



Tsum Valley Trek - Itinerary

1. Trek to Mu Gompa (3700m-5km-3 hours walk)

We are almost closer to Tibetan Border. From here, we walk past the Tibetan landscape and climb up to the Mu Gompa. Then visit to the monastery and make visit to the Dhephu Doma Gompa as well. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

2. Arrival in Kathmandu. Transfer to hotel.

You are welcomed in airport by our Sunrise Adventure Trek representative and then transfer to the hotel and will give shortly brief further details of the trip program. You can roam around the city if we have enough time.

3. Trek to Burgi Village (3240m/10644ft/4.5 hours walk)

Trekking back through Chhule and Phurbe, we arrive at Burgi Village. Burgi village is small but beautiful and we can climb up to Milarepa's cave which is also known for its mesmerizing glimpses of Poshyop Glacier, Kipu Himal and Churke Himal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Sightseeing in Kathmandu

After breakfast you will visit World Heritage Sites in the Kathmandu Valley including Swayambhunath Stupa / Monkey Temple, Baudhanath Stupa, Pashupatinath Temple and many Durbar Squares.

5. Trek to Chumling (2440m/5 – 6 hours walk)

Persisting on the trekking, we enjoy the green nature and slowly descend to Chhokang Paro again. And giving continuity to our trek, we descend to Gho from where we arrive at the bridge over Sarpu Khola. And trekking from the lower Tsum valley take you to Chumling. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Kathmandu to Arughat by drive (535m-10 hours by bus)

From Kathmandu, we take drive to Arughat. Through the Dhadingbesi and dirt road followed up by beautiful greenery scenery, we reach Arughat, our trek starting point. Arughat is a town and divided in two parts with river known as Budhi Gandaki. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Trek to Philim (1570m/5103ft/6 - 7 hours walk)

Continuing trek to Lokpa we travel to the south, through the flat trail. Enjoying the gorgeous Samba falls, we finally arrive to Philim. From Philim village, a famous trekking trail, Ganesh Himal Base Camp Trek passes.

Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Trek from Arughat to Soti Khola (700m/2,296ft 5 – 6 hours walk)

Following the Budhi Gandaki, We trek to Soti Khola. Today's trekking is through the low country which is followed up by rice paddies and rural villages. Then after climbing Kyoropani, we descend to the Sundi Khola. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Trek to Khorlabesi (970m/3182ft/6 – 7 hours walk)

Through Jagat and Tatopani, we descend down to Sirsibas and reach to Jagat. And descending further, we reach to Yaruphant from where the trekking continues to Dobhan. And arriving to Tatopani, we can enjoy hot spring and relax. And after bath, we continue our trek to Khorlabasi. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Machhakhola (930m-9km-5 hours walk).

Today we trek to Machha Khola following the route of Budhi Gandaki. During the trek, we climb over a big rock from where we descend to the bank of Budhi Gandaki. Then, we trek uphill through steep rocky trail and reach Gurung village of Labishe and then reach Machha Khola for overnight stay. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek to Soti Khola (720m/2296ft/6 - 7 hours walk)

Our trail for today crosses through the Tharo Khola which flows in a rocky ravine. From there, we head downward and reach Machha Khola village. Walking from there, we follow the Budhi Gandaki River and reach to the Gurung Village of Labubesi. After that, we pass two waterfalls which are on the side of a cliff and continuing forward, we reach to Khursane. Finally, after crossing Sal forest, we arrive at Soti Khola. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Trek to Jagat (2340m/ 6 – 7 hours walk)

Trekking to Jagat is our goal today. We cross the Machha Khola, arrive village of Khola Bensi and hot spring at Tatopani. Then cross suspension bridge, then cross the forest which leads to teahouse at Doan. After short trek of crossing bridge, we climb high path that leads to Jagat for Overnight Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Trek to Arughat (535m/1968ft-7km- 4 hours walk)

Trekking for today starts from the ridge of Kyorpan; descends down to the cascading waterfall and lead us to Arkhet. After that, we leave Budhi Gandaki Valley and arrive at Sante Bazaar from where we pass hydroelectric plant and follow the stone streets which leads us to Arughat Bazaar. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Trek to Chisopani (1660m -5 hours walk).

We climb rocky trail through ridge to Salleri and descend to reach Sirdibas. The valley widens a bit and continues trail up, leading us to Ghatta Khola which we cross through hanging bridge. The trail passes through school as well which are made by Japanese and then through the forest, we reach Chisopani. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Drive back to Kathmandu (8 hours by bus). Join in cultural dinner program in the evening

We leave Arughat for our Drive to Kathmandu. Along the way you can see green hills, mountains, farming terraces and villages on the both sides of the road. And for our successful trekking completion, we will have farewell dinner as celebration. Meals included: dinner by our side and finally an overnight stay in trekking lodge.

16. Trek to Chunling (2363m /6 – 7 hours walk)

Our journey for today passes through beautiful waterfall and enters the pine forest. From there, we descend down the Tsum Valley, which further leads us to pine and rhododendron forest. Continuing the trail we can see beautiful mountain views of Himalchuli (7893m) and Boudha Himal. Then we further descend to Lungwa Khola and climb difficult trail through pine and rhododendron forest reach Gumlung and then to Chumling, after crossing Siyar Khola. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

17. Transfer to airport, Departure farewell

For departure day, you can either safely make return journey to home or you can join for another exciting adventure. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination.

18. Trek to Chhokangparo (3010m-13km- 5 - 6 hours walk)

Our trekking begins with the crossing of the suspension bridge. Along the way we get great view of Ganesh Himal and crossing another village leads us to Gho village. Then after climbing up to Tsum, it takes us to Chhokangparo and you can enjoy views of Himalchuli (7893m) and Ganesh Himal (7140m). Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

19. Trek to Chhule-Nile (3361m-9km-4.5 hours walk)

While trekking to Chhokangparo, we have to be careful about altitude sickness. And the trail is through suspension bridge leading to Rachen Gompa and we continue forward to the well managed village Lar, Phurbe and Pangdun. Further continuing, we climb upstream and cross bridge that lead us to Nile Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

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INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.

- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com/activities/kathmandu>