

Group size:	1+	Max-Altitude:	3760m
Destination:	Nepal	Fitness level:	Moderate to Adventurous
Arrival on:	Tribwuvan International Airport (TIA)	Departure from:	Tribhuvan International Airport (TIA)
Meals:	Breakfast in Kathmandu and All standard meals (B+L+D) during the Trek		
Best Season:	March - June & Sept – December.		
Accommodation:	Three star rated Hotel in Kathmandu and Best lodge/Tea house Available during the Trek.		

Trip Introduction

Tsum Valley & Ganesh Himal base camp Trek is another well known less visitor trekking destination in Nepal Himalayas. The remote Tsum Valley is one of the concealed diamonds of Nepal. Tsum Valley is known as the **Beyul Kyimolung**, the sacred concealed valley of bliss previously depicted by Guru Rimpoche (Padmasambhava) in the eighth century. Milarepa ruminated in the caverns of Piren Phu and there are hundreds of years old religious shelters.

Tsum Valley & Ganesh Himal Base camp, The trail begins low, going through rich green farmland and small Hindu villages. You enter **Tsum Valley** from the primary trail and will before long end up in beautiful pine and rhododendron forests. Traveling east the valley opens up to uncover delightful scenes and little Tibetan-style villages. There are essential guesthouses up and down the trail so you can pick on the off chance that you need to camp or remain at the teahouses/guesthouses.

The **Tibetan Buddhist culture** is still extremely pervasive in **Tsum** and the view is dazzling with lovely backwoods and field eclipsed by the transcending Ganesh Himal. Tsum originates from the Tibetan word '**Tsombo**', which implies striking and after visiting Tsum, you will see how the valley got this name. If you want to book or inquire about this trip, feel free to knock in the link, [click here](#)

Outline Itinerary

Day 01:Landing in Kathmandu.

- 1350m

- Three star rated Hotel.

- Break fast

Arrival in Kathmandu. Our representative will meet you at the airport and transfer to hotel.


Day 02:Free days in Kathmandu with prepare for Trekking.

- 1350m
- Three Star Rated Hotel
- Break fast


Day 03:Drive to Soti-Khola 730 m via Arughat 600m – 07 hrs journeys.

- 730m
- Best Tea house Available.
- Breakfast Lunch and Dinner
- 7hrs


Day 04:Trek to Machha-Khola 930m – 06 hrs.

- 930m
- Best Tea house Available.
- Breakfast Lunch and Dinner
-  6hrs


Day 05:Trek to Jagat 1,410m – 06 hrs

- 1410m
- Best Tea house Available.
- Breakfast Lunch and Dinner
-  6hrs


Day 06:Trek Jagat (1340 m) – Lokpa (2240 m) 7 hrs

- 2240m
- Best Tea house Available.
- Breakfast Lunch and Dinner
-  7hrs


Day 07:Lokpa (2240 m) – Chumling (2385 m) 5 hrs

- 2385m
- Best Tea house Available.
- Breakfast Lunch and Dinner
-  5hrs


Day 08:Trek from Chumling (2385 m) – Chhokang Paro (3031 m) 5-6 hrs

- 3031m
- Best Tea house Available.
- Breakfast Lunch and Dinner
-  5-6hrs


Day 09:Trek From Chhokang Paro (3031 m) – Chhule (3347 m) 6-7 hrs

- 3307m
- Best Tea House Available
- Breakfast Lunch and Dinner
-  6-7hrs


Day 10:Trek From Chhule (3347 m) – Mu Gompa (3700 m) 3 hrs

- 3700m
- Best Tea House Available
- Breakfast Lunch and Dinner
-  3hrs


Day 11: Trek from Mu Gompa (3700 m) – Rachen (3240 m) 5 hrs

- 3700m
- Best Tea House Available
- Break fast Lunch and Dinner
-  5hrs

Day 12: Trek from Rachen (3240 m) – Domje (2460 m) 6 hrs


- 3240m
- Best Tea House Available
- Break fast Lunch and Dinner
-  6hrs

Day 13: Trek from Domje (2460 m) – Gumba Lungdang (3200 m) 6 hrs


- 3200m
- Best Tea House Available
- Breakfast Lunch and Dinner
-  6hrs

Day 14: Day hike/exploration to Ganesh Himal Base Camp (4200m) 7-8 hrs


- 4200m

- Best Tea House Available
- Breakfast Lunch and Dinner
-  7-8hrs


Day 15: Trek Back Gumba Lungdang (3200 m) – Ripchet (2470m) 7 hrs

- 3200m
- Best Tea House Available
- Breakfast Lunch and Dinner
-  7hrs

Day 16: Ripchet (2470m) – Philim (1570 m) 7 hrs

- 2470
- Best Tea House Available
- Breakfast Lunch and Dinner
-  7hrs

Day 17: Philim (1570 m) – Khorla Bensi (970 m) 7 hrs

- 1570m
- Best Tea House Available
- Breakfast lunch and Dinner
-  7hrs

Day 18: Khorla Bensi (970 m) – Soti Khola (700 m) 7 hrs

- 970m
- Best Tea House Available

- Breakfast lunch and Dinner

- 7hrs

Day 19: Drive Soti Khola (700 m) – Kathmandu (8-9 hrs)

- 700m
- Three Star rated hotel
- Breakfast
- 8-9hrs

Day 20: Departure from Nepal

- 1350m
- Breakfast

Included in the Cost

- Round trip airport transfer (Airport – Hotel – Airport)
- 3 nights at standard hotel in Kathmandu, including breakfast and Wi-Fi
- Your standard meals during the trek (Breakfast, Lunch and Dinner)
- All Permit and necessary paper works
- All ground transportation from Kathmandu to Sotikhola and returned Kathmandu by Private Jeep.
- All accommodations in lodges/tea houses during the treks.
- An experienced, helpful, friendly, and English speaking trekking guide (including his well-paid salary, insurance, meals, drinks, accommodation, transportation, etc.)
- Trekking Porter, One porter for every 2 members (including well-paid salary, insurance, meals, drinks, accommodation, transportation, etc.)
- Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- Trekking equipment: Sleeping bag, down jackets, duffel bag and walking stick, if necessary.
- Adventure Certificate.
- Medical supplies (first aid kit will be available).
- All Government Taxes and Service Charge.

Not Included in the Cost

- Nepal entry visa fee (you may easily obtain Visa upon your arrival at Tribhuvan International Airport – Kathmandu)
- Your travel and rescue insurance.
- Lunch and dinner in Kathmandu
- International airfare and airport departure tax.
- All food in Kathmandu. Also in any case of early return from mountain (due to any reason) than the scheduled itinerary
- All the expenses in mountain over than scheduled itinerary (due to strike, delay or flight cancellation)
- Extra night at hotel in Kathmandu
- All bar bills and personal expenses (phone call, laundry service, battery recharge, bottle of water, hot water, hot/cold shower, pot of tea, coffee etc.)
- Tips for guide and porter.