Overview

Manaslu and Tsum Valley Trekking journey combines all the thrills of the Manaslu Circuit Trek with the extraordinary Tsum Valley. This Manaslu and Tsum Valley Trekking will be an unforgettable trip of a lifetime in spectacular landscapes rich with culture and natural beauty.

Manaslu Circuit Trek is one of Nepal’s most exciting trekking routes. The popularity of the route has been growing exponentially over the last few years primarily as an alternative to the neighboring Annapurna Circuit.

The gradual rise from a fertile river valley through lush hills allows for proper acclimatization to altitude on the way up to the highlands. Eventually, the scenic trails arrive at majestic mountain surroundings with up-close views of the surrounding Himalaya.

The remote Tsum Valley reaches a hidden corner of the Himalaya. The residents of this highland valley follow a traditional lifestyle with a Buddhist culture. Tsum Valley Trek was opened to tourists in 2008. Manaslu and Tsum Valley Trekking journey takes trekkers off the beaten path and offers cultural interaction and insights that cannot be found on the busier and more commercialized routes. The path travels through the beautiful landscape that will be unforgettable.

The highland Manaslu and Tsum Valley are surrounded by the snowy Himalayan peaks including Sringi, Baudha, Him Chuli, and the Ganesh Himal Range and more. To the north of the valley is the border of Tibet. The residents in this area have cultural ties Tibet and their customs and traditions adhere to a Buddhist way of life in the tranquil hills. Along the trails are exquisite monasteries, mani prayer stones, and prayer flags and other icons of Buddhist faith.

The journey returns to the main Manaslu Circuit Trek with its showpiece mountain, twin-peaked Manaslu (8156 mt, 26,758 ft). Manaslu stands out as the eighth highest peak on the planet. The feeling is otherworldly in this remote terrain. Eventually, the trail rises a mountain pass known as Larkya La (5160 mt, 17,200 ft), the highest elevation of the circuit.

Manaslu and Tsum Valley Trekking is ideal for trekkers looking for a thrilling adventure in a relatively unexplored area of the Himalaya with much of the same benefits of natural beauty, biodiversity and cultural richness as the more popular areas but with fewer of the crowds.

There is a lot to explore in the Manaslu and Tsum Valley area and it can be easily combined with the adventurous Ganesh Himal Trek and the Ruby Valley Trek as well as the classic Annapurna Circuit and more including Nar and Phu villages and beyond. Please let us know if you have the time and interest and would like to extend your journey to this region and beyond. We look forward to guiding you to all of its highlights.

Please Note: Our Manaslu and Tsum Valley Trekking has set departure dates from both Pokhara and Kathmandu and this trek can be personalized to accommodate your specific
Itinerary Details

Day 01 : Arrival at Kathmandu airport and transfer to hotel. Overnight at hotel.

Day 02 : Trip preparation day (Sightseeing optional ) . Overnight at hotel.

Day 03 : Drive from Kathmandu to Arughat (570 mt.) and further drive to Sotikhola. Driving 8-9 hours. Overnight at guest house.

Day 04 : Soti Khola to Machha Khola (870 mt.). Walking 6 hours. Overnight at guest house.

Day 05 : Machha Khola to Jagat (1340 mt.). Walking 6 hours. Overnight at guest house.

Day 06 : Jagat to Lokpa (2240 mt.). Walking 5-6 hours. Overnight at guest house.

Day 07 : Lokpa to Chumling (2386 mt.). Walking 5-6 hours. Overnight at guest house.

Day 08 : Chumling to Chhokang Paro ( 3030 mt.). Walking 5-6 hours. Overnight at guest house.

Day 09 : Chhokang Paro to Chhule/Nile (3360 mt.). Walking 5-6 hours. Overnight at guest house.

Day 10 : Chhule/Nile to Mu Gompa (3700 mt.) or Nunnery Gompa. Walking 3-4 hours. Overnight at guest house.

Day 11 : Mu Gompa to Chhokang Paro. Walking 7 hours. Overnight at guest house.

Day 12 : Chhokang Paro to Chumling. Walking 5 hours. Overnight at guest house.

Day 13 : Chumling to Deng (1860 mt.) . Walking 6 hours. Overnight at guest house.

Day 14 : Deng to Namrung (2250 mt.). Walking 6-7 hours. Overnight at guest house.

Day 15 : Namrung to Sama Gaun (3450 mt.). Walking 6 hours. Overnight at guest house.

Day 16 : Acclimatization day at Sama Gaun. Overnight at guest house.

Day 17 : Sama Gaun to Samdo (3780 mt.). Walking 3-4 hours. Overnight at guest house.
Day 18: Samdo to Dharmasala (4460 mt.). Walking 3-4 hours. Overnight at guest house.

Day 19: Dharmasala to Bimtang (3630 mt.) via Larkya-La pass (5135 mt.). Walking 7-8 hours. Overnight at guest house.

Day 20: Bimtang to Tilje (2240 mt.). Walking 5-6 hours. Overnight at guest house.

Day 21: Tilje to Dharapani (1430 mt.) and drive to Besisahar. Walking 2-3 hours and driving 4-5 hours. Overnight at guest house.

Day 22: Drive back to Kathmandu by bus. Driving 5-6 hours. Overnight at hotel.

Day 23: Transfer to airport for your final departure from Nepal.

Cost Includes

- Pick up & Transfer to and from Tribhuvan International Airport (TIA) to your hotel in Kathmandu.
- Three nights accommodation at 2/3 star hotel in Kathmandu (breakfasts included).
- Transportation to and from trek starting point.
- Tea-house lodging during the journey.
- Standard Meals during the journey (breakfast, lunch, dinner).
- Expert Guide (registered and licensed by the government) with accompanying porters (generally, one porter for every two clients). (High Camp Adventure covers the staffså€™ meals and accommodations as well as wages, transport, insurance, and essential gear.)
- Equipment (Sleeping bag, Down jacket, Walking poles).
- Conservation Area and National Park entry fees.
- Trekkerå€™s Information Management System (TIMS) card.
- Trekking Map.
- Medical kit.
- Government taxes.
- Our service charge.
- Farewell Dinner in Kathmandu the eve of your international departure.

Cost Excludes

- International plane ticket to and from Nepal.
- Major meals in Kathmandu (other than breakfast).
- Personal Expenses including laundry, telephone calls, bar bills, drinks, and snacks.
- Personal clothing and gear.
- Travel Insurance.
- Shower fees at lodges, fees for recharging electronic equipment, and personal
expenses along the trail.

- Tips for Guides, Porters and Staff.
- Expenses incurred by cancellation and events beyond our control, for example, weather delays, trail detours, political unrest, illness, and et cetera.