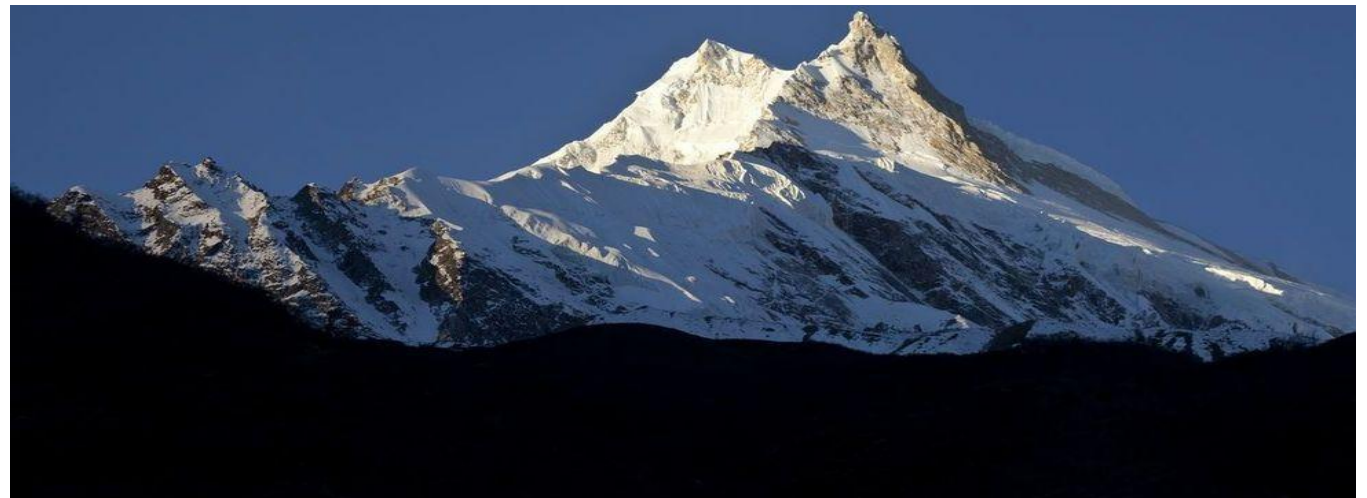


trekking in the manauslu and tsum valley

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Discover the secret Tibetan Buddhist land in Nepal lying at the edge of one of the most secluded Himalayan valleys

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 take the route of Around Manaslu Trek or the Manaslu Circuit Trek. The Tsum Valley lies on the northern part of Manaslu and is still less exposed in comparison to other touristy areas, with relatively virgin and less beaten paths. The Tsumbas 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.

The trek start and end point is Arughat, seven hours drive away from Kathmandu. The first half of the trek ascends the BudhiGandaki Valley on good paths through a mix of dense forest, terraced fields and hill villages. As we leave the main Manaslu

Trail for the Tsum valley, suddenly we get a feeling of entering truly into the hidden valley. While on the trek, we also pass through the alpine forests, glacial rivers, and enjoy the warm hospitality of ethnic people. Pass the lower BuriGandaki regions of Liding, Machhakhola, Jagat and Philim. We also visit the ancient Gombas of the region such as: RachenGompa, MuGompa, DephyudonmaGompa.

ITINERARY IN DETAIL

DAY 01: Drive Kathmandu to Arughat (600m) 7/8 hours

After breakfast drive from Kathmandu into the western mountains takes us to Arughat via Dhadingbesi, headquarter of the Dhading district. Through the dirt road from Dhadingbesi viewing the greenery hills we reach Arughat, our trek start point. Arughat is a major town in the region and is divided in two parts with the BudhiGandakiriver flowing

Tsum Valley is one of world's remotest Himalayan Valleys, which was a restricted region until 2008. The trek to Tsum Valley takes you into the majestic surroundings of the Ganesh Himal, SringiHimal, and BoudhaHimal ranges. The region once being part of Tibet looks completely different from what you will find elsewhere in Nepal. The people of Tsum Valley or the Tsumbas belong to Tibetan



DAY 02: Arughat to SotiKhola (700m/2,296ft): 5-6 hours

We cross the bridge over BudhiGandaki and begin our trek from the western part of Arughat., we follow the stone-paved street north through the bazaar. We pass through the hydro- electric power plant, fields of rice and millet to Mangaltar, and through forests we arrive at Shanti Bazar. The trail to BudhiGandaki valley now becomes steeper and the trek more difficult as we cross the ArkhetKhola on a suspension bridge, passing the shops of Arkhet Bazar. Descend to a high, cascading waterfall making a long steep slog up a ridge to Kuerepani. Then from here the trail descends to SotiKhola. Overnight stay at the

campsite at SotiKhola. Overnight at SotiKhola. (B,L,D)

DAY 03: SotiKhola to MacchaKhola (870m): 6-7 hours

Cross the bridge and trek through the beautiful Sal forests, then climb the ridge above huge rapids on the BudhiGandaki. 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. Climb behind a rocky outcrop, where the valley opens and the BudhiGandaki 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 MachhaKhola village. Overnight at MachhaKhola. (B,L,D)

DAY 04: MacchaKhola to Jagat (2340m): 6-7 hours

The narrow trail goes up and down and eventually crosses the TharoKhola, flowing in a rocky ravine, then reaches Khorlabesi. After a few more ups & downs there is a small trailside hot spring, from where we climb over another ridge, then cross the BudhiGandaki on a suspension bridge. Climb on a wide, well-crafted staircase, cross a landslide and over a ridge to Dobhan. Crossing a suspension bridges over the DobhanKhola, and YaruKholac limb the stone stairs and then drop to the river and again climb more stone stairs to TharoBharyang. Cross to the west bank of the Budhigandaki, climb over a ridge, and trek along the river then climb towards Jagat.

AY 05:Jagat-Chisopani(1660m):4-5 hrs

After completing with the ACAP procedure, we

After completing with the ACAP procedure, we climb over a rocky ridge to Salleri, and then descend to Sirdibas. The valley widens a bit as the trail continues up to Ghattakhola. Continue upstream to a long simple hanging bridge. Climb up to Philim, a large Gurung village. Philim valley is well known for a school made by the Japanese and a police station. Walk past Philim to the north across a forest with the views of the narrowing valley we reach Chisopani. O/N at Chisopani (B,L,D)

DAY 06:Chisopani-Chumling (2,386m): 6 - 7 hours

After EkleBhatti cross the gorge and we get to see the big and beautiful waterfall and enter the pine tree forests. Descend down to trail going to the Tsum Valley. Climb through pine and rhododendron forests. Enjoy the views of Himalchuli at 7893m and BoudhaHimal from Lokpa, a small beautiful village. Pass Lokpa, descend half an hour towards Lungwakhola

and climbing zigzag difficult trail further two hours north through pines and rhododendrons we reach Gumlung. Crossing the Siyarkhola, finally arrive at Chumling, from where we can view ShringiHimal. Visit the old Chumlinggumpa, and the stone streets of the village. (B,L,D)

DAY 07: Chumling to Chokhangparo (3,010m): 4-5 hours

Cross the suspension bridge onto the opposite bank. Walk past Rainjam to SerpuKhola crossing another bridge we arrive at the Gho Village. Another 2 hours of climb to Tsum takes us to the village of Chhokhangparo. Weather permitting; enjoy the views of Himalchuli at 7893 meters and Ganesh Himal at 7140m. Overnight at Chokhangparo(B,L,D)

DAY 08: Chokhangparo to Nile



Walk past Lamagaon crossing rope suspension bridge to the RachenGompa, which is also well known as Nunnery Gompa too. We make a small visit and then we cross the ShiarKhola. Continue walking through the well managed villages Lar (micro hydro power), Phurbe and Pangdun. Leaving old historic Stupa of Bhudda in a way crossing the village of Chhule, climb upstream and cross the bridge to finally arrive at Nile. If you consider we can make your visit to a famous monastery of Chhule which is located in the top of area. (B,L,D)

DAY 09: Nile to Mu Gompa (3,700m): 3 hours

We are now almost close to the Tibetan border. Walk to the west bank of the valley through the Tibetan landscapes. Climb up to the Mu Gompa. We also visit the monastery. Then visit to the DhephuDomaGompa. (B,L,D)

DAY 10: Mu Gompa, sightseeing

Mu Gompa is the largest monastery in the region. The Gompa lies at the highest and most remote part of the Tsum Valley. After

exploring the Mu Gompa area, you may also consider the option of getting to the base of PikaHimal (4865m). (B,L,D)

DAY 11: Mu Gompa-Burgi Village (3,245m) 5 hours

Trek back through Chhule and Phurbe, on the east bank of the ShiarKhola. Finally we arrive at a small and beautiful Burgi village. Climb up to the Mharepa's Cave (a small and beautiful cave) mesmerizing glimpses of Poshyop Glacier, KipuHimal and Churkehimal. (B,L,D)

DAY 12: Burgi village -Chumling (2,386): 5-6 hours

Continue trekking watching the greenery of nature and descend down to ChhokangParo again. Continue descending to Gho. and we arrive at the bridge over the SarpuKhola. Trekking along the lower Tsum Valley takes you to again Chumling. (B,L,D)

DAY 13: Chumling to Philim (1,570m/5,103ft): 6-7 hours

The trail continues to Lokpa. After lunch we move ahead enjoying the gorgeous Samba Falls arrive at Philim. The trail passes through the Phillim village that leads to the Ganesh Himal Base Camp. (B,L,D)

DAY 14: Philim to Khorlabesi(970m/3182ft: 6-7 hours

Descend down to Sirdibas and we finally reach to Jagat. Further descend takes us to Yaruphant. The arid Tibetan climatenow givesway to subtropical green vegetation. Continue trekking to Dobhan and arrive at Tatopani (a hot spring).



You may dip yourself in the hot spring and relax your tired muscles by soaking yourself in the hot water. Or continue walking to reach Khorlabesi, rest place for the day.(B,L,D)

DAY 15: Khorlabesi to SotiKhola (700m): 6-7 hours

The trail crosses the TharoKhola flowing in a rocky ravine. Walk along the BudhiGandaki River to reach to Gurung village of Labubesi. Pass the two waterfalls on a steep rocky trail on the side of a cliff and reach Khursane. Walk along the ridge above BudhiGandaki, cross the Sal forests and cross the bridge to arrive at SotiKhola. (B,L,D)

DAY 16: Trek from SotiKhola to Arughat (570m)5 hours.

Cross over the bridges and cultivated areas and villages before finally reaching Arughat from where it started. Stay overnight in Arughat.

DAY17: Drive from Arughat Bazaar to Kathmandu, 6^{1/2}hrs

After breakfast drive back to Kathmandu, O/N in Kathmandu.

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