidst a vast cliff, this monastery is the oldest of all. The intricate carvings and artistic architecture from centuries before make Mu Gompaa irresistible.

15 Days Tsum Valley Trek Cost

Tsum Valley's cost differs from one trekking agent to another. Various kinds of agencies sell Tsum Valley trekking. Some are guide-owned small-time agencies, and some are commercial agencies with professional staff.

It is paramount to note that the Tsum Valley *trek costs range from \$1200 to \$1800*. Boundless Adventures has years of hands-on experience in these areas. We have a strong network of reliable vendors providing service for ages. We vouch to give you the best rate in the market. Our all-inclusive package is quality-focused and leaves no ground for complaints.

Trek to Tsum Valley

The Trek has demanding landmass formation and limited accessibility. Tsum Valley was secluded in the past. Medieval history for a blend of Buddhism and Tibetan lifestyle practices in Tsum Valley. This sacred land has long been a meditative ground for many Buddhist priests and masters. Milarepa Cave in Tsum Valley is living evidence of the matter.

Like any other bordering space, Tsum Valley has a recorded history from the 20th century. Tibetan traders entered this area for trade with Nepalese natives back then. This trade route was called Tumba Tsho and remains. Despite it being accessible now, Tsum Valley remains restricted. It was open for travelers after 2008 as a restricted area. It requires a restricted area permit for entry.

Best Season for Tsum Valley

Nepal boasts a fantastic weather pattern for trekking around the year. Apart from a few months that experience extreme weather (winter and summer), trekking is fine. The valley lies in the rain-shadow precinct and is dry most of the year. Its location beyond the Himalayan Mountains makes it free from rain even during monsoon time.

Owing to these facts, this traverse is possible throughout the year, except for the harsh winter. During the winter, Upper Himalayan areas receive heavy snowfall, disrupting accessibility. Thus, traversing the Manaslu region is best around the year except for the winter months (Dec-Feb).

Tsum Valley Trek Difficulty

Tsum Valley lies in the Basin of Syar River and elevates to a maximum of 3700 meters at Mu Gompaa. The trail to Tsum Valley can be navigated, and it is well-marked. As the Trek doesn't promote beyond 4000 meters, Acute Mountain Sickness (AMS) has minor chances. Furthermore, there is little to no rainfall in the area, leaving the trail dry throughout the year. Thus, trekking to Tsum Valley is moderately difficult.

Daily Hiking Distance

The Tsum Valley trek is generally completed within 15-17 days depending upon the itinerary and the specific route taken to hike. With us, your journey is completed in 16 days with 2 days including arrival and departure and one day including exploration day. All through the journey to Tsum Valley, you'll cover a total distance of 200km.

Here is the hiking distance from each stop point of the Tsum Valley trek:

- Maccha Khola to Jagat: 13-15 km (8-9 miles)
- Jagat to Lokpa: 12-14 km (7-8 miles)

- Lokpa to Chumling: 11-13 km (6-8 miles)
- Chumling to Rachen Gumba: 10-11km (6 miles)
- Rache Gumba to Mu Gumba: 10-12 km (6-7 miles)
- Mu Gumba to Rachen Gumba: 10-12 km (6-7 miles)
- Rachen Gumba to Gumba Lungdang: 7-9 km (4-6 miles)
- Gumba Lungdang to Ripchet: 8-10km (5-6 miles)
- Ripchet to Philim: 10-12 km (6-7 miles)
- Philim to Khorla Besi: 7-9 km (4-6 miles)
- Khorla Besi to Soti Khola: 13-15 km (8-9 miles)

Solo trek on Tsum Valley

Being a restricted area, single trekking in Tsum Valley is not allowed. As per the rules and regulations of the Nepal government, trekking in a restricted region is possible only if you are a minimum of two in a group and with a licensed guide. The Tsum Valley is administered by tourism mechanisms and aims to conserve and protect its natural and cultural heritage.

Trekking in a Tsum Valley single also adds to the overall cost due to its expensive RAP (Restricted area permit). To make your cost relatively less, Boundless Adventure can provide you with sharing permit facilities. This helps you minimize the cost and trek in the untouched beauty of the Tsum Valley.

Trip Itinerary

Travel professionals at Boundless Adventures have crafted the 15-day Tsum Valley Trek Itinerary from Tribhuvan Airport. Ensuring safety and a comfortable trek experience is the utmost priority of this organization. We have proposed the itinerary based on years of experience and client reviews. The stopover during the Trek has been chosen carefully to ensure trekkers acclimatize.

The itinerary provides adequate time for exploration. You will have ample time to explore and vibe with the surrounding environment; additionally, if you have your itinerary in mind, even better. Please convey the same to us, and we can make arrangements accordingly.

We don't mind providing pick up at the end of your trek and departure at the Soti Khola by [Helicopter](#).

Day 01: Touchdown in Kathmandu (1345m)

Your flight will land at Tribhuvan International Airport. After the immigration and baggage procedure at the airport, you will arrive at arrival gate number 1.

The staff of Boundless Adventures will be at the arrival gate with your nameplate. You will be driven through the narrow roads of Kathmandu to reach Thamel. In Thamel, you will check into your hotel.

The rest of the day is leisure; you may wander around in Thamel or rest in your hotel—Night Stopover at Thamel.

Destination:

Kathmandu

Transportation:

Car

Duration:

20 minutes

Day 02: Drive from Kathmandu to Maccha Khola (900m)

The first day of your trip begins with a sumptuous breakfast at your hotel in Kathmandu. Up next, you will be driven to the starting point of your Trek, Maccha Khola.

We exit the valley of Kathmandu from Naag Dhunga. We take Prithvi Highway from Naag Dhunga. The journey along Prithvi Highway continues for 57 kilometers before diverging at Dhading Besi. The drive is scenic, with excellent Ganesh and Gorkha mountain ranges vista.

From Dhading besi, we head northbound, taking a narrow road towards Arughat, Gorkha district. We followingly pass through the dense settlements of Arughat and follow along the Budhi Gandaki river basin. The road after Arughat needs to be paved and uneven.

It is filled with rock boulders and muddy trails. You reach Maccha Khola after 1 hour of drive from Arughat. We settle down at the teahouse in Maccha Khola for the night.

Destination:

Maccha Khola

Accommodation

Hotel

Transportation:

Jeep

Duration:

5 hours

Food:

Lunch and Dinner

Day 03: Trek to Jagat (1410m)

The stretch from Macchakhola to Jagat begins with a walk along the Budhi Gandaki river banks. The trail steadily follows through the riverbed filled with sand and rocky boulders.

This section of the river is narrowed down by huge hills on both sides. After an hour of walking, you will reach KhorlaBesi, a crossroad with a western trail leading toward Barpark in Gorkha.

We continue following through the river right after Khorlbesi is a natural hot spring, after which the place is named Tatopani.

Headed further from Tatopani, we pass through the 2 most significant landslides of the area in Dobhan. It acts as a confluence of the Budhi Gandaki and Dobhan Rivers.

From Dobhan, it takes 2 hours for steady walkers to reach Jagat. The trail ascends and descends several times during the stretch. Jagat is a small village with an MCAP office at its center.

The authorities will ask for your MCAP permit herein. Also, the restricted area of Manaslu Tsum Valley begins from Jagat. You will need to show your RAP here. Overnight at Jagat

Destination:

Jagat

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch & Dinner

Day 04: Trek to Lokpa (2240m)

From Jagat, the trail descends steeply to reach Bhatu Khola. You will have to cross a suspension bridge over the river.

The next stop after Jagat is Salleri which provides a surreal view of Mt. Shringi(7155m). Salleri will be your first encounter with the Himalayan Mountains on this trail.

You will traverse via Buddhist mani walls, monuments and chhortens before reaching Nagjet. The route from Nagjet passes through the other side of the river.

It's 6-7 hours of trekking from Jagat to Lokpa, including a short break and lunch stop. Lokpa is stationed at the Syar River and Budhi Gandaki River confluence.

You're Trek from here on follows through the Syar River. We stay at Lokpa for the night.

Destination:

Lokpa

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 05: Trek to Chumling (2600m).

The stretch from Lokpa to Chumling is easy, with occasional climbs over muddy hills and rocky sections of the river bank. We cross the Sarli Khola suspension bridge and traverse via small regional hamlets.

Manaslu Mountains will keep you recharged along the way. This traverse to Chumling is short, with 4-5 hours of trekking for the day.

Chumling resembles a classic Nepalese village with stone-built structures and tin-roofed houses overlooking paddy fields. We stay for the night at Chumling.

Destination:

Chumling

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 06: Trek to Rachen Gompa (3300m)

There is a native monastery at Chumling, a revered site of the locals. We make our way through this classic architectural monastery and descend towards Yarju.

From Yarju, your trail takes a small ascent and heads straight to a crossroad at Tumje/Dumje. Dumje is a crossroad point for Tsum Valley and Ganesh Himal Base Camp trek. It lies in the confluence of the Syar, Sarpu, and Langdang Rivers.

Dumje is elevated at 2440 meters above sea level. From here on, we take on the river banks of the Syar River to reach Chokkang Paro. The trail advances steeply through a narrow river gorge.

Upon reaching Chhokangparo, a flat valley appears before you. The route is easygoing on a flat surface. 2 hours of Trek from Chhokang Paro takes you to Rachen Gompa.

The monastery in Rachen Gompa culminates the Tibetan and Tsumba-styled architecture. It is a revered site for the Tsumba peoples of Tsum Valley. We stay for the night at a teahouse in Rachen Gompa.

Destination:

Rachen Gompa

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Kunch Dinner

Day 07: Trek to Mu Gompa (3700m).

The flatlands of Tsum Valley begins from Rachen Gompa. You will traverse the hills' greenery on both sides of the Syar River.

This stretch is considered the most scenic traverse of the Tsum Valley trek. Most of the river bank is used for agriculture, while small Tsumba settlements are scattered throughout the valley.

We make our way through the villages of Phurbe, Chhule, Nile, Rolmi, and Chho Syong before finally

reaching Mu Gompa.

This stretch of the Trek is filled with multiple monuments, including Milarepa Gompa, Milarepa Piren Phu Cave, and Chi Phu Gompa. There are numerous Mani walls dotted along the trail.

These villages are filled with a sacred Buddhist aura and provide a religious vibe. After reaching Chho Syong, the path diverges westward and passes via Dhephyudoma Nunnery Gompa.

It then takes an ascent to reach Mu Gompa. We stay at a teahouse in Mu Gompa.

Destination:

Mu Gompa

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 08: Rest day in Mu Gumba.

Mu Gompa is an enigmatic destination with amazing landscape views. The look around the Gompa is surreal, with a Himalayan vista on all sides.

You will take a rest day here to explore the surrounding areas. The region is filled with greenery and picturesque mountain vista. Hike to a nearby hill or take a good break staying cozy in your teahouse for the day.

Destination:

Mu Gumba

Accommodation

Hotel

Transportation:

Hiking

Duration:

3 hours

Food:

Breakfast, Lunch and Dinner

Day 09: Trek to Rachen Gompa (2600m) via Chhule(3347m)

We begin our return journey from Mu Gompa today. The first stretch of the return journey takes you to Sengum village. Followingly we reach Chhule for lunch.

Then we get to the famous Milarepa Cave, Piren Phu, before going to Rachen Gompa. You will stay at the teahouse in Rachen Gompa for the night.

Destination:

Rachen Gompa

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 10: Trek to Gumba Lungdang (3200m)

After a sumptuous meal at your hotel, we begin the day's traverse. Today your Trek will descend along the Syar River traversing Chokkang Paro before reaching Dumje.

Dumje is the crossroad point for Ganesh Himal Base Camp and is the confluence of the Syar, Sarpu, and Langdang Rivers. Syar River originates from Tsum Valley.

Lungdang River originates from Ganesh Himal Base Camp, and the Sarpu River originates from the Chubu glacier from the north.

From Dumje, we take the southern trail that leads to Ganesh Himal Base Camp.

In between lays Gumba Lungdang, which will be our night stopover. Gumba Lungdang is a monastery that sits amidst numerous mountains of the Ganesh Range.

Ganesh I (7422m), Ganesh II(6908m), Voke Peak(4617m), and Ganesh IV(6908m). Gumba Lungdang offers one of the best-unseen views of Ganesh Himal.

Destination:

Gumba Lungdang

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 11: Trek to Ripchet (2490m)

Unlike your journey during the ascent, we retrace our journey to Dumje. We don't cross the Syar River for this traverse. We stay on the left side of the Syar River and continue our journey.

We reach Ripchet, a small town of Gurung, and Thakali in the evening. Ripchet is across Chumling village, separated by the Syar River In Between.

Destination:

Ripchet

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 12: Trek to Philim (1700m)

The descent journey is easy to travel. Now the flatlands disappear, and you reach the narrow corridor cut out by the Syar River.

At Lokpa, Syar River converges with Budhi Gandaki River. We then follow along the Budhi Gandaki River and descend via Ekle Bhatti and other small hamlets. You will reach Philim in the evening for your night stopover.

Destination:

Philim

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 13: Trek to Khorlabesi (930m)

After a hearty breakfast at Philim, we descend alongside the Budhi Gandaki River corridor.

You will traverse numerous old monasteries and Buddhist villages of Salleri, Yaruphant, Lhakpa, Dobhan, and Tatopani to reach Khorlabesi in the evening.

You must check out from a restricted area at Jagat before exiting the MCAP office.

Destination:

Khorlabesi

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch and Dinner

Day 14: Trek to Soti Khola (730m)

The stretch ranging from Khoralesi to Soti Khola, is easy. It follows through small hamlets alongside the Budhi Gandaki River.

We reach Soti Khola in the evening, which marks the end of your Trek.

Destination:

Soti Khola

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch and Dinner

Day 15: Drive to Kathmandu.

Your vehicle will be waiting for your departure from Soti Khola. The road first takes on offroad until Arughat then follows a paved road until Dhading Besi.

You head east from Dhading besi, taking Prithvi Highway to reach Kathmandu. Overnight at Hotel in Kathmandu.

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Jeep

Duration:

6 hours

Food:

Breakfast

Day 16: Transfer to international Airport for your sweet home.

A representative of Boundless Adventure will escort you to Tribhuvan International Airport for your flight back home. We bid farewell and say goodbye until the next time.

Transportation:

Car

Duration:

20 minutes

Food:

Breakfast

Trip Includes

- Airport picks up and drops by car/van/bus.
- A full-day world heritage site sightseeing in Kathmandu Valley, including the tour guide and car/ van (optional)
- During the trekking, three meals a day (Breakfast, Lunch, and Dinner).
- Highly experienced, helpful, and friendly Trekking and Tour Guide
- Manaslu Conservation Entry Permits.
- Restricted Area Permit.
- TIMS Permits.
- Nepal Government taxes
- Ground transportation by bus
- Per person, one trekking map.
- Sleeping Bag (Options)
- Down Jacket (Options)

Trip Excludes

- Cold and Hot drinks
- Hard and Soft drinks.
- Hot Shower During the trek.
- Accommodation and meals in Kathmandu.
- Donation & Tips.
- City sightseeing entry fees.
- The rest of everyday expenditure which is not mentioned in the price includes.

Frequently Asked Questions

How much does the tsum valley trek cost?

The cost of the Tsum Valley Trek can range from \$1200 to 1880. The price is variable as it depends on the accommodation you choose in Kathmandu and your group size.

The lodges available on the trekking trail are almost similar, with basic amenities. However, you can choose from high-end luxurious hotels in Kathmandu or budget tourist hotels based on your preference.

How long is the TSUM Valley Trek?

Including a rest day in Mu Gompa, the total duration of the Tsum Valley Trek is 16 days. Herein included are 12 days spent trekking, 2 days for traveling, and 2 days in Kathmandu. The length of the Tsum Valley trek can be modified based on your plans and preferences.

Which season is best for Tsum Valley Trek?

Unlike other treks in Nepal, which can only be done in Spring and Autumn, the Tsum Valley trek can be done in Summer too. The area of Tsum Valley is located in the rain-shadow area of Nepal. This makes it dry with little to no rainfall, even in summer.

How difficult is the Trek?

The highest elevation of the Tsum Valley trek is 3700 meters at Mu Gompa. Since this Trek remains below the elevation of 3700 meters, it is considered a moderately challenging Trek.

However, some stretches have switch-back ascents, which are strenuous and demanding. The Tsum Valley trek is a moderate-level trek in Nepal.

How is the Tsum Valley trek route?

For the most part, the Tsum Valley trek follows the Budhi Gandaki River and Syar River to its endpoint. Some narrow sections are along the river's gorge at some points.

Also, there are several steep ascents that you have to make. Since the elevation remains below 4000 meters, the trail is filled with lush jungles and flattened valleys.

How much is the permit for Tsum Valley?

Tsum Valley lies in a restricted area of Nepal, requiring a Restricted Area Permit for access. You need two permits for this Trek: Manaslu Conservation Area Permit, which costs about \$30 approx, and RAP, which costs.

December to August:

For the first 7 days: USD 75 per person

From 8th day onward: USD 10 per person per day

November to September:

For the first 7 days: USD 100 per person

From the 8th day onward: USD 15 per person per day

Note: The rates provided are without tax levied by the Government of Nepal.

Can single people Trek?

No, single people cannot trek to Tsum Valley. This area has been secluded as a restricted area by the Government of Nepal. You must be in a group of at least 2 people and accompanied by a registered trekking guide.

What is the highest altitude of the Trek?

The highest altitude of the Tsum Valley trek is Mu Gompa. This village stands at an altitude of 3700 meters above sea level.

Where can we get the tsum valley Trek map?

For your Trek to Tsum Valley, you can buy a detailed map after arriving in Kathmandu. While online maps are available, having a handy detailed map of the area with you is always convenient. Boundless Adventures will provide a pocket map of the Tsum Valley trek.

Can we join Manaslu during the Trek?

You can add the Manaslu Circuit trek to the Tsum Valley trek. You will need extra days for this traverse. A separate permit is required for the Manaslu trek. Annapurna Conservation Area Permit is required to add the Manaslu trek to your tsum valley trekking.

What is the Local culture?

Manaslu area is inhabited mainly by Thakali and Gurung people. Tibetan races of people predominantly inhabit this area. The culture is similar to that of Tibetan people with a Buddhist walk of life, and Most people are engaged in agriculture and trade.

What makes the Trek best?

Manaslu is the eighth-highest peak in the world. Journey to Tsum Valley lets you witness this beauty up close. The walk along the river basin of Budhi Gandaki is another adventurous part of this Trek. Additionally, there are centuries-old monasteries dotted across the trail.

How many different languages guide will speak?

Your guide will be able to communicate correctly in English and proficient in the local language. Most guides are experienced in 3 languages: English, Nepali, and their native tongue. We can make arrangements if you have specific linguistic requirements for your guide.

Does the guide have insurance?

Yes, your trekking Company is mandated to pay for the insurance of your trekking guide and support staff. All ground staff, including guides and porters, will be insured.

Do we need our travel insurance?

Yes, travel insurance is required for Tsum Valley Trek. Make sure that your insurance coverage includes helicopter evacuation alongside medical expenses.

Where can we get the Permits?

Boundless Adventures can arrange for the permit of Tsum Valley. Our Company will obtain the necessary permits for Tsum Valley once you book the Trek with us.

We will be fully responsible for permits and other documentation.

Essential Information

Attractions of Tsum Valley Nepal

Culture

The Buddhist Tsumba people inhabit this valley. They are said to have migrated from Tibet long before. The cultural practices in the area resembled Bon Buddhism with sacred rituals. A cultural approach involves Buddhist ceremonies. Tsumba people follow Tibetan Buddhism, which is made by various Monasteries, chhortens, and mani walls. Major festivals in the regions are Losar (Tibetan New Year) and Dhachyang (a Festive dedicated to the local deity). Most Tsumba people practice Polyandry, wherein one woman marries brothers of the same house.

Landscape

Tsum Valley sits between towering massifs of the Manaslu and Ganesh ranges—the Syar River basin cuts between these mountains. Syar River creates arable fertile land on the banks of the valley. The lower section of the Trek below Jagaat is filled with Rhododendrons, Juniper, Fir, and Birch forests. You will pass through high alpine pastures as you pierce deep into the valley. The vegetation begins from Subtropical and ranges to Alpine in the high areas.

Buddhist Monuments

Being the land of Buddhist people, Tsum Valley is dotted with various Buddhist monuments. The trail to Tsum Valley is filled with sacred monasteries, colorful **mani walls**, old-age cohorts, and other **Buddhist artifacts**. Some prominent monasteries of Tsum Valley are Rachenn Monastery, Gumbaa Lungdang, Milarepa Piren Phu, and the oldest monastery of Tsum Valley, Mu Gompa.

Altitude Gain During Tsum Valley Trek Route

Tsum Valley in the Manaslu area is circumscribed by the Himalayan peaks including Ganesh Himal in the south, Shringi Himal in the south, and Boudha Himal as well as Himal Chuli in the west. The valley was a less traveled route before but is becoming quite famous due to its mixture of nature's beauty and cultural diversity. A large number of the people in the Tsum Valley are of Buddhist culture, influenced by the Tibetans.

While the trek is of a moderate level of difficulty, it is important to learn about the altitude of the area before starting the trek. Throughout the Tsum Valley trek, you'll experience lots of changes in altitude. You'll trek from lower to higher level, then climb down to higher to lower level. So acclimatization is a crucial aspect of the trek to Tsum Valley.

The trip to Tsum Valley begins with a drive from Kathmandu, the capital city of Nepal, to Machhakhola. Kathmandu is situated at an elevation of 1400m/4993 ft above sea level, whereas Macchakhola is situated at 930m/3051ft. So from Kathmandu to Macchakhola, you'll lose the elevation of 470m/1541ft.

From Machhakhola, your next stop is Jagat, elevated at 1410m/4626t. You'll gain an elevation of 480m/1574ft as you get to Jagat from Machha Khola. The journey moves to Lokpa from Jagat. Lokpa is

situated at 2240m/ 7349ft. Upon reaching Lokpa you'll gain an elevation of 830m/ 2723 ft.

Chumling is the next stop point, at an altitude of 2386m/7828ft. The altitude gain from Lokpa to Chumling is 146m/479ft. After Chumling, the trek takes you to Rachen Gumba, which lies at 3240m/10630 ft. The elevation gained from Chumling to Rache Gumba is 884m/2900 ft.

The trail goes to Mu Gumba, at an elevation of 3700m/ 12139ft. Upon reaching Mu Gumba from Rachen Gumba you'll gain an elevation of 460m/1510ft. From Mu Gumba you'll not continue ascending, you'll start descending for the return journey. You'll descend to Rachen Gumba from Mu Gumba, as you are descending it is obvious that you'll lose the elevation. The elevation you'll lose when descending from Mu Gumba to Rachen Gumba is 460m/1510ft.

Gumba Lungdang is the final ascending journey, lying at an elevation of 3200m/ 10499 ft. As you reach Gumba Lungdang from Rachen Gumba you'll gain 40m/131ft elevation. From Gumba Lungdang you'll descend to Ripchet, situated at 2470m/8103ft. The elevation you'll lose on the descent from Gumba Lungdang to Ripchet is 730m/2395 ft. Descending from Ripchet, you'll get Philim at 1590/5216ft. 880m/2887 ft elevation will be lost as you get Philim from Ripchet.

Khorla Besi is the next stop point on the descending journey from Tsum Valley. Khorla Besi is elevated at 970m/3182ft. 620m/2034ft, elevation will be lost as you get Khorla Besi from Philim.

Soti Khola at 730m/2395ft is the final trek in the Tsum Valley. As you get to Soti Khola from Khorla Besi, you'll lose an elevation of 240m/787ft. From Soti Khola you'll drive back to Kathmandu gaining an elevation of 670m/2198 ft.

At the beginning of the journey, the minimum altitude you'll reach is at an elevation of 970m at Maccha Khola. Whereas, The minimum elevation you'll get during the returning journey is 730m at the Soti Khola. Simultaneously the maximum elevation you'll get throughout the Tsum Valley trek is 3700 m above sea level at Mu Gumba.

Furthermore, The highest elevation you'll gain on the trip to Tsum Valley is during the time when you reach Rache Gumba from Chumling, the gain elevation between the two points is 884m. Likewise, the lowest elevation gained during the trek is when you'll trek from Lokpa to Chumling. The gained elevation at the two points is just 146m.

Things To Know Before Trekking to Tsum Valley

Equipment

Tsum Valley Trekking is a teahouse trekking in Nepal. There are mountain lodges available throughout the trail. There is no need to carry technical trekking equipment on your traverse of Tsum Valley. The route to Tsum Valley passes through a dirt foot trail along the river basin.

However, it might get cold during the night during the traverse. We suggest you keep a sleeping bag and a good quality down jacket in your backpack. Check our [Equipment List](#) for detailed information.

Trekking Guide

As stated earlier, the Nepal Government secludes the Manaslu region as a Restricted Area. It has also been mandated that a trekking guide be hired for this Trek. Having a government-authorized and trained

trekking guide is compulsory during this traverse. Also, trekking guides and porters accompanying you need to be fully insured for the Trek.

Permit

There are multiple permit requirements for **Treks to Tsum Valley**. As the trail pierces through the Manaslu Conservation Area, you need to obtain a Permit. Additionally, you require a separate permit to enter the restricted area.

Ground Transportation

Ground transportation in Tsum Valley trekking is included in the package cost. You must drive to Maccha Khola / Jagat to begin your Trek. Based on your preference, we arrange for a jeep or a bus to reach the starting point of the Trek. The total distance between Kathmandu to Maccha Khola is 152 kilometers.

It travels via Prithvi Highway. We drive through the Dhadhing district and enter the Gorkha district before commencing our Trek. All ground transportation to Maccha Khola is included in the package cost. Also, your return journey from Soti Khola to Kathmandu is included there. If needed, you can drive to Kathmandu on your own.

Online Booking System

Welcome to our website, where we have a user-friendly, reliable, and secure platform. We commit to providing the best possible experience. We use the latest technology to update our website and enhance your journey. Our website employs encryption protocols, secure payment gateways, and data protection.

It keeps your sensitive information safe from any unauthorized access or breaches. The [Himalayan Bank](#) of Nepal authentically authorizes us. You can make direct payments online or even swipe any card for the payment.

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