Tsum Valley Yoga Trek

Duration: 19 Days | Location: Manaslu Region, Nepal



Trip at a glance

Category: Mount Manaslu

Location: Manaslu Region, Nepal

Duration: 19 Days

Difficulty: 4/10

Trip Style: Tsum Valley Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3,700 m

Group: Min-2, Max 20

Summary

Tsum Valley Yoga Trek/The Tsum Valley Yoga Trek is Western part of the Gorkha District Nepal/Yoga trek is also another best option to in the Manaslu region.

Overview

Trip Introduction

The Tsum Valley Yoga Trek is Western part of the Gorkha District Nepal. Tsum Valley Yoga trek is also another best option to in the Manaslu region. Manaslu Circuit Yoga trek is also the best option to do trekking in Wilderness. As The larke Pass with the height of 5106 m You can be done via Tsum Valley Yoga Trek. This trekking route was opened in 2008. Trekking in this hidden valley starts from driving to Arughat of dhading district and to Machhikhola. This is 19 days trek to explore Himalayan region including this hidden valley.

After driving to Aarughat we start hiking through a different villages and small rivers with the view of mountains. Manaslu Trek Via Tsum Valley, Kanchenjunga Circuit trek is other option to do trek in Manaslu region. The trail passes through pine forests, along raging rivers with cascading waterfalls and incredible suspension bridges, through fascinating villages and to several Gompas, monasteries, mani walls, and stupas, not to mention Milarepa's Cave. On display are the mountain ranges of Himalchuli (7,893m), Ganesh Himal (7,140 m), Manaslu (8,163 m). For trekkers who are fascinated by Tibetan culture as well as mountains, Mega Mount Trekking offers them the opportunity to witness Tibetan Buddhist people in their villages, monks and nuns in their respective religious orders, and the spectacular views of the Himalayas in an almost pilgrimage like trek into this hidden valley.

The Tsum Valley Yoga Trek can be done separately, or added to the Manaslu CircuitYoga trek for people with more time Manaslu Circuit Yoga Trek will be 5/6 days more and some body can turn of Annapurna Circuit Trek also. This is the most amazing things that you could see nowhere. Everest base Camp Trek. Make yourself ready to explore Tsum Valley Trek or Manaslu Circuit .

Day by day itinerary

Trip Itinerary

Day 01: Arrive Kathmandu & Transfer to Hotel (1,300m/4,264ft).

Day 02: Kathmandu: Sightseeing and Trek Preparation.

Day 03: Drive Kathmandu to Arughat (600m/1,968ft) 7-8 hours drive.

Day 04: Arughat to Soti Khola (700m/2,296ft): 5-6 hours.

Day 05: Soti Khola to Maccha Khola (870m/2,952ft): 6-7 hours.

Day 06: Maccha Khola to Jagat (2340m/7676ft): 6-7 hours.

Day 07: Jagat to Chisopani (1660m/5,445ft): 4-5 hours.

Day 08: Chisopani to Chumling (2,386m/7,827ft): 6 – 7 hours.

Day 09: Chumling to Chokhangparo (3,010m/9,903ft): 4-5 hours.

Day 10: Chokhangparo to Nile (3,361m/11,058ft): 5-6 hours.

Day 11: Nile to Mu Gompa (3,700m/12,174ft): 3 hours.

Day 12: Mu Gompa, sightseeing.

Day 13: Mu Gompa to Burgi Village (3,245m/10644ft) via Milarepa cave: 5 hours.

Day 14: Burgi village -Chumling (2,386/7,827ft): 5-6 hours.

Day 15: Chumling to Philim(1,570m/5,103ft): 6-7 hours.

Day 16: Philim to Khorlabesi(970m/3182ft: 6-7 hours.

Day 17: Khorlabesi to Soti Khola (700m/2,296ft): 6-7 hours.

Day 18: Soti Khola to Arughat to Kathmandu (1300m/1,968ft): Walk 4 hours and drive 7-8 hours.

Day 19: Departure International airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Pick up and drop Airport-Hotel-Airport in Kathmandu by private vehicle.

2 Night Kathmandu Hotel

3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) during the trek.

All ground transportation on a comfortable private vehicle as per the itinerary.

Accommodation of Lodges, Guesthouses in Twin Sharing Bases during the trek.

Trekking Permit MCP and ACP (Manaslu special Permit).

TIMS card(Trekker's Information Management System).

Necessary staff during the trekking period With Experience Guide and Porter.

20 Kg Luggage free Per Person during the trekking (with porter or yaks).

Facility of Food, accommodation, salary, insurance, equipment for all trekking staffs.

Group medical supplies (First Aid kit

Exclusions

Lunch and dinner in Kathmandu.

Alcoholic beverages, personal nature expenses, Mineral water, laundry, phone calls, internets.

Emergency rescue evacuation if required such as personal accident insurance or Helicopter rescue.

Extra luggage and personal trekking gears.

Extra porter cost US$15 per person per days per 20 Kg.

International flight tickets, date change or re-issue If required.

Nepal visa fee, Visa issuance is easy upon arrival.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.

- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 19 Days.

Group Size: Min-2, Max 20.

Trekking Region: Manaslu.

Trip Type Name: Tsum Valley Trek.

Highest Altitude of the trek: 3,700 m.

Highest Point:Tsum Valley Trek (3,700 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery



Tsum Valley Yoga Trek - photo 1



Tsum Valley Yoga Trek - photo 2

View photo on the trip page

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

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