

Detail Itinerary

Exploring the Sacred Tibetan-Buddhist Hidden Valley

The Tsum Valley Trek is an exceptional choice in Nepal if you are seeking a genuine glimpse of authentic Tibetan culture. The journey takes you through a portion of the Manaslu region before venturing deep into the isolated Tsum Valley, located in the northern district of Gorkha. The word 'Tsum' is derived from the Tibetan word 'Tsombo', which translates to bright.

Opened to international tourists in 2008 to support sustainable regional tourism, the valley boasts a rich artistic heritage. Along the trail, trekkers encounter numerous sacred chortens, gompas, and intricate mani walls. The trek typically begins from Arughat or Soti Khola in the Gorkha district, which is easily accessible from Kathmandu.

Legends of the Abominable Snowman, or Yeti, add an aura of mystery to this remote land. It is also believed that the renowned Buddhist guru Milarepa once meditated within the grottoes of this dramatic gorge. Additionally, trekkers can visit natural hot springs along the route, which are traditionally valued for their soothing and therapeutic qualities.

Restricted Permits, Ancient Monasteries, and Essential Trekking Tips

As a sacred hidden valley, Tsum Valley preserves ancient monasteries at the heart of a remote landscape. Local communities primarily sustain themselves through agriculture, cross-border trade with Tibet, and increasingly through tourism. The trail is marked by countless prayer stones and chortens, reflecting a deeply traditional Tibetan way of life. Geographically, the hidden valley is surrounded by Boudha Himal and Himchuli to the west, Ganesh Himal to the south, and Sringi Himal to the north, offering magnificent mountain vistas.

Because Tsum Valley is a designated restricted region managed under strict immigration controls, permits require a minimum of two trekkers. The current permit cost is US \$35 per person for the first 8 days from September to November, and US \$25 per person from December to August.

Inhabited predominantly by ethnic Gurung communities of Tibetan descent, the valley has seen very limited tourism since its opening in 2008, preserving its pristine wilderness. The ideal trekking seasons run from early October to the end of November, and from February to May. Trekkers can also witness traditional events like the Dajong Buddhist harvesting festival, which typically falls in November.

The region features stunning waterfalls, rich high-altitude wildlife, and dozens of historic monasteries alongside welcoming local hospitality. While teahouse options are basic, operating more like homestays with limited food choices, the trails have remained in good condition following past seismic events. Nepal Kailash Trekking is your specialized operator for extraordinary Himalayan adventures in Nepal.

Trip Facts

- Trip Duration: 18 days

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- Primary Activity: Trekking
- Secondary Activity: Cultural
- Max. Group Size: 20
- Min. Group Size: 2
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Medium hard

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Cost Includes

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