

Itinerary Tsum Valley Trek and Retreat

Day 1. 30 MAR 2026. Arrival Day in Kathmandu. We pick you up at the airport and Transfer you to Hotel Shambaling, situated in **Boudhanath**, one of the UNESCO World Heritage sites. Here you find one of the most imposing landmarks in Kathmandu, the 36-meter-high stupa of Buddha dominates the skyline and is considered a unique structure in the world. With countless monasteries around the stupa, Boudha is the center of Tibetan Buddhism in Nepal. We meet up for a light yoga class in the afternoon before we take an evening walk of Boudha and have dinner at a rooftop restaurant.

Overnight: Hotel Shambaling, Boudha, Meal: Welcome Dinner

Day 2. 31 March 2026: Vishuddhialaya , After Yoga and breakfast we depart for Namobuddha and one of Nepals most genuine retreat senters. Nestled in the jungle near one of the Kathmandu valley's most sacred sites this retreat offers a serene atmosphere dedicated to yoga. We enjoy a lunch of locally grown food, settle and relax before before we meet for afternoon Buddhist philosophy and meditation session

Overnight: Vishuddhialaya, meals: Breakfast, Lunch Dinner

Day 3. 01 April 2026: Vishuddhialaya , Resort Namobuddha. morning Yoga and breakfast. now it is time to explore the nearby monastery and learn the story of how the Buddha in a former life offered his body to a hungry tigress. Evening restorative yoga.

Overnight: Vishuddhialaya, meals: Breakfast, Lunch Dinner

Day 4. 02 April 2026: Vishuddhialaya , Resort Namobuddha. Morning yoga and breakfast. Philosophy and meditation session. Restorative yoga and chanting.

Day 5. 03 April 2026: Yoga breakfast and return to Kathmandu. You are free to explore the city, make some last purchases and enjoy the vibrant local atmosphere. Pack your bag for trekking and leave excessive luggage at the hotel.

Overnight: Hotel Shambaling, Boudha, Meal: Breakfast

Day 6. 04 April 2026: This a full day's drive of around 10 hours as a private vehicle takes you from Kathmandu along the main highway to then turn towards the mountains on a road that follows the Buddhi Gandaki Valley. The roads are bumpy but when we reach our destination, Jagat (2240m) , we are already close to the mountains.

Tea House, Jagat – simple room. Meal: Breakfast, Lunch & Dinner

Day 7. 05 April 2026: Start of our trekking experience: From Jagat to trek into the designated Manaslu Conservation Area. The white façade of Shringi Himal (7187m) looms ahead. The trail inclines gradually to start off with until we're over a bridge for the slog up to village of Phyllim. This "urban" village is likely the last place to get a Cappuchino, and we make a coffee break here for this before we continue towards Lokpa (2240m)

Overnight: simple Lodge in Lokpa. Meal: Breakfast, Lunch & Dinner

Day 8. 06 April 2026: From this point, you leave the Manaslu Circuit trail and begin to head up towards Tsum. An hour of stiff ascent brings you to a collection of teahouses known as Ekle Bhatti. From here, there's further ascent before descending to join the trail that leads into Tsum. You then begin to ascend on a well-graded but exposed track through pines and rhododendrons. The trail ascends up zigzag steps to then again climb steeply on a well-made but exposed stone-stepped trail. Further ascent and descent follow as the Tsum Valley begins to reveal itself. After a long days walk ending in a steep ascent Chumling emerges as a little heaven on a hilltop at 2360m.

Overnight: simple Lodge in Chumling. Meal: Breakfast, Lunch & Dinner

Day 9 07 April 2026: From Chumling, we trek to Chhokang Paro (3010m), upper Tsum valley (part of the Inner Himalaya) The village situated on flat land and made up of two settlements Chhokang and Paro. From the valley, the Ganesh Himal range can be seen directly to the south where it provides spectacular views of the Baudha and Himalchuli peaks to the south-west.

Overnight: simple Lodge in Chhokang Paro. Meal: Breakfast, Lunch & Dinner

Day 10 08 April 2026: Today we make a stretch across a long plateau towards the very last village before the Tibetan border, Nile. We stop on the way to visit the retreat cave of the great yogi, Milarepa, to see his footprint imprinted in the cave wall and light some butter lamps.

Tea House, Nile – simple room. Meal: Breakfast, Lunch & Dinner

Day 11 09 April 2026: We start the day with a hike to the abandoned monastery Mu Gumpa. 3700m. We then return to Chokang Paro Overnight: simple Lodge in Chhokang Paro. Meal: Breakfast, Lunch & Dinner

Day 12 10 April 2026: Today is a big day with a fairly steep descent through Rhododendron forests up to Longtreng gumpa (2470m). The nunnery is on the way to Ganesh Himal Base Camp and offers stunning views of the mountains. We join the nuns and watch their daily work and practice, we eat in the neat Nunnery Kitchen, the best food made on a simple wood stove. We discover that we have no mobile coverage whatsoever!

Overnight: simple Lodge in Longtreng Gumba. Meal: Breakfast, Lunch & Dinner

Day 13 11 April 2026: After a lovely breakfast prepared over wood fire, we say farewell to this hermitage and -alas!- return to civilization. We take a different route back to Lokpa, passing a secluded village with a yet impressive monastery on the way. Overnight: simple Lodge in Lokpa. Meal: Breakfast, Lunch & Dinner

Day 14 12 April 2026: Today we retrace our steps back to Jagat, leaving at some point the serene atmosphere of Tsum and returning to Jagat. We have a last dinner with our guide and porters.

Overnight: simple Lodge in Jagat. Meal: Breakfast, Lunch & Dinner

Day 15 13 April 2026: Return To Kathmandu. Another long and Bumpy ride, and Tsum valley soon feels like a fading dream...

Overnight: Hotel Shambaling, Boudha Meal: Breakfast, Lunch & Farewell Dinner

Day 16 14 April Departure