Tsum Valley (Manaslu) Trekking

Nepal / Langtang Helambu Region | Trekking package



Your journey at a glance

Duration: 20 days

Trip grade: Moderate

Maximum altitude: 4865 m

Best season: October–November; March–April

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 2,500.00 per adult

Accommodation: Deluxe hotel in Kathmandu; camping accommodation during the trek. Simple guesthouses and homestays may be available at some points.

Transportation: Ground transportation between Kathmandu, Arughat and the route endpoints; trekking on foot through Tsum Valley.

Meals: Breakfast, lunch and dinner during the trek, including tea or coffee; Kathmandu meals as specified in the itinerary and inclusions.

Package overview

The Tsum Valley Trek is a remote cultural trekking journey in the northern Gorkha region of Nepal. The valley lies among the Himalayan ranges, with the Baudha Himal and Himal Chuli to the west, Ganesh Himal to the south and Sringi Himal to the north. Opened to trekkers in 2008, the region offers an opportunity to experience traditional communities, local lifestyles and Buddhist heritage in a high-mountain setting.

Camping was traditionally required on this route. Simple guesthouses and homestay accommodation have since become available in some places, although the itinerary supplied for this package describes a camping trek. The route follows the Budhi Gandaki corridor before entering Lower and Upper Tsum Valley, visiting Chumling, Chhokangparo, Nile/Chhule, Mu Gompa and Rachen Gompa. The return journey passes through Dumje, Philim and Tatopani before reaching Arughat and driving back to Kathmandu.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel (approximately 1,350 m). In the evening, attend the trek briefing and welcome dinner at a Nepali cultural restaurant.

Meals: D
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath. After the sightseeing tour, make final preparations for the trek.

Meals: B
Accommodation: Hotel in Kathmandu
Altitude: Kathmandu

Day 3 - Drive from Kathmandu to Arughat Bazaar

Travel by bus from Kathmandu to Arughat Bazaar in Gorkha district. Arughat is a large village with settlements on both sides of the Budhi Gandaki River, with hotels and shops.

Travel time: 8–9 hours

Day 4 - Trek from Arughat to Soti Khola

Trek from Arughat Bazaar to Soti Khola. Enjoy views of Sringi Himal and pass through Gurung and Magar villages, terraced fields and cascading waterfalls. Set up camp beside Soti Khola.

Meals: B, L, D
Accommodation: Camping at Soti Khola
Walking / trekking: 6–7 hours

Day 5 - Trek from Soti Khola to Machha Khola

Trek from Soti Khola to Machha Khola, also known as Fish River. The village is situated above a stream of the same name. Set up camp at a wide campsite for the night.

Meals: B, L, D
Accommodation: Camping at Machha Khola
Walking / trekking: 6–7 hours

Day 6 - Trek from Machha Khola to Doban

Follow the trail from Machha Khola with steep ascents and descents. Climb a crafted staircase over a ridge to Doban, located at the confluence of the Shiar Khola and Sarpu Khola.

Meals: B, L, D
Accommodation: Camping at Doban
Walking / trekking: 6–7 hours

Day 7 - Trek from Doban to Philim

Continue along a rugged, rocky trail, climbing up and down ravines and passing notched trees. Enjoy views of Sringi Himal before reaching Philim (1,550 m), a large Gurung village surrounded by fields and trees. Camp at Philim.

Meals: B, L, D
Accommodation: Camping at Philim

Altitude: 1,550 m
Walking / trekking: 6 hours

Day 8 - Trek from Philim to Chumling (Lower Tsum)

Trek up through Philim and over a ridge on the route towards Ganesh Himal Base Camp and Chumling in Lower Tsum Valley. Set up camp at Chumling.

Meals: B, L, D
Accommodation: Camping at Chumling
Walking / trekking: 7 hours

Day 9 - Trek from Chumling to Chhokangparo (Upper Tsum)

Trek from Chumling to Chhokangparo, entering Upper Tsum Valley. Chhokangparo consists of the settlements of Chhekam and Paro on relatively flat land. Enjoy views of Ganesh Himal, Baudha Himal and Himal Chuli.

Meals: B, L, D
Accommodation: Camping at Chhokangparo
Walking / trekking: 5–6 hours

Day 10 - Trek from Chhokangparo to Nile / Chhule via Piren Phu Cave

Trek to Nile / Chhule, the last village heading north in Upper Tsum Valley. Visit Piren Phu (Pigeon Cave) near Burji, a sacred cave associated with the Tibetan Buddhist saint Milarepa. Explore its two attached gompas, Buddhist murals, stone inscriptions and prayer flags. Enjoy views of Shiar Khola, Rachen Gompa and the surrounding settlements.

Meals: B, L, D
Accommodation: Camping at Nile / Chhule
Walking / trekking: 6–7 hours

Day 11 - Trek from Nile / Chhule to Mu Gompa and visit Dhephyudonma Gompa

Ascend gradually from Nile to Mu Gompa, described as the largest monastery in the region and situated at the highest and farthest point of Tsum Valley. Visit Dhephyudonma Gompa as listed in the source.

Meals: B, L, D
Accommodation: Camping at Mu Gompa
Altitude: 4,060 m.
Walking / trekking: 4 hours

Day 12 - Excursion towards the base of Pika Himal

Spend an extra day exploring from Mu Gompa. Hike towards the base of Pika Himal (4,865 m) for views of Tibetan peaks and the Ganesh Himal range, then return to camp at Mu Gompa.

Meals: B, L, D
Accommodation: Camping at Mu Gompa
Altitude: Pika Himal base: 4,865 m
Walking / trekking: Excursion / hiking

Day 13 - Trek from Mu Gompa to Rachen Gompa

Descend from Mu Gompa to Rachen Gompa, a large nunnery in the Shiar Khola Valley near the Nepal–Tibet border. The source dates its establishment to 1905 and describes its Buddhist statues, prayer wheel, throne, pillars and murals.

Meals: B, L, D
Accommodation: Camping at Rachen Gompa
Walking / trekking: 5 hours

Day 14 - Trek from Rachen Gompa to Dumje

Continue from Rachen Gompa to Dumje, a small village with approximately eight houses and adjoining cattle sheds.

Meals: B, L, D
Accommodation: Camping at Dumje
Walking / trekking: 6–7 hours

Day 15 - Trek from Dumje to Philim via Ripchet

Trek from Dumje towards Philim, crossing Ripchet along the route. Pass Samba Tingding Chhupyang, described in the source as one of the beautiful waterfalls in Lower Tsum Valley.

Meals: B, L, D
Accommodation: Camping at Philim
Walking / trekking: 6–7 hours

Day 16 - Trek from Philim to Tatopani

Trek from Philim to Tatopani. On arrival, visit the hot spring and relax after the day’s walk.

Meals: B, L, D
Accommodation: Camping at Tatopani
Walking / trekking: 6–7 hours

Day 17 - Trek from Tatopani to Soti Khola

Trek from Tatopani to Soti Khola, passing terraced fields and waterfalls. Set up camp at the village.

Meals: B, L, D
Accommodation: Camping at Soti Khola
Walking / trekking: 6–7 hours

Day 18 - Trek from Soti Khola to Arughat Bazaar

Continue the return journey from Soti Khola to Arughat Bazaar, completing the final trekking section of the trip.

Meals: B, L, D
Walking / trekking: 6–7 hours

Day 19 - Drive from Arughat Bazaar to Kathmandu

Drive from Arughat Bazaar to Kathmandu. On arrival, transfer to the hotel and enjoy leisure time. In the evening, attend the farewell dinner.

Meals: B, D
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: 8–9 hours

Day 20 - Departure transfer

After breakfast, an Ojha Holidays representative will transfer you to the airport for your departure. This concludes the trip.

Meals: B
Altitude: Kathmandu

What is included

- Airport pick-up and drop-off by private car.

- All ground transportation as required by the itinerary.

- Three meals per day during the trek: breakfast, lunch and dinner, including tea or coffee.

- Best available accommodation during the trek, with camping as the stated trekking arrangement.

- Deluxe hotel accommodation in Kathmandu on a bed-and-breakfast basis.

- All government and local taxes.

- Experienced trekking guide holding a government licence.

- Tsum Valley Special Permit.

- Manaslu Conservation Area Project (MCAP) permit fees.

- Trekkers' Information Management System (TIMS) card / fees.

- Necessary porter service to carry luggage and camping equipment during the trek.

- Guide and porter salary, accommodation and insurance.

- Trekking and camping equipment.

What is excluded

- Personal trekking equipment and personal expenses, including alcoholic beverages, phone calls and laundry.

- Emergency rescue and travel insurance.

- Trip cancellation costs; accident or health expenses; and loss, theft or damage involving personal effects.

- Hot showers.

- Tips for guides, porters and other staff.

- Entry fees for temples, monasteries and museums.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/tsum-valley-manaslu-trekking