Tsum Valley Trek

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Tsum Valley Trek

URL: https://ascendhikes.com/package/tsum-valley-trek-2026-2027/

Trip Code
TV -2026

Destination
Nepal

Activity
Trekking

Start / End Point
Kathmandu / Kathmandu

Duration
13

Region
Manaslu Region Treks

Max. Altitude
3700 m

Nature Of Trek
Lodge to Lodge

Best Season
Sep-Oct-Nov-Dec/March-Apr-May

Activity Per Day
4-7 hours

Transportation
Privet

Per Person From
USD 1,099

Group Size
2 – 14

Trip Difficulty
Moderate

Accommodation
Guest house

BLD
Breakfast, Lunch and Dinner

Tsum Valley Trek

Welcome to The Tsum Valley Trek is a mesmerizing and culturally rich trekking experience. This is located in the remote region of northern Nepal. Known as the “Hidden Valley.” Tsum Valley is a sacred Himalayan pilgrimage valley that has only recently opened up to trekkers. This off-the-beaten-path trek takes you through landscapes, traditional Tibetan villages, & ancient Buddhist monasteries.

This trek starts latest itinerary From Machha Khola, the trail follows the Budhi Gandaki River. Leading you deep into the heart of the Tsum Valley. Along the way, you’ll be surrounded by snow-capped peaks, lush forests, and terraced fields. The route takes you through quaint villages like Chumling, Chhokangparo, & Nile, where you’ll encounter the warm hospitality of the local people, predominantly of Tibetan origin.

Tsum valley Trek Information

The Tsum Valley Trek is not only a journey of cultural exploration. But also, chance to experience the raw beauty of nature. The panoramic views of the Ganesh Himal, Sringi Himal, & Buddha Himal ranges will leave you awe-inspired.

This Trek usually takes around 12-14 days to complete from Kathmandu to Kathmandu. Allowing ample time for acclimatization and immersing yourself in the local culture. The best time to undertake this trek is during the spring and autumn seasons when the weather is favorable, and the views are clear. Trekkers only had access to the relatively unexplored Tsum Valley Trek in Nepal’s Manaslu region since 2008. It’s an enthralling journey. The valley, which gets its name from the Tibetan word “Tsum,” is home to a flourishing Tibetan Buddhist population that has long maintained its distinctive traditions and rituals.

Ultimate Itinerary for Tsum Valley Trek

The Tsum Valley Trek is a sacred Himalayan journey in northern part of Gorkha near the Tibetan border. Known as the “Hidden Valley of Happiness,” it combines dramatic mountain scenery, ancient Buddhist monasteries, and authentic culture.

Day 01: arrive in Kathmandu and transfer to hotel

Pick up from the Kathmandu International airport and transfer you to the Hotel in Thamel. After short briefing you are free to explore the Kathmandu.

Day 02: Drive to Machha Khola

Early in the morning, start your journey drive by Local transport to Machha Khola. It’s about 170km takes about 7-9 hours.

Highlight of the day: passing through beautiful village and rivers.

Drive Distance
170km

Drive Duration
7-9 hours

Highest Altitude:
900

Meals:
Lunch and Dinner

Accommodation:
Tea house

Day 03: Trek to Jagat

This is the first day trek, start your trek after breakfast early in the morning. Morning time is cool and easy to walk comparing on day time.

Highlight of the day:

what is the main highlight of the day?

- Tato Pani (hot spring): it is not famous, but on the way, you will have experience of it.
- Waterfalls: on the way you will have wonderful waters falls pass.
- Rivers: you goanna pass several times small rivers and always flowing Budhi Ghandaki.
- Region lifestyle exploring you can have a wonderful experience of the local customs during the walking on trails.

Trek Distance:
16.5 km

Trek Duration
6-8 hours

Highest Altitude:
1340m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Teahouse

Day 04: Trek to Lokpa

Today your second day of the trek. Passing nice villages and deep gorges. After Ekle Bhatti there are some deep cliff, when you passing the others and animals take a safe side. Have another wonderful day today.

Highlight of the day:

what are you expecting today?

- Entering to restricted area.
- Wonderful views of terrace.

- Deep gorges with Kaligandaki River and other small rivers crossing.
- Beautiful rhododendron forest and Himalayan pine trees.
- First taste of entering to Tsum valley**.**

Trek Distance:
16 km

Trek Duration
6-7 hours

Highest Altitude:
2240 m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea – house

Day 05: Trek to Chumling

Start passing huge landslide area, be careful. Narrow forest trails leading to steep downhill to uphill in the big cliff area. Passing some animals, the views of the valley, mountains and gorges are amazing. Have a amazing another adventure day.

Highlight of the day:

The main highlights of the day.

- White rivers crossing
- Nice Shringi Himal ranges and Ganesh Himal.
- Flora and fauna with local activities.
- Entering nonviolence area.

Trek Distance:
9 km

Trek Duration
4-5 hours

Highest Altitude:
2386

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea – house

Day 06: Trek to Chekam Paro

Passing through, nice terrace, monastery, rivers with beautiful mountains views lead your day enjoyable and memorable. Enjoy your day with full of haplessness.

Highlight of the day:

Today's highlights are.

- First wonderful view of Ganesh Himal and ranges.
- Tibetan's monasteries and Yak pastures
- Amazing Mani-walls, spiritual Chortens and praying wheels

Trek Distance:
12 km

Highest Altitude:
3030 m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea -house

Day 07: Trek to Nile

Gradual ascent through wonderful valley lies on the lap of the Ganesh Himal. Passing some secret monasteries and the Milarepa cave are the main attraction for the day. Have a wonderful day today.

Highlight of the day:

what are the majors' things we can see today?

- Beautiful wide village.
- Wonderful views of Ganesh Himal and others mountain ranges.
- Exploring a Secrete Milarepa cave.
- Monasteries and the valleys with beautiful villages.
- Going to sleep in the highest altitude in this trip.

Trek Distance:
9 km

Trek Duration
4-5 hours

Highest Altitude:
3360 m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea – House

Day 08: Hike to Mu Gompa and trek back to Chekamparo

It is another day to hike and discover wonderful Tsum valley. This day is the last destination of the trek. From today walking back towards Kathmandu, so enjoy the day what you are expecting from the Trek.

Highlight of the day:

what activities can do this day?

- Most famous monastery exploring Mu Gompa 3700-meter, highest point of the trek.
- Valleys captures on the camera for memories.
- Rachen Gompa/ Monastery.
- Wonderful mountains ranges.

Trek Distance:
17 km

Trek Duration
6-7 hours

Highest Altitude:
3700 m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea – house

Day 09: Trek Back to Lokpa

Trek Distance:
23 km

Trek Duration
7-8 hours

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea – house

Day 10: Trek back to Jagat

Trek Distance:
13 km

Trek Duration
5-6 hours

Highest Altitude:
1340m

Meals:
Breakfast / Lunch / Dinne

Accommodation:
Tea – House

Day 11: Trek Back to Machha Khola

Trek Distance:
16.5 km

Trek Duration
5-6 hours

Highest Altitude:
900 m

Meals:
Breakfast / Lunch / Dinner

Accommodation:
Tea – House

Day 12: Drive back to Kathmandu

Drive Distance
170 km

Drive Duration
8-9 hours

Meals:
Breakfast / Lunch

Accommodation:
BB plan hotel

Day 13: Final departure

After this all complete your Tsum valley trek, our team will drop you at Trivuwan international airport for your journey to back home.

We hope you are leaving Nepal with beautiful memories of mountains, remote nonviolence area, our hospitality and lifestyle of Nepalese.

Namaste and we wish you a safe journey back home, we are looking forward to welcoming you again for another adventure journey to Nepal Himalaya.

Cost Includes for Tsum Valley Trek

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**

- **All the official expenses and paperwork (like Permit for peak climbing).**
- **All the Transportations to Machhakhola and back Kathmandu**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Cost Excludes for Tsum Valley Trek

- **Travel Insurance and Entry visa fees.**
- **International Flight tickets.**
- **All trekking gear and others expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc...**
- **Staff tips**
- **All others things are Exclude which is not in the list of Include**

Group Discounts Available

No. of Persons	Price per Person
2 – 2	USD 1,399
3 – 3	USD 1,199
4 – 4	USD 1,099
5 – 5	USD 1,055
6 – 6	USD 999
7+	USD 955

Essential info for Tsum Valley Trek

Planning the Tsum Valley Trek? Here’s everything you need to know before heading into this sacred and remote Himalayan region near the Tibetan border

Useful Information to enter Nepal

- **Visa:** Most visitors to Nepal require a visa to enter the country. You can obtain a visa on arrival at

Tribhuvan International Airport in Kathmandu or apply for an e-visa before your trip. Check the official website of the Nepali Department of Immigration for updated visa requirements and application procedures.

- **Travel Insurance:** It is highly recommended to have travel insurance that covers medical expenses, emergency evacuation, and trip cancellation. Make sure your insurance covers high-altitude trekking and adventure activities.
- **Currency:** The official currency of Nepal is the Nepalese Rupee (NPR). It's best to carry some cash in small denominations for small expenses during the trek. ATMs are available in major cities like Kathmandu, but they may be limited in rural areas.
- **Weather and Best Time to Visit:** The best time to do the Tsum Valley Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear views, and moderate temperatures. However, be prepared for colder temperatures at higher altitudes, especially during the evenings and early mornings.
- **Health and Safety:** Prior to your trip, consult a healthcare professional or travel clinic for any required vaccinations or medications. Take necessary precautions for altitude sickness, including gradual acclimatization, staying hydrated, and recognizing symptoms. It's recommended to bring a comprehensive first aid kit and any personal medications you may need.
- **Local Customs and Etiquette:** Nepal is a culturally diverse country with its own customs and traditions. Respect the local culture, dress modestly, and ask for permission before taking photographs of people or religious sites. Remove your shoes before entering temples and monasteries, and be mindful of local customs and practices.
- **Permits and Guides:** The Tsum Valley Trek requires special permits, including the Tsum Valley Restricted Area Permit and the Manaslu Conservation Area Permit. It is advisable to hire a licensed guide or join a trekking agency to assist with permits, provide local expertise, and ensure your safety.
- **Communication and Internet:** Mobile networks are available in major towns along the trekking route, but the signal may be weak or intermittent in remote areas. Wi-Fi is available in some teahouses, but it may be limited and chargeable.
- **Responsible Trekking:** Practice responsible trekking by following the Leave No Trace principles. Respect the environment, dispose of waste properly, and avoid single-use plastic. Support local communities by staying in teahouses, purchasing local products, and respecting local customs and traditions.
- **Cultural Sensitivity:** Nepal is a culturally rich country with diverse ethnic communities. Respect their traditions, beliefs, and customs. Be mindful of appropriate behavior, dress modestly, and ask for permission before entering religious or cultural sites.

FAQs for Tsum Valley Trek

Here are the most frequently asked questions about the Tsum Valley Trek to help you plan your adventure confidently.

What is the Tsum Valley Trek?

The Tsum Valley Trek is a remote and culturally rich trekking experience in northern Nepal. It takes you through the picturesque Tsum Valley, known for its Tibetan Buddhist heritage, ancient monasteries, and stunning landscapes.

How long does the Tsum Valley Trek take?

The duration of the Tsum Valley Trek varies depending on the itinerary and trekking pace. Typically, the trek takes around 18-20 days to complete, including acclimatization and rest days.

How difficult is the Tsum Valley Trek?

The trek is **moderate** in difficulty. You'll walk 5–7 hours daily on varied terrain. While there are no extreme high passes, good physical fitness and basic trekking experience are recommended

Do I need a special permit for the Tsum Valley Trek?

Yes, a special trekking permit called the Tsum Valley Restricted Area Permit is required for the Tsum Valley Trek. Additionally, you also need to obtain the Manaslu Conservation Area Permit (MCAP). These permits can be obtained through a registered trekking agency in Nepal.

What is the best time to do the Tsum Valley Trek?

The best time to undertake the Tsum Valley Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear views of the mountains, and moderate temperatures. However, be prepared for colder temperatures at higher altitudes.

Is previous trekking experience required for the Tsum Valley Trek?

While previous trekking experience is not mandatory, it is recommended to have some level of trekking experience, especially at high altitudes. The Tsum Valley Trek involves long days of walking on varied terrains and includes high altitude passes. Good physical fitness and stamina are essential.

What is the level of difficulty for the Tsum Valley Trek?

The Tsum Valley Trek is considered a moderate to challenging trek. The trail involves steep ascents and descents, high altitude passes, and long walking days. Proper acclimatization and physical preparation are necessary to successfully complete the trek.

Are there accommodation facilities along the Tsum Valley Trek?

Yes, accommodation facilities are available along the Tsum Valley Trek. Tea houses (basic lodges) provide simple and comfortable accommodations with meals. However, the facilities may be more basic compared to popular trekking routes like the Everest or Annapurna regions.

Is it possible to combine the Tsum Valley Trek with other treks in Nepal?

Yes, it is possible to combine the Tsum Valley Trek with other treks in Nepal, such as the Manaslu Circuit Trek or the Ganesh Himal Trek. These combinations require additional time, permits, and careful planning. Consult with experienced trekking agencies for a customized itinerary.

Trekking List for Tsum valley Trek

- **Trekking Backpack:** A sturdy and comfortable backpack with a capacity of 40-60 liters to carry your gear and personal items. Look for a backpack with adjustable straps, padded back support, and compartments for easy organization.
- **Trekking Boots:** Invest in high-quality, waterproof trekking boots with good ankle support. Choose boots that are comfortable, properly fitted, and well broken-in to avoid blisters and discomfort during the trek.
- **Trekking Socks:** Pack multiple pairs of moisture-wicking and cushioned trekking socks. Look for socks made of synthetic or merino wool material that provide breathability, moisture control, and cushioning for added comfort.
- **Trekking Pants:** Bring lightweight, quick-drying, and durable trekking pants. Look for pants with zip-off legs or convertible options for versatility in changing weather conditions.
- **Moisture-Wicking T-shirts:** Pack moisture-wicking T-shirts made of breathable and quick-drying fabric. Choose synthetic materials or merino wool that wick away sweat and keep you comfortable during the trek.
- **Long-sleeved Shirts:** Include lightweight, long-sleeved shirts for sun protection and to protect against cooler temperatures. Look for shirts with moisture-wicking properties and UV protection.
- **Insulated Jacket:** Bring a warm, insulated jacket or down jacket to provide warmth during colder temperatures at higher altitudes. Look for lightweight and packable options that provide good insulation.
- **Waterproof Jacket:** Pack a waterproof and windproof jacket or shell to protect you from rain, snow, and wind. Look for a jacket with sealed seams and a hood for better protection.
- **Waterproof Pants:** Include waterproof and breathable pants to protect your legs from rain or snow. Look for lightweight and packable options that can be easily worn over your trekking pants.
- **Base Layers:** Bring thermal or synthetic base layers (top and bottom) to provide extra warmth in colder temperatures. Look for moisture-wicking fabric that keeps you dry and comfortable.
- **Fleece or Softshell Jacket:** Include a mid-layer fleece or softshell jacket for added warmth during colder evenings or when layering is needed. Choose a lightweight and breathable option.
- **Warm Hat or Beanie:** Pack a warm hat or beanie made of wool or fleece to protect your head from the cold. Look for a hat that covers your ears for extra warmth.
- **Gloves:** Bring lightweight and warm gloves to protect your hands from the cold and wind. Choose gloves that provide dexterity for easier handling of trekking equipment.
- **Sunglasses:** Pack UV-protective sunglasses to shield your eyes from the sun’s glare at higher altitudes. Look for sunglasses with polarized lenses for better clarity and eye protection.
- **Sunscreen:** Include a high SPF sunscreen to protect your skin from harmful UV rays, even at high altitudes. Choose a broad-spectrum sunscreen that is water-resistant.
- **Headlamp:** Bring a lightweight and durable headlamp with extra batteries. It will come in handy during early morning or nighttime hikes or when there is limited lighting.
- **Trekking Poles:** Consider using adjustable trekking poles to provide stability and reduce strain on your joints during descents and uneven terrain. Look for lightweight and collapsible poles for easy packing.
- **Sleeping Bag:** Bring a warm and lightweight sleeping bag suitable for colder temperatures encountered during the trek. Choose a bag with a temperature rating suitable for the expected conditions.
- **Water Bottle or Hydration System:** Carry a reusable water bottle or a hydration bladder to stay hydrated throughout the trek. Look for options that are leak-proof and easy to use.

Mountains ranges

Tsum valley trek is beautiful panoramic views of the wide range of the mountains. The Ganesh Himal range, Shringi Himal range, Baudha Himal range and Himalchuli ranges are must beautiful mountain ranges seen from this trek. Mu – Gumba is the best viewpoint of this trek.

- **Cultural and highlights of the areas:** Gain knowledge of Tibetan Buddhist customs and culture by seeing the Mani Walls, secret praying wheels, Milerapa Cave, Rachen Gompa, and Mu Gompa are the most visit place.
- **Fauna:** Possibility of seeing uncommon species in the Budhi Gandaki valley non-violent areas walk, such as the Himalayan monal (Danphe national bird of Nepal), snow leopard, and Himalayan thar (Mountain Goat).

Flowers / Birds/ plants /Insects / animals

- **Flowers:** Rhododendron, oak, Fir, juniper, Fern, Edelweiss, Primulas, cobra Lily, Marigold etc. found in this trail while you are walking through.
- **Birds:** Himalayan Monal (national bird of Nepal, Danphe), snow pigeon, Himalayan griffon vulture, spotted nutcracker etc. are the main spices found in the region.
- **Plants:** Yarsa Gumba (half insect and half plant, use for medicine and expensive mushroom), Jata Masi, Lokta, common trees are found in this trekking route.
- **Insects:** Himalayan Swallowtail (one of the biggest butterflies), common butterflies, ants, beetles are found this region.

Altitude, risk and precaution

What is the main factor to get altitude sickness?

Above the altitude of 2500 meters, can get altitude sickness. Because of the weather extreme, trails hazard, health & hygiene is the main reason to get altitude sickness.

How to prevention altitude sickness?

- Eat hygienic food and drink enough (not alcohol).
- Walk slowly and do proper acclimatize.
- Walk high altitude and sleep in the low altitude.
- Dress well according as weather and the altitude.

What are the main symptoms of altitude sickness?

- Start from headache and vomiting.
- Less apatite and feel dizzy like drunk.
- Short breath, and can’t sleep, are the main symptoms.

What to do in-case those symptoms appear?

- Try to eat warm soup and water.
- Tell your friend and guide about your condition.
- Symptoms are becoming more worst, descent and descent.
- Recommend taking diomox, and descend.

Weather extreme

In the mountain region, the weather changing quick, so prepped for it. Everyday check weather forecast which helps a lot. Connect with the local people, they are more practical on the weather conditions.

Trails hazard

Exploring in the mountain and hilly region, always ups and downs. Which mean you goanna tired soon, so take a time and walk slowly. Time to time take a break. Each and every day check the itinerary and make a plan of it. Choose the best itinerary according your physically fit one.

Photography and safety precaution

The best photo opportunities

- Jagat, the first entering restricted area which is the memory can save.
- Chumling, Chekamparo, Rachen Gumba, and Nile village and their lifestyles.
- Mu – Gumba (3700 meters) is the best place for surrounding mountain and down valley.

Photography prescript

- Always ask a permission before photographing of monks and local peoples. Sometimes they don't like it and traditionally.
- Ask to take a photo inside of the monastery most of them are not allowed.
- During the praying time, to taking photos are strictly forbidden, please ask before.
- Safety precautions to take Photos:
- Avoid the risk angle over the cliffs, river edges and narrow paths.
- Take a proper thing to protect your camera from the dust and rain.
- Personal safety, give an information while you go for the photograph.

Power and charging

There is almost place have micro hydro power, but sometimes it is not working, so take a power bank for your safety. When you have power charge full for the next area where not available. For more information ask here.

Booking and enquiry

Ascend Hikes Privet Limited organizing wonderful safe way **Trekking | Tour | Travel and Ticketing.**

To Booking and enquiry through Ascend Hikes, here is our contact details, feel free to enquiry, we are always available in:

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Chose the best season, best local agency, best local export license friendly guide, use proper equipment and follow the golden rules than Tsum valley Trek is best trekking destination and it will be memorable in your lifetime Namaste!!!

Address

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