Tsum Valley Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**16 Days**
DIFFICULTY	**Basic**
MAX ALTITUDE	**4020m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,100 per person**

Day-by-day itinerary

Day 1 : Arrive in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our representative will greet you and transfer you to your hotel. After check-in, meet your trekking guide for a briefing, permit arrangements, gear inspection, and final trip preparation.

You may spend the remainder of the day exploring the vibrant streets of Thamel or relaxing after your journey.

Day 2 : Permit Preparation and Trek Briefing in Kathmandu (1,400m)

Altitude: 1,400m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for obtaining the necessary permits for the Tsum Valley Restricted Area and the Manaslu Conservation Area. Your guide will conduct a detailed trek briefing, route overview, gear inspection, and safety discussion.

You may spend the remainder of the day visiting UNESCO World Heritage Sites, shopping for trekking essentials, or relaxing before the adventure begins.

Day 3 : Drive from Kathmandu to Soti Khola (700m)

Altitude: 1,400m – 700m

Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Drive Duration: 8–9 hours

Begin your journey with a scenic drive through the Trishuli and Budhi Gandaki valleys, passing terraced farmland, rivers, and traditional villages before arriving at Soti Khola, the starting point of the trek.

Day 4 : Trek from Soti Khola to Machha Khola (870m)

Altitude: 700m – 870m

Walk: 5–6 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Your trek begins along the Budhi Gandaki River, passing through forests, waterfalls, suspension bridges, and small Gurung villages. The trail gradually ascends through beautiful subtropical landscapes before reaching Machha Khola.

Day 5 : Trek from Machha Khola to Jagat (1,340m)

Altitude: 870m – 1,340m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Continue trekking through terraced fields, narrow gorges, and traditional settlements. Cross several suspension bridges and enjoy views of the rushing Budhi Gandaki River before arriving at Jagat, the official gateway to the restricted Tsum Valley region.

Day 6 : Trek from Jagat to Lokpa (2,240m)

Altitude: 1,340m – 2,240m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Leave the main Manaslu Trail and enter the peaceful Tsum Valley. The trail climbs through dense forests, remote villages, and scenic ridgelines with beautiful views of Ganesh Himal and surrounding peaks.

Lokpa marks the entrance to the hidden Buddhist valley of Tsum.

Day 7 : Trek from Lokpa to Chumling (2,386m)

Altitude: 2,240m – 2,386m

Walk: 5–6 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Descend into a deep gorge before climbing through pine and rhododendron forests toward Chumling. This traditional village offers impressive views of Ganesh Himal and rich Tibetan Buddhist culture.

Visit local monasteries and traditional stone houses upon arrival.

Day 8 : Trek from Chumling to Chhokang Paro (3,031m)

Altitude: 2,386m – 3,031m

Walk: 5–6 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail ascends gradually through fertile fields, mani walls, chortens, and traditional villages. As you gain altitude, spectacular views of Himalchuli and Ganesh Himal unfold.

Arrive at Chhokang Paro, one of the largest settlements in Tsum Valley.

Day 9 : Trek from Chhokang Paro to Nile (3,361m)

Altitude: 3,031m – 3,361m

Walk: 5–6 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Optional Hike: Milarepa Cave (1–2 hours)

Continue deeper into the upper valley, passing ancient monasteries and villages strongly influenced by Tibetan culture. Upon reaching Nile, you may take an optional hike to the sacred Milarepa Cave, where the renowned Tibetan saint is believed to have meditated.

Day 10 : Trek from Nile to Mu Gompa (3,700m)

Altitude: 3,361m – 3,700m

Walk: 3–4 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

A short but rewarding trek leads to Mu Gompa, the highest permanent settlement in Tsum Valley. The monastery is one of the most important spiritual centers in the region and offers stunning mountain views toward the Tibetan border.

Spend time exploring the monastery and interacting with resident monks.

Day 11 : Exploration Day around Mu Gompa and Dhephu Doma Nunnery (3,700m)

Altitude: 3,700m – 4,020m – 3,700m

Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Hiking Duration: 4–5 hours

Enjoy a full day exploring the upper Tsum Valley. Hike to Dhephu Doma Nunnery, one of the region's most significant religious sites, and visit surrounding viewpoints, yak pastures, and remote settlements.

This day provides deeper insight into the spiritual traditions and peaceful lifestyle of the valley.

Day 12 : Trek from Mu Gompa to Chumling (2,386m)

Altitude: 3,700m – 2,386m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Begin your descent through the beautiful Tsum Valley, retracing your route past ancient villages, monasteries, and cultivated fields.

Enjoy changing perspectives of the surrounding mountains as you return to Chumling.

Day 13 : Trek from Chumling to Philim (1,570m)

Altitude: 2,386m – 1,570m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Descend through forests and cross suspension bridges before rejoining the main Manaslu route. Arrive at Philim, a culturally rich Gurung village known for its terraced fields and traditional architecture.

Day 14 : Trek from Philim to Soti Khola (700m)

Altitude: 1,570m – 700m

Walk: 6–7 hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Continue descending along the Budhi Gandaki River through beautiful forests, waterfalls, and small settlements. Reach Soti Khola, completing the trekking portion of your Tsum Valley adventure.

Day 15 : Drive Back to Kathmandu (1,400m)

Altitude: 700m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive Duration: 8–9 hours

Take a jeep ride back to Kathmandu through scenic valleys, rivers, and rural landscapes. Upon arrival, transfer to your hotel and enjoy a well-deserved rest.

Day 16 : Final Departure

Visit: Nepal · Meals: Breakfast

According to your flight schedule, transfer to Tribhuvan International Airport for your departure flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrive in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Permit Preparation and Trek Briefing in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 3 · Drive from Kathmandu to Soti Khola · 1,400 m · day 21°C / night 12°C
- Day 4 · Trek from Soti Khola to Machha Khola · 700 m · day 24°C / night 16°C
- Day 5 · Trek from Machha Khola to Jagat · 870 m · day 24°C / night 15°C
- Day 6 · Trek from Jagat to Lokpa · 1,340 m · day 21°C / night 12°C
- Day 7 · Trek from Lokpa to Chumling · 2,240 m · day 17°C / night 6°C
- Day 8 · Trek from Chumling to Chhokang Paro · 2,386 m · day 16°C / night 5°C
- Day 9 · Trek from Chhokang Paro to Nile · 3,031 m · day 13°C / night 1°C
- Day 10 · Trek from Nile to Mu Gompa · 3,361 m · day 11°C / night -1°C
- Day 11 · Exploration Day around Mu Gompa and Dhephu Doma Nunnery · 3,700 m · day 9°C / night -3°C
- Day 12 · Trek from Mu Gompa to Chumling · 3,700 m · day 9°C / night -3°C
- Day 13 · Trek from Chumling to Philim · 2,386 m · day 16°C / night 5°C
- Day 14 · Trek from Philim to Soti Khola · 1,570 m · day 20°C / night 10°C
- Day 15 · Drive Back to Kathmandu · 700 m · day 24°C / night 16°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Tsum Valley restricted Area permits (Issued by Department of Immigration
- Manaslu Conservation Area Project (MCAP) permits.
- Local Government entry permts.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/tsum-valley-trek/

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