Tsum Valley Trek



Trip Overview

The Tsum Valley Trek is a culturally rich and scenic trek located in the northern part of the Manaslu region, known as the “Hidden Valley.” This sacred valley is famous for its well-preserved Buddhist culture, ancient monasteries, and stunning landscapes dotted with chortens, mani walls, and traditional stone houses. The valley offers a unique opportunity to experience the lifestyle of the indigenous Tsumba people and explore pristine Himalayan wilderness.

The trek usually starts from Soti Khola or Arughat and leads into the restricted Tsum Valley, requiring special permits. Along the trail, trekkers pass through dense forests, terraced fields, and alpine pastures surrounded by dramatic peaks such as Ganesh Himal and Baudha Himal. Visitors often explore sacred sites like Rachen Gompa and enjoy peaceful homestays with local families, making the Tsum Valley Trek a perfect cultural and spiritual journey.

Total Trip Days: 17 Days

Region: Langtang Region

Max Altitude: 4,200 meters (Ganesh Himal Base Camp)

Activity: Trek

Difficulty: Moderate

Group Size: 2-10

Trip Highlights

- Discover the remote and sacred Tsum Valley, a hidden Himalayan gem
- Experience well-preserved Tibetan Buddhist culture and ancient monasteries
- Trek through diverse landscapes from subtropical forests to alpine meadows
- Visit sacred sites such as Rachen Gompa and explore traditional Tsumba villages
- Enjoy homestays and authentic cultural exchanges with local communities
- Explore a restricted and less-touristed region with special permits

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport, you will be met by our team and transferred to your hotel in Kathmandu. You'll have time to relax after your journey and later attend a short trek briefing and gear check.

Day 2:

Today you embark on a scenic drive westward from Kathmandu through terraced hillsides and rural towns. The final stretch winds along a rougher mountain road before reaching the riverside village of Soti Khola, where you stay overnight.

Day 3:

Your trek begins by crossing a suspension bridge and following the Budhi Gandaki River through sal forests and small settlements. You'll pass several waterfalls and climb rocky trails before arriving in the village of Machha

Khola.

Day 4:

The trail continues along narrow paths carved into the cliffs above the river. You'll cross several bridges and pass Khorlabesi and Tatopani (natural hot spring) before gradually ascending to the village of Dobhan.

Day 5:

Today's trail winds through bamboo forests and terraced hillsides. After crossing the Budhi Gandaki several times via suspension bridges, you ascend to the larger village of Philim, a culturally rich Gurung settlement.

Day 6:

Leaving the main Manaslu Circuit route, you now enter the **restricted Tsum Valley.** The trail becomes quieter and steeper as you pass through pine forests, mani walls, and cross a long suspension bridge to reach Chumling, a traditional lower Tsumba village.

Day 7:

You gain significant elevation as the trail winds past chortens and small gompas. Crossing the Serpu Khola, you ascend toward **Chhokang Paro,** a broad valley offering the first panoramic views of **Ganesh Himal** and glimpses of Baudha Himal.

Day 8:

Today's trek takes you deeper into upper Tsum. You'll pass villages like **Lamagaon** and visit the ancient **Milarepa Cave (Piren Phu),** where the revered Tibetan saint meditated. You'll stay overnight in **Nile,**the last village before the Tibetan border.

Day 9:

An early morning hike takes you to **Mu Gompa,** the largest and most remote monastery in the Tsum Valley, located near the border with Tibet. After exploring the gompa and nearby nunnery at **Dhephu Doma,** you return to Nile for the night.

Day 10:

Retracing your steps, you enjoy descending trails with new views of the valley's vast landscapes. You'll again pass mani walls, prayer flags, and traditional villages while returning to Chhokang Paro.

Day 11:

Today you take a detour across the Shiar Khola to reach the sacred **Gumba Lungdang,** a remote nunnery perched high above the valley. This spiritual site offers panoramic views of **Ganesh Himal** and a unique cultural experience.

Day 12:

This challenging but rewarding day hike leads to the base camp of **Ganesh Himal,** following glacial trails and moraines. Weather permitting, you'll enjoy a spectacular close-up view of Ganesh Himal’s icy peaks before descending back to Gumba Lungdang.

Day 13:

You begin your descent from the high ridges of the Tsum Valley, crossing rivers and retracing the trail back to Lokpa—a small junction village near the entrance to the valley.

Day 14:

The trail continues to descend gradually as you rejoin the Budhi Gandaki River and pass through lush forests, waterfalls, and farmlands. You reach Jagat, a stone-paved village with strong Tibetan cultural influence.

Day 15:

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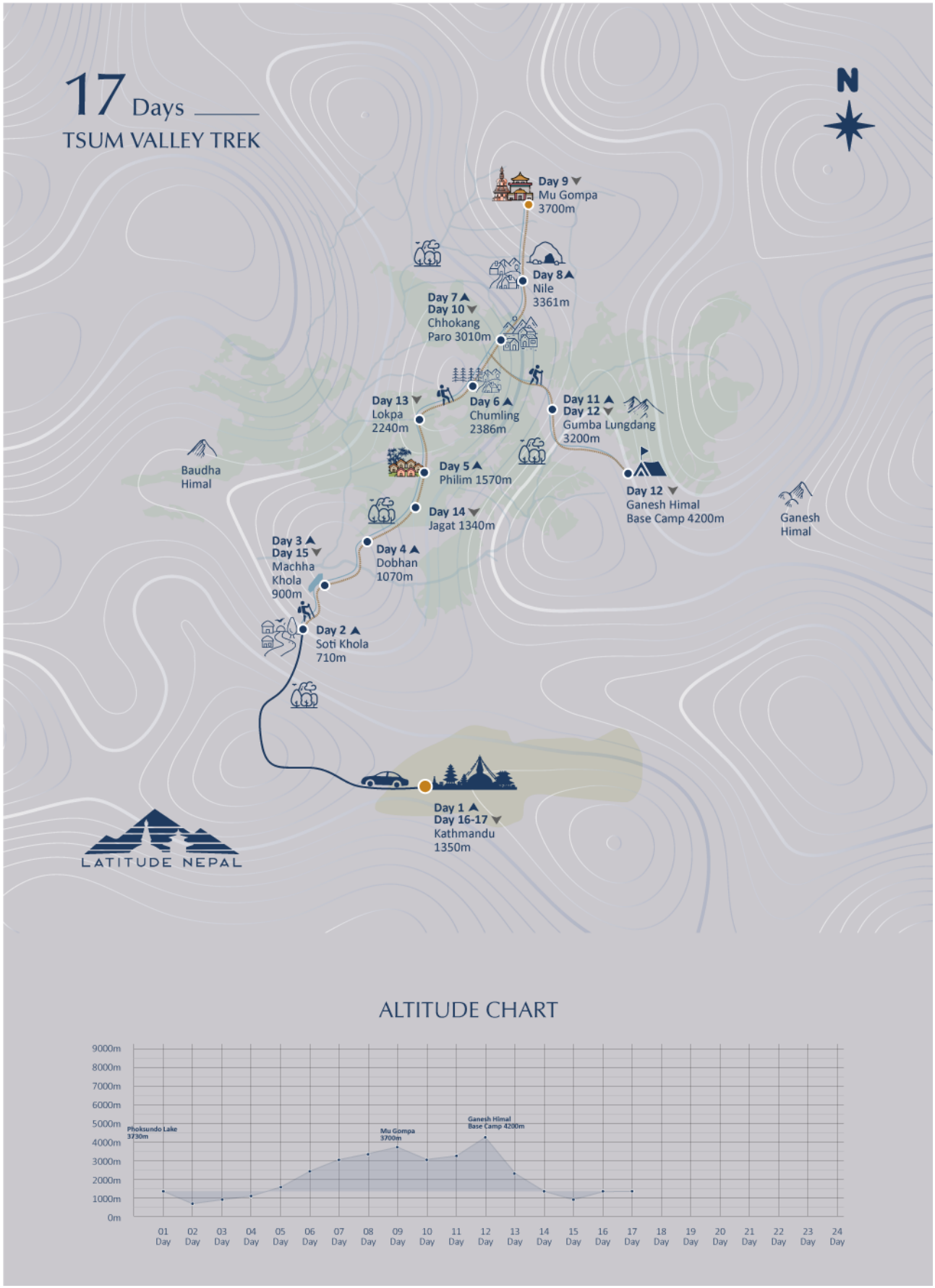
Day 16:

You board a private jeep or public vehicle for a long but scenic drive back to Kathmandu via Arughat and Dhadingbesi. Once back in the capital, you can enjoy a well-deserved hot shower and rest.

Day 17:

Transfer to Tribhuvan International Airport for your onward journey or international flight. Alternatively, extend your stay with a cultural tour or another short trek.

Route Map


17 Days
TSUM VALLEY TREK
N
Day 9
Mu Gompa
3700m
Day 8
Nile
3361m
Day 7
Day 10
Chhokang
Paro 3010m
Day 13
Lokpa
2240m
Day 6
Chumling
2386m
Day 11
Day 12
Gumba Lungdang
3200m
Baudha
Himal
Day 5
Philim 1570m
Day 12
Ganesh Himal
Base Camp 4200m
Ganesh
Himal
Day 14
Jagat 1340m
Day 3
Day 15
Machha
Khola
900m
Day 4
Dobhan
1070m
Day 2
Soti Khola
710m
Day 1
Day 16-17
Kathmandu
1350m
LATITUDE NEPAL
ALTITUDE CHART
9000m
8000m
7000m
6000m
5000m
4000m
3000m
2000m
1000m
0m
Phoksundo Lake
3730m
Mu Gompa
3700m
Ganesh Himal
Base Camp 4200m
01 Day
02 Day
03 Day
04 Day
05 Day
06 Day
07 Day
08 Day
09 Day
10 Day
11 Day
12 Day
13 Day
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15 Day
16 Day
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24 Day