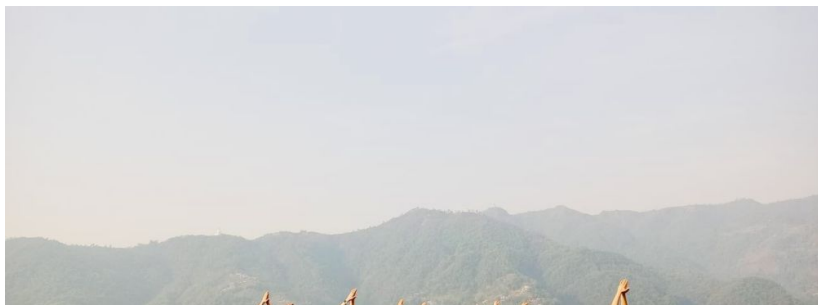


YOGA AND MEDITATION

Tsum Valley Yoga & Meditation Retreat Trek

'Enjoy the peaceful serene environment of Mid-West Himalayas'



Overview

ACCOMODATION

HOTELS IN
KATHMANDU AND
BEST AVAILABLE
LOCAL LODGES ON
TREKS

HIGHEST POINT

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

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT TO
MANANG AREA

TREKKING DURATION

14 NIGHTS & 15 DAYS
WITH DRIVES BOTH
WAYS

TOTAL DURATION

19 NIGHTS & 20 DAYS
FROM ARRIVAL TO
DEPARTURE

DURATION

20 DAYS, 19 NIGHTS

GRADE

HARD

Tsum Valley Yoga & Meditation Retreat Trekking with MCT is a perfect way to enjoy your **holiday in Nepal**. With a combination of adventure and relaxation through **Yoga and Meditation**, as well as the serene sound of a singing bowl.

The main flow of tourism is trekking due to the country's world's highest mountain range known as the Himalayas. Where '**HIM means Snow and Laya the range**', comes from an ancient **Sanskrit word**. Which makes Nepal one of the most sought-after destinations for all types of adventure or leisure holidays.

Tsum Valley Yoga & Meditation Retreat Trekking is quite different from other normal trekking adventures. The trek is guided by an **expert Yoga Guru** and instructor as well, throughout your time in Nepal with MCT.

We have chosen this destination **Tsum Valley**, which is less crowded than other main trekking routes of Nepal. Where you can enjoy practicing **yoga and meditation** within the peaceful surroundings, with the backdrop of the lovely scenery of snow peaks.

Tsum Valley was closed and remained a forbidden country for past decades, and opened its door from **2008 onwards**. But remains a restricted area of

Nepal Himalayas, conserving its pristine environment from the main flow of trekkers.

The country retains its **age-old culture and traditions**, as they were thousands of centuries ago, similar to its Tibetan predecessors. Enjoy the beautiful walks on untouched old farm villages and impressive monasteries around Tsum, the **valley of happiness**.

Tsum Valley Yoga & Meditation Retreat Trek begins from Kathmandu practicing **yoga and meditation**, with the sound of a singing bowl.

After an exciting tour around Kathmandu places of interest, as an introduction to Nepalese art and cultures.

Related Trip: Manaslu Circuit Trekking & Larke Peak Climb

The adventure to Tsum Valley starts with an overland journey towards **Nepal Mid-West** around a lower warm farm country. Where walk follows uphill towards cool **forested hill villages**, with time for Yoga and Meditation exercise.

Then our route slowly branches off from the main **trail of Manaslu Circuits**, as the walk leads further northeast. Entering Tsum the valley of Happiness as it is known from the ancient Tibetan language called '**Beyul Kyimolung**'.

An enjoyable walk following one lovely village to another reaching the **Nile**, one of the most attractive villages around Tsum Valley. From **Nile walk to Mu Gompa** our final destination and the highest point of the adventure. Located in secluded surroundings behind Massif Ganesh Himal, a great spot for retreating, relaxing, and practicing yoga and meditation.

Enjoy the wild areas of **Mu Gompa** with an interesting nunnery nearby, facing amazing views of **dramatic landscapes**. As well as a tour of the monastery interior of great religious and historical interest, and then getting ready for the return journey.

The walk leads back on the same scenic **trail to Chumling** and then down towards low warmer farm villages. As the trek finally ends reaching **Soti-Khola village** for an exciting drive to Kathmandu. After a wonderful experience on the Tsum Valley Yoga Trek.

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Day 01: Arrival in Kathmandu.Altitude: 1,350 m/ 4,428 feet. Overnight Tourist Standard Hotel in Kathmandu.

Day 02: Trek Preparation & Sightseeing in Kathmandu DurbarSquare, Swayambhunath Stupa.Altitude: 1,350 m/ 4,428 ft. (Kathmandu) **Meals:** Breakfast only.

Overnight at Hotel in Kathmandu.

Day 03: Drive from Kathmandu to Soti Khola.Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 04: Trek to Machha Khola.Altitude: 930 m/ 350 ft. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner

Day 05: Trek to Jagat.Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walks.
Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 06: Trek to Chisapani.Altitude: 2,240 m/ 7, 350 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 07: Trek to Chumling.Altitude: 2,386 m/ 7,827 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 08: Trek to Chokang-Paro 3, 010 m / 9,903 feet. Altitude: 3,010 m/ 0,903 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 09: Trek to Nile 3, 361 m / 11, 058 feet. Approx. 06 hours.Altitude: 3,361 m / 11,058 feet. Approx. 5 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 10: Trek to Mu Gompa.

Altitude: 3,700 m/ 12, 174 feet. Approx. 4 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 11: At Mu Gompa for meditation and exploration.Altitude: 3,700 m/ 12, 174 feet.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 12: Trek to Burgi via Millerepa Cave.Altitude: 3,245 m / 10, 644 feet at Burgi village.Approx. 05 hours walks. Overnight in simple lodge, guest house.

Includes: Breakfast, Lunch and Dinner.

Day 13: Trek back to Chumling.

Altitude: 2,386 m/ 7,827 feet. Approx. 7 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 14: Trek to Philim village.Altitude: 1,570 m / 5,103 feet. Approx. 05 hours walks.

Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner

Day 15: Trek to Khorlabesi.Altitude:970 m / 3, 182 feet at Khorlabesi. Approx. 06 hours walks. Overnight at Guesthouse or simple lodge.

Includes: Breakfast. Lunch & Dinner

Day 16: Trek to Soti Khola.Altitude:700 m /2,962 feet. Approx. 06 hours walks.

Overnight at Guesthouse / Lodge.

Includes: Breakfast. Lunch & Dinner.

Day 17: Drive to Kathmandu.Altitude:1,350 m/3,182 feet.

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

Includes: Breakfast and Lunch only.

Day 18-19: In Kathmandu free day for individual activities. Overnight in Hotel at Kathmandu on Bed and Breakfast only.

Two day of Yoga & Meditation with Singing Bowl practice.

Day 20: Final International Flight Departure for Homeward Bound.

Meals: Breakfast only.

Trip Highlights

- A perfect place for Yoga and meditation retreat with singing bowl therapy.
- Enjoy the peaceful environment in the harmony of towering snow peaks.
- Walk on least ventured areas of scenic and amazing Tsum Valley of Happiness.
- Follow the glacial Budi-Gandaki River from low warm farms to cooler hills.
- In the land of Tsumbas enriched with ancient heritage cultures of Buddhism.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Altitude: 1,350 m/ 4,428 feet. Overnight at Tourist standard hotel in Kathmandu.

Meal Included: Welcome Dinner in a nice typical Nepalese Restaurants.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg.

Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

Before dinner, includes special briefing and introduction on yoga, meditation as well of singing bowl exercise. An introduction with your Guru, or master instructor for yoga and meditation, including teachers in the art of singing bowl.

DAY 02**TREKKING PREPARATION DAY AND SIGHTSEEING IN
KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA**

Meal Included: Breakfast only.

Overnight at Hotel in Kathmandu.

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located.

An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Tsum Valley Trek.

As well for yoga and meditation practice and learning the skill of ancient art of singing bowl. The exercise also takes place early morning before breakfast and tour of Kathmandu.

DAY 03**DRIVE FROM KATHMANDU TO SOTI-KHOLA**

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge.

Meals Included: Breakfast-Lunch and Dinner.

Depart for wonderful adventure to Tsum Valley Trekking, taking a private car, comfortable tourist standard bus, or coach. As per the size of a group, a long drive takes you beyond Kathmandu valley towards the 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, from here another few hours of drive on the dirt country road to Soti-Khola for an overnight halt.

Soti-Khola a small farming area slowly growing into a town, as the motorable road has been connected. Time permitting enjoy a little bit of yoga and meditation practice at the lodge or close to Buri-Gandaki River.

DAY 04

TREK TO MACHHA-KHOLA

Altitude: 930 m/ 350 feet. Approx. 6-hour walk.

Overnight at Guesthouse / local lodge.

Meals Included: Breakfast-Lunch and Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. Start the first-day trek of the adventure, heading due north following the Buri Gandaki upstream. The morning walk leads to a short climb for a few hours past smaller farm villages then end the day at Machha Khola.

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.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 05**TREK TO JAGAT**

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.

Overnight at Guesthouse / local lodge.

Meals Included: Breakfast-Lunch and Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 06**TREK TO CHISAPANI**

Altitude: 1,660 m / 5,444 ft. (Chisapani) Approx. 05 hours walks.
Overnight at Guesthouse / local lodge. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 07**TREK TO CHUMLING**

Trek to Chumling

Altitude: 2,380 m/ 7,806 feet. Approx. 06 hours walks.

Overnight at Guesthouse. Includes: Breakfast, Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 08**TREK TO CHOKANG-PARO**

Altitude: 2,380 m/ 7,806 feet. Approx. 05 hours walks.

Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 09**TREK TO NILE**

Altitude: 3,361 m / 11,058 feet. Approx. 5 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before

Breakfast. 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 Gompa. Following on windswept terrain, then reaching into a wide open scenic valley.

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, due high and harsh conditions.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 10

TREK TO MU GOMPA

Altitude: 3,700 m/ 12,174 feet. Approx. 04 hours.

Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before

Breakfast. Enjoying a pleasant time and overnight in Nile village, morning from Nile a short day hike to Mu Gumpa. 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 Gumpa the highest spot of the trip. Having rest then transfer to a

simple huts, which serves as a guest house for overnight stop.

Apart from basic accommodation and facilities, the surrounding scenery is Impressive, overlooking views of Ganesh Himal and array of peaks.

Late afternoon or evening enjoy a yoga and meditation practice at available quiet place.

DAY 11 AT MU GOMPA ACCLIMATIZATION AND EXPLORATION

Altitude: 3,700 m/ 12,174 feet. Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before

Breakfast. After a continues walks of several days, enjoy a free rest day in Mu

Gompa on the highest spot of the adventure. Tour of the oldest monastery

around Tsum Valley, the interior of the Mu Gompa treasures valuable ancient relics and idols.

Observe the statue of Lord Buddha and idols of famous saints and Gurus with

vibrant religious paintings. Explore around Mu Gompa the highest and remote

part of Tsum Valley. Interested people can take a short visit of Dhephu Doma

Gompa, a nunnery.

Late afternoon or evening enjoy a yoga and meditation practice at available quiet place.

DAY 12

MU GOMPA TO BURGI VIA MILLEREPA CAVE

Altitude: 3,245 m / 10,644 feet at Burgi. Approx. 05 hours walks.
Overnight: at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. On reaching the main highlight of the adventure, after a pleasant overnight stop at Mu Gompa for two nights. Return journey leads further from Nile to a small farm village of Burgi, before reaching Burgi. Enjoy a side trip to an interesting cave of 11th saint and guru Millerepa of Tibet, who stayed here for mediation. Millerepa a renowned Buddhist saint lived his whole life as a hermit meditating and staying in caves.

From this tranquil and interesting spot head downhill to and uphill to Burgi small village for overnight halt.

DAY 13

TREK TO CHUMLING

Altitude: 2,386 m / 7,827 feet. Approx. 05 hours.

Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before Breakfast. 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.

Late afternoon or evening enjoy a yoga and meditation practice at available quiet place.

DAY 14 TREK TO PHILIM VILLAGE

Altitude: 1,570 m / 5,103 feet. Approx. 05 hours walks. Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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. Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 15 TREK TO KHORLABESI

Altitude: 970 m / 3,182 feet. Approx. 5 hours walks. Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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 Kholabesi. A small farm village for overnight stop, before ending our walk at Soti-Khola.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 16

TREK TO SOTI-KHOLA

Altitude: 700 m /2,962 feet. Approx. 06 hours walks. Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. 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 Soti-Khola for last overnight in the comfort of a nice simple lodge. Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 17**DRIVE TO KATHMANDU VIA ARUGHAT**

Altitude: 1,350 m / 4,428 feet at Kathmandu. Includes breakfast and lunch.

Drive approx. 07 hour sharing jeep or Bus. Overnight in Hotel at Kathmandu.

Final day around the Himalayan remote farm villages of Gorkha district, leaving Soti-Khola, after breakfast. Depending upon the size of a group and types of 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 Trek.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

DAY 18 IN KATHMANDU FREE DAY FOR INDIVIDUAL ACTIVITIES

Overnight: In Hotel at Kathmandu on Bed and Breakfast only.
Day of Yoga & Meditation with Singing Bowl practice.

Early morning practice Yoga & Meditation with the Guru or instructor before

Breakfast. These two days, free to learn art and skill of Yoga & Meditation, as well how to use a singing bowl. With time for individual activities and shopping souvenirs.

Interested people having spare time can join in for exciting tour of Patan / Lalitpur and Bhaktapur cities. Well worth a visit not to be missed takes you back into medieval era times.

**DAY 19 FINAL INTERNATIONAL FLIGHT DEPARTURE FOR
HOMEWARD BOUND**

Meal Included: Breakfast Only.

Last day in Kathmandu and Nepal, after a great memorable adventure around Tsum Valley Yoga & Meditation Retreat Trek. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.

Best Seasons for Tsum Valley Yoga & Meditation Retreat Trek

Spring (March to May):

- Longer days due to more sunlight hours, are ideal for extended hikes and sightseeing.
- Mostly clear skies with sunshine, offering pleasant walking conditions.
- Possibility of light rain and occasional snowfall at higher elevations.
- Temperatures can drop significantly in the early mornings and evenings.
- The hills come alive with vibrant wildflowers, especially rhododendrons, **Nepal's national flower**.

Autumn (September to November):

- **Crystal-clear skies** for stunning views and comfortable trekking.
- Shorter days due to less sunlight, requiring earlier starts and finishes.
- Generally pleasant temperatures, making it a popular time for Himalayan treks.
- Colder mornings and evenings with a chance of snowfall at higher altitudes.

Culture, Religion & History

The Manaslu region, located in the lower warm areas of the Gorkha district, is home to a diverse mix of ethnic groups. These include **Gurungs, Magars, Hindu Brahmins, Chhetris, Newars**, and some **Bhot people** who migrated from the higher **Manaslu and Tsum areas**.

Religious Blend:

- The lowlands to mid-hills, including villages like **Jagat and Philim**, reflect a blend of **Hinduism and Buddhism**.

- As you move further north from Jagat, the strong influence of Buddhism becomes evident in the **Tsum Valley and Manaslu high valleys**.

Tibetan Heritage:

- The people of these high valleys, **known as Tsumbas**, practice a form of Buddhism deeply rooted in ancient traditions, similar to their Tibetan counterparts.
- The proximity to the Tibetan border further strengthens this cultural connection.

Visual Tapestry:

- Every Tumba household is adorned with prayer flags, and villages boast religious monuments and prayer walls.
- Many villages, particularly those around Namrung and in the higher regions, have monasteries with rows of prayer wheels and walls.

Historical Significance:

- The Tsum Valley was once a vital stop on the ancient **Trans-Himalayan Salt Trade Route** connecting Nepal and Tibet.
- Yaks and other pack animals carried goods along this route, contributing to the region's historical significance.

FAQs

What is Yoga?

A perfect union of the spirit to the divine, via tools left behind from rishis (hermits), ascetics and yogis of ages past.

The Eight Fold Path of Yoga (not to be confused with Buddha's Eight Fold Path), from sage Patanjali's yoga sutra delves deeply into the morality of living and plunges into the human psyche.

Consists of Yama (self-restraints), Niyama (self-observances) Asana, Pranayama (breath techniques), Pratyahara (withdrawal of the senses), Dharana (concentration), Dayana (meditation) and Samadhi (identification with pure consciousness).

Yoga conjures up with images and postures (Asana) to develop flexibility, general body health and of course awareness.

This is just the beginning, while yoga's central theme remains the highest goal of the spiritual path; yogic practices can provide direct and substantial benefits to everyone regardless of their spiritual aims.

What is Meditation?

Ipasana, one of the most ancient meditation techniques, long lost to humanity, it was rediscovered by Gautama Buddha more than 2,500 years ago.

Vipassana means 'to see things as they really are'; it is the process of self-purification by self-observation. One starts by observing the natural breath to concentrate the mind.

With this sharpened awareness one proceeds to observe the changing nature of body and mind and experience the universal truths of impermanence, suffering and ego-less.

The entire path Dharma is a universal remedy for universal problems and has nothing to do with any organized religion or sectarianism.

For this reason, it can be practiced freely by all without conflict of caste, creed or religion, in any places and at any time and proves equally beneficial to one and all.

Vipassana, an art of living it frees the individual from all the negativities of mind, such as anger, greed and ignorance. It is a practice which develops positive, creative energy for the betterment of the individual and society.

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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