Tsum Valley Trekking

Tsum Valley Trekking has been a most popular trek in Nepal. The original name of this region was "Tsum Tso Chucksums" which literally means "thirteen provinces ruled as a single territory", the Tsum Valley is a Himalayan pilgrimage valley located in the Manaslu area, close to the Tibetan border. This hidden valley is surrounded by the Boudha Himal and Himal Chuli to the west, Ganesh Himal to the south and Sringi Himal to the north. This valley is rich in ancient art, culture, and religion. Local people are mostly of Tibetan origin and speak their own dialect. Trek to Tsum Valley includes breathtaking views. Tsum Valley Trekking, Hidden Valley Trekking, Boudha Himal Trekking, Sringi Himal trekking are organized by Adventure Thirdpole Treks agency.

Fast Fact
Maximum Elevation 5070 meters
Total Days in Nepal 30
Trek Days 26
Trek Grade Difficult
Accommodation Camping

Duration: 30 days

Price: $2850

Rating: 4 Star

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Manaslu Region

Itinerary:

Day 1: Arrive in Kathmandu

Arrive in Kathmandu, transfer to hotel and welcome dinner in the evening.

Day 2: Sightseeing

Sightseeing in Kathmandu and preparation for the trek.

Day 3: Drive to Arughat Bazaar

Drive to Arughat Bazaar (550m) 7h by bus.

Day 4: Arughat Bazaar - Soti Khola

Arughat Bazaar - Soti Khola (730m) - 6h.

Day 5: Seti Khola - Machha Khola

Seti Khola - Machha Khola (930m) - 5h.

Day 6: Machha Khola - Jagat

Machha Khola - Jagat (1350m) - 7h.

Day 7: Jagat - Lokpa

Jagat - Lokpa (2040m) - 6h.

Day 8: Lokpa - Chunling

Lokpa - Chunling (2360m) - 4h30.

Day 9: Chunling - Chhokangparo

Chunling - Chhokangparo (3010m) - 8h.

Day 10: Rest day

Rest day in Chhokangparo.

Day 11: Chhokangparo - Chhule

Chhokangparo - Chhule (3350m) - 5h30.

Day 12: Chhule - Chho Syong

Chhule - Chho Syong (4000m) - 6h.

Day 13: Chho Syong - Dupchet

Chho Syong - Dupchet (4180m) - 3h.

Day 14: Dupchet - Chhemdo

Dupchet - Chhemdo (4110m) - 5h.

Day 15: Chhemdo - Chhekya

Chhemdo - Chhekya (4240m) - 5h.

Day 16: Chhekya - Sangti

Chhekya - Sangti (5070m) - 8h.

Day 17: Sangti - Yamdro

Sangti - Yamdro (4510m) - 8h.

Day 18: Yamdro - Bhajyo

Yamdro - Bhajyo (4030m) - 7h.

Day 19: Bhajyo - Thongbu

Bhajyo - Thongbu (4560m) - 3h.

Day 20: Thongbu - Lungdang

Thongbu - Lungdang (4240m) - 7h.

Day 21: Lungdang - Rachen Gompa

Lungdang - Rachen Gompa (3240m) - 7h.

Day 22: Rest day

Rest day in Rachen Gompa.

Day 23: Rachen Gompa - Dumje

Rachen Gompa - Dumje (2440m) - 7h.

Day 24: Dumje - Philim

Dumje - Philim (1570m) - 5h.

Day 25: Philim - Tatopani

Philim - Tatopani (975m) - 6h.

Day 26: Tatopani - Soti Khola

Tatopani - Soti Khola (730m) - 7h.

Day 27: Soti Khola - Arughat Bazaar

Soti Khola - Arughat Bazaar - 4h.

Day 28: Drive to Kathmandu

Drive to Kathmandu 7h by bus.

Day 29: Farewell Dinner

Free day and farewell dinner in the evening.

Day 30: Final departure

Depart to the airport.