

Tsum Valley, Milarepa Cave.

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. Legend has it that Padmasambhava created Beyuls as a refuge for people fleeing from the adverse effects of war, famine or religious persecution. The Buddhist yogi Milarepa is believed to be meditated in the caves of these mountains. Saturated with Buddhist culture, these valleys uphold religious values and help preserve a lost way of life. Tsum valley is inhabited by Tsumbas, an indigenous community.



The Tsum Valley landscape has many mani walls, chortens and Kaanis. Choertens build to ward off evil spirits from places that are identified as thresholds such as confluences and bridges or to 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.

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'Tsum' comes from the Tibetan word 'Tsombo', which means vivid. Traditionally, Tsum valley was a currently distinct 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.

Duration: 12 Days, can be extended according to your wish. (Extra day for meditation 50 € / day)

Price overview:

Tea - House Trek cost: Cost: € 495 per person. (**private transport cost 270€ extra.**)

Special Permit:

- Royalties / Special permit 40.00 US \$ per person for 8 days
- National park fee Manasalu 30\$
- Government taxes 75\$

Total Permits 145\$ per PAX (payable in Kathmandu in US\$)

Grand total € 495 + US\$ 145

Included: Land transportation by bus KTM to Aarughat, Arughat- KTM.

- An English speaking Sherpa-Guide,
- Porter (one porter per two PAX with 12 KG limit per pax) total max. 24kg).
- accommodation during the trek.
- Staff equipment & Staff insurance

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

Expenses: Of course we cannot determine or foresee your spending behaviour,

however with a moderate way of spending you will need about 3000 Nrs / day.



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May the all beings happy!