

TREKKING & HIKING

Budget Tsum Valley Trek

‘Explore and enjoy the hidden Tsum valley in the shortest ways of trekking’



Overview

HIGHEST POINT

AT MU GOMPA 3,700 M
/ 12,139 FT HIGH

DURATION

12 DAYS, 11 NIGHTS

GRADE

MEDIUM

FROM

USD 425

Budget Tsum Valley Trek in Nepal allows trekkers to enjoy adventures en-route to the hidden country of Tsum Valley. It is available at a cheap cost. The terms and conditions, as set by the **Manaslu Circuit Treks (P) Ltd.** The cost of the **Tsum Valley package** is more reasonable than other local

companies in Nepal.

For interested and eager trekkers, MCT offers special trips where one can enjoy the whole trek. At less cost, it makes the adventure enjoyable and affordable for all trekkers. The only higher costs are for the special permits and **Manaslu Conservation fees**. Tsum Valley falls within restricted areas in Nepal to control the mass flow of trekkers. As well as to control and protect its pristine environment.

The other reason is that the Tsum Valley is close to Nepal and Tibet, China borders. The Tsum Valley, in its early days, was a **Trans Himalaya Tradition route** of Nepal and Tibet. The trade and bartering of goods still exist. However, it happens in a smaller way than in the early days of the 1950s to 1960s.

Tsum Valley Budget Trekking allows trekkers to experience more of the country's rural farm life and activities. Along with the impressive culture and heritage of the Tsumbas native, the highlanders of Tsum Valley and Mid-West Himalayas.

On this budget trek to Tsum Valley, travel on a local bus or jeep with other Nepali passengers. Make this trip unique by observing the **Nepalese cultures and customs** as the ride takes you through villages and towns. Stay overnights in simple and basic lodge accommodations and enjoy the local Nepali meals. As well as covering more distance for overnight stops to make the trek itinerary as short as possible.

To balance the daily budget and expenses throughout the trek to Tsum Valley. On this affordable Tsum Valley trekking package with a guide and a few porters, the cost is minimized. You also avoid carrying much weight by

yourself.

Experience the trek like never before, **Tsum Valley Trekking** in Nepal takes you on an exploration adventure. Tsum is the Valley of Happiness, it means from an old Tibetan language known as '**Beyul Kyimolung**'.

Truly a Shangri-La, hidden behind the massif mountain range of Ganesh and Manaslu Himalayas. Located, around Far North Mid-West, on the eastern side of the Manaslu range within the district of Gorkha.

Tsum Valley is one of the remote hidden lands around the Himalayas, enclosed by towering peaks. The trek is fresh and new and takes travelers through remote and isolated settlements in the Himalayas.

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Outline Itinerary:

Day 01: Drive from Kathmandu to Trek to Machha Khola.Altitude: 930 m / 3,051 ft. **Approx.** 07 hours.

Overnight at simple guesthouse / local lodge.

Includes: Breakfast. Lunch & Dinner.

Driving distance Approx. 160 km/100 miles from Kathmandu to Maccha-Khola.

Day 02: Trek to Jagat.

Altitude: 1,345 m / 4,413 feet. Approx. 6 hour walks.

Overnight at budget standard Guesthouse / local lodge.

Includes:Breakfast. Lunch & Dinner.

Day 03: Trek to Chisapani.Altitude: 1,660 m / 5,444 ft. (Chisapani)

Approx. 05 hours walks. Overnight at Guesthouse / local lodge.

Includes: Breakfast. Lunch & Dinner

Day 04: Trek to Chumling.Altitude: 2,386 m / 7,828 feet.

Approx. 06 hours walks. Overnight at Guesthouse.

Includes: Breakfast, Lunch & Dinner.

Day 05: Trek to Chokang-Paro.Altitude: 3,010 m / 9,875 feet.

Approx. 05 hours walks. Overnight at Guesthouse. **Includes:** Breakfast.
Lunch & Dinner

Day 06: Trek to Nile via Milarepa meditation holy cave.Altitude: 3,361 m / 11,027 feet.

Approx. 06 hours walks. Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner

Day 07: Trek to Mu Gompa and return to Nile.Altitude: 3,700 m / 12,139 feet.

Approx. 07 hours both ways. Overnight at Nile Guesthouse.

Includes: Breakfast. Lunch & Dinner

Day 08: Trek to Chumling.Altitude: 2,386 m / 7,828 feet.

Approx. 06 hours. Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner

Day 09: Trek to Philim village.Altitude: 1,570 m / 5,151 feet.

Approx. 06 hours walks. Overnight at Guesthouse. **Includes:** Breakfast. Lunch & Dinner

Day 10: Trek to Khorla Besi.Altitude: 970 m / 3,182 feet.

Approx. 5 hours walks. Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner.

Day 11: Trek to Machha Khola.Altitude: 930 m / 3,051 ft. Approx. 4 hour walks.

Overnight at simple guesthouse / local lodge.

Includes:Breakfast. Lunch & Dinner.

Day 12: Drive to Kathmandu.Altitude: 1,340 m / 4,396 feet.

Approx. 07 hours drives. Overnight at Tourist Standard Hotel.

Includes: Breakfast and Lunch only.

Trip Highlights

- An adventure in a low budget and yet enjoy the trek to Tsum Valley.

- Explore the untouched and undisturbed villages by the mass flow of trekkers.
- Adventure beyond the massif Manaslu and Ganesh Himal Mountain ranges.
- Enjoy the serene and scenic walk around the forgotten highland of Tsum valley.
- A great experience with warm traditional hospitality with scenic mountain views.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	DRIVE FROM KATHMANDU TO MACHHA KHOLA
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Overnight: Machha Khola · 930 m / 3,051 ft · 7 hours drive · Guesthouse / local lodge · Meals: Lunch and dinner

Driving distance: Approx. 160 km/100 miles from Kathmandu to Maccha-Khola.

Depart for wonderful adventure to Tsum Valley Budget trekking, taking a local vehicle, either in bus, or coach. Traveling the local ways, the drive from the Kathmandu bus park, heads beyond the city towards Gorkha district. Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River. Following the river upstream to Soti-Khola, from here another short hour drive with slow uphill to Machha Khola for overnight. A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream.

DAY 02**TREK TO JAGAT**

Overnight: Jagat · 1,345 m / 4,413 ft · 6 hours walk · Guesthouse / local lodge · Meals: Breakfast, lunch and dinner

From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovan, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

DAY 03**TREK TO CHISAPANI**

Overnight: Chisapani · 1,660 m / 5,446 ft · 5 hours walk · Guesthouse / local lodge · Meals: Breakfast, lunch & dinner

After a pleasant time at Jagat, from here onwards starts the Restricted Area of Tsum Valley & Upper Manaslu. After Jagat all foreign visitors need to obtain a special permit to enter Tsum Valley & Upper Manaslu.

The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area. As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng. From here onwards into strong Buddhism culture, as walk follows higher area, past Deng. Slowly the long day trek comes to an end on reaching at a small farm village of Chisapani for an overnight stop.

DAY 04**TREK TO CHUMLING**

Overnight: Chumling · 2,386 m / 7,828 ft · 6 hours walk · Guesthouse · Meals: Breakfast, lunch & dinner

From here onwards entering the hidden valley of Tsum, morning walk to a narrow river gorge. Leads to a short descent, and then with steep up reaching a forested path lined with rhododendron and pine trees. The walk continues past smaller farm villages. Then to a gradual uphill as walk heads east above a stream then reaching at first village of Tsum in Chumling overnight halt.

DAY 05**TREK TO CHOKANG-PARO**

Overnight: Chokang-Paro · 3,010 m / 9,875 ft · 5 hours walk · Guesthouse ·

Meals: Breakfast, lunch & dinner

After first overnight around Tsum region, having breakfast morning walk leads

further east. Adventure continues through cultivated farm terraces villages facing

views of Ganesh, Sringi and Manaslu Himal. Walk then heads downhill to cross a

bridge above Smatiking Khola / stream to reach at Chokang-Paro for overnight

stop. A nice moderate traditional farm village facing views of stunning landscapes with snow-capped peaks.

Enjoy the afternoon exploring the village of strong Buddhism culture and custom adorned with prayer monuments.

DAY 06**TREK TO NILE VIA MILAREPA MEDITATION HOLY CAVE**

Overnight: Nile · 3,361 m / 11,027 ft · 5 hours walk · Guesthouse / local lodge · Meals: Breakfast, lunch & dinner

Start the morning overlooking great scenery of dramatic landscapes, after a

pleasant overnight. From this nice village walk leads closer to our main highlight

destination around Tsum Valley towards Nile and Mu Gumpa.

Following on

windswept terrain, then reaching into a wide open scenic valley.

Enjoy a side trip to an interesting cave of 11th saint and guru Milarepa of Tibet, who stayed here for mediation. Milarepa a renowned Buddhist saint lived his whole life as a hermit meditating and staying in caves. From here into dry, arid landscapes similar like Tibetan terrains, where green vegetation and tall trees fades for smaller juniper bush. Walk continues along with grand views of Ganesh and Manaslu Himal. Finally, the long day walk completes reaching Nile for overnight stop in a nice simple lodge. Probably the best overnight accommodation and food provided around Tsum area.

DAY 07**TREK TO MU GOMPA AND RETURN TO NILE**

Overnight: Nile · 3,700 m / 12,139 ft · 7 hours walk · Guesthouse · Meals:
Breakfast, lunch & dinner

Enjoying a pleasant time and overnight in Nile village, morning from Nile a short day hike to Mu Gompa. Reaching our final destination at the end of Tsum Valley morning walk leads with gradual climb on a dry windswept terrain. As walk continues facing dramatic scenery of surrounding beautiful landscapes and of snow peaks. After hours of exciting trek, then finally ending the walk on reaching Mu Gompa the highest spot of the trip. Having rest, explore the scenic surroundings and visit the monastery interior of cultural and religious interest.

The monastery adorned with statue of Lord Buddha and idols of famous saints and Gurus with vibrant religious paintings. Explore around Mu Gompa the highest and remote areas of Tsum Valley. Interested people can take a short visit of Dhephu Doma Gompa, a nunnery. Having simple lunch at Mu Gompa simple restaurants of the monastery, then head back to Nile for overnight stop.

DAY 08

TREK TO CHUMLING

Overnight: Chumling · 2,386 m / 7,828 ft · 5 hours walk · Guesthouse ·

Meals: Breakfast, lunch & dinner

After an exciting visit of Mu Gompa, Nile and Burgi villages walk towards Chumling, return route heading south to cross a bridge on the west bank.

Walk leads through Chokang Paro, and then downhill to join the main trail at Chumling for last overnight stop around Tsum Valley area.

DAY 09

TREK TO PHILIM VILLAGE

Overnight: Philim village · 1,570 m / 5,151 ft · 6 hours walk · Guesthouse ·

Meals: Breakfast, lunch & dinner

Morning walk to Lokpa and then downhill to Philim nice farm village, the route leads to gradual ups and down. Then reaching on the main trail of Manaslu trail as walk continues heading further down leaving Tsum valley area.

The trail follows past Deng then at Philim village for an overnight stop, where the climate is mild. A lovely spread out village with neat tended farm terraces.

DAY 10**TREK TO KHORLA BESI**

Overnight: Khorla Besi · 970 m / 3,182 ft · 5 hours walk · Guesthouse ·

Meals: Breakfast, lunch & dinner

From Philim down to Jagat village for possible lunch stop, after a refreshing break walk continues on downhill. As altitude drops along with change of vegetation and landscapes, reaching warmer low farm areas at Khorla Besi.

A small farm village for overnight stop, before ending our walk at Machha-Khola.

DAY 11**TREK TO MACHHA KHOLA**

Overnight: Machha Khola · 930 m / 3,051 ft · 4 hours walk · Simple guesthouse / local lodge · Meals: Breakfast, lunch & dinner

Enjoy the last day walk of the adventure, as route leads into a cool shade of forest

to Tatopani. A place with natural hot-spring, time permitting enjoy the hot bathe

relaxing the muscles after a long downhill walk. From Tatopani another few hours

of pleasant walk to Machha-Khola for last overnight in the comfort of a nice simple lodge.

DAY 12**DRIVE TO KATHMANDU VIA ARUGHAT**

Overnight: Kathmandu · 1,340 m / 4,396 ft · 7 hours drive by shared jeep or bus · Hotel

Altitude: 1,340 m / 4,396 feet at Kathmandu. Includes breakfast and lunch.

Driving distance: Approx. 160 km/100 miles from Maccha-Khola to Kathmandu.

Final day around the Himalayan remote farm villages of Gorkha district, leaving Machha-Khola, after breakfast. Depending upon the size of a group and types of local public vehicles. A long overland journey but interesting on winding road through farm areas of Gorkha and Dhading districts. As drive leads past Arughat towns and farm village and then joining the main Kathmandu highway.

Drive continues with last uphill on the outskirts of Kathmandu valley, then finally reaching Kathmandu city and back to your hotel. Arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Tsum Valley Budget Trek.

Best time to visit Tsum Valley

The best seasons for budget friendly Tsum Valley trek are in spring and autumn, spring begins from March to May. Autumn starts from September and ends in November, spring season with longer days and sunlight hours.

During spring days are mostly bright with full sunshine, for clear views and pleasant walks. But it can get cloudy in the late afternoon with chances of

light rains and snowfall sometimes. The morning and late afternoon till night will be cold as the temperature drops to minus Celsius.

Springtime, when the hills are bright with wildflowers in seasonal bloom, especially the rhododendron, the national flower of Nepal.

The next best season is autumn from September last till November, days are much clearer for views and walks. But it gets dark soon due to limited hours of sunlight. One of the times is pleasant for trekking around the Himalayas and to Tsum Valley. Much colder morning and late afternoon till night time, chances of snowfall on higher elevation sometimes.

FAQs

How much is the Manaslu Budget Tsum Valley trek?

Budget Tsum Valley trek can vary in cost depending on the trekking company you choose, the duration of your trek, and the amenities included in your package. However, to give you a starting point, **Manaslu Circuit Treks (MCT)** offers the trek for **USD 425 per person**.

It's important to note that this price may not be all-inclusive and could exclude things like flights, visas, travel insurance, and personal expenses. Be sure to check with MCT to see exactly what's included in their pricing for the **Manaslu Tsum Valley trek**.

How long is the Tsum Valley Trek?

The Manaslu Tsum Valley Trek typically takes **around 12-24 days** to complete, depending on the itinerary you choose and your trekking pace. There are two main variations:

- **Manaslu Circuit Tsum Valley Trek:** This 18-24 day trek combines the Manaslu Circuit trek with an exploration of the Tsum Valley. It offers a more challenging experience with higher altitudes and requires crossing the **Larkya La Pass (5,106 meters)**.
- **Manaslu Tsum Valley Trek only:** This shorter version, around 17 days, focuses solely on exploring the Tsum Valley. It's a fantastic option for those seeking a more cultural immersion and beautiful scenery without the high altitude challenges of the Manaslu Circuit.

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after deduction will be transferred to your Lifetime Deposit account for the next trip.

Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance company before flying to Nepal.

Photos



Bookings

For all trekking enquiries and bookings

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