

# Tsum Valley Tour 2013

28 April – 18 May 2013

\$AUS TBC



This is a wonderful opportunity to visit the sacred Himalayan pilgrimage valley in northern Gorkha, Nepal. Tsum means vivid and this serene Himalayan valley is set against the majestic snow-capped peaks of the Himalayas crowning Tibetan villages steeped in traditional culture and Buddhist values. The Tsum Valley is known as the Hidden Valley of Happiness in sacred Buddhist texts and is a remote and little visited region. It is believed that obstacles can be removed by being in this beautiful valley and famous yogi, Milarepa meditated in a secret cave in the Tsum Valley in the 11<sup>th</sup> century. No animals are allowed to be harmed in this pristine and beautiful region, and it is a profoundly beautiful and untouched place of natural splendour rarely found in the world today.

We will be trekking into a remote village deep in the mountains where we will spend time with the local community, as community members, helping them with a project of building a boarding school for 100 students from all over the valley. The school will enable students from remote villages to receive a modern education with traditional values and Buddhist wisdom. We will be visiting in the early stages and our volunteering will involve helping out in village life, with possible assistance with early building work. Teaching and medical skills are most welcome and we will also bring in medical aid. The trip will be led by Zatul Rinpoche, the head of Rongbuk Monastery near

Chomolungma (Mount Everest) who now lives in Australia and is an ardent supporter of his people, bringing the plight of Tibetans to the eyes of the world. We will also visit surrounding villages and have teachings with Venerable Geshe Thardoe and Zatul Rinpoche. If you are looking for a heart opening and authentic experience with Tibetan people and to extend yourself through trekking and community service then this will be a spiritually growthful and life changing tour for you.

## **ITINERARY**

### **Day 1, 28 April, Kathmandu**

Arrive in Kathmandu, transfer to our hotel and rest.

### **Day 2, 29 April, Kathmandu**

Morning tour of the sights of Kathmandu, in the afternoon Boudha tour and orientation.

### **Day 3, 30 April, Kathmandu**

Morning audience with Lama. Afternoon Swayambanath tour.



**Kathmandu**

### **Day 4, 1 May**

Today we drive to Arughat Bazaar for the beginning of the trek into the Tsum Valley

### **Day 5, 2 May**

Relaxed drive.

### **Day 6 – Day 10, 3 – 7 May Trek to Tsum Valley**



## Tsum Valley

### Day 11 – Day 13 , 8 – 10 May, Tsum Valley

Arrive at the village in the beautiful Tsum Valley where we meet the locals. We will participate in volunteer work, working alongside the local people building a school for the valley.

### Day 14 – Day 18, 11 - 15 May, Return Trek

#### Day 19, 16 May

Return drive to Kathmandu enjoying the beautiful scenery.

#### Day 20, 17 May, Kathmandu

Rest in Kathmandu, debrief and gather for a celebration meal.

#### Day 21, 18 May, Fly Home

**INCLUDED:** All accommodation, transport and guiding. Some meals will be included, other meals will be at inexpensive teahouses. In the Tsum Valley we will either stay with locals in their homes or in tents.

**NOT INCLUDED:** International air tickets and airport taxes, meals not stipulated in the itinerary, personal expenditure and tips.

**PLEASE NOTE:** This itinerary may be subject to change, circumstance may dictate alteration of the planned itinerary. Included meals above is a guide, changes in the itinerary may be necessary whilst on the tour, you will be provided with at least as many meals as indicated above, although the order may change.

The village will be in the remote part of the Tsum Valley that will take 5 days to trek to, there are no roads. The walk will steadily raise in altitude and we will cover 9-16 kilometres a day there will be porters and mules to carry your packs. As well as your much appreciated efforts in helping the villagers with the school project, we will be donating \$600 from each tour member directly to the project, to help with the supply of building materials.