



# Marvel Treks & Expedition Pvt. Ltd.

G.P.O. Box: 8717 | Lekhnath Marg, Thamel, Kathmandu, Nepal  
+9779851036079 / +977985118851

Email : [info@Marveltreks.com](mailto:info@Marveltreks.com) | Website : [www.Marveltreks.com](http://www.Marveltreks.com)

## Tsum Valley Trek

*Explore the Hidden Himalayan Kingdom*

**Duration:** 11 Days

**Max Altitude:** 3,700 m (Mu Gompa)

**Trek Grade:** Moderate

**Start / End:** Kathmandu

**Accommodation:** Hotel in Kathmandu | Tea houses along the trail

**Best Season:** March–May | September–November

**Group Type:** Private or Group Joining



Lekhnath Marg, Thamel



[info@marveltrees.com](mailto:info@marveltrees.com)



+9779851036079 / +977985118851

## Overview

The Tsum Valley Trek is a journey into one of Nepal's most remote and sacred regions, often called the Hidden Himalayan Kingdom. This trek offers stunning Himalayan landscapes, pristine rivers, and traditional Tibetan Buddhist culture. Highlights include Mu Gompa, ancient monasteries, and authentic village life, providing trekkers with both spiritual insight and breathtaking scenery in a peaceful, off-the-beaten-path setting.

## Trip Highlights

- Explore the remote and sacred Hidden Himalayan Kingdom of Tsum Valley.
- Visit **Mu Gompa**, an ancient Tibetan Buddhist monastery at 3,700 m.
- Experience authentic Tibetan culture in traditional villages like Chumling and Philim.
- Trek through pristine forests, terraced farmland, and high-altitude valleys.
- Witness panoramic Himalayan views including Ganesh Himal, Sringi Himal, and Boudha peaks.
- Off-the-beaten-path trekking route with minimal crowds and peaceful landscapes.
- Discover ancient monasteries, prayer wheels, and local festivals along the trail.

## Itinerary

### Day 01: Drive Kathmandu → Maccha Khola (930 m)

Travel by road from Kathmandu to Maccha Khola, passing scenic hills, rivers, and rural villages. Settle into your lodge for the night.

### Day 02: Trek Maccha Khola → Jagat (1,340 m)

Begin trekking along the Budhi Gandaki River through forests, terraced fields, and small villages to reach Jagat.

### Day 03: Trek Jagat → Lokpa (2,240 m)

Ascend gradually through traditional villages and forested slopes, enjoying Himalayan foothill views before arriving at Lokpa.

### Day 04: Trek Lokpa → Chumling (2,386 m)

Trek through peaceful valleys and terraced farmland, passing small settlements to reach Chumling.



### **Day 05: Trek Chumling → Chekampar / Chokhangparo (3,031 m)**

Continue ascending through high valleys and rivers to Chekampar, a picturesque settlement ideal for acclimatization and cultural immersion.

### **Day 06: Trek Chekampar → Nile (3,361 m)**

Trek deeper into the Tsum Valley, passing remote villages and forested slopes before reaching the Nile.

### **Day 07: Day trip Nile → Mu Gompa (3,700 m) → Nile**

Hike to Mu Gompa, the sacred monastery, explore its spiritual environment, then return to Nile for overnight stay.

### **Day 08: Trek Nile → Chumling (2,386 m)**

Descend from Nile to Chumling, retracing the scenic valley trail with views of rivers, forests, and cultural sites.

### **Day 09: Trek Chumling → Philim (1,570 m)**

Continue descending through terraced fields and small villages to Philim, the main entry point of the Tsum Valley.

### **Day 10: Trek Philim → Maccha Khola (930 m)**

Complete the trek by following the Budhi Gandaki River back to Maccha Khola for overnight stay.

### **Day 11: Drive Maccha Khola → Kathmandu (1,330 m)**

Drive back to Kathmandu, passing scenic valleys and rural settlements, concluding the Tsum Valley Trek.

## **All You Need to Know**

### **1. Visa Process**

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

### **2. Guide In Nepal**

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.



- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

### **3. Accommodation**

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

### **4. Transportation**

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

### **5. Permits and entrance fees**

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

**Fees vary by nationality and trekking region.**

### **6. Meals**

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.



## 7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

## 8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

## 9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

## 10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

## 11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

## Important Information

**Fitness Level:** Moderate trekking suitable for trekkers with prior experience. Long walking days and uphill trails require endurance and basic trekking fitness.



**Altitude Considerations:** Maximum altitude is 3,700 m at Mu Gumpa. Mild altitude sickness may occur. Follow guides' instructions, hydrate well, and ascend gradually.

**Weather Conditions:** Clear skies and best trekking conditions occur in spring (March–May) and autumn (September–November). Be prepared for sudden weather changes, especially in valleys and higher areas.

**Accommodation:** Lodging is in tea houses and small lodges. Facilities are basic with shared bathrooms and limited hot water. Carry warm clothing and personal gear for comfort.

**Luggage Limits:** Porters are available. Pack light (10-12 kg maximum) due to limited storage and remote trail conditions.

**Cultural & Environmental Notes:** Respect local customs, Buddhist monasteries, and village traditions. Minimize plastic use, avoid littering, and support local communities.

