Manaslu Tsum Valley Trek

Description

This trek is a combination of two popular routes, the Manaslu Circuit trek, and the Tsum Valley trek, which takes you to some of the most remote and unspoiled regions of Nepal. Manaslu Tsum Valley Trek is a highly sought-after, excellent adventure in the Himalayas. This challenging journey around Mt. Manasalu passes through the inaccessible highlands and the stunning Himalayas. The trek takes you through remote and beautiful landscapes, including the Tsum Valley, which is considered a sacred and hidden valley that is considered to be a pilgrimage site by the local people.

This 22-day Manaslu Tsum Valley Trek takes you through some of the most remote and beautiful landscapes, including the sacred and hidden Tsum Valley. Starting from Machhakhola and ending in Dharapani, the journey offers a chance to explore traditional villages, and lush forests and to conquer several high passes, such as the challenging longest pass in the region the Larkya La Pass at 5,106 meters. The best season for the trek is from March to May and from September to December. Manaslu Tsum Valley Trek is considered to be challenging and requires previous trekking experience.

The Manaslu Tsum Valley presents ancient Buddhist monasteries and stunning landscapes. As you trek through the valley, you will pass through traditional villages, where you will get a chance to meet and interact with the local people and learn about the culture and way of life of the Manaslu Region. Manasalu Tsum Valley Trek also has a trekking trail that follows the historic salt trade route along the lovely Budi Gandaki River. The trekkers can experience stunning Himalayan terrain, high-altitude glaciers, diverse Tibetan culture, and rare species, among other things. Mount Manaslu, with a height of 8,163 m, goes around by trekking.

It is also important to note that this trek passes through areas that are prone to avalanches and landslides, so it's crucial to be prepared and to trek with a guide who is familiar with the route. Since the Tsum valley trek, previously closed to visitors, was finally opened to the public in 2008, it has allowed trekkers to trek through the Manaslu Tsum Valley. The trial is still very much intact, and traveling through it is like embarking on an adventure in a remote ancient region free of modern bonds.

Overall, the Manaslu Circuit and Tsum Valley trek is a truly unforgettable experience that offers a chance to explore some of the most beautiful and remote regions of Nepal, while also immersing yourself in the culture and way of life of the local people.

Highlights

- Explore the old valley and experience its wonders untouched by a crowd of tourists.
- Explore the region's rare species while trekking across high-suspension bridges alongside thundering waterfalls and through deep pine, fir, and oak forests.
- Enjoy the magnificent views of Churke Himal (5,282 m), Manaslu (8,163 m), Himal Chuli (7,893 m), Ganesh Himal (7,422 m), and Shringi (7161 m).
- Past Buddhist archaeological sites and monasteries. Each has a fascinating story, such as a famous Buddhist Stupanear Nile Village.
- A hike through less busy routes than Everest Base Camp and the Annapurna Base Camp Trek.
- Embark on a hike in the biodiversity of the Manasalu Conservation Area.
- Learn about the culture and traditions of the Nubri and Tibetan people.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Drive to Machha khola	870 meters	8-9 hours
03	Trek to Maccha Khola to Jagat	1,340 meters	7-8 hours
04	Trek to Jagat to Lokpa	2,240 meters	7-8 hours
05	Trek to Lokpa to Chumling	2,386 meters	5-6 hours
06	Chumling to Chhokangparo	3031 m	6-7 hours
07	Trek from Chhokangparo to Nile	3,361 meters	7-8 hours
08	Day Trip to Mu Gompa		
09	Trek to Nile to Chhokangparo	3,031 meters	5-6 hours
10	Trek to Chhokangparo to Lokpa	2,130 meters	6-7 hours
11	Trek to Lokpa to Deng	1,860 meters	6-7 hours
12	Trek to Deng to Namrung	2,630 meters	7-8 hours
13	Trek to Namrung to Lho	2,957 meters	5-6 hours
14	Trek to Lho to Sama Gaun	3,530 meters	4-5 hours
15	Acclimatization Day in Sama Gaun		
16	Trek to Sama Gaun to Samdo	3,865 meters	3-4 hours
17	Trek to Samdo to Dharmasala	4,460 meters	4-5 hours
18	Trek to Dharmashala to Larke pass to Bhimthang	5,160 meters	9-10 hours
19	Trek to Bimthang to Dharapani	1,963 meters	7-8 hours
20	Dharapani to Kathmandu	1,963 meters	9-10 hours
21	Kathmandu sightseeing		
22	Depart from Kathmandu		

Detailed Itinerary

Day 1: Arrival in Kathmandu Welcome to Nepal

On your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 2: Kathmandu to Maccha Khola,(870m), 9-10 hours

After early breakfast, we will take 9-10 hours of long off-road Jeep ride to Machhakhola. We have lunch at Arughat. Along the way, we will cross beautiful villages, the roaring Budhigandaki river, terraces, and beautiful hills. Overnight stay at Machhakhola.

Day 3: Maccha Khola to Jagat(1340 m), 7-8 hours

we start our destination from Machhakhola to Jagat. Walking through Gurung village Lapu Besi, the gorge, rocky trail, rice field, and sal forest (Shorea Robusta), We will arrive at Labu Beshi where we have lunch. Continue our journey, enjoying the beautiful natural waterfall from the suspension bridge over the Yaru Khola. The northeast face of Ganesh Himal can be seen from Machha khola. We continue trekking through the villages of Khorlabesi, Tatopani, Dovan, and Thulo Dunga, and finally, make it to the cultural village of Jagat. Overnight at Jagat.

Day 4: Jagat to Lokpa(2240 m) ,7-8 hours

This day we begin our trek, today we enter the restricted area of Tsum valley. After breakfast, we walk along the Budi Gandhaki River until Philim village. We have lunch in Eklebhatti. After Eklebhatti we come across a divergence where one path leads to the Manaslu area while the other to Tsum Valley. Following the trail toward Tsum valley, we move ahead. The Tsum valley is known as a holy place for Tibetan Buddhists also known as Kyimolung. We get to witness the stunning views of the Himchuli and Boudha Himal. Overnight at Lokpa.

Day 5: Lokpa to Chumling(2386 m),5-6 hours

On the 5th day, we start our journey. From Lokpa the trail descends for half an hour towards Lungwa Khola. The trail climbs up further for two hours passing through caliber bridge, pines, and rhododendron forest. There is no village settlement between Lokpa and Chumling. we have a noodle in a small tea house. We cross the beautiful Siyar Khola before arriving at Chumling village. In the evening we visit the old Chumling Gompa and the stone street of the village. we can also view the gorgeous Shringi Himal from this village. Overnight atChumling.

Day 6: Chumling to Chhokangparo, (3031 m) 6-7 hours

Firstly we cross the suspension bridge and walk further along with the accompanied views of the Ganesh Himal. We walk through Rainijam, Serpu Khola to the Gho village. The place itself is a

beautiful Buddhist village decorated with cultural features such as stupas, mani walls prayer wheels. If the weather is nice we have views of Himalchuli (7893 meters) and Ganesh Himal (7140 meters). Overnight in Chhokangparo.

Day 7:Chhokangparo to Nile (3361 m) 6 – 7 hours

On the 7th day, we begin preparing for today's trek from Chhokangparo to Nile. Today we trek through various villages in the area, passing from Ngakyu, Leru, and Lama Gaoun. If you want we can have a brief visit to the Piren Phu cave in Bhurji. We continue traveling through Phurbe and Pangdum.On the way to the beautiful village of Nile and Chhule, we can see an old historic Stupa of Buddha. If you like we can also visit the famous monastery of Chhule which is situated at the top of the area in Chhule. We spend a night in Nile.

Day 8: Day Trip to Mu Gompa

On this day we take a short day hike to Mu Gompa. It is a famous monastery of Tsum valley. This monastery is almost 500 years old and is the largest monastery in this region. After the Chinese invasion, many Tibetan monks and nuns came to this monastery for shelter and settled there for some years. We also have the opportunity to visit the Dhephu Doma Gompa which is one of the oldest monasteries In Tsum valley. After done exploring, we head back to Nile village where we spend the night

Day 9: Nile to Chekampar (3031 m),6-7 hours

On this day we descend from the Tsum valley. We travel through Chhule village and Phurbe village and then passing through Lar Village we reach Rachen Monastery. It is a renowned nunnery of the Tsum valley. After visiting the monastery we head back on the route, cross the suspension bridge, and enter the Chhekamparo village via the same trail back. Overnight in Chekamparo.

Day 10: Chekampar to Lokpa (2130m), 6-7 hours

the 10th day marks our last day in Tsum valley. Today we follow the same trail and head down to Chumling through to the Gho, Serpu Khola, and Rainjam Village. We have lunch in Chumling. After re-energizing our bodies we head back on the trail. We walk further until we arrive at Lokpa. Tonight we rest in Lokpa.

Day 11: Chumling to Deng (1860 m), 6-7 hours

Today we walk through some beautiful pine and bamboo forest to Nyak Phedi. We have lunch in Nyak Phedi. Traveling through the trail in the countryside we reach a small settlement, called Pewa village. After walking for one hour we arrive at Deng surrounded by magnificent views of Shringi Himal and Ganesh Himal. This village is a Buddhist village, where trekkers can observe the Buddhist shrine, Stupas, and Mani walls. Overnight in Deng.

Day 12: Deng to Namrung (2630 m),16km,7-8 hours

The trek from Dyang to Namrung takes about 7-8 hours of trekking. Today we have a wonderful view of Ganesh Himal, Shringi Himal from Namrung. After breakfast, our journey starts to Behi village, passing by numerous Tibetan mani walls. It is a typical Tibetan Buddhist settlement. We witness the lifestyle of the local people in this village. However, if you want, we have the option of

escaping this village and taking a direct trail from Behi Phedi. The trail to the famous Serang Buddhist monastery continues from Behi village. We will have lunch at Gap village. If you're interested we can take a short tea break at Lungachet, an isolated small teahouse middle of the forest before arriving at Namrung. Crossing the path surrounded by a forest of firs, oaks, and rhododendrons, finally we reach our destination of Namrung village. Namrung is a small hospitable village that is mostly inhabited by the local Gurung people. Overnight at Namrung.

Day 13: Namrung to Lho (2957 m), 5-6 hours

Today we begin traveling towards the west of Namrung. The beautiful scenery of the countryside and monasteries are worth exploring. After Namrung we will feel being in High Himalayas. We will have a wide range of views, open mountains, and hills. We will cross nice villages Lhi and Sho and finally arrive in Lho Village. We will encounter Tibetan origin people, their lifestyle, and their culture. After Lhi village, we see the path to go Hinanag monastery but we continue our journey to Lho. It is a big Himalayan settlement with about 800 population. Walking around Lho village and exploring and encountering local people, stupas, Mani wall, and prayer flag are the attraction of Lho village. We have the best view of Mt. Manaslu with Ribung Monastery. We spend the night at Lho.

Day 14: Lho to Sama Gaun (3530 m),4-5 hours

Continuing trekking north from Lho it will take 4-5 hours to reach the pretty village of Samagaun. Samagaun is one of the many beautiful villages on the Himalayas residing on the laps of mountains like Manaslu, Mt. Himalchuli, and Naike peak. Today is another beautiful day of Manaslu Trek. We have an amazing view of Manaslu, Mt. Himalchuli, and Naike peak. After breakfast, we walk to Shyala. We will shortly visit the Ribung Buddhist Temple just above Lho. We take a short tea break at Shyala, enjoying the view of Manaslu, Mt. Himalchuli, and Naike peak. After that, we continue our journey to Samagaun. It is the most attractive village in the whole Manaslu Trek. Overnight at Sama Gaun.

Day 15: Acclimatization Day in Sama Gaun

Today we will spend our day in the village followed by a short hike to nearby surrounding for acclimatization. It is a one-day acclimatization for power saving day to high pass larky pass. We have options to either hike to Birandra tal, a beautiful glacier lake, the water in the lake directly comes from Manaslu mountain. (3 hrs). After returning in the afternoon, we explore Samagaun village. Alternatively, we can go to the Manaslu basecamp, walking around for 7 hrs carrying pack lunch with us. Overnight at Samagaun.

Day 16: Trek from Sama Gaun to Samdo(3865 m),9km, 3-4 hours

After breakfast, we continue on our trail, and after walking for about 4-5 hours towards the east we finally arrive at the village of Samdo. A town was well known for its yak herding. Today is the short walking day to Samdo, where we have lunch and camp in the same place. We walk through an open wide valley to Samdo with the beautiful mountain. We can see the path to Larkya pass from Samdo village. After lunch, we can go hike to a viewpoint called Pana danda (5100m). Overnight at Samdo.

Day 17: Trek from Samdo to Dharmasala (4460 m),4-5 hours

On the 17th day, we walk to Dharmasala, the basecamp of Larkya pass via Larkya bazaar. It was the marketplace until some years before and Tibetan people came here for trade. Now a day, they are not

allowed to come here. We walk with a nice view of Neike peak, Larkya peak, and Samdo Himal. Our accommodation is very simple. There is a simple tent for the overnight. Because of conservation rules, it is not allowed to build any teahouse structure over here. Today we go early to bed because the next day, we start early in the morning. Overnight at Dharamshala.

Day 18: Dharmashala(4460m) to Larkya la (5160m) to bhimthang(3590m), 10-11 hours

Today we hike towards Bhimthang via the Larkya la. “La” is the Tibetan word that means pass. Larkya la is one of the longest passes in the Himalayan region of Nepal. It takes 9-10 hours. Surrounded by the beautiful Himalayas the views are splendid. Today is the big day of our whole trip. We walk slowly so that we can save energy for the entire day’s hike. We enjoy the beautiful view of the Himalayas. Today we walk through the Larkya Glacier, Rucky moraine. We have a magnificent view of Larkya Himal, Pawar Himal, Cheo Himal, and small frozen lakes. Similarly, today we also can encounter the blue sheep and snow leopard. It takes 4 hrs to reach Larkya pass from phedi. From the top, we see Manaslu from the backside, Himlung Himal, Cheo Himal, Pawer Himal, and many more. After the pass, we stepped down and sometimes the path is covered with snow and slippery. Hikers need to be careful on the way down. We can also see the Punger lake on the way and finally arrive in Bhimthang. We start trekking at 4 AM with packed lunch and bring a torch. Wear suitable clothes and bring good equipment. Chocolate and other snacks are recommended. Overnight at Bhimthang.

Day 19: Bimthang to Dharapani(1963 m), 7-8 hours

Today we continue trekking to Dharapani from Bhimthang. Following the trail towards the south, it takes about 8-9 hours to reach Dharapani. After breakfast, we continue our day through a wooden bridge, glacier river, bushes, and beautiful mountain views. We walk through the beautiful village Yakkharka, Ghowa, and Tilje village. We have lunch at Tilje. Today we meet Gurung, Chhetri, and Tibetan origin, people. Tojne village is the junction of the Manaslu trek and Annapurna round trek. Overnight at Dharapani.

Day 20: Dharapani to Kathmandu (Drive) 10 hours

Today we first take the jeep drive to Beshisahar by local jeep. It takes 5 hours for Beshishahar. After arriving in Beshishahar, we drive by our private vehicles to Kathmandu. Overnight at Kathmandu.

Day 21: Departure to International Airport

On your last day here our representatives will drop you off at TIA with the hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Includes

? Airport pickups and drops in a private vehicle.
? Accommodation in Kathmandu.
? All meals and Accommodation of clients and crews (breakfast, lunch, and dinner) during the trek.
? Private jeep drive.

- Kathmandu- machha khola

- Dharapani– Beshishahar and
- Beshishahar to Kathmandu

? Trekking crews as per the above program(1 English/German speaking guide,1 porter for 2 trekkers, assistant guides) their food, accommodation, transportation, and insurance during the trek.
? Guided city tour with Culture Guide and entrance fees.
? All necessary trekking permits (Tsum valley special permit, Manaslu special permit, MCAP, ACAP, and TIMS)
? Medical kit.
? All government and local taxes.
? A Manaslu Map.

Excludes

? Nepalese visa fee.

? International flights.

? Extra night accommodation in Kathmandu due to early arrival, late departure, and early return from the mountain (due to any reason) other than the scheduled itinerary.

? Lunch and evening meals in Kathmandu (and also in the case of an early return from the mountain than the scheduled itinerary)

? Soft and hard drinks (during breakfast, lunch and dinner a cup of tea and coffee included)

? Travel and rescue insurance (compalsory)

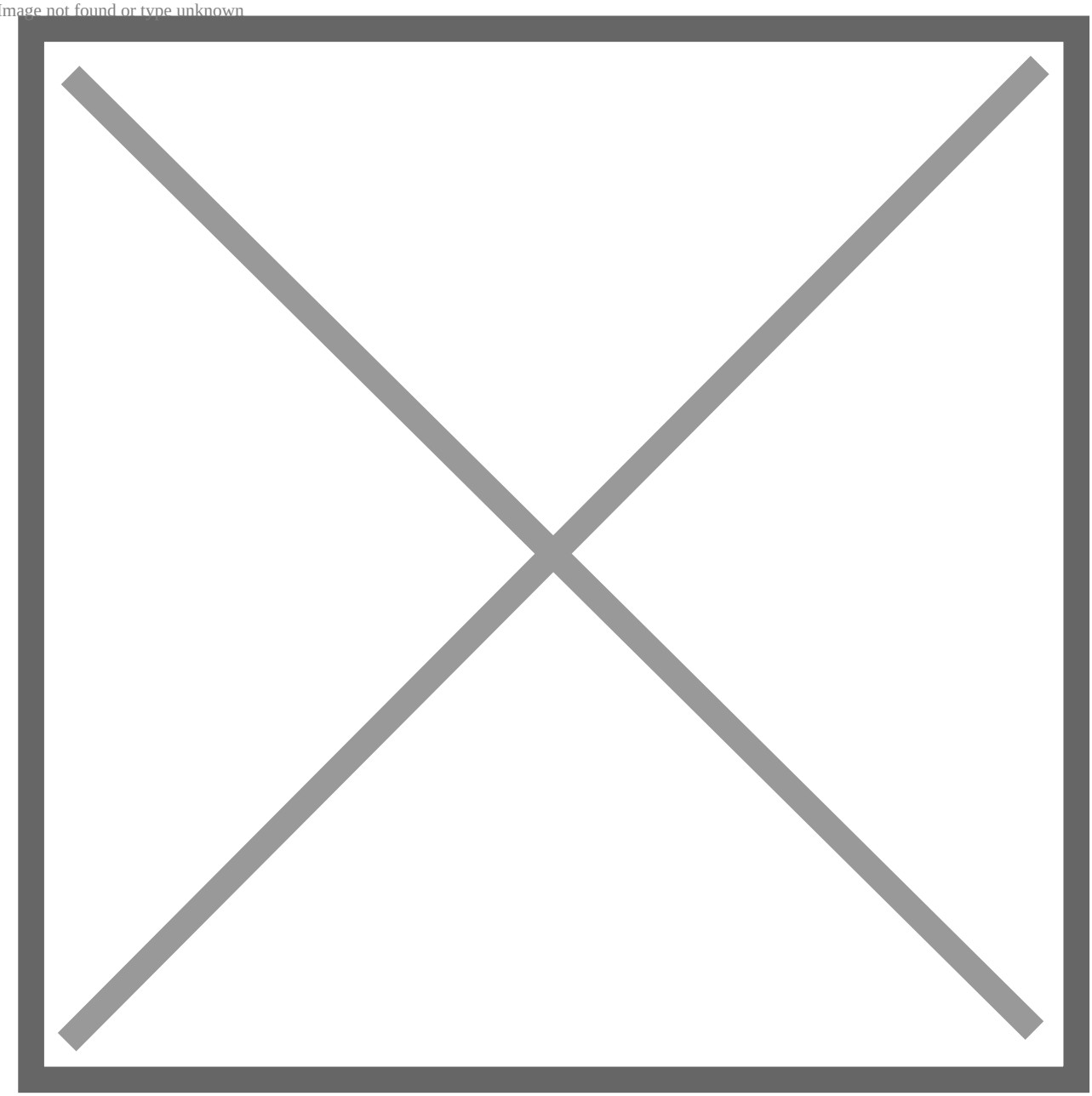
? Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)

? Tips for guide(s), porter(s) and driver(s)

? The items which are not mentioned in include items.

Map

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Gear List

Q. What kind of Trekking Equipment do you need for Manaslu Tsum Valley Trek ?
A.

Here is a general list of gear that you should consider bringing with you on the Everest Base Camp trek

1. A backpack with a capacity of at least 40-50 liters, with multiple compartments and straps to securely hold your gear.
2. Trekking Baggage for putting Trekking equipment. Please bring comfortable baggege which is easier to carry by porter.
3. Sleeping bag: A good quality, warm sleeping bag rated for temperatures well below freezing, ideally -20C
4. Headlamp or flashlight: A headlamp or flashlight with extra batteries or charging device.

5. Clothing:
   - Waterproof and breathable jacket and pant
   - Warm layers such as a down jacket or synthetic insulation
   - Fleece or wool sweater
   - Synthetic or wool long underwear
   - Waterproof and breathable gloves or mittens
   - Sun hat or beanie,
   - Sunglasses
6. Footwear:
   - Good quality, well-worn in trekking boots or hiking shoes with sturdy soles,
   - ankle support and waterproof/breathable membrane.
   - a pair of camp shoes or sandals for in camp use
7. Personal hygiene and first aid:
   - Personal hygiene items such as toothbrush, toothpaste, wet wipes, and hand sanitizer
8. Basic first aid kit including bandages, painkillers, and blister treatment
9. Water bottles or hydration system: At least 2L of water carrying capacity
10. Camera and battery bank: to capture the beautiful moments and landscapes.
11. Travel documents: passport, visa, insurance and necessary permits.
12. Other Items
    - Sunscreen, lip balm, and moisturizer

Frequently Asked Questions

Q. How long does it take to trek is the Manaslu Tsum Valley Trek?
A. Manaslu Tsum Valley Trek takes about 20 days depending upon the trails and the pace of the trekkers.

Q. How long is the Manaslu Tsum Valley Trek?
A. The total distance of the Manaslu Tsum Valley Trek is 220km (136.7 miles). The distance can, however, differ from itinerary to itinerary. Some trekking companies like to start in Arughat Bazar whereas others only start at Seti Khola.

Q. Do you need permit to trek Manaslu Tsum Valley Trek?
A. The trekkers must have a special restricted area permit provided by the department of immigration to trek through the Manaslu Circuit Trek.

Q. How much does the Manaslu Tsum Valley Trek permit cost?
A. The Manaslu Tsum Valley Trek costs US 70$ per week per person and US $10 per day per person after a week from September to November. and US $50 per week per person and US $7 per day per person after a week from December to August.

Q. How hard is the Manaslu Tsum Valley Trek?
A. The Manaslu Tsum Valley Trek difficulty is generally considered moderately challenging. It is also important to note that this trek passes through areas that are prone to avalanches and landslides,

so it's crucial to be prepared and to trek with a guide who is familiar with the route.