

Tsum Ganesh Himal Base Camp Trek - 15 Days

TSUM GANESH HIMAL BASE CAMP TREK- 15 DAYS

Tsum Valley is one of Nepal's hidden valleys, and the journey to this auspicious destination brings joy to everyone, offering a pleasant trek that provides a lifetime experience. This culturally and naturally rich region is situated within the Manaslu Conservation Area, and Tsum Valley is a restricted area designed to preserve and protect its stunning landscapes and rich cultural heritage for future generations. The Tsum Ganesh Himal trek is a 15-day journey through this remarkable region, leading to the base of the sacred Ganesh Himal (7422m), making it a fantastic adventure for nature lovers and thrill-seekers.

The Tsum Valley Trek, combined with the Ganesh Himal Base Camp, is an essential trekking package for those seeking cultural and natural discovery. Tsum Valley is renowned for its rich Tibetan culture, ancient settlements, varied flora, tranquil trails, friendly locals, monasteries, breathtaking waterfalls, river valleys, the Melerepa cave, Rachen Gompa, and Mu Gompa. Experience the beauty of the Ganesh Himal range and stay at Mu Gompa to immerse yourself in the ancient Tibetan way of life. Following your time at Mu Gompa, you will venture to the Ganesh Himal Base Camp (4400m) via Gompa Lungdang, an ancient gompa of significant cultural and spiritual importance.

The Gompa Lungdang offers monastery accommodation for two nights before and after your hike to Ganesh Himal Base Camp. After completing the trek to Ganesh Himal Base Camp, you can return to Kathmandu or continue to the Manaslu Circuit Trek, depending on your schedule and preferences. This moderately challenging trek is ideal for both novice and experienced trekkers who wish to explore less-traveled regions and experience a pure blend of natural and cultural exploration.

THE COST OF THE TSUM GANESH HIMAL TREK

The price for the Tsum Ganesh Himal Base Camp Trek ranges from \$1,000 to \$1,400 per person, depending on the group size. This 15-day Tsum Ganesh Base Camp Trek is a luxury package, yet the cost remains very reasonable, making it ideal for those seeking comfort. Our package prioritizes safety and security, offering top-notch service, impeccable hospitality, authenticity, and guidance from ethnic guides and local porters. The main factors influencing the trip package cost include group size, duration, service quality, package standard, and safety and security measures. In this 15-day package, you will receive a comprehensive offering that includes airport pickup, luxury hotel accommodations in Kathmandu, the best lodges in the mountains, mountain meals, private transportation, an ethnic guide, and a 2:1 guest-to-porter ratio for a comfortable experience. All necessary permits and services are included as outlined in the package details. By booking with Sherpa Nomad Trek, you can expect a hassle-free and comfortable trip. The cost of the Tsum Ganesh Himal Trek varies based on group size as follows:

- Join the Tsum Ganesh Himal Trek as a solo trekker for the luxury package at \$1,400
- For groups of 2-6, the cost is \$1,200 per person
- For groups of 7-10, the cost is \$1,100 per person.

HIGHLIGHTS OF TSUM GANESH HIMAL TREK

- Experience the hidden valley of the Manaslu region, situated beneath the Ganesh Himal and Chamar Peak.
- Discover the magnificent waterfalls, flowing rivers, verdant valleys, and remote trekking routes in Nepal.
- Explore ancient Gurung and Tibetan villages, rich in cultural heritage.
- Uncover the unexplored Himalayan landscape, featuring rugged trails and a wealth of cultural and natural diversity.
- Encounter diverse flora and fauna across various climatic zones.

- Visit the Milarepa Cave, Rache Gompa, and trek to Mu Gompa while enjoying breathtaking mountain vistas.
- Learn about traditional Tibetan monasteries, gompas, and the local lifestyle
- Journey to Gompa Lungdang and stay at the gompa during the Ganesh Himal hike.
- Reach the Ganesh Himal Base Camp (4400m) and witness the glacier and the unscaled peak of Ganesh Himal (7422m).
- Conclude this spacious trek, which offers both easy and moderate difficulty levels, in Kathmandu.



DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Day 2: Drive from Kathmandu to Machhe Khola (930m): 6-7 hours

Day 3: Trek from Machhe Khola to Jagat (1410m): 6-7 hours

Day 4: Trek from Jagat to Lokpa (2040m): 6 hours

Day 5: Trek from Lokpa to Chumling (2346m): 4 hours

Day 6: Trek from Chumling to Chhokang Paro (3031m): 5-6 hours

Day 7: Trek from Chhokang Paro to Nile (3740m) via Milerepa Cave: 6 hours

Day 8: Hike to Mu Gompa (3800m) and Trek back to Chhokang Paro via Rachen Gompa

Day 9: Trek from Chhokang Paro to Gompa Lungdang (3200m): 6 hours/ Tent Night

Day 10: Hike to Ganesh Himal Base Camp (4200m) & Trek Back to Gomba Lungdang/ Tent Night

Day 11: Trek from Gomba Lungdang to Lokpa Via (Ripchet village): 6-7 hours

Day 12: Trek from Lokpa to Jagat Village : 6 hours

Day 13: Trek back to Machhe Khola : 6 hours

Day 14: Drive Back to Kathmandu from Machhe Khola by Jeep : 6-7 hours

Day 15: Departure

PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- Kathmandu to Machhe Khola by Private Jeep
- 12 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities (MCAP, Tsum Valley Special Permit, and Local regional Fees)
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Machhe Khola to Kathmandu by Private Transportation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2 nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses
- All the personal Trekking Gears
- Extra day in Mountain: USD90 per person
- Extra day in Kathmandu: USD90 for single and 110\$ for Double /Twin

EQUIPMENT & GEAR

Backpack

- 20-30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2-3 moisture-wicking T-shirts
- 1-2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2-3 pairs of quick-dry underwear
- 2-3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes



