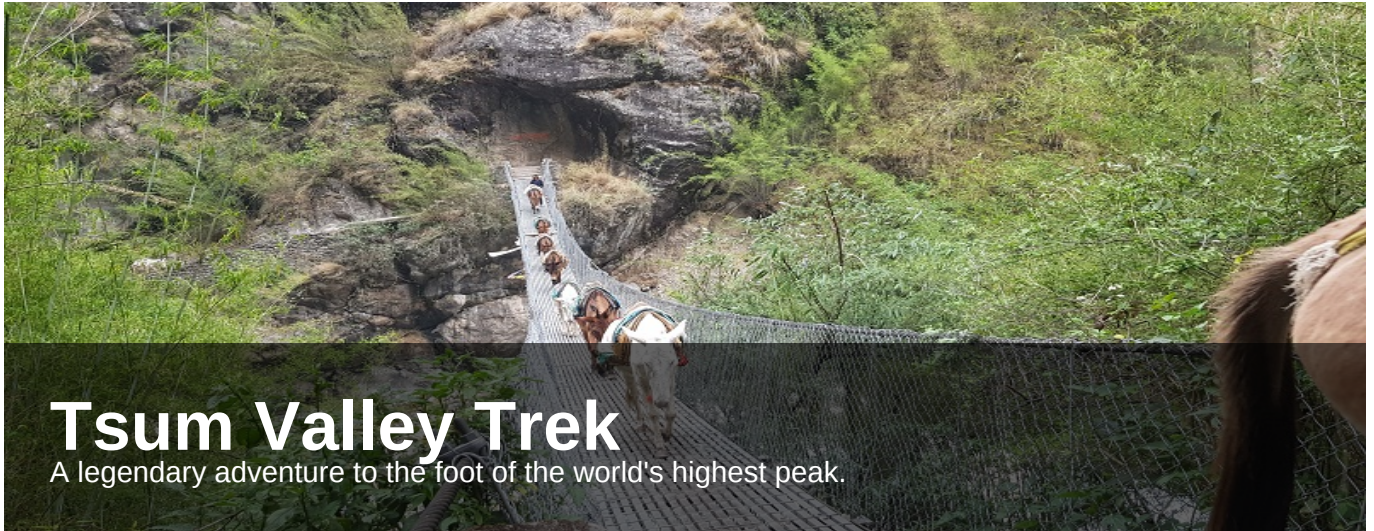




Tsum Valley Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

16 Days

MAX ALTITUDE

4500m

TRIP GRADE

Medium

BEST TIME

Mar-May & Sept-Nov

ACCOMMODATION

Tea Houses / Lodges

THE OVERVIEW

Tsum Valley Trek is a recently opened trekking route located in the remote Himalayan region of Nepal. It offers stunning views of the surrounding mountains, pristine natural beauty, and deep insight into the unique culture and traditions of the local people. The trek takes you through picturesque villages, lush forests, and peaceful valleys, making it a truly unforgettable experience for trekking enthusiasts. Tsum Valley Trek is a popular and relatively new trekking destination located in the northern part of the Gorkha district in Nepal. The valley is named after the Tsumba people who live in the region and has a...

01

Arrival in Kathmandu

Arrival at Tribhuvan International Airport in Kathmandu. Upon arrival, you will be welcomed by our representative and transferred to your hotel by private vehicle. After check-in, you can relax or explore the nearby areas of Kathmandu. In the evening, there will be a short briefing about the Tsum Valley Trek, including itinerary details and preparation for the journey ahead.

ALT: 1,338m

02

Trek preparation and permits

After breakfast, you will prepare for the trek. Your guide will brief you about the route, safety, and important details. You will check your trekking equipment and, if needed, buy or rent gear in Kathmandu. Necessary permits and documents for the Tsum Valley Trek will be arranged. You can also explore the city or rest at the hotel.

ALT: 1,338m

03

Drive from Kathmandu to Machha Khola

Today, you will drive from Kathmandu to Machha Khola via the scenic Prithvi Highway. The journey offers beautiful views of rivers, hills, and local villages. Passing Dhading Besi and Arughat, the road follows the Budhi Gandaki River. The drive includes both paved and rough roads, giving you a glimpse of rural Nepal and Himalayan landscapes.

ALT: 870m MEAL: B, L, D

04

Trek from Machha Khola to Jagat

The trek begins along the Budhi Gandaki River, passing small villages, suspension bridges, and natural hot springs at Tatopani. The trail continues through forest paths and rocky ridges before reaching Jagat, a traditional village where permits are checked. Enjoy scenic views and local culture along the way.

ALT: 1,370m HIKE: 6–7 hrs MEAL: B, L, D

05

Trek from Jagat to Lokpa

Today's trek takes you through Sirdibas and Philim, where you will start to see Buddhist culture and monasteries. Crossing suspension bridges and walking through forest trails, you will reach Lokpa, the gateway to the hidden Tsum Valley. The trail offers beautiful views of valleys and surrounding hills.

ALT: 2,240m HIKE: 5–6 hrs MEAL: B, L, D

06

Trek from Lokpa to Chumling

Descend through dense forests and cross several small streams before climbing steeply toward Chumling village. The trail offers beautiful views of the hidden Tsum Valley. Chumling is a traditional village with monasteries, stone houses, and farmland, reflecting strong Tibetan Buddhist culture.

ALT: 2,360m HIKE: 4–5 hrs MEAL: B, L, D

07

Trek from Chumling to Chhokangparo

The trail passes through fields, mani walls, and chortens, reflecting strong Buddhist traditions. You will cross suspension bridges and climb gradually to reach Chhokangparo. From here, you can enjoy stunning views of Ganesh Himal and surrounding mountains.

ALT: 3,030m HIKE: 6–7 hrs MEAL: B, L, D

08

Trek from Chhokangparo to Nile

Today you trek through small villages and visit important cultural sites like Rachen Gumpa and Milarepa Cave. The trail offers wide valley views and traditional Tibetan settlements. Continue walking along the valley to reach Nile, a peaceful village near the Tibetan border.

ALT: 3,360m HIKE: 3–4 hrs MEAL: B, L, D

09

Trek from Nile to Mu Gumpa and back

Take an early morning hike to Mu Gumpa, the largest monastery in the region. Enjoy incredible mountain views and explore the monastery. After spending some time, return back to Chhokangparo, passing through scenic landscapes and villages.

ALT: 3,700m HIKE: 6–7 hrs MEAL: B, L, D

10

Trek from Chhokangparo to Gumba Lungdang

Descend and cross the river before climbing through forests toward Gumba Lungdang. This monastery is located on a ridge and offers amazing mountain views. Experience peaceful surroundings and observe evening prayers by nuns.

ALT: 3,200m HIKE: 5–6 hrs MEAL: B, L, D

11

Day trip to Ganesh Himal Base Camp

Today is a challenging but rewarding hike to Ganesh Himal Base Camp. Walk through forests, ridges, and yak pastures to reach the base camp. Enjoy breathtaking views of glaciers and surrounding peaks before returning to the monastery.

ALT: 4,500m HIKE: 7–8 hrs MEAL: B, L, D

12

Trek from Gumba Lungdang to Lokpa

Descend through forests and villages, retracing your route back toward Lokpa. The trail includes steep sections and scenic viewpoints.

ALT: 2,240m HIKE: 7–8 hrs MEAL: B, L, D

13

Trek from Lokpa to Jagat

Continue descending through forests and along the Budhi Gandaki River. Pass villages and suspension bridges before reaching Jagat.

ALT: 1,370m HIKE: 7–8 hrs MEAL: B, L, D

14

Trek from Jagat to Machha Khola

Follow the trail along the river through forests and small settlements. Cross several bridges and enjoy the natural surroundings.

ALT: 870m HIKE: 5–6 hrs MEAL: B, L, D

15

Drive from Machha Khola to Kathmandu

Drive back to Kathmandu along the same scenic route. Enjoy views of hills, rivers, and rural landscapes.

ALT: 1,400m MEAL: B, L

16

Final Departure

Your trek ends today. Depending on your flight schedule, you will be transferred to the airport. If you have extra time, you can explore Kathmandu or do some shopping.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport/Hotel/Airport pick-up and transfers by private car/van
- 3 nights deluxe single/double/twin sharing accommodation with breakfast at a 4-star hotel (Kathmandu Guest House) in Kathmandu
- Kathmandu valley sightseeing tour as per the above-mentioned itinerary, including all entry fees
- Meals (Breakfast, Lunch, and Dinner) with tea/coffee and hot/cold filtered water during the trek
- 12 nights lodge/guesthouse accommodation during the trek
- 1 experienced, helpful, and friendly English-speaking guide, and porters (1 porter for 2 persons, carrying up to 25 kg), including their food, accommodation, salary, equipment, and insurance
- Down sleeping bag (-30 to -40°C), duffel bag, LifeStraw water filter, and trekking map
- Manaslu Conservation Area Permit
- Tsum Valley Restricted Area Permit
- All ground transportation by private 4WD vehicle
- All necessary permits
- First aid medical kit box
- Office service charges

- What's Not Included

- Any meals (Lunch and Dinner) in Kathmandu other than breakfast
- Travel insurance
- International airfare to and from Nepal
- Nepal tourist visa fee
- Items and expenses of a personal nature
- Any kind of alcoholic drinks, cold drinks, laundry, phone calls, internet, battery charging, and hot showers
- Personal trekking equipment
- Emergency evacuation (helicopter rescue)
- Any costs arising due to changes in the itinerary caused by landslides, political disturbances, strikes, etc.
- Any other costs not mentioned in the "Cost Includes" section
- Horse rental and additional porters due to natural calamities during the trek
- Tips for guide, porters, and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

- +977-9849487392 / +977-980857339

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