



Community Trek
Explore, Connect & Experience

TRIP ITINERARY

TSUM VALLEY LODGE TREK

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NEPAL · MANASLU

Tsum Valley Lodge Trek

Discover the hidden beauty of Nepal with the Tsum Valley Trek, an unforgettable journey through the remote Manaslu region near the Tibetan border.

TRIP PRICE

\$1,350

COST / PRICE

\$1,350

REGION

Manaslu

DURATION

11 days

MAXIMUM ALTITUDE

3,700 m

BEST SEASON

Spring and Autumn

DIFFICULTY

Moderate

ACCOMMODATION

Teahouse / Lodge

TRIP TYPE

trekking

HIGHLIGHTS

What makes this trip special

- 01

Hidden Himalayan Valley: Explore the remote and breathtaking Tsum Valley, one of Nepal's most beautiful off-the-beaten-path trekking destinations.
- 02

Ancient Buddhist Heritage: Visit sacred monasteries including Mu Gumpa and Rachen Gumpa, and discover the valley's deep Tibetan Buddhist traditions.
- 03

Authentic Himalayan Culture: Experience traditional villages, local hospitality, Tibetan-influenced customs, prayer flags, mani walls, and a timeless mountain lifestyle.
- 04

Spectacular Mountain Scenery: Trek through lush forests, alpine landscapes, dramatic gorges, and peaceful valleys with stunning views of Ganesh Himal, Himalchuli, and surrounding peaks.

OVERVIEW

Journey overview

Imagine stepping into a hidden paradise , untouched by modern life and steeped in ancient Tibetan culture. Welcome to Tsum Valley, a secluded gem nestled in the Himalayas, east of Manaslu and bordering Tibet. This "vivid valley," as its name translates, is home to the Tumbas, descendants of Tibetan people who preserve their unique traditions. Trek through breathtaking landscapes of snow-capped peaks, lush meadows, and rushing rivers. Discover ancient villages where time seems to stand still, and explore Tibetan Buddhist monasteries echoing with the chants of monks. Here's what awaits you in Tsum Valley:

Unspoiled Beauty: Hike through untouched nature, leaving behind the hustle and bustle of everyday life.

Cultural Immersion: Live like the locals in traditional homestays, savor authentic Dal Bhat meals, and witness vibrant festivals.

Monastic Marvels: Visit ancient monasteries like Mu Gumpa, perched 4,000 meters above the valley floor.

Hidden Treasures: Discover Chhokangparo village, a "Hidden Land" offering unspoiled culture and stunning Himalayan views.

Adventure Awaits: Challenge yourself with moderate daily hikes, reaching breathtaking viewpoints.

Tsum Valley is for those seeking an authentic adventure, a journey beyond the usual tourist trail.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

- DAY 1

Drive to Machhakhola 870m by Jeep

Begin your Tsum Valley adventure with a scenic drive from Kathmandu toward Machha Khola. The journey follows winding mountain roads through picturesque hills, rivers, terraced farmland, and traditional villages before reaching Machha Khola, where you spend the night.
- DAY 2

Trek to Jagat 1340m.

Today, the trek begins along the Budhi Gandaki River. Walk through lush forests, waterfalls, rocky trails, and traditional settlements as the landscape gradually becomes more mountainous. Continue toward Jagat, a charming stone-paved village and the gateway to the Manaslu region.
- DAY 3

Trek to Lokpa 2240m.

Continue deeper into the Himalayas following the Budhi Gandaki Valley. The trail passes through dense forests, dramatic cliffs, and beautiful river valleys before reaching Lokpa, the first village of the Tsum Valley region and a peaceful stop surrounded by spectacular mountain scenery.

DAY 4

Trek to Chumling 2385m.

From Lokpa, enter the culturally rich Tsum Valley and trek through peaceful forests with stunning views of the surrounding Himalayan peaks. Cross bridges and follow scenic mountain trails toward Chumling, a traditional village offering your first close experience of the unique Tibetan-influenced culture of the Tsumbas.

DAY 5

Trek to Chhekhampar 3030m.

Today's trail leads deeper into the upper Tsum Valley. Walk through beautiful landscapes of pine and rhododendron forests, traditional settlements, mani walls, and prayer flags before arriving at Chhekhampar. The village is known for its distinctive stone houses, Tibetan Buddhist culture, and spectacular mountain surroundings.

DAY 6

Trek to Nile 3360m.

Continue toward Nile, one of the highest settlements in the Tsum Valley. The trail follows the Shiar Khola through an increasingly rugged Himalayan landscape, passing ancient mani walls, chortens, and traditional villages. Enjoy magnificent views of the surrounding peaks as you approach Nile.

DAY 7

Hike to Mu Gumpa 3700m. and back to Nile 3030m.

Today is dedicated to exploring the spiritual heart of Tsum Valley. Hike to Mu Gompa, the highest and one of the most important monasteries in the valley, located in a spectacular high-altitude setting. Explore the peaceful monastery and surrounding landscapes before returning to Nile for the night.

DAY 8

Trek to Chumling 2385m via Rachen Gumba

Begin your descent through the beautiful Tsum Valley, retracing the scenic trail toward Chumling. Along the way, visit Rachen Gompa, an important Buddhist monastery and spiritual center. Continue through traditional villages and peaceful Himalayan landscapes before reaching Chumling.

DAY 9

Trek to Philim 1570m.

Leave the Tsum Valley behind and follow the trail back toward the Budhi Gandaki Valley. The route passes through forests, rivers, waterfalls, and dramatic mountain scenery before reaching Philim, a beautiful Gurung village surrounded by green hills and terraced fields.

DAY 10

Trek to Dovan and Driveto Machha Khola

Continue trekking along the Budhi Gandaki River toward Dovan, enjoying the final section of the Himalayan trail. From Dovan, take a local jeep back to Machha Khola, marking the completion of your Tsum Valley trekking adventure.

DAY 11

Drive to Kathmandu

After breakfast, begin the scenic drive from Machha Khola back to Kathmandu. Enjoy the changing landscapes as the rugged Himalayan terrain gradually gives way to green hills, valleys, and urban surroundings. Arrive in Kathmandu with unforgettable memories of your journey through the hidden Tsum Valley.

Included and not included

Included

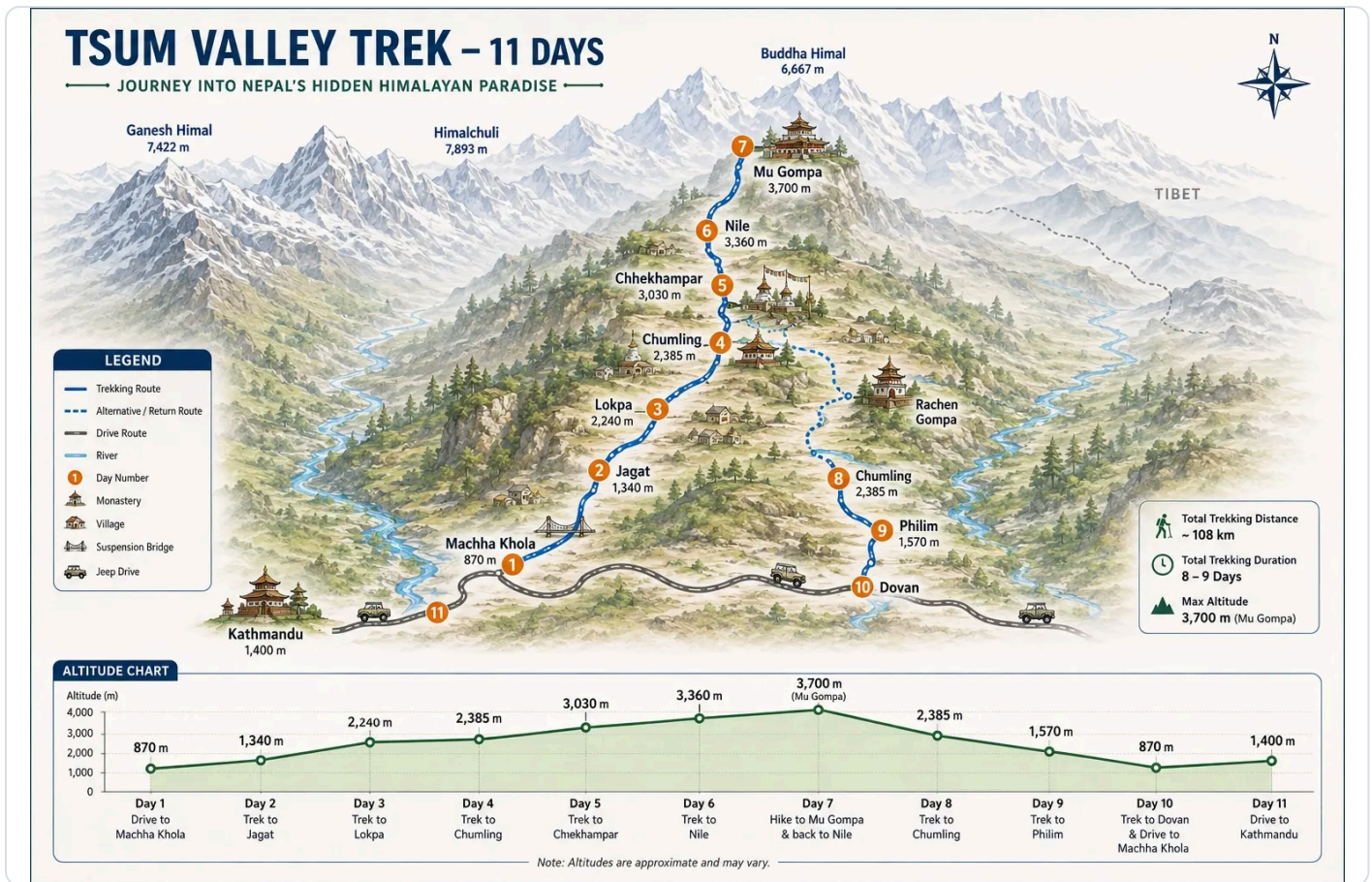
- ✓ **Permits:** All necessary paper works: Manaslu and Tsum Valley restricted permits (100 US \$ + 40 US \$), TIMS permit & Manaslu conservation entry fee.
- ✓ **Insurance:** Insurance for all involved Nepalese staff during.
- ✓ **Transportation:** Kathmandu Machha Khola and Machha Khola Ktm with private Jeep.
- ✓ **Member Luggage:** Up to 12 Kg per member for personal baggage during the trek carrying by porters.
- ✓ **Lodging & Food:** Food 3 meals a day (BDL; including tea and coffee) Breakfast, lunch, and dinner from the guesthouses you are staying at.
- ✓ **Guide:** 1
- ✓ **Porter:** Porters (2 trekkers: 1 porter) during the trek
- ✓ **Staff Salary and allowance**
- ✓ **Community Trek Duffle Bag for Trek** (If needed, Easy for porter to carry)
- ✓ **Comprehensive Medical kit**

Not included

- **Accommodation in Kathmandu**
- **Lunch & Dinner:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary).
- **Extra night in Kathmandu:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **Rescue Evacuation:** Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.).
- **Personal Expenses:** Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears & Equipment.
- **\$25 for extra porter per day** (If extra porter demanded)
- **Tips:** Tips for Guide, porters
- **Any other item not listed in the “Price Includes” section**

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

How difficult is the Tsum Valley Trek?

The Tsum Valley Trek is considered a moderate to challenging trek. You should be comfortable walking for several hours a day on uneven mountain trails and be prepared for significant altitude gain, especially above 3,000 meters.

What is the best season for the Tsum Valley Trek?

The best seasons are spring (March–May) and autumn (September–November). These months generally offer clearer mountain views, pleasant trekking conditions, and better trail conditions. Winter can be very cold at higher elevations, while the monsoon season can bring rain and muddy trails.

What is the highest altitude reached on this trek?

The highest point on this itinerary is Mu Gumpa at approximately 3,700 meters (12,139 ft). Proper acclimatization, a comfortable pace, and adequate hydration are important when trekking at higher elevations.

Do I need previous trekking experience?

Previous high-altitude trekking experience is helpful but not essential. Travelers with good fitness and a positive attitude can complete the trek with proper preparation. Regular walking, hiking, and cardiovascular exercise before the trip are recommended.

What kind of accommodation is available during the trek?

Accommodation is generally in local teahouses and guesthouses, offering basic but comfortable facilities. In some remote villages, facilities are limited, and rooms may be simple. Availability and comfort can vary depending on the location.

What permits are required for the Tsum Valley Trek?

Trekkers need the required Manaslu and Tsum Valley restricted-area permits, along with the appropriate trekking registration/permit requirements. A licensed trekking agency normally arranges these permits before the trek.

What should I pack for the Tsum Valley Trek?

Essential items include good trekking shoes, warm layers, a waterproof jacket, sleeping bag, trekking trousers, gloves, hat, sunglasses, sunscreen, water bottle, personal medicines, and a headlamp. Pack light but make sure you have enough warm clothing for the higher elevations.

Is the Tsum Valley Trek suitable for first-time trekkers?

Yes, fit and well-prepared first-time trekkers can undertake the Tsum Valley Trek with a professional guide and a carefully planned itinerary. The trek is remote and involves altitude gain, so good physical preparation, proper acclimatization, and following your guide's advice are essential.

GALLERY

A glimpse of the journey





Community Trek

Explore, Connect & Experience

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PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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