

Day 01 : Arrival in Kathmandu, Nepal

Altitude: 1,350 m/ 4,428 feet. Overnight at Tourist standard hotel in Kathmandu.

Meal Included: Welcome Dinner in a nice typical Nepalese Restaurants.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg.

Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

Before dinner, includes special briefing and introduction on yoga, meditation as well of singing bowl exercise. An introduction with your Guru, or master instructor for yoga and meditation, including teachers in the art of singing bowl.

Day 02: Trek Preparation day & Sightseeing Tour in Kathmandu Durbar Square, Swatambhunath Stupa.

Meal Included: Breakfast only.

Overnight at Hotel in Kathmandu.

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located.

An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Tsum Valley Trek.

As well for yoga and meditation practice and learning the skill of ancient art of singing bowl. The exercise also takes place early morning before breakfast and tour of Kathmandu.

Day 03 : Drive from Kathmandu to Soti Khola.

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge.
Meals Included: Breakfast-Lunch and Dinner.

Depart for wonderful adventure to Tsum Valley Trekking, taking a private car, comfortable tourist standard bus, or coach. As per the size of a group, a long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Soti-Khola for an overnight halt.

Soti-Khola a small farming area slowly growing into a town, as the motorable road has been connected. Time permitting enjoy a little bit of yoga and meditation practice at the lodge or close to Buri-Gandaki River.

Day 04 : Trek to Machha Khola

Altitude: 930 m/ 350 feet. Approx. 6-hour walk.
Overnight at Guesthouse / local lodge.
Meals Included: Breakfast-Lunch and Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. Start the first-day trek of the adventure, heading due north following the Buri Gandaki upstream. The morning walk leads to a short climb for a few hours past smaller farm villages then end the day at Machha Khola.

A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 05 : Trek to Jagat

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.
Overnight at Guesthouse / local lodge.
Meals Included: Breakfast-Lunch and Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovon, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 06 : Trek to Chisapani

Altitude: 1,660 m / 5,444 ft. (Chisapani) Approx. 05 hours walks. Overnight at Guesthouse / local lodge. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. After a pleasant time at Jagat, from here onwards starts the Restricted Area of Tsum Valley & Upper Manaslu. After Jagat all foreign visitors need to obtain a special permit to enter Tsum Valley & Upper Manaslu.

The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area. As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng. From here onwards into strong Buddhism culture, as walk follows higher area, past Deng. Slowly the long day trek comes to an end on reaching at a small farm village of Chisapani for an overnight stop.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 07 : Trek to Chumling

Trek to Chumling

Altitude: 2,380 m / 7,806 feet. Approx. 06 hours walks.

Overnight at Guesthouse. Includes: Breakfast, Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. From here onwards entering the hidden valley of Tsum, morning walk to a narrow river gorge. Leads to a short descent, and then with steep up reaching a forested path lined with rhododendron and pine trees. The walk continues past smaller farm villages. Then to a gradual uphill as walk heads east above a stream then reaching at first village of Tsum in Chumling overnight halt.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 08 : Trek to Chokang-Paro

Altitude: 2,380 m / 7,806 feet. Approx. 05 hours walks.

Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. After first overnight around Tsum region, having breakfast morning walk leads further east. Adventure

continues through cultivated farm terraces villages facing views of Ganesh, Sringi and Manaslu Himal. Walk then heads downhill to cross a bridge above Smatiking Khola / stream to reach at Chokang-Paro for overnight stop. A nice moderate traditional farm village facing views of stunning landscapes with snow-capped peaks.

Enjoy the afternoon exploring the village of strong Buddhism culture and custom adorned with prayer monuments.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 09 : Trek to Nile

Altitude: 3,361 m / 11,058 feet. Approx. 5 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before Breakfast. Start the morning overlooking great scenery of dramatic landscapes, after a pleasant overnight. From this nice village walk leads closer to our main highlight destination around Tsum Valley towards Nile and Mu Gompa. Following on windswept terrain, then reaching into a wide open scenic valley.

From here into dry, arid landscapes similar like Tibetan terrains, where green vegetation and tall trees fades for smaller juniper bush. Walk continues along with grand views of Ganesh and Manaslu Himal.

Finally the long day walk completes reaching Nile for overnight stop in a nice simple lodge. Probably the best overnight accommodation and food provided around Tsum area, due high and harsh conditions.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 10 : Trek to Mu Gompa

Altitude: 3,700 m/ 12,174 feet. Approx. 04 hours.

Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before Breakfast. Enjoying a pleasant time and overnight in Nile village, morning from Nile a short day hike to Mu Gompa. Reaching our final destination at the end of Tsum Valley morning walk leads with gradual climb on a dry windswept terrain.

As walk continues facing dramatic scenery of surrounding beautiful landscapes and of snow peaks. After hours of exciting trek, then finally ending the walk on reaching Mu Gompa the highest spot of the trip. Having rest then transfer to a simple huts, which serves as a guest house for overnight stop.

Apart from basic accommodation and facilities, the surrounding scenery is Impressive, overlooking views of Ganesh Himal and array of peaks.

Late afternoon or evening enjoy a yoga and meditation practice at available quiet place.

Day 11 : At Mu Gumpa acclimatization and exploration

Altitude: 3,700 m/ 12,174 feet. Overnight at Guesthouse.

Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before Breakfast. After a continues walks of several days, enjoy a free rest day in Mu Gumpa on the highest spot of the adventure. Tour of the oldest monastery around Tsum Valley, the interior of the Mu Gumpa treasures valuable ancient relics and idols.

Observe the statue of Lord Buddha and idols of famous saints and Gurus with vibrant religious paintings. Explore around Mu Gumpa the highest and remote part of Tsum Valley. Interested people can take a short visit of Dhephu Doma Gumpa, a nunnery.

Late afternoon or evening enjoy a yoga and meditation practice at available quiet place.

Day 12 : Mu Gumpa to Burgi via Millerepa Cave

Altitude: 3,245 m / 10,644 feet at Burgi. Approx. 05 hours walks.

Overnight: at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. On reaching the main highlight of the adventure, after a pleasant overnight stop at Mu Gumpa for two nights. Return journey leads further from Nile to a small farm village of Burgi, before reaching Burgi. Enjoy a side trip to an interesting cave of 11th saint and guru Millerepa of Tibet, who stayed here for mediation. Millerepa a renowned Buddhist saint lived his whole life as a hermit meditating and staying in caves.

From this tranquil and interesting spot head downhill to and uphill to Burgi small village for overnight halt.

Day 13 : Trek to Chumling

Altitude: 2,386 m / 7,827 feet. Approx. 05 hours.

Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before Breakfast. After an exciting visit of Mu Gumpa, Nile and Burgi villages walk towards Chumling, return route heading south to cross a bridge on the west bank. Walk leads through Chokang Paro, and then downhill to join the main trail at Chumling for last overnight stop around Tsum Valley area.

Late afternoon or evening enjoy a yoga and meditation practice at available quiet place.

Day 14 : Trek to Philim village

Altitude: 1,570 m / 5,103 feet. Approx. 05 hours walks. Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. Morning walk to Lokpa and then downhill to Philim nice farm village, the route leads to gradual ups and down. Then reaching on the main trail of Manaslu trail as walk continues heading further down leaving Tsum valley area.

The trail follows past Deng then at Philim village for an overnight stop, where the climate is mild. A lovely spread out village with neat tended farm terraces. Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 15 : Trek to Khorlabesi

Altitude: 970 m / 3,182 feet. Approx. 5 hours walks. Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. From Philim down to Jagat village for possible lunch stop, after a refreshing break walk continues on downhill. As altitude drops along with change of vegetation and landscapes, reaching warmer low farm areas at Khorlabesi. A small farm village for overnight stop, before ending our walk at Soti-Khola.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 16 : Trek to Soti Khola

Altitude: 700 m / 2,296 feet. Approx. 06 hours walks. Overnight at Guesthouse. Includes: Breakfast. Lunch & Dinner.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. Enjoy the last day walk of the adventure, as route leads into a cool shade of forest to Tatopani. A place with natural hot-spring, time permitting enjoy the hot bathe relaxing the muscles after a long downhill walk.

From Tatopani another few hours of pleasant walk to Soti-Khola for last overnight in the comfort of a nice simple lodge. Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 17 : Drive to Kathmandu via Arughat

Altitude: 1,350 m / 4,428 feet at Kathmandu. Includes breakfast and lunch.

Drive approx. 07 hour sharing jeep or Bus. Overnight in Hotel at Kathmandu.

Final day around the Himalayan remote farm villages of Gorkha district, leaving Soti-Khola, after breakfast. Depending upon the size of a group and types of vehicles. A long overland journey but interesting on winding road through farm areas of Gorkha and Dhading districts. As drive leads past Arughat towns and farm village and then joining the main Kathmandu highway.

Drive continues with last uphill on the outskirts of Kathmandu valley, then finally reaching Kathmandu city and back to your hotel. Arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Tsum Valley Trek.

Time permitting if not tired from day walks, enjoy a yoga and meditation practice at available quiet place.

Day 18 : In Kathmandu free day for individual activities

Overnight: In Hotel at Kathmandu on Bed and Breakfast only.
Day of Yoga & Meditation with Singing Bowl practice.

Early morning practice Yoga & Meditation with the Guru or instructor before breakfast. These two days, free to learn art and skill of Yoga & Meditation, as well how to use a singing bowl. With time for individual activities and shopping souvenirs.

Interested people having spare time can join in for exciting tour of Patan / Lalitpur and Bhaktapur cities. Well worth a visit not to be missed takes you back into medieval era times.

Day 19 : In Kathmandu free day for individual activities

Overnight: In Hotel at Kathmandu on Bed and Breakfast only.
Day of Yoga & Meditation with Singing Bowl practice.

Day 20 : Final International Flight Departure for Homeward Bound

Meal Included: Breakfast Only.

Last day in Kathmandu and Nepal, after a great memorable adventure around Tsum Valley Yoga & Meditation Retreat Trek. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.

Airport pick up, drop by private vehicles.

03 night's standard twin- sharing accommodation in a 3 starts hotel in Kathmandu.

15 nights twin sharing accommodation during trek.

Guided sightseeing tours with private vehicle in Kathmandu. (Entrance Fee Extra)

Local Transportation Jeep/ Bus Kathmandu –Soti Khola & returning back to Kathmandu.

(If you want both ways private vehicle also available on additional cost).

Three meals a day, Breakfast, Lunch and Dinner. Tea/ Coffee in during the meals time.

MACP & Tsum valley special permit as well.

One highly experienced, helpful and friendly license holder guide. Porter. His food, accommodation, salary, equipment and accident insurance for all staff.

Welcoming Dinner in a traditional Nepali restaurant with culture performance.

Four seasonal sleeping bag. (if necessary)

Company Duffle Bag, T- shirt.

A self-sufficient medical first aid Kit containing vital medications.

Company branded 01 water bottle.

Local taxes.

Excludes

All kind of beverage.

Dinner and Lunch in Kathmandu.

Porter Service, Do you need a porter? Ask to our trek expert.

Personal travel and health insurance, insurance for helicopter evacuation.

Tipping to staffs.

Personal mountaineering gears

Optional trips if extended

International airfare.

- Visa fee, you obtain a visa easily upon your arrival at Tribhuwan International Airport Kathmandu.
- Extra expenses due to flight delays, strikes, weather condition or any event out our control.

