

Guru Rinpoche “Beyul” Tsum Valley - Tea-House Trek

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.



Group Size: Minimum 2, maximum 12 people. (for one PAX it will be more expensive).

Duration: 12 Days – can be extended according to your wish * **Extension day Extra cost €30 / day**

Price overview:

Tea - House Trek cost: €495.00 per person

Special Permit:

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

Total Permits \$110 per PAX (payable in Kathmandu in US\$)

Grandtotal €495 + US\$ 110

Included:

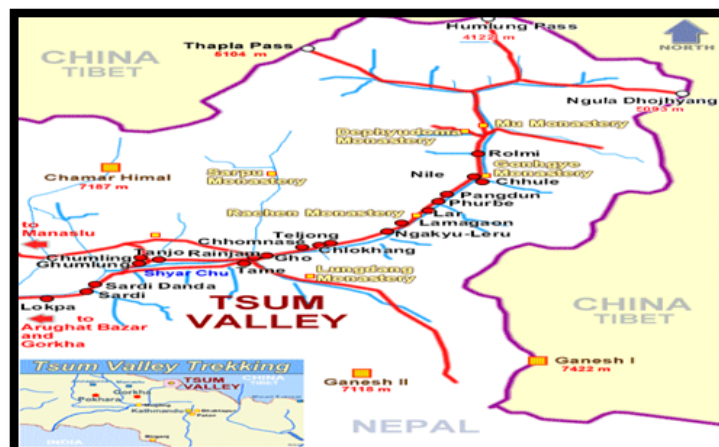
- Land transportation by Jeep KTM – Aarugath & by bus Aarugath – KTM
- All Overnights in Teahouse
- An Licensed English speaking Sherpa-Guide,
- Porter (one porter per two PAX with 13Kg limit per pax total max. 26kg).
- Staff equipment & Staff insurance

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



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 ad 300-400NRS per bottle.

We will send you detail itinerary day by day via e-mail.



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May all beings be happy!

