Sherpa Nomad Trek
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Tsum Valley Trek - 12 Days

TSUM VALLEY TREK: 12 DAYS PACKAGE

The Tsum Valley Trek is recognized as one of the finest short treks, featuring breathtaking scenery in the Manaslu Conservation Area. Tsum Valley, often likened to the Hidden Valley, is a treasure trove of untouched cultural and natural diversity. This trek is perfect for both novice and seasoned trekkers who wish to delve into the pristine Tibetan culture, explore monasteries, navigate the Himalayan terrain, and enjoy the rich culture, diverse vegetation, and awe-inspiring views of the Ganesh Himal range. The trek begins with a scenic drive from Kathmandu to Machhakhola, followed by a trek to Lokpa, and then continues to Mu Gompa, passing through ancient villages, dense forests, waterfalls, and rushing rivers, while taking in the stunning views of the Manaslu and Ganesh Himal. It is a beautiful trek that offers a wonderful experience of untouched cultural heritage and breathtaking mountain vistas. The 12-day Tsum Valley trek is a luxury package that includes premium accommodations, private trekking services, private transportation, gourmet mountain meals, and is guided by local professional experts. Book the 12-day Tsum Valley trek with **Sherpa Nomad Trek Pvt. Ltd.** for safety, security, flexibility, reasonable pricing, top-quality service, luxury offerings, and authenticity.

TSUM VALLEY TREK COST FOR 2026-2027

The Tsum Valley Trek costs between $1000 and $1300 per person, depending on the size of the group. The price may fluctuate based on factors such as duration, services, package details, itinerary, routes, transportation methods, and group size. The 12-Day Tsum Valley luxury package, designed by Sherpa Nomad Trek Pvt. Ltd is one of the finest options for those seeking a comfortable trekking experience. Our package includes airport pickup and drop-off, accommodation in a 4-star hotel in Kathmandu, jeep transportation from Kathmandu to Machha Khola and back, a local guide, a porter, necessary permits, top mountain lodges, and additional services as outlined in the

package details. The cost varies according to group size as follows:

- If you book the Tsum Valley Trek as a solo traveler, the cost will be $1300.
- For a group of 2-6 people, the cost is $1100 per person.
- For a group of 7-10 people, the cost is $1000 per person.

TSUM VALLEY TREK HIGHLIGHTS

- Experience the majestic waterfalls, flowing rivers, and verdant forests.
- The Tsum Valley Trek offers a short, easy, tranquil journey through breathtaking scenery.
- Encounter diverse flora and fauna alongside traditional Tibetan cultural villages.
- Enjoy stunning vistas of the Ganesh Himal and its neighboring peaks.
- The vibrant Tsum Valley is rich in culture, featuring monasteries and caves.
- Visit the Milarepa Cave, Mu Gompa, and Rachen Gompa for a glimpse into local heritage.
- Discover charming villages, abundant vegetation, and exceptional hospitality.
- Uncover the hidden Tsum Valley, an untouched landscape waiting to be explored.
- Traverse the pristine Himalayan terrain and admire the picturesque landscapes.
- Immerse yourself in the natural beauty and cultural richness of this remarkable region.

IMPORTANT NOTES

- The Tsum Valley Trek is situated in Restricted Areas, making it essential to have a local trekking guide.
- This trek necessitates three different permits: the Manaslu Conservation Area permit, special permits, and local permits.

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- Special permits can only be obtained through a local trekking company and are issued by Immigration, which requires processing time during working days; they will not be issued on public holidays.
- To acquire special permits, please apply for an online visa and provide us with the visa submission number if you need the permits in advance.
- It is important to respect the local culture and ecosystem during your trek.
- Ensure you have the appropriate gear and take time to warm up before starting your journey.
- Walk at a steady pace, stay hydrated, and opt for hygienic meals.
- Always walk on the safe side of the path and avoid areas near cliffs.
- Preparation and awareness of your surroundings are key to a successful trek.
- Enjoy the beauty of the Tsum Valley while being mindful of safety and local customs.
- When the mule and local porter arrive, make sure to give them space and remain on the safe side.
- Although travel insurance is not compulsory, it is crucial for emergencies.
- It is essential to provide tips for the guide, porter, and driver.
- Always seek permission before taking photographs of local individuals.
- Killing any animal is strictly prohibited.
- For safety and security, book your trek with Sherpa Nomad Trek Pvt. Ltd., the leading local company.
- Travel insurance is mandatory and highly recommended for comprehensive coverage during the Tsum Valley trek

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ITINERARY OVERVIEW

Embarking on the Tsum Valley Trek is a unique journey into a hidden valley located between Chamar Peak (7187m), Ganesh Himal (7429m), and the Tibetan terrain. The trek's itinerary is a well-structured guide that allows you to experience the rich Buddhist culture, local communities, breathtaking landscapes, and impressive mountain vistas, including magnificent stupas. Explore the full itinerary to find the optimal way to navigate this untouched, scenic, and short trek in the Manaslu Conservation Area. It offers valuable insights on distances, lodging options, landmark summaries, and other pertinent information. The 12 Days Tsum Valley Trek Itinerary is the best package that allows you to soak into the beautiful valley with Maximum flexibility.

DETAILED ITINERARY

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

Day 2: **From Kathmandu to Machhe Khola (930m): 180 km, 6-7 hours by jeep**

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

Day 4: **Trek from Jagat to Lokpa (2040m): 6-7 hours**

Day 5: **Trek from Lokpa to Chumling (2386m): 3-4 hours**

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

Day 7: **Trek from Chhokang Paro to Nile via Milerepa Cave and Hike to Mu Gompa (3800m): 7 hours**

Day 8: **Trek from Nile to Chumling (2386m): 7 hours via Rachen Gompa (Nunnery Gompa)**

Day 9: **Trek from Chumling to Jagat (1410m): 7 hours**

Day 10: **Trek from Jagat to Machhe Khola (930m): 6-7 hours**

Day 11: **Drive from Machhe Khola to Kathmandu (1350m): 6-7 hours**

Day 12: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- Kathmandu to Machhe Khola by Private Jeep
- 9 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

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- 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: 2nights/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 the mountains: USD90 per person
- Extra day in Kathmandu: USD90 for single and 110$ for Double /Twin

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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

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- 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)/ Tharmas
- 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)

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- Phone charger & Camera (optional)

Trekking Accessories

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

ADDITIONAL INFORMATION

The Tsum Valley Trek is an often-overlooked yet breathtaking trekking route within the Manaslu Conservation Area. This region is home to the majestic Ganesh Himal ranges, Tibetan cultural villages, ancient monasteries, and pristine nature, all of which contribute to its reputation as a hidden valley or paradise. Ensure you gather complete information about the Tsum Valley Trek before finalizing your reservation.

Why Choose Tsum Valley Trek?

The Tsum Valley Trek is a unique journey in Nepal, characterized by its vegetarian communities and adherence to authentic Buddhism. The locals honor the five elements (fire, water, wind, earth, and sky), and the ecosystem is meticulously preserved, making it a hidden valley perfect for those seeking peace and a deep connection with nature, as well as a rich cultural heritage. This trek is suitable for both beginners and experienced trekkers, typically completed within 10 to 15 days. If you are in search of a short, easy, and scenic cultural and natural adventure, the Tsum Valley is a must-visit. The best times to embark on the Tsum Valley trek are during Autumn (September to November), Spring (March to May), and Winter (December to February). Due to its lower elevation, the chances of encountering AMS (Acute Mountain Sickness) are minimal, making it ideal for winter, as well as autumn and spring treks.

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Why choose Sherpa Nomad Trek for the Tsum Valley Trek?

Sherpa Nomad Trek Pvt. Ltd is a reputable local company, managed by individuals with extensive experience in the field. Our Tsum Valley trek package stands out as a luxury offering, ensuring that our clients receive top-notch service, impeccable hospitality, safety, and security. We provide the best accommodations in the mountains, including a four-star hotel in Kathmandu, mountain meals, hot drinks, Wi-Fi, hot showers, and private jeep transportation for all ground travel. Our professional guides and porters support, along with meticulous logistical arrangements, guarantee a seamless experience. We are committed to delivering the best arrangements and a hassle-free experience. Once your trip is confirmed, your booking and deposit are completely secure, and we take full responsibility for every deposit made. With a 99% client satisfaction rate, we have a strong reputation for repeat and recommended clients, thanks to our genuine work, hospitality, and accountability. Choose Sherpa Nomad Trek for your journey to enjoy quality service, impeccable hospitality, and the best in safety and security from a top local company in Nepal.

How can I book the Tsum Valley Trek?

To secure your booking for the Tsum Valley Trek with Sherpa Nomad Trek Pvt. Ltd, there are several methods to obtain your booking confirmation. You can simply click on the 'Book Now' option, fill in the required information, and you will receive immediate confirmation. Please be assured that your personal information will be kept secure and will only be used for trip arrangements. You can reach us via email or WhatsApp, where you can also receive your booking confirmation. To finalize your booking, we require a 10% non-refundable deposit to process all necessary arrangements, along with a copy of your passport and flight information for airport transportation arrangements. You can confidently book with Sherpa Nomad Trek Pvt. Ltd, as we are equally responsible as an international travel company.

How can we pay for the Trek?

There are multiple ways to pay the balance. You can deposit a bank transfer, and the remaining balance can be paid in cash (USD, Euro, Pound, and other currencies) when you arrive in

Kathmandu, which is very much appreciated. If you would like to pay by card, that option is also available. Keep in mind that a 3.5% bank fee will be charged on top of the amount for card payments. Choose the payment method that you prefer.

How can we get the Airport transfer?

Our Tsum Valley trek package offers complimentary Airport Transfers, which include both Airport Pick-up and Airport Drop-off services. On your arrival day, our airport representative will be positioned at the arrival gate, displaying your name card along with a company pamphlet to help you identify our team. Once you connect with our team, you will be welcomed with a flower garland, following the Nepali tradition. After this warm reception, you will be escorted to a car for your journey to the hotel. Likewise, at the end of your trip, we will provide you with a comfortable airport drop-off service. Please ensure to share your arrival and departure times during the reservation process so that our team can coordinate everything according to your preferred timing.

What types of Kathmandu Accommodation are included in the Package?

Sherpa Nomad Trek Pvt. Ltd offers luxury packages for all types of adventures in Nepal. The Tsum Valley Trek is one of our premium offerings, which includes a stay at a 4-star hotel in Kathmandu. According to our 12-day package, you will enjoy 2 nights at a 4-star hotel, such as the Ramada Encore or Arya Hotel and Spa, both located in Thamel. Experience exceptional service with us at a competitive price.

What Kinds of transportation are used to and from Kathmandu?

The Tsum Valley trek begins with a scenic drive from Kathmandu to Machhe Khola. Machhe Khola serves as the starting point for the trek, and we offer a comfortable Jeep ride for this segment. The Jeep drive is one of the most comfortable and safest travel options available for this part of the journey. After completing your trip in Machhe Khola, you will return to Kathmandu via the Jeep drive. We ensure the best transportation for your Tsum Valley trek to provide you with an exceptional experience. The drive takes around 6-7 hours depending on the traffic and raod

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condition.

What time should we depart from Kathmandu to Machha Khola?

Since we have private transportation, we can leave at our convenience after breakfast. We recommend having breakfast at 7:00 AM, and we can aim to start from Kathmandu around 8:00 AM. Traveling in the early morning will help us avoid heavy traffic, ensuring a smoother journey. If we leave later, we may encounter traffic congestion. Along the way, we can stop at various locations for scenic views, coffee, lunch, and photos.

Is it possible to store the remaining bag in Kathmandu?

Yes, we offer complimentary baggage storage services. You can keep your belongings either at the hotel or at our office; both locations are suitable for storage.

What time should we start our trek each day?

The daily trek begins after breakfast, which can be enjoyed at 7:00 AM, allowing us to commence the trek by 8:00 AM. Typically, starting early in the morning is advisable due to the favorable weather conditions. After approximately 3-4 hours of walking, we will pause for lunch, and following that, we will need to walk for another 3 hours to reach our destination. Therefore, starting early is advantageous for better views, flexibility, a slower pace, and greater enjoyment, allowing us to arrive at the camp early. This means you will have time for a shower, some light washing, rest, and to write in a diary to capture the memories.

What does the mountain accommodation look like?

The mountain accommodation is managed and maintained by the local community, showcasing local art and architecture, vibrant colors, and cozy lodges or tea houses. The dining area is both colorful and inviting. The rooms are typically simple, usually featuring twin beds and limited amenities. While you do have access to electricity, some places offer attached bathrooms, but this is not guaranteed every night. The rooms come equipped with comfortable mattresses and warm

blankets. Beyond the basic facilities, you will experience exceptional care, impeccable hospitality, and heartwarming moments. Sherpa Nomad Trek Pvt. Ltd. provides the finest lodgings and the most comfortable rooms to ensure your satisfaction.

Are breakfast, lunch, and dinner included?

Yes, the package provides mountain breakfast, lunch, and dinner. You can enjoy breakfast and dinner at your overnight accommodation, while lunch will be served en route to your destination. There are numerous options available for breakfast, lunch, and dinner. You can select from local dishes to international cuisine. Additionally, there are choices for vegetarian, vegan, and non-vegetarian meals to accommodate all types of travelers.

What amenities are included in the package?

The Tsum Valley trek package provides complimentary Wi-Fi and hot showers in the mountains. You can also receive purified spring water, but please inform us before the start of the trip. Each day, we will offer you three cups of tea or coffee. Additionally, you will have access to nuts, organic fresh fruit, and energy bars for an extra supplement.

What permits are required for the Tsum Valley trek?

The Tsum Valley trek necessitates three distinct permits before entering the region. Situated within the Manaslu Conservation Area, the trek requires an MCAP permit. The fees collected from the MCAP permits are allocated for nature conservation and trail monitoring. Another permit is the local permit, which benefits the community by supporting health and education initiatives for the nearby villages. The Restricted Areas permit is essential for preserving both nature and culture. To obtain these permits, trekkers must provide a copy of their passport, a passport-sized photo, and their visa number. The required permits and their costs may vary depending on the season, as outlined below:

- Manaslu Conservation Area Permit - Rs 3000 per trekker, valid for the specified time frame.

- Local Permit - Rs 1000 per trekker, valid for the specified time frame.
- Special Restricted Permits: September to November (Autumn Season): US$ 40 for the first week, followed by US$ 7 for each additional day spent in the restricted area.
- Special Restricted Permits: December to August (Winter, Spring, and Summer Seasons): US$ 30 for the first week, then US$ 7 for each additional day spent in the restricted area.

Can the guide communicate in English?

Absolutely, the guide is proficient in English and holds certifications from the Nepal government, having been trained by Natham. Our guides are local experts who have worked in this field for many years, ensuring they are the best for safety, support, and knowledge of local culture, nature, and emergencies. Choosing to travel with a local company and guide guarantees you authenticity, outstanding hospitality, and kindness. Our company is the top choice for both solo female travelers and groups of any size. A trekking guide is required for the Tsum Valley, and we ensure you have the best guide for your adventure.

Is the Porter support included in the package?

Yes, hiring a porter for the Tsum Valley trek is not compulsory; however, having porter support can significantly enhance your experience, making it more enjoyable and comfortable. They will manage your heavy luggage, allowing you to fully appreciate the breathtaking landscapes and mountains that surround you. Our Tsum Valley trek includes a porter for every two trekkers. If you are trekking solo, we still provide porter support to ensure your journey is comfortable. A porter can carry a total of 18 to 20 kg, and the costs associated with the porter, including meals, accommodation, salary, insurance, gear, transportation, and other expenses, are covered in the package, excluding tips.

What are the Major Monasteries of Tsum Valley?

The Tsum Valley Trek offers a unique blend of cultural and natural exploration. The stunning mountains, landscapes, vegetation, waterfalls, and every step of the journey provide tranquility and excellent photography opportunities. In addition to the natural beauty, the cultural richness of Tsum

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Valley is another major attraction, featuring its people, their way of life, and the joy of those who live in tradition, alongside the profound influence of Tibetan Buddhism. The valley is dotted with thousands of Chortens, numerous monasteries, and meditation caves, making it a complete trekking destination in Nepal. Each village hosts several monasteries and Chortens, with the main monasteries being Mu Gompa (3700m), Rachen Gompa (3000m), and Gompa Lungdang (3200m). Mu Gompa, located near the Tibetan border, embodies rich Tibetan Buddhism and offers accommodation for those wishing to stay. Rachen Gompa serves as a nunnery and school, while Gompa Lungdang is situated along the Ganesh Base Camp Trail, providing meditation opportunities and lodging for trekkers.

Can we visit the Milerepa Cave?

Indeed, Milerepa Cave stands as the primary attraction of the Tsum Valley trek, situated above Burji Village, perched on cliffs at an altitude of 3300 meters. This cave, locally known as Piren Phu (Pigeon Cave), is regarded as one of the most sacred spiritual sites in the Tsum Valley of northern Gorkha, Nepal. This natural rock shelter is renowned as a meditation location utilized by the 11th-century Tibetan yogi, poet, and saint, Jetsun Milarepa. Currently, monks reside here for meditation, and locals visit to pray. Within the area, you can discover caves, monasteries, and statues. While trekking in the Tsum Valley, be sure to explore this breathtaking landscape to gain insights into Buddhism and ancient culture.

How challenging is the Tsum Valley trek?

The Tsum Valley trek is considered a moderately difficult trek, making it an ideal destination for beginner trekkers due to its lower elevation. The highest point reaches 3,800 meters, which minimizes the risk of Acute Mountain Sickness (AMS). Each day, trekkers are required to walk for 4 to 6 hours, so a reasonable level of fitness is necessary. However, prior mountaineering experience is not required. The Tsum Valley trek is an excellent choice for beginners, accommodating all fitness levels, ages, and experienced trekkers. Additionally, due to its reduced exposure to cold and snow, it is regarded as a suitable winter trekking destination in Nepal.

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What are the main seasons for the Tsum Valley Trek?

The ideal time for the Tsum Valley trek aligns with the main trekking seasons in Nepal, which are Autumn and Spring. Autumn, spanning from September to November, is regarded as the prime time for this trek, while Spring, from March to May, is considered the second most favorable season. During Autumn, trekkers can enjoy stable weather, pleasant temperatures, lush greenery, stunning mountain scenery, and the opportunity to experience local festivals. Spring offers longer days, clear skies, stable weather, and blooming flora. Winter, from December to February, is the third most popular season, providing a unique chance to witness snow-capped peaks, tranquil trails, and breathtaking views. However, the rainy season, occurring in July and August, is not recommended due to risks of flooding, rockfalls, and heavy rainfall.

Is it possible to book the Tsum Valley trek at a low cost?

Yes, you can secure a budget-friendly option for the **Tsum Valley Trek** through our sister company, **Himalayan Trekking Path Pvt. Ltd**. However, **Sherpa Nomad Trek Pvt. Ltd.** specializes in premium services and does not offer budget packages. If you are interested in a more affordable option, please check our **Tsum Valley trek package** for your convenience.

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FREQUENTLY ASKED QUESTIONS

1. What is the Tsum Valley Trek?

The Tsum Valley Trek is a remarkable, short, and easy expedition into the concealed valley of the Manaslu Conservation Area. This lovely valley is inhabited by the Bhoti community, who maintain Tibetan cultural practices. It is the ultimate trek for those in pursuit of serenity and untouched landscapes. The trek's highlights include spectacular waterfalls, thick forests, picturesque villages, rich cultural heritage, breathtaking scenery, grand mountain views, and monasteries such as Mu and Rachen Gompas, in addition to the Milarepa Cave, among others. The Tsum Valley Trek is ideal for both novice and experienced trekkers.

2. What is the Maximum Elevation of Tsum Valley Trek?

The Tsum Valley trek is situated at a lower elevation, making it the least difficult trek in Nepal. The highest point of the trek reaches 3800m above sea level.

3. Can I do a solo Trek to Tsum Valley?

No, solo trekking in Tsum Valley is not allowed as it is situated within Restricted Areas. You are required to join a local company, and having a guide is essential. If you join a company and have a guide, you can trek to Tsum Valley as a solo traveler. According to the previous regulations, you needed to travel in a group of at least two people. However, under the new policy, solo travel is permitted, but you must still join a company and have a local guide with you.

4. Where is Tsum Valley Trek Located?

The Tsum Valley trek is situated in the northern region of the Gorkha district, close to the Tibetan border. It is one of the most beautiful yet relatively lesser-known trekking destinations in Nepal.

5. Is altitude sickness a concern?

The Tsum Valley trek poses a lower risk of Acute Mountain Sickness (AMS) due to its gradual elevation gain. With a maximum altitude of 3,800 meters, the risk of AMS is relatively low; however, it can still become a concern if we do not adhere to proper travel practices. It is essential to walk slowly, stay hydrated, take multiple breaks, and ensure we have sufficient rest and food.

6. Is the Tsum Valley Trek suitable for families?

The Tsum Valley trek is a remarkable trekking spot in the Manaslu region, known for being an easy trek, making it perfect for beginners, families with children, and experienced trekkers. However, a reasonable degree of fitness is essential, as you will be walking for 4 to 7 hours on trails that include both uphill and downhill sections.

7. Is travel insurance necessary?

Yes, travel insurance is mandatory for trekking in the Tsum Valley in Nepal, as this region is classified as a restricted area requiring a special permit. Travel insurance provides essential protection against unexpected events. We strongly recommend comprehensive coverage that includes medical expenses, trip cancellation, evacuation, and baggage loss.

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