Tsum Valley and Manaslu Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Trekking and Tour

Transport: Private Vehicle / Jeep

Food: Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: 02 - 15

Max Elevation: 5,364m

Tsum Valley and Manaslu Circuit Trek Overview

The Tsum Valley and Manaslu Circuit Trek is one of the most unique and rewarding treks in Nepal. This combined trek takes you through remote villages, ancient monasteries, and offers breathtaking views of some of the highest mountains in the world.

The trek begins at Maccha Khola and follows the Budhi Gandaki River. As you walk, you pass through lush forests of rhododendron and pine. You'll also pass small, traditional villages that have preserved their unique culture for centuries.

Tsum Valley is often called the "Hidden Valley" due to its isolation. It has a strong Tibetan influence, with monasteries and stupas scattered throughout the landscape. One of the highlights of this trek is the visit to Mu Gompa, a beautiful monastery at 3,700 meters. It is considered the spiritual center of the valley. The sacred Piren Phu Cave, with its Buddhist paintings and carved stones, is also an important cultural stop.

The trek continues towards Manaslu Circuit, where you'll cross the famous Larkya La Pass at

5,106 meters. From here, the views are nothing short of spectacular. You'll see Mt. Manaslu, the eighth-highest mountain in the world, along with other towering peaks like Ganesh Himal and Himalchuli.

This trek is not only a physical challenge but also an opportunity to experience Nepal's rich cultural heritage. The people in these remote areas follow ancient traditions, and the region remains largely untouched by modern life. The trek is moderate in difficulty but does require a good level of fitness and stamina due to the high altitudes.

This trek combines two of the most popular trekking routes in Nepal: the Manaslu Circuit Trek and the Tsum Valley Trek. For those seeking a journey through pristine nature and deep cultural immersion, this trek is the perfect choice. It is a once-in-a-lifetime experience that will leave you with unforgettable memories.

In conclusion, the Tsum Valley & Manaslu Circuit Trek offers a unique blend of adventure, culture, and stunning natural beauty. Whether you're seeking a challenge or a chance to experience a way of life that has remained unchanged for centuries, this trek is sure to provide everything you are looking for.

Highlights

Tsum Valley and Manaslu Circuit Trek Highlights

• You will see Mount Manaslu. It is the eighth highest mountain in the world.

• There are also views of Ganesh Himal and the Annapurna range. These mountains look stunning during sunrise.

• The trail goes through a deep valley where you will walk beside the Budhi Gandaki River for many days.

• Sometimes you can see red pandas or blue sheep hiding in the trees.

• You will cross Larkya La Pass. This is one of the highest passes in Nepal. It stands at 5,160 meters.

• You will reach Tsum Valley. This is a quiet and peaceful place.

• You will visit old monasteries like Mu Gompa and Rachen Gompa.

• You will meet locals from different groups like Gurung, Tamang, Magar, and Tibetan.

• Along the way there are waterfalls and wooden bridges.

• You will walk through jungles and high grasslands.

• This trek feels like a journey back in time. Every day brings a new view and a new story.

• The path is quiet. So you feel close to the mountains and close to nature.

Day to Day Itinerary

Day 01: Drive to Machha Khola (869m | 2850ft, 160 km, 9–10 hrs)
Day 02: Trek to Jagat (1340m | 4395ft, 16km, 6–7hrs)
Day 03: Trek to Lokpa (2240m | 7347ft, 13 km, 6–7 hrs)
Day 04: Trek from Lokpa to Chumling (2386m | 7826ft | 7km | 4–5hrs)
Day 05: Trek to Chhokangparo (3031m | 9941ft | 8km | 5–6hrs)
Day 06: Trek to Nile (3361m | 11026ft | 9.5km | 5–6hrs)
Day 07: Acclimatization Day at Nile – Hike to Mu Gompa (3700m | 12136ft | 4.3 km | 3–4 hrs)
Day 08: Trek to Chumling (2470m | 8101ft | 17.5 km | 6–7 hrs)

Day 09: Trek to Deng (1860m | 6100ft | 14.5 km | 5–6 hrs)

Day 10: Trek to Namrung (2630m | 7048ft | 15 km | 6–7 hrs)

Day 11: Trek to Samagaon (3530m | 5-6 hrs)

Day 12: Trek to Manaslu Base Camp and back to Samagaon

Day 13: Trek to Samdo (3860m | 12660ft | 3hrs)

Day 14: Acclimatization Hike to Rui La (Tibetan Border) (4998m | 16393ft | 8hrs)

Day 15: Trek to Dharamshala (4460m | 14628ft | 6 km | 4–5 hrs)

Day 16: Trek to Larke La Pass (5106m | 16751ft) and hike to Bhimtang (3590m | 11775ft | 14km | 8–10 hrs)

Day 17: Trek to Dharapani (1960m | 6428ft | 16 km | 8 hrs)

Day 18: Drive to Kathmandu (8-9 hrs drive)

Cost Includes

Accommodation

- Best available twin-sharing guesthouse accommodation during the trek for 17 nights in the Manaslu Region.

Meals & Drinking Water

- Full board standard meals during the trek (Breakfasts, Lunches, and Dinners) including one hot drink.
- Seasonal fruits for dessert in the evening on a trek.
- Cultural dinner in a Nepali Restaurant after trekking.

Transportation

- Kathmandu International Airport pick-up and drop-off on a private vehicle as per your arrival date and time (upon request).

- Transport from Kathmandu to Machha Khola by Public bus (private jeep upon request with an extra cost).
- Dharapani to Besisahar by public sharing jeep and Besisahar to Kathmandu or Pokhara by Tourist bus.

Guide and Staff

- Experienced, first-aid trained, government licensed, English speaking, and locally recruited Nepal Hiking Trek's trekking guide for 18 days (2 guides for group sizes of more than 7 people).
- Porter to carry your luggage during the trek (1 porter for every 2 clients, porter can carry up to 26 kgs and porter cum guide for solo trekkers)
- Wages, accommodation, meals, gear, insurance, and medications for all staff.

Trek Permits

- Manaslu Restricted Area Permit (MRAP).
- Tsum Valley Restricted Area Permit.
- Manaslu Conservation Area Permit (MCAP).
- Annapurna Conservation Area Permit (ACAP).
- Tsum Nubri Rural Municipality (local government) Permit.
- Trekkers' Information Management System (TIMS) card.

NHT benefits

- First aid/kit bag with oxygen meters, trekking map.
- Trip completion certificate by Nepal Hiking Trek.

Administrative & Taxes

- All our administrative expenses and government taxes.

Cost Excludes

- International flight fare and Nepal Entry Visa fee.
- Travel insurance for both medical and high-altitude emergency evacuation coverage.
- Snacks and any kind of beverages, including bottled and boiled water.
- Tips and gratitude to the trekking guides and porters (expected).
- Personal trekking gear or equipment and personal expenses.
- Accommodation in Kathmandu (available upon request with an extra cost).
- Any other expenses that are not mentioned in the Price Includes section.