

Guru Rinpoche “Beyul” Tsum Valley Trek with Natalia & Alex

The Tsum Valley is situated in the northern Gorkha district of Nepal, surrounded by the Buddha Himal with Himal Chuli to the west, Ganesh Himal to the south and Sringi Himal to the north. **Tsum is one of the eight hidden paradise valleys (called Beyuls)** in the inner Himalayas and owes its genesis to the 8th century Buddhist saint Padmasambhava/Guru Rinpoche. The Legend says that Padmasambhava created beyuls as a refuge for people fleeing from the adverse effects of war, famine or religious persecution. The most famous yogi Milarepa is believed to meditate in caves of these mountains.



Saturated with Buddhist culture, these valleys uphold religious values and help preserve a lost way of life. The valley is inhabited by Tsumbas, an indigenous community.

The Tsum Valley landscape has many mani walls, choertens and Kaanis. Choertens build to ward off evil spirits from places that are identified as thresholds such as confluences and bridges or commemorate the visit or death of historic figures, lamas or even relatives. Kaanis are also called gateway choertens placed before the entry of any village which travelers are supposed to walk through. Mani

walls are long walls made of mani stones, i.e. stones with carved mantras. 'Tsum' comes from the Tibetan word 'Tsombo', which means vivid. Traditionally, Tsum valley was a geographical area called 'Tsum Tso Chucksums', which means thirteen provinces ruled as a single territory. Against the majestic backdrop of the Ganesh Himal, Sringi Himal, Boudha Himal ranges, this serene Himalayan valley is rich in ancient art, culture and religion.



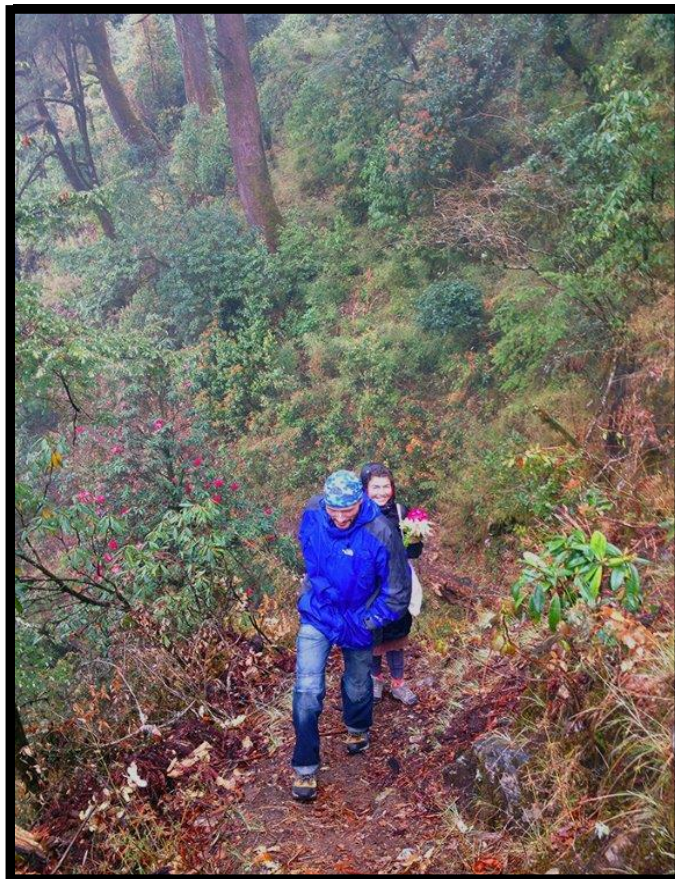
Tsum Valley was a restricted area until it was opened for trekking in 2008. Due to its remoteness and inaccessibility, this sacred valley and its people have been bypassed by mainstream development for centuries.



Guides:

Alex Dorjeeff, from Russia, Doctor-Naturopath & Tour guide. He spent 3 years in Buddhist retreat in Himalayas.

Natalia Sander; born 1974 in Russia, Translator & Tour guide, Journalist. Since 2006 she is living in Asia and travels to various sacred places in Nepal and Tibet Mt. Kailash. This will be my first time / trek to the “beyul” Tsum and I am very much looking forward to meeting these sacred places. I will be glad to accompany you on this great journey.

**Itinerary day by day: Full moon on 10 May**

Day 00: Arrive Kathmandu hand over passport and photo (**arrival 29. April 2017**)

Day 01: Excursion to Pharping with Natlia private bus / Permit work in immigration

Day 02: From Kathmandu drive to Arughat Bazaar –Soti Khola in private bus (8-9 hrs)

Day 03: Trek Soti Khola to Machha Khola (6-7 Hrs /710m)

Day 04: Trek Machha Khola to Jagat (8 hrs /1330m)

Day 05: Trek Jagat to Lokpa (7-8 hrs /2240m)

Day 06: Trek Lokpa to Chhokangparo (Tsum) (7 hrs /3030m)

Day 07: Trek Chhokangparo to Nile/Chhule, visit Milarepa Piren Phu Cave on the way (6-7 hrs /3350m)

Day 08: Trek Nile/Chhule to Mu Gompa (3700 m), visit Dhephyudonma Gompa (4060 m) (4 hrs /3700)

Day 09: Trek Mu Gompa to Chumling, visit Gonhgye Gompa (Nyigma-pa Buddhist sect) (5 hrs /2385m)

Day 10: Trek Chumling to Philim (7 hrs/ 1570m)(full moon)

Day 11: Trek Philim to Khorla besi (7-8 hrs /970m)

Day 12: Trek Khorla besi to Soti Khola (7 hrs /710m)

Day 13: Drive Soti Khola to Arughat Bazar and to Kathmandu (8-9 hrs)

Day 14: Departure from Kathmandu or rest day (**May 14. 2017**)

Optional extaension to Maratika 3-5 days

Group Size: Minimum 7, maximum 15 people.

Duration: 14 Days

Price overview:

Tea - House Trek cost: € 690 / \$760 per person

Special Permit:

- Royalties / Special permit Tsum valley
- National park fee Tsum & Annapurna
- Government taxes

Total Permits \$135 per PAX (payable in Kathmandu in US\$)

Grand total €690/ \$760 + \$135 (Permit)

Included:

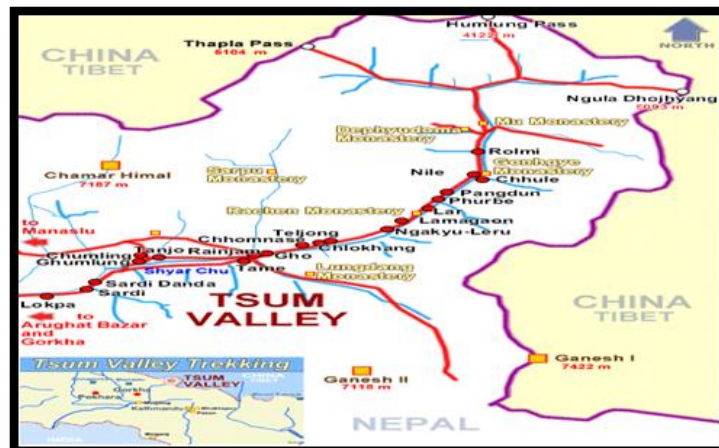
- Land transportation by Jeep KTM – Aarugath & by bus Aarugath – KTM
- All Overnight in Teahouse
- Western guide Natalia & Alex
- Licensed English speaking Sherpa-Guide
- Porter (one porter per two PAX with 12Kg limit per pax total max. 24kg).
- Staff equipment & Staff insurance

Excluded: Visa for Nepal; airport transfers and hotel in KTM; Food & drinks; personal expenses during the trek; All necessary equipment, personal insurances; tips & gratitude's for staff.

Remark: Accommodation in KTM: If you would like us to book a room in a monastic guesthouse, the cost is: single \$20, double \$28. Airport transfer \$10 per PAX.



Of course we cannot determine or foresee your spending behaviour, however with a moderate way of spending you will need about 1000-1500 NRS / day this will cover food. If you like to drink beer then you have to add 400-700NRS per bottle.



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May all beings be happy!

