

19 Days Tsum Valley Trek

TRIP OVERVIEW



Trip profile
19 Day Tsum Valley Trek



Cost
USD 2590



Type
Trekking



Trek Days
19 Days



Accommodation
4 star hotel in Kathmandu and Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- A porter and his entire expenses.
- Accommodation at 4-star Hotel or similar category in Kathmandu
- Airport pick up & drop off service by a private tourist vehicle
- All ground transportation on a comfortable private vehicle as per the itinerary
- All necessary paper work(s) and permit(s)
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- English-speaking, trained and experienced guide
- Experienced English speaking tour guide
- Free Trip dossiers & other information in a printable format
- Medical kit (carried by your guide)
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Welcome and farewell dinner at finest local restaurant

What's excluded ?

- International airfare to and from Kathmandu
- Nepalese visa fee
- Optional trips and sightseeing if extended
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)

- Tipping to staffs (as an appreciation)
- Your Personal Insurance

Day 1: Arrive Kathmandu & Transfer to Hotel

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel

Elevation: 1,400 metres

Day 2: Sightseeing and trek preparation

Highlights: Any 4 World Heritage sites:

Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square

Accommodation: 4-star Hotel

Day 3: Drive to Arughat

Driving hours: 7-8

Difficulty: Easy

Accommodation: Basic Teahouse

Elevation: 600m

Topography: Smooth ride, Green hill

Highlights: greenery hills, Budhi Gandaki river

Day 4: Trek to Soti Khola

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Campsite

Elevation: 700m

Topography: stone-paved street, long steep inclines,

Highlights: Budhi Gandaki valley, Arkhet Khola, suspension bridge, cascading waterfall

Meals provided: Breakfast, Lunch, Dinner

Day 5: Trek to Maccha Khola

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 870m

Topography: rocky trail, steep inclines, open valleys

Highlights: rice terraces, beautiful Sal forests, tropical waterfalls, Gurung village, Machha Khola village

Meals provided: Breakfast, Lunch, Dinner

Day 6: Trek to Jagat

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 1,410m

Topography: Gradual ups and downs, trail climbs, rugged trail, stone stairs

Highlights: hot spring, Budhi Gandaki, Dobhan Khola, suspension bridges, the village of Jagat

Meals provided: Breakfast, Lunch, Dinner

Day 7: Trek to Chisopani

Walking hours: 4-5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 1660m

Topography: rocky ridge, steep descends, forested paths,

Highlights: Gurung village & their hospitality, Japanese made school, views of the valley

Meals provided: Breakfast, Lunch, Dinner

Day 8: Trek to Chumling

Walking hours: 6-7

Difficulty: Moderate/Strenuous

Accommodation: Basic Teahouse

Elevation: 2386m

Topography: the crossing of the gorge, stone streets, long descends

Highlights: waterfalls, pine tree forests, rhododendron forests, Chumling gumpa, Siyar Khola, Views-Himalchuli mountains and Boudha Himal, Shringi Himal,

Meals provided: Breakfast, Lunch, Dinner

Day 9: Trek from Chumling to Chokhangparo

Walking hours: 4-5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,010m

Topography: upstream climb, crossing rope suspensions,

Highlights: Nunnery Gumpa, Shiar Khola, historic Stupa of Buddha, villages Lar Phurbe and Pangdun, the monastery of Chhule

Meals provided: Breakfast, Lunch, Dinner

Day 10: Trek to Nile

Walking hours: 4-5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,361m

Topography: upstream climb, crossing rope suspensions,

Highlights: Nunnery Gumpa, Shiar Khola, historic Stupa of Buddha, villages Lar Phurbe and Pangdun, the monastery of Chhule

Meals provided: Breakfast, Lunch, Dinner

Day 11: Trek from Nile to Mu Gumpa

Walking hours: 4

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3700m

Topography: Dry trails, uneven

Highlights: Mu Gumpa, Dhephu Doma Gumpa.

Meals provided: Breakfast, Lunch, Dinner

Day 12: Excursion Mu Gumpa

Today you will explore the Mu gumpa which is the largest monastery in the region. You can also take an optional walk to the base of Pika Himal (4865m).

Day 13: Trek to Burgi Village via Milarepa cave

Walking hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,245m

Topography: Riverbanks, rocky trail

Highlights: Milarepa Cave, Burgi village, views-Poshyop Glacier, Kipu Himal and Churke himal.

Meals provided: Breakfast, Lunch, Dinner

Day 14: Trek to Chumling

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 2,386m

Topography: long descents, river crossings

Highlights: Sarpu Khola, lower Tsum Valley,

Meals provided: Breakfast, Lunch, Dinner

Day 15: Trek to Philim

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 1,570m

Topography: stone steps, farmlands

Highlights: Samba Falls, Phillim village

Meals provided: Breakfast, Lunch, Dinner

Day 16: Trek to Khorla Besi

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 970m

Topography: short descends, green hills pathways

Highlights: Green vegetations, hot spring

Meals provided: Breakfast, Lunch, Dinner

Day 17: Trek to Sotikhola

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 700m

Topography: steep rocky trail, riverbanks paths, Machha Khola village

Highlights: Budhi Gandaki River, Tharo Khola, waterfalls, Sal forests

Meals provided: Breakfast, Lunch, Dinner

Day 18: Drive Sotikhola to Arughat and to Kathmandu

Today you will be passing through cascading waterfall & trek towards Arkhet. On crossing Arkhet Khola you are now leaving Budhi Gandaki valley to reach Sante Bazaar. Navigating through hydroelectric plant you will arrive at Arughat Bazar. Now we are all set to reach Kathmandu. After a short drive to Kathmandu, we will be hosting a farewell dinner in the evening to celebrate the trip success.

Meals Provided: Breakfast, Lunch, Dinner

Day 19: Depart Kathamandu

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal