

TSUM VALLEY TREK AND VILLAGE VISIT



Group size:	1-12 people	Max-Altitude:	3,700m/12,136ft
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Destination:	Nepal	Fitness level:	Moderate
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Duration: All times included lunch and several rest stops

NEPAL

Without a doubt this country is a potpourri of culture and diversity. It boasts as having the highest mountain in the world Mt Everest mixed with unique wildlife and exotic culture. Discover yourself amidst this strange world of mystical beliefs and incredible history. Every aspect of life is tainted with spiritual reasons.. You will have many opportunities to witness this aspect of life, and to share with people your own ideas about it. The art and craft of Nepal are basically based on the religious themes taken from Buddhism and Hinduism. Nepalese art has been influenced and promoted since the earliest recorded times by the Newars. In Nepal, ethnical cultural groups are diverse and many of them have their own languages and customs. The country's capital Kathmandu and largest city simultaneously reeks of history and the wear and tear of increasing modernity. The tightly packed historical centre, with its squares and temples, continues to preserve a world light years away from shantytowns, expensive hotels, restaurants and shops on the city's outskirts. Kathmandu's core is Durbar Square, with the Vishnumati River to the west and Ratna Park to the east, The Bagmati River forms the southern boundary, whilst Thamel, the popular tourist hangout sprawls to the north. This would have to be one of the most exciting cities in the world today.

TSUM VALLEY

Discover the secret Tibetan Buddhist land lying at the edge of one of the most secluded Himalayan valleys. Tsum Valley is one of world's remotest Himalayan Valleys which was also a restricted region until recently. The trek to Tsum Valley takes you into the majestic surroundings of the Ganesh Himal, Sringi Himal, and Boudha Himal ranges. The region once being part of

Tibet looks completely different from what you will find elsewhere. The people of Tsum Valley or the Tsumbas belong to Tibetan origin with their own ancient form of dialect, art, culture and religion. Very few adventure travelers have made it to this high and mysterious valley, which used to be an important trade link with Tibet. In the initial days, we trek the route of Around Manaslu Trek or the Manaslu Circuit Trek. The Tsum Valley lies on the northern part of Manaslu and used to be a restricted area until 2008. The region is still less exposed in comparison to other touristy areas, with relatively virgin and less beaten paths in comparison to the more popular regions. The Tsum people have their own way of family life, which may be quite surprising for many outsiders. All the brothers in the family are married to a single girl, what you may call a practice of polyandry.

Proposed Itinerary

Day 01 Arrive Kathmandu and transfer to your hotel in the tourist area of Thamel (B) 8 April

Day 02: Kathmandu - Lyn will take you to buy anything that you may require for your village visit and trek. Free afternoon to explore the many bazaars and shop Kathmandu. Evening briefing on the trek and the following day **April 9 (B)**

Day 03 Kathmandu to Darje This morning we will depart our at 630 am by land cruiser. We will take the main Privity Highway west towards India, after 3 hours we will then head north for 1 hour to Darding. Here we will take a short break, and lunch at a local restaurant. After lunch we will continue on a rough unsealed road, which can sometimes be very dusty, be prepared for an uncomfortable 5 hour drive to our destination of Budditum . Depending on the road conditions, we should hopefully arrive at our destination of Darje by 3-4pm .It is an interesting and sometimes exciting drive with unexpected delays. Once you reach the village you will understand that it was worth the drive **(BLD) April 10 Overnight Homestay**



Day 04: Village Today we have the opportunity of hiking to Saraswasi School and village situated 1 hour walk from our homestay. This village has approximately 23 homes, a population of around 400 and before the earthquake had 115 students, now the numbers are down to 65 due to families moving away.. The denomination of these people are predominantly Buddhist and Christian, who are all farmers. We will have the opportunity of visiting the homes and interacting with the children and their families. From

our homestay you will have excellent views of Mt Manaslu. 6890 mtrs. **Overnight Homestay (BLD)**
April 11



Day 05: Darje to Lapubesi (884m/2,900ft). We will depart after breakfast. The trail takes us on a flat walk for several hours before descending to the river. Cross the bridge and trek through the beautiful Sal forests, then climb onto a ridge above huge rapids on the Budhi Gandaki. The rocky trail then weaves its way up and down, past two tropical waterfalls on a steep, rocky trail clinging to the side of a cliff. It eventually makes its way down and past a few rice terraces, then up and around to the Gurung village of Labubesi and our accommodation for the night **(BLD)April 12**

Day 06: Lapubesi to Dobhan (1070m/3,510ft.) 6-7 hours overnight at teahouse

Today we climb behind a rocky outcrop, where the valley opens and the Budhi Gandaki meanders among wide gravel bars. Drop to the sandy river bed and walk along rounded stones before climbing over a side ridge. Head down again to the river and traverse to Machha Khola village. After lunch the narrow trail makes some minor ups and downs and eventually crosses the Tharo Khola, flowing in a rocky ravine, then reaches Khorlabesi. After a few more ups & downs there is a small trailside hot spring, from where we reach to Tatopani. From the Hot spring we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. Climb on a wide, well-crafted staircase, then across a landslide and over a ridge to Dobhan. **April 13 (BLD)**

Day 07: Dobhan - Jagat (1,340m/4,396ft.) – an easy walk from Khorlabeshi, crossing the Budhi Gandaki several times – one section being a cantilevered metal walkway across a cliff face above the Budhi Gandaki river replacing a section of trail which was lost as a result of the 2015 earthquake. Jagat feels like a compact trading post in a narrow section of the Budhi Gandaki gorge. A good shower was had by all and quite a bit of laundry got done too Happy days. You might catch a glimpse of Shringi Himal ahead. 4-5 hours overnight at teahouse **(BLD) April 14**

Day 08: Jagat-Lokpa (1,960m/6,430ft.) – An easy walk to EkleBhatti for lunch and then a beautiful climb up through Bhutan pine forest with flowers including lovely delicate delphiniums to the only lodge at Lokpa, which is 300 metres below the main village. The lodge is not great and is often full – Lokpa needs another lodge! 6-7 hours overnight at teahouse (BLD) April 15

Day 09 : Lokpa- Chumling (2,386m/7,769ft.) – The walk from Lokpa to Chumling is more challenging than you might expect. It involves a lot of steep up and down. You realise by the end of it why Tsum Valley has remained isolated until very recently. You cross another newer section of cantilevered metal walkway across a cliff face. The collapse of this section of the trail in 2016 left Tsum Valley almost cut off from Nepal for a few months. A while before you arrive in Chumling you cross a suspension bridge over the ShiarKhola and one more climb brings you up into a more open valley and you can see why people have chosen to live in such an inaccessible place for hundreds of years – plenty of terraced fields on the north side and mature Bhutan pine forest on the south side of the valley.

The TashiDelek Hotel at Chumling has been open for less than a year and is really comfortable and well run. In the we will visit the new health post in Chumling
The new clinic is beautiful and built following earthquake resilience principle– with dressed dry stone walls with timber ring beams; traditionally carved Bhutan Pine windows and doors, green corrugated iron roof and cleverly designed bamboo panels closing off the void under the eaves.

April 16 (BLD)



Day 10: Chumiling-Chhokang Paro (3,031m/9,944ft.) – First you have to retrace your steps down to Dumje and re-join the main trail. We will have lunch in Gho shortly after re-joining the main trail and then climb up to Chhokang Paro – crossing some landslide areas requiring extra care. Look out for the café – Tsum Valley Café. You can get delicious espresso, cappuccino, macchiato etc – Pema had been a barista at Himalayan Java in Kathmandu. This is a delightful treat in Chhokang Paro! **(BLD) April 17**

Day 11: Chhokang Paro-Mu Gompa (3,709m/12,168ft.) – From Chhokang Paro to Mu Gompa there is a road but there are no buses, cars or motorbikes – just one tractor. It is said that one day this road will connect Arughat to Tibet – we will see. The easy walk from Chhokang Paro to Nile is through beautiful, fertile, large, flat fields – the amazing and valuable productive land of the upper Tsum Valley. Lots of chortens, mani walls and gompas on the way – leaving you in no doubt that you are amongst Buddhists. Beyond the fields to the east and west the near vertical walls of the valley become the snow capped, 6,000 metre peaks of CherkeHimal, KipuHimal and LangjuHimal. After Nile the valley narrows and the fields cease. Mu Gompa is perched up on an east facing slope, austere but well maintained. You can climb up a bit further to a nunnery not far from Mu Gompa or for the really energetic you can climb at least another 1,000 metres above the

monastery for great views. If you are lucky, from Mu Gompa, you can see sunset and sunrise on Ganesh 2 to the south **Overnight Lodge (BLD) April 18**

Day 12: Mu Gompa – Rachen Gompa (3,245m/10,663ft.) After an interesting and wonderful time at Mu Gompa return journey visiting another impressive monastery of Rachen Gompa , walk leads on nice path with few short climbs and downhill passing few small villages of cattle herders to reach at Rachen Goma for overnight stop, afternoon visit Rachen monastery. **(BLD) April 19**

Day 13: Rachen Gompa - Chumling Today our last day at Tsum valley, as the morning walk leads to a long descend to Chumling village passing farm areas and then back into tree lines, after a long downhill walk of 6 hours reaching at Chumling village for last overnight stop around Tsum. **(BLD) April 20**

Day 14: Chumling to Philim (1,570m/5,150ft.) same way you are back you know already walking 7-8 hours **(BLD) April 21**

Day 15: Philim to Dobhan (BLD) April 22

Day 16: Dobhan to Lapubesi (BLD) April 23

Day 17: Lapubesi to Arkhet Bazar April 24

Day 18 : Arkhet bazaar to Kathmandu by private jeep 7-8 hours drive April 25 Transfer to your hotel (B)



Day 19 Kathmandu Free Day to do your own thing, or you may like to take a guided tour of Bhaktapur (UNESCO CITY) on the way visit Pasapatnath the Hindu's holy cremation site. BHAKTAPUR: meaning the City of Devotees, this place is the home of medieval art and architecture. Lying 14km/9 miles east of Kathmandu City, this place was founded in the 9th century and is shaped like a conch shell. The city is at the height of 5,600ft above sea level. In Bhaktapur you will visit the Durbar Square with its array of temples overlooked by the Palace of 55 Windows built by King Bhupatindra Malla, The Nyatapola Temple. This temple also built by King Bhupatindra Malla, is the best example of the Pagoda style and stands on five terraces on each of which stands a pair of figures, two famous strong men, two elephants, two lions, two griffins and two goddesses.

April 26

Day 20 Free day and late check out of your hotel before transferring to the airport for you onward flight home April 27

Cost: \$2950 per person twin share

Price including

Airport pickup and drop service

Hotel accommodation in Kathmandu including breakfast

All sightseeing and entries

Transportation costs: Comfortable Drive from Kathmandu to Baseri and from Arkhet Basaar to Kathmandu buy Private jeep

Professionally trained and highly experienced English speaking trekking guide and a porter (1 porter for 2 trekkers with max load of 25kg) along with their salary, lodging, food and insurance

All meals and accommodation on trek

Trekking permits: Manaslu Conservation Area fees, Tsum valley special permit and TIMS card

First aid medical box

13% VAT and 10% company service charge

Farewell Dinner

Price Excludes

Visa fee to enter Nepal \$50

International flight tickets \$1070

Meals in Kathmandu allow \$10 per meal

Travel insurance/ Rescue operation costs I can offer a 15% discount on Travel Insurance please go to www.tayloradventure.com link onto Aussietravelcover and complete the online forms

All personal expenses

Tip for guide and porter allow Aust\$150