

Tsum Valley Trek

Standard Itinerary

Tsum Valley Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Tsum Valley Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Kathmandu

Preparation day and Sightseeing in Kathmandu Valley. Overnight at the hotel on BB plan.

Highlights:

- Work on a permit, Manaslu restricted permit, with your original passport.
- Optional: Sightseeing in Kathmandu Valley (UNESCO world heritage site).
- Shopping for your necessary items if needed.
- Preparation and briefing for tomorrow.

Day 03: Machhakhola

Drive from Kathmandu to Machhakhola 1330m/3051ft 10 hours. Overnight at Lodge.

Highlights:

- Drive along the typical villages and cities of Nepal.

- Observation of locals and their lifestyle on highways.
- Terrace farming along the trails.
- Typical villages and ways of living in remote areas in hills.
- Drive along the rivers with an incredible scenic Himalayan view.

Day 04: Jagat

Trek from Machhakhola to Jagat 1350m/4429ft 5/6 hours. Overnight at Lodge.

Highlights:

- Views of waterfalls and mule caravan.
- Close views on traditional farming, animal husbandry, and primary school operation.
- Trekking across the washed-out routes and trekking along the river.
- Beautiful tea house and lunch huts along the trail.
- Cantilever bridge and suspension bridge.
- Visit beautiful Jagat village.
- Restricted area permit check-ins.

Day 05: Chisapani

Trek from Jagat to Chisapani 6/7 hour. Overnight at Lodge.

Highlights:

- Initial crossing of the Suspension bridge over two rivers.
- Local min hydro project and military camps.
- Observation of the local village and daily lifestyle.
- Crossing washed-out routes.
- Typical villages and traditional farming.
- Views of Shringi Peak above 7000m.

Day 06: Chumling

Trek from Chisapani to Chumling 3010m 6 hours. Overnight at Lodge.

Highlights:

- View of many beautiful waterfalls and the second-longest suspension bridge in Nepal.
- Enter the Tsum Valley.

- Views of Shringi Peak above 7000m and Ganesh Himal.
- Crossing washed-out routes.
- Cantilever bridge and suspension bridge.
- Trek via Rhododendron Forest and Pine Forest.

Day 07: Chhokangpar

Trek from Chumling to Chhokangpar 3361m 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via subtropical and Temperate Forests.
- View of Tibetan culture and people.
- Typical Tibetan villages of Nepal.
- Visit Chhokangpar village and monastery.

Day 08: Nile

Trek from the Chhokangpar to the Nile for 7 hours.

Highlights:

- Trek along a close view of the Himalayas.
- View of traditional farming practice.
- Observation of local lifestyle and Mani walls.
- Visit the monastery and Milarepa caves.
- Visit Nile and Tsule village viewpoints.

Day 09: Chhokangpar

Trek from Nile to Mu Gompa and back to Chhokangpar 7/8 hours. Overnight at Lodge.

Highlights:

- Attend morning rituals in century-old Mu Gumpa.
- Experience proximity to Tibet.
- Visit one of the biggest nunneries in Nepal.
- Trek back to Chhokangpar village.

Day 10: Lokpa

Trek from Lokpa to Chumling 7 hours.

Highlights:

- Trek along the river and Rhodendron forest.
- Cross the cantilever bridge and landslide area.
- Enjoy the Himalayan surroundings and typical villages.

Day 11: Machhakhola

Trek from Lokpa to Machhakhola 1330m | 3051ft 8/9 hours. Overnight at Lodge.

Highlights:

- Trek via hiked routes to Tsum Valley trek.
- Permit and National Park checkout.
- Celebrate the last day of the trek.

Day 12: Kathmandu

Drive from Dharapani to Kathmandu 8/9 hours via Beshisahar transfer to hotel evening farewell diner in Nepali cultural dance restaurant. Overnight at hotel on BB plan.

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 13: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive from Dharapani to Kathmandu 221 km by public van or bus guest and guide (optional: private vehicle as per participants preference)
- Staffs and trekkers transportation Kathmandu/Sotikhola /Kathmandu (optional: private vehicle as per participant's preference)
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge)
- Experienced English-speaking local guide (Trained and licensed by the government of Nepal) or other languages as per your preference
- Necessary Porter: 1:2 porter carries 25kg only.
- Manaslu conservation (MCAP) entry fee.
- Trekkers Information Management System (TIMS).
- Tsum valley Restricted area permits.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.
- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
- Tips and gratuities for the staff.
- Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.