



The Trek of **Your Life**[®]
SYDNEY FRYMIRE & ASSOCIATES



Trek to Tsum Valley in Manaslu Park, Nepal October 29-November 19, 2022

COST: \$2955.00 double occupancy additional \$395.00 for single occupancy

Manaslu has a lot to offer to trekkers, from the beautiful scenery of the majestic Himalayan ranges and high altitude glacier lakes to rich biological and cultural diversity. Ecologically The Manaslu Conservation Project Area (<https://ntnc.org.np/project/manaslu-conservation-area-project-mcap%20>) <https://www.google.com/maps/d/viewer?ie=UTF8&t=p&source=embed&oe=UTF8&hl=en&msa=0&mid=1tFs4wYq-cb7MYg5gJrHQq7OQA50&ll=28.650249999999993%2C84.633370000000001&z=10> has a diverse range



of habitats which boasts many rare flora and fauna such as Snow Leopard, Lynx, Musk Deer, Red Fox, Jackal, Brown Bear and their prey species such as Blue sheep, Himalayan tahr, Himalayan Serow, Woolly Hare and Himalayan Marmot. It is also home to a variety of birds like Snow partridge, Tibetan Snow Cock, Chukor partridge, Himalayan Griffon, Golden Eagle, among others, including diverse plant communities.

Manaslu was declared a “Conservation Area” in December 1998 by the Ministry of Forest and Soil Conservation under the National Parks and

Wildlife Conservation Act of Nepal. It covers an area of 1663 sq. km. The region can be divided into three main categories, based mainly on the altitude, low hill, middle mountain and high mountain types. Each area has its own type of dominant forests and other associated species. The types of vegetation, however, tend to overlap the adjoining ones at places especially in relation to aspect and micro-climate.



While the forest types are quite distinct, the underlying as well as adjoining flora in different forest types does not vary.

This is especially true in cases of many NTFPs including medicinal herbs and romantic plants, many of which can be found in different forests types and adjoining vegetation. The presence of 19 types of forests and other forms of dominant vegetation have been recorded in this area.

Please note, this itinerary is subject to change depending on the pace of our group, weather conditions, and unexpected events. Most nights we will be camping and all meals are provided. Depending on where we are, we may stay in rustic hotels. Often we camp by lodges where we can recharge batteries and the cooks use the kitchen.

Day 1: Arrive Kathmandu (4, 593 feet)

It's a panoramic thrill flying into Kathmandu on a clear day. If you sit on the left side of the plane you'll have views of snow-capped mountain peaks. This is the beginning of many memorable experiences. And as your plane hits the tarmac, our waiting support team



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will meet and greet you at the airport and escort you to your hotel. Welcome drinks will be served and over night at Kathmandu Guest House. <https://ktmgh.com/kathmandu-guest-house/>

Day 2: After breakfast at the hotel. An experienced guide will meet us for a sightseeing tour around Kathmandu. (Please bring \$5.00 to tip the guide and \$3.00 to tip the driver). We'll visit several World Heritage Sites- to be determined. Favorite sites are Pashupatinath-Patan, Durbar square, Bouddhanath and overnight in KMG. Lunch is not provided. <https://www.kimkim.com/e/explore-kathmandu-swayambhunath-pashupatinath-and-patan-durbar-square> Geo Trek will provide a welcome dinner for all of us.

Day 3: From Kathmandu drive to Soti Khola, (8/9 hours) (700 meters) in the Gorkha district. There are views of the foothills, terraces, fields, and rivers. The drive from Dhading Besi to Arughat is rough on rocky trails. We will be transported by jeeps or a van.



The village of Arughat has two parts each on opposite sides of the Buri Gandaki. Since this is our first day, we may have time to explore the town while our porters, cooks, assistants, and guides get our gear and supplies packed. There is a bazaar here which is large, clean and prosperous with hotels and shops selling cloth, food and hardware.

Day 4: Soti Khola to Machha Khola (6-7 hours) (869 meters). We trek from Soti Khola to Machha khola (Fish river). Machha khola is a village situated above a stream with the same name. We camp for the night.

Day 5: Machha Khola to Doban (6-7 hours) (1,070 meters) This camp site is particularly nice. The trail from Macha Khola to Doban involves some steep ascents and descents. We climb a well – crafted staircase over a ridge to Doban, which lies at the confluence of the Shiar Khola River flowing from the east, and the Sarpu khola, which flows from the west.

Day 6: Doban to Philim (6/7 hours) (1,570 meters). The route climbs on a rugged rocky trail. We climb up and down ravines with notched trees. We get good



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views of Sringri Himal as we continue up to the village of Philim at 1,550 meters. This is a large Gurung village surrounded by corn and millet fields. We will be there during harvest season. There are several good campsites here and the camp will be surrounded by alder, blue pine, and poplar trees.

Day 7: Philim to Chumling (Lower Tsum) (7 hours) (3,230 meters). We take the trail up through Philim and head up over a ridge that leads to Ganesh Himal Base Camp and Chumling (Lower Tsum). We camp for the night at Chumling. We'll have a choice of good campsites.

Day 8: Chumling to Chhokangparo (Upper Tsum) (5-6 hours) (3,031 meters). Upper Tsum valley is part of the Inner Himalaya and opens from Chhokangparo. This is a village situated on flat land and made up of two settlements Chhekam 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 Himal chuli peaks to the southwest. Some households in this village practice polyandry.



Day 9: From Chhokangparo we trek to Nile/Chhule and visit Milarepa Piren Phu Cave on the way (6-7 hours) (3,347 meters). This is the last village heading north in the upper Tsum Valley. Nile is on the western, sun-side of the Shiar Khola, about a 20 minute walk across from Chhule.

On the way we pass the Piren Phu cave. Piren Phu (pigeon cave) is one of the most sacred caves in the Tsum valley. It is located at the foot of a rugged cliff near the village of Burji. Milarepa, the famous Tibetan saint was believed to have meditated here. There are two separate gumbas (village temples) attached to the rocky cave. Richly painted Buddhist murals, excellent artistic scripts carved on stones, long prayer flags, and significant Buddhist paper scripts make this cave one of the most important socio-cultural asset in the valley. Beautiful views can be had of the Shiar Khola, Rachen Gumba, the mountains and settlements amidst vast agricultural lands.

Day 10: Nile/Chhule to Mu Gompa (3700 m), visit Dhephyudonma Gompa (4,060 meters) (4 hours) (3,700 meters.) From Nile the trail gradually



ascends to Mu Gumba, the largest monastery in the region. Mu Gumba is located at the highest and farthest point in the Tsum valley. Mu Gumba was established in 1895 AD and is situated at an altitude of 3,510 meters. The monastery houses religious books, including Kangyur, a life sized statue of Avalokiteshwara, and images of Guru Padmasambhava and Tara. Dephyudonma Gumba is one of the oldest monasteries in the Tsum Valley and is situated in the rugged mountains. It is a 2 hr walk from the village of Chhule and Nile. The history of this monastery is directly associated with the dawn of Buddhism in the valley. The monastery is run by Lama Serap of Nile Ladrang from the Kangin sect. There are a few campsites and drinking water facilities.

Day 11: Extra day for excursion

We take a hike up Mu Gumba and reach the base of Pika Himal (4, 865 meters). We are quite close to Tibet and get a good view of the Tibetan peaks as well as the Ganesh Himal range. After the day's excursion we return to our camp at Mu Gumba. Some groups members (probably me!) will use this day to shower,



do laundry, and rest while others hike.

Day 12: Mu Gompa to Rachen Gompa (5 hours) (3, 240 meters). From Mu Gumba we take the trail to Rachen Gumba, a nunnery. The nunnery is situated in the Shiar Khola Valley in the foothills of the mountains bordering Nepal and Tibet. Rachen Gumba was established in the year 1905 AD and is one of the largest nunneries in the Tsum valley. It houses nuns belonging to the Ngak-pa sect, which does not allow animal slaughter. The nunnery houses one thousand clay, moulded statues of Avalokiteshwara, a brightly colored, carved throne, a pillar, and a large prayer wheel. The interior is richly painted with murals about Buddhism and its history.

Day 13: Rachen Gompa to Dumje (6-7 hours) (2,460 meters). From Rachen Gompa we proceed towards Dumje, a small village with about eight houses and an adjoining cattle shed.

Day 14: This is another excursion or rest day. If you would like to trek, you can visit Ganesh Himal valley to Gumba Lungdang (3, 200 meters).and back to



Dumje.

Day 15: Dumje to Philim (cross Ripchet) (6-7 hours) (1, 570 meters). From Dumje we trek to Philim and cross Ripchet. On the way we pass one of the most beautiful waterfalls in the Lower Tsum Valley, Samba Tingding Chhupyang.

Day 16: Philim to Tatopani (6-7 hours) (3, 230 meters). From Philim we trek to Tatopani. There is a hot spring at Tatopani where we can relieve our tired muscles by soaking in the hot spring. (bring a bathing suit)

Day 17: Tatopani to Soti Khola (6-7 hours)
From Tatopani we trek to Soti Khola and pass through terraced fields and tropical waterfalls until we set up camp near the village.

Day 18: Soti Khola to Gurkha via - Arughat Bazar (drive and overnight Gurkha Hotel).

Day 19: After breakfast we'll tour Gurkha palace-Kalika. This is a large ancient temple and museum city. We'll drive back to Kathmandu 5/6 hours and



overnight Hotel. Usually, we arrive in the evening. Most group members are happy to get to their rooms for a shower and clean clothes. Dinner is on your own. There are many good restaurants close to KMG.

Day 20: Rest day to pack, get a massage, or shop. In the evening Geo-trek will provide a celebratory dinner. If you'd like to visit the Kathmandu Music Museum or the Monkey Temple, a guide and transportation can be arranged

Day 21: Depart Kathmandu-depending on when your flight leaves, you may wish to rest or visit more sites.

Services Provided:

- Arrival and Departure private transportation, with nice flower garland..
- Welcome and Farewell Dinner.
- 4 nights, Kathmandu Hotel KGH.Double -Delux room including breakfast.
- Sight seeing tour according the program with a tour guide and private transportation, and entrance fee.
- Transfer by private mini bus to Soti khola.



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- All necessary trekking permits and conservation fees.
- Transfer by private bus from Sotikhola to Kathmandu.
- All needed transfers for staff and trekking foods-all camping gear etc.
- All camping staff and porters are well paid, have life insurance, needed equipment etc.
- Whole staff for the trekking, necessary Emergency Rescue etc.
- All Trekking Camping gear, tent/dinner tent/table and chairs/kitchen tent/shower tent/staff tent/toilet tent/and all necessary pillow/inner liners/hot water bag/
- Full camping trekking, as usual.with camping foods.

SERVICE EXCLUDES:

- Nepal entry (included in your flight costs) visa fee
- All personal expenses & travel insurance
- Lunch and dinner in Kathmandu Hotel
- Coke, Fanta and mineral waters
- Bar, laundry and telephone bills
- All alcoholic drinks
 - International airfares



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- Personal Trekking Equipment
- Lunch and dinner during your stay in Kathmandu
- Any type of personal expenses, such as alcoholic beverages and drinks, phone and laundry
- Your rescue & travel insurance, trip cancellation costs, accident or health emergency
- Loss, theft or damage to baggage and personal effects
- Tips for drivers, guides and trekking team (\$275.00)



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