



## Manaslu Tsum Valley and Ganesh Himal



### Introduction

Tsum Valley the secret Tibetan Buddhist land lying at the edge of one of the most secluded Himalayan valleys. 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, Shringi 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.

Starting and ending point of the Trek is Arughat, a seven hours drive from Kathmandu. The first half of the trek ascends the Budhi Gandaki 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 Buri Gandaki regions of Liding, Machha Khola, Jagat and Philim. We also visit the ancient Gombas of the region such as: Rachen Gompa, Mu Gompa, Dhephyudonma Gompa.

## Facts

- Altitude: 4060<
- Duration: 19 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: Spring/Autumn
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Lodge and Homestay
- Transportation: Local Bus or Jeep

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Get permits, preparation or sightseeing in Kathmandu. Included meals: Breakfast Dinner
- **Day 3** : Drive to Arughat 600m. from Kathmandu; 7-8 hours drive. Included meals: Breakfast Lunch Dinner
- **Day 4** : Trek to Soti Khola 710m. 4 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 5** : Trek to Machha Khola 837m. 6 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 6** : Trek to Jagat 1345m. 6-7 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 7** : Trek to Lakpa 2,240m. 6 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 8** : Trek Chumling 2,386m. (Lower Tsum) 4-5 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 9** : Trek to Chhokangparo 3,031m. 4-5 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 10** : Trek to Nile 3,347m. via Milarepa Cave, 5 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 11** : Excursion Mu Gompa 3,700m. and Dhephyudonma Gompa 4,060m. 5-6 hrs. Walk. Included meals: Breakfast Lunch Dinner
- **Day 12** : Trek to Chhekampare 3,980m. 5 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 13** : Trek to Gumpa Lungdar 4,260m. 5 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 14** : Ganesh Himal Base Hike 4,420m. 5 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 15** : Trek to Lokpa, 6-7 hrs. Walk. Included meals: Breakfast Lunch Dinner
- **Day 16** : Trek to Jagat, 6-7 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 17** : Trek to Lapubesi 6-7 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 18** : Trek to Arughat, approximately 6-7 hrs walk. Included meals: Breakfast Lunch Dinner
- **Day 19** : Drive to Kathmandu from Arughat, 7-8 hrs drive. Included meals: Breakfast Lunch Dinner
- **Day 20** : Departure day from Kathmandu (12,64m)

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport-hotel-airport pick and drop by private car/van
- 3 nights Hotels\*\*\* in Kathmandu, B&B service.
- Well experienced, government registered, English speaking and friendly guide.
- All meals: breakfast, lunch and dinner during the trek.
- Tea, coffee, cookies and fresh fruits during the trek.
- All ground transportation
- first aid kit
- Lodge and homestay accommodation during the trek

- Food, accommodation, salary of the guide and porters.
- Tsum Valley special permit and other necessary permits
- Thuraya SAT Phone (For emergency use only)
- Office service charge, government tax and vat etc.
- Insurance for guide and porter

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expedition Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service). This also affects the expedition cost.
4. Request numbers of oxygen, mask and other the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [Xtreme Climbers](#) for any information about your selected package.

## Cost Excludes

## Full Board Service Excludes

- Hard drinks, beverages such as Coke, fanta, mineral water, laundry service and toiletries.
- Hot showers, hot water, internet, phone calls and personal nature expenses.
- Personal travel insurance, Nepal visa, international air ticket laundry services.
- Rescue operation charge in case of emergency, hiring horse and extra porter.
- Gratitude and tips for your guide, porter and driver.

