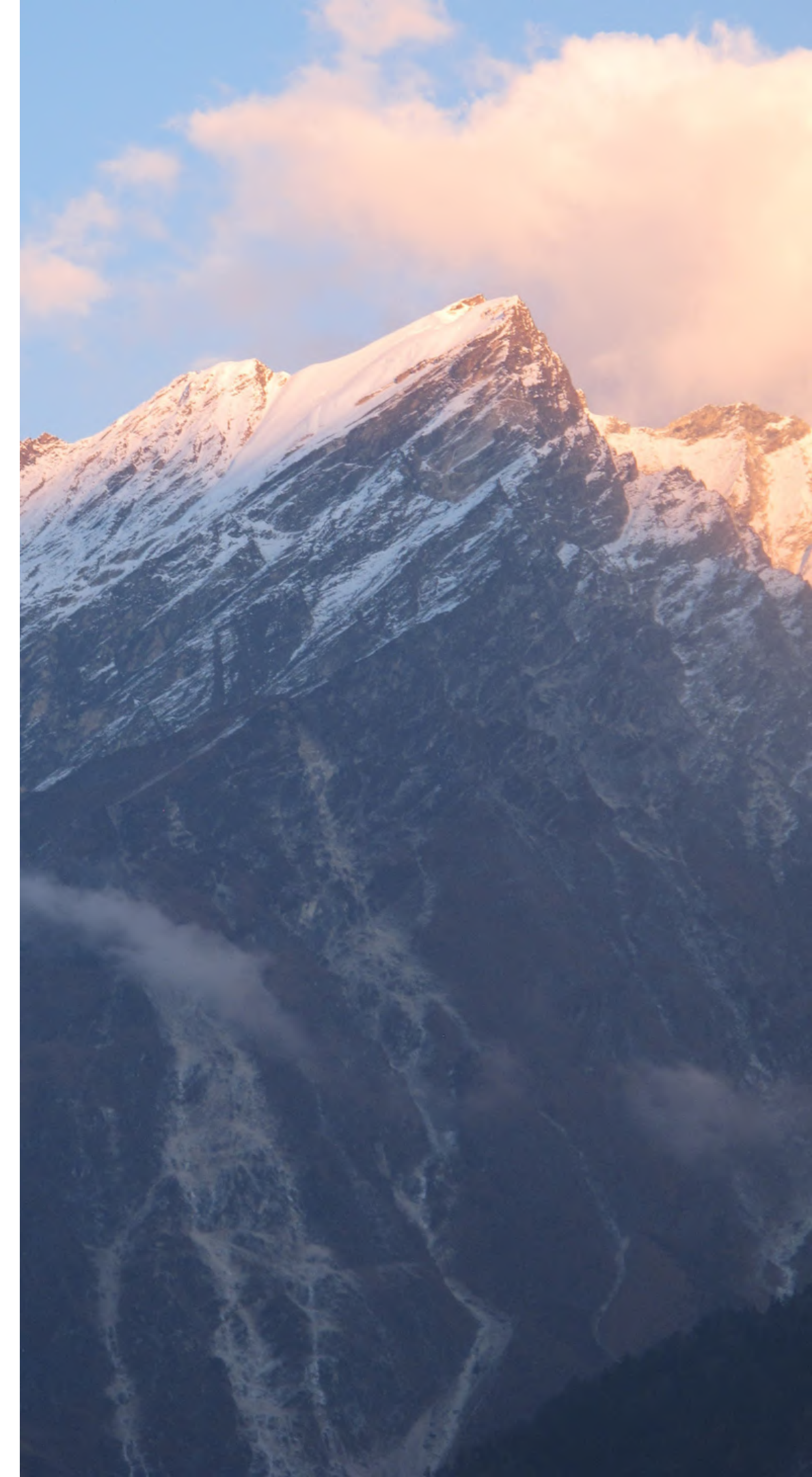




COMMUNITY ACTION TREKS

Tsum Valley and Ganesh Himal Base Camp Trek

Trek to a sacred valley steeped in ancient culture.



NEPAL





GRADE
MODERATE

MAX ALTITUDE
4200m

TREKKING DAYS
14

TRIP LENGTH
20 days

MIN PEOPLE
4

Tsum Valley and Ganesh Himal Base Camp

Tsum Valley in North Gorkha only opened for trekking in 2008 and remains a restricted area. The ancient remains of the Tsum Kingdom are still visible today. Due to its remoteness and inaccessibility, this sacred valley and its people have been bypassed by mainstream development for centuries. As a result, the unique culture of this valley has remained intact. The local people are of Tibetan origin and speak a unique dialect. Set against the majestic backdrop of the Ganesh Himal, Sringi Himal, and Boudha ranges, this serene Himalayan valley is rich in ancient art, culture and religion. The Buddhist Saint Milarepa is believed to have meditated in the caves of these mountains. Trails are strewn with artistic chortens and lined with mani walls made of thousands of stone slabs carved with drawings of deities and inscribed with prayers. The valley also boasts some unique and historic monasteries, including Rachen Gumba and Mu Gumba.

The valley is drained by the Shear Khola, which originates from the western glacier of Ganesh Himal and east and southern glaciers of Sringi Himal and meets the Budhi Gandaki at Nyak, where we enter and eventually leave the valley.

Trekking through the Tsum Valley you will have the opportunity to see several health posts built and supported by Community Action Nepal.



TREKKING WINDOW

MAR - MAY & OCT - DEC

PRICE

£1925 per person* (land only price - see last page
*prices subject to change



Tsum Valley and Ganesh Himal Base Camp Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu, 1400m.

Namaste and welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Our adventure begins with a welcome meeting upon arrival at the exit gate of Kathmandu's Tribhuvan International Airport. Look out for Community Action Trek's distinctive snow leopard palm plate. We will be transferred directly to our hotel in Thamel (the tourist quarter of Kathmandu). We will then be free to spend the rest of the day relaxing at the hotel. Alternatively, stroll around the local shops and markets of Thamel and seek out a restaurant for dinner.

Day 2

Free day in Kathmandu.

Explore the fascinating city of Kathmandu with its temples and markets or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley. You will also need to use this day to prepare for your trek: make last-minute purchases of kit / snacks; if you would like to you can buy a local SIM card and have it installed into your mobile phone for the duration of the trek and change currency into Nepalese Rupees. In the early evening, there will be a briefing about the trek; we will meet our trekking guides and be issued with our Restricted Area permits.

Day 3

Drive to Machha Khola 869m (7-8 hour drive).

An early start this morning for the long drive to Machha Khola in a 4WD jeep. We stop for lunch at Arughat Bazaar. After lunch the road becomes quite rough, however the route is very beautiful: very green, passing alongside rivers and hills. We continue to the starting point of our trek at Machha Khola, where we stay overnight.

Day 4

Machha Khola - Jagat 1370 meters (5-6 hours walking).

Our trek today takes us over a couple of ridges until we reach Tatopani ('hot water') where there are hot water spouts under the sheer cliffs. The rice fields are slowly making way for fields of millet and buckwheat. After Tatopani we cross the bridge to the east bank of the river and continue our way to the Gurung village of Jagat. The Manaslu Conservation area begins here and we will need to present our trekking permits.

Day 5

Jagat via Philim 1590m - Lokpa 2240m (6-7 hours walking).

Leaving Jagat early in the morning, we will ascend to the top of a ridge which provides wonderful views of the Manaslu range. Crossing a suspension bridge over Budhi Gandaki River, we reach the scenic Gurung village of Philim, the location of the Government-run regional health hub, servicing both the Nubri and Tsum Valleys. Based here are two Community Action Nepal funded nurses and a laboratory technician. Carrying on, we pass through Ekle Bhatti and eventually turn sharp right into Tsum Valley where the Shear Khola meets the Budhi Gandaki at Nyak (the left turn takes trekkers across a suspension bridge into the Nubri Valley and onto the Manaslu circuit). Walking through bamboo forest we reach Lokpa, the first village as we enter the Tsum Valley and our destination for the night.





Day 6

Lokpa - Chumling 2386m (6-7 hours walking).

The trail will be challenging today, following the ascending route to Chumling. Located at the south face of the Shingri Himal, Chumling is a quaint village that is home to Tibetan Gompas. It is also the site of a CAN health post, which can be visited.

Day 7

Chumling - Chhokang Paro 3031m (5-6 hours walking).

Leaving Chumling, we begin yet another challenging day of trekking to Chhokang Paro (also known as Chhekampar) which is located on the top of a hill and provides a close-up view of the Ganesh Himal range. Chhokang Paro comprises two distinct settlements of Chhokang and Paro and is known for its practice of the Polyandry culture.

Day 8

Acclimatisation Day.

Today we can rest, catch up with washing but also explore around Chhokang Paro to help with our acclimatisation. The village also has a CAN-supported health post, which can be visited.

Day 9

Chhokang Paro - Nile 3361m (5-6 hours walking).

After visiting the nearby Tibetan Gompa, we leave Chhokang Paro and continue our journey through forest of pine woods to Nile via Lamagaon. Some historical Buddhist Gompa and Chortens can be seen along the trail. Nile, existing on the banks of the Shiar River, is the last northern settlement of Upper Tsum Valley. The village is also the site of a CAN health post, which can be visited.

Day 10

Nile - Mu Gompa 3700m (7.5 hours walking).

Leaving Nile we will trek up to Mu Gompa. Lying at the highest and farthest point in the Tsum Valley, it is one of the oldest remaining monasteries in the valley. Due to its remote position, no human settlement is found surrounding Mu Gompa. Yaks carrying goods to and from Tibet can be seen on the way.

Day 11

Exploration Day around Mu Gompa.

Today we will reach as close to Tibet as tourists are permitted to travel. There are many old Buddhist monasteries nearby to visit and observe Buddhist culture.

Day 12

Mu Gompa - Rachen Gompa 3240m (6-7 hours walking).

Today we begin our return journey. It will be a relatively easy day as we follow a descending trail to Rachen Gompa, our destination for the night. Throughout the day we will enjoy views of the Puchen Himal.

Day 13

Rachen Gompa - Domje 2460m (6-7 hours walking).

Visiting Rachen Gompa early in the morning, we will join a Buddhist ceremony of worship and perhaps be blessed by the Rimpoche. Following the descending trail through a narrow steep path we will reach Domje, a cluster of a few lodges, our destination for the night.

Day 14

Domje - Ganesh Himal Base Camp 4200m - Domje (7-8 hours walking).

Today we will take a packed lunch and climb up to Ganesh Himal Base Camp. This is the highest point of our trek and provides an excellent viewpoint for the Ganesh Himal.

Day 15

Domje - Lokpa 2240m (6-7 hours walking).

Today we will retrace our path down the trail to Lokpa village.

Day 16

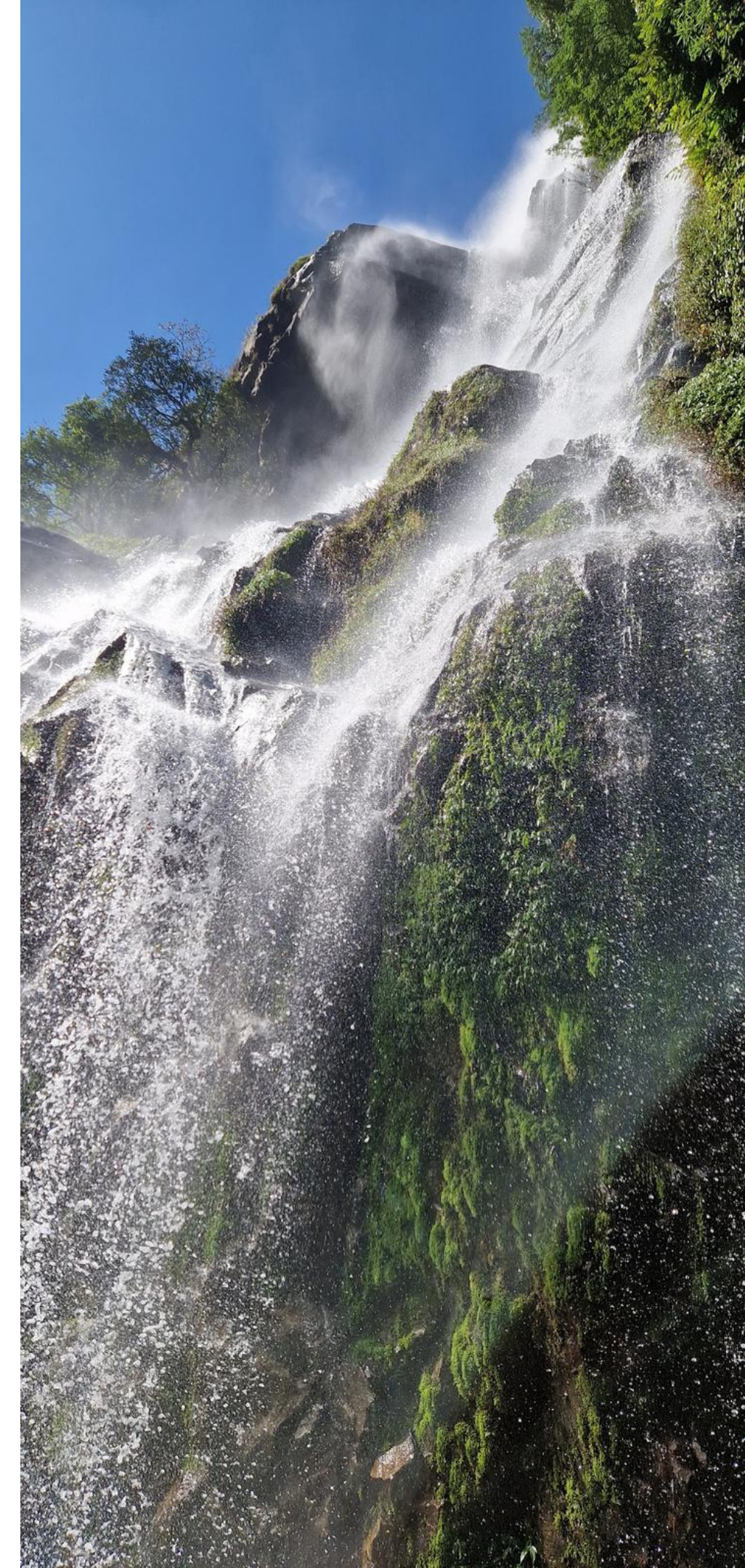
Lokpa - Jagat 1340m (6-7 hours walking).

From Lokpa, we will walk down through pine forest that is rich in wildlife. The trek offers an excellent opportunity for bird and wildlife watching. Musk deer, Rhesus monkeys and Langurs are among the most commonly seen mammals. Descending to the river, we will reach Jagat where we will stay overnight.

Day 17

Jagat - Machha Khola 869m (6-7 hours walking).

Leaving Jagat, the trail is mostly a descent walk following the course of the Budhi Gandaki River.





Day 18

Machha Khola via Arughat Bazaar to Kathmandu (7-8 hour drive).

An early start today for the long drive back to Kathmandu, stopping for lunch along the way. Upon arrival in Kathmandu you will be transferred to your hotel. The rest of the day is free to shower and rest after our trek and to explore the wonderful city of Kathmandu.

Day 19

Free in Kathmandu.

Today you have time to shop for crafts or explore the city. Kathmandu is a great place to buy presents! Half day or full day sight-seeing trips can also be arranged to Patan or Bhaktapur, the other two historical cities in the Kathmandu Valley through our Kathmandu Office.

Day 20

Depart Nepal.

Transfer to Kathmandu airport. We need to check out of our rooms by 12 noon. The hotel reception staff will be happy to store our luggage securely until we are collected approximately 3 hours prior to our international flights.





The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices:

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options:

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact Us

For more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.