

## 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 30 April**

**Day 00:** Arrival Kathmandu hand over passport and photo (**arrival 21. April 2018**)

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

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

**Day 03:** Trek Aarugath - Lapubesi (6 Hrs /720m)

**Day 04:** Trek Lapubesi to Khorlabesi (7Hrs /1150m)

**Day 05:** Trek Khorlabesi to Jagat (6 hrs /1400m)

**Day 06:** Trek Jagat to Lokpa (6 hrs /2240m)

**Day 07:** Trek Lokpa to Chumling (Tsum) (7 hrs /2650m)

**Day 08:** Trek Chumling to Chhokangparo, (7 hrs /3350m) Possible to visit Guru Rinpoche Cave

**Day 09:** **Trek Chhokangparo to Lamagaun (3 hrs /3200 m), visit Milarepa Piren Cave**

**Day 10:** Rest day for meditation.

**Day 11:** Trek Lamagaun to Mu Gompa, (5hrs /3010 m) visit Dhephyundola gompa

**Day 12:** Trek Mu Gompa to Chhekampara, (5hrs /3010 m) visit Gonhgye Gompa (Nyigma-pa Buddhist)

**Day 13:** Trek Chhekampara to Philim (7 hrs/ 1570m)(full moon)

**Day 14:** Trek Philim to Machakhola (6 hrs /1440m)

**Day 15:** Trek Machakhola to Soti Khola (7 hrs /775m)

**Day 16:** Drive Soti Khola to Arughat Bazar and to Kathmandu (8-9 hrs)

**Day 17:** Departure from Kathmandu or rest day (**May 08. 2018**)



**Group Size:** Minimum 7, maximum 15 people.

**Duration:** 16 Days

**Price overview:**

Tea - House Trek cost: € 680 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 €680 + \$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 1500-2000 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!**

