



## Tsum Valley and Manaslu Larkey Pass



### Introduction

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

The trek start and end point 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, Dephyudonma Gompa.

## Facts

- Altitude: 5220<
- Duration: 21 days
- Grade: Moderate, Strenuous
- Group: 2 - 15
- Country: Nepal
- Best Season: March - May and Sept - Nov
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Lodges and Camping
- Transportation: Domestic Flight, Ground Transportation by Private car or van as per group size

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Trek Preparation and Kathmandu Valley Sightseeing Tour. Meal Includes: Breakfast.
- **Day 3** : Kathmandu to Soti Khola (710m/2328 ft) via Arughat, duration: 8-9 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 4** : Soti Khola to Machha Khola (900m/2952 ft) Duration: 5-6 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 5** : Machha Khola to Philim (1590m/5215ft) Duration: 6 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 6** : Philim to Ripche (2470m/8101 ft) Duration: 6 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 7** : Ripche to Nile/Chule (3360m/11020 ft) Visit Milarepa Piren Phu Cave, 8-9 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 8** : Nile/Chhule to Mu Gompa (2700m/12136 ft), visit Dephyudonma Gompa, 5 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 9** : Mu Gompa to Rachen Gompa (3090m/10630 ft) Duration: 05 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 10** : Trek to Deng (1860m) Duration: 05 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 11** : Trek to Namrung (2900m/9512ft) Duration: 5 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 12** : Namrung to Lho Gham (3180m/10430 ft) Duration: 3-4 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 13** : Trek to Samagaon (3500m/11480 ft) Duration: 6 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 14** : Acclimatization day at Samagaon. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 15** : Samagaon to Samdo (3690m/12103ft) Duration: 3 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 16** : Samdo to Dharamshala (4450 m/14596 ft) Duration: 4 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 17** : Trek to Bhimphedi (3590m/11775ft) via Cross Larkya La pass (5220m/17121 ft) Duration: 8 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 18** : Trek to Tilje (2300m/7544 ft) Duration: 5 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 19** : Trek to Chamje (1410m/4625 ft) Duration: 6-7 hrs. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 20** : Drive to Kathmandu (1337m) Duration: 8 hrs Meal includes: Breakfast and Lunch and Farewell dinner.
- **Day 21** : Final Departure

**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

- All ground transportation by private vehicle including airport transfers
- Three nights' accommodation with breakfast at a 3-star category hotel in Kathmandu
- Full board organic fresh meals with tea/coffee (breakfast, lunch and dinner) during the trek
- Best available twin sharing or double bed lodge to lodge accommodation during the trek
- Highly experienced, Government registered friendly guide, porter (1 porter for 2 people) and their food, accommodation, salary, equipment, and accidental insurance for all staff
- Manaslu and Tsum valley special trekking permits as well as Annapurna and Manaslu conservation fee.
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- First aid medical kit
- Government taxes

### 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 climbing is in the 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 Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and 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 \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Meals not specified in the 'Meal Inclusions' in the itinerary'
- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (a multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- Cold drinks, bottled or boiled water, snacks and other personal expenses
- Hot shower during the trek
- Personal trekking equipment
- Tips and gratuities for trekking staff and drivers

