

Manaslu Circuit And Tsum Valley



Overview

Manaslu Circuit and Tsum Valley Trek takes you to the less explored and stunningly beautiful valley of Manaslu and Tsum. The trek is a complete package of adventure, culture and nature. The trek is fascinating as the place and people are withdrawn with the nature and is in completely love with the place as well as their unique culture is wonderful to get insights too. The lush jungles, roaring rivers, huge snowcapped mountains at the backdrop and together with that spectacular landscapes is what you will get to see when you in the area. Moreover, the place might have number domestic animals than the residents itself. On the trail, you will get to see more herds than the people or trekkers unlike Everest or Annapurna trail. The roads are narrow and cut through the cliffs and through these roads journey are made to Manaslu Base Camp and Tsum valley. The sounds of roaring river and chirping birds while passing through the lush jungles will definitely give you the pleasure of being close to the nature. Besides that, happy or smiling faces are always there to welcome you wherever you choose to stop or stay at. Tea houses are there to accommodate you with the limited number of food items but there are served with delight in their eyes.

Overall, Manaslu Circuit and Tsum Valley trek is a long journey where you get to explore each and every beautiful aspects about this region. Get in touch with Himalayan Social Journey to make a trip of a lifetime.

Highlights

- Discover the unexplored and hidden treasures of the Manaslu region
- Journey to the northern borders of Tibet alongside the captivating Manaslu region
- Explore ancient monasteries, chortens, and gompas amidst the breathtaking landscape
- Marvel at the panoramic views of Mt. Manaslu, Hiunchuli, Ganesh Himal, & Larkye Peak
- Embark on a unique trekking experience through the enchanting Tsum Valley routes

Trekking route to Manaslu circuit and Tsum Valley

The trekking route from Sotikhola, ascends the Buddhi Gandaki valley via the pine and rhododendron forests, heads up the ridge to Lokpa, the entrance to the wild Tsum valley. We would be in the upper valley of the inner Himalayas from Chhokangparo. Increased trails lead to quiet alpine glow and rough, high-mountain desert in cool bamboo and rhododendron forests. Visiting Piren Phu cave-the most sacred cave, above the Nile and Chhule is the Tibetan region, where the landscape is warm, unpopulated and reminiscent of the Tibetan plateau, with deserted hillsides and steep hills and mountains.

The historic Dephyudonma monastery is seen on the way to Mu Gompa, walking through yak pastures into trans-Himalayan terrain. We will have time to visit Rachen Gompa before entering the main route of Manaslu in Deng. On the arrival in Lho, the Nupri region is inhabited by Tibetan immigrants and is accompanied by fluttering colorful flags of prayer and convents. Visit the Birendra Lake on a rest day in Samagoan and climb the larkya La, one of the Himalayan's most dramatic crossing.

Outline Itinerary (22 Days)

Day 1 : Arrival in Kathmandu

You'll be picked up from the airport and taken to your hotel to relax after your flight. Overnight at Himalayan Suite Hotel.

Max Altitude Kathmandu (1400 M)

Duration 30 Min Drive

Overnight Himalayan Suite Hotel

Day 2 : Kathmandu Sightseeing

After breakfast, our guide will take you to different attractions of Kathmandu Valley. Today, you will visit, Swayambhunath, Boudhanath, Pashupatinath and Patan Durbar Square.

Max Altitude Kathmandu (1400 M)

Duration 4 - 5 Hrs Drive

Overnight Himalayan Suite Hotel

Meal Breakfast Included

Day 3 : Drive Kathmandu to Machha Khola

Today, you'll start your journey towards Machhakhola, a small village situated in the Gorkha District of Nepal. The drive from Kathmandu to Machhakhola is quite long, taking around 7 hours to cover the distance of approximately 200 kilometers.

Despite the dusty and bumpy road, you'll be rewarded with breathtaking landscape views from your window seat during the journey. Along the way, there are numerous rest stops where you can take short breaks and enjoy meals. Your day's adventure will conclude with a comfortable overnight stay at one of the welcoming teahouses in Machha Khola.

Max Altitude Machha Khola (900 M)

Duration 7 - 8 Hrs Drive

Overnight Guest House

Meal Breakfast Included

Day 4 : Trek Machha Khola to Jagat

The next day, start the trek along the twisting Budi Gandaki river, spotting monkeys and langurs in the forest trail. Explore Gurung villages like Lower Khorlabeshi, where shepherds wear traditional Bokkhu capes. Reach Tatopani for warm showers to relax. Cross a new suspension bridge to Doban, avoiding a difficult 3-hour climb. Traverse a long cantilever bridge to Jagat, a charming Gurung village with flagstone paths. Verify your trekking permits at the check post, as you enter the restricted region.

Max Altitude Jagat (1340 M)

Duration 6 - 7 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 5 : Trek Jagat to Lokpa

We access the restricted region of Manaslu by crossing a ridge to reach Salleri and then cross the Budhi Gandaki River via a suspension bridge. The valley widens as we approach Philim, and at Ekle Bhatti, the trail diverges towards **Tsum and Manaslu**. Hiking through various villages, we eventually reach Lokpa village in the hidden Tsum valley, which offers clear and breathtaking views of the Manaslu range, along with the blessings of Padmashamva from centuries ago. From Lokpa,

you can also enjoy stunning panoramas of **Himalchuli and Boudha Himal**.

Max Altitude Lokpa (2040 M)

Duration 6 - 7 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 6 : Trek Lokpa to Chumling

Starting after breakfast from **Lokpa Village**, the wild route entrance to Tsum valley, you can enjoy stunning views of Baudha Himal and Ganesh Himal VI on clear days. The trail initially descends to the Lungwa river valley, then ascends through a dense subtropical forest of rhododendron and pine. Notably, there are no villages between **Lokpa and Chumling**. Crossing Syar Khola leads you to the village of Chumling, and a side trip to its upper parts offers great views of Ganesh Himal from a monastery. Chumling is equipped with a health post and three monasteries: **Panago Gumba, Mani Dhungyur, and Gurwa Gumba**.

Max Altitude Chumling (2400 M)

Duration 4 - 5 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 7 : Trek Chumling to Chhokangparo

Today, we enter the upper valley, a part of the inner Himalayas. The trail continues along the **Syar River down to Domje** - the largest city in Tsum valley. From Domje, we continue climbing uphill to arrive at **Chhokangparo**. On a clear day, we can get magnificent views of Himalchuli and Ganesh Himal from **Chhokangparo**. At Chhokangparo, you will also have the opportunity to experience the hospitality of local (Tibetan group "Tsombo") people along with Tibetan Chiya (butter tea) and local meals.

Max Altitude Chhokangparo (3010 M)

Duration 5 - 6 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 8 : Trek Chhokangparo to Nile

Today's trek covers a relatively shorter distance. After leaving Chhule, the last village in the north upper Tsum Valley, you'll find the Nile, situated just a 20-minute walk away on the western side of the Shikhar Khola. As you approach Ngakyu Leru, you'll witness the locals engaged in farming activities, benefiting from the fertile land.

Continuing the journey, you'll pass Lamagaon and arrive at the revered St. Milarepa Piren Phu Cave, where the footprint of Milarepa is believed to be preserved in the rock. This sacred cave, also known as the "pigeon cave," holds immense significance in the Tsum valley. Adjoining the rocky cave are two separate Gumbas adorned with beautifully painted Buddhist murals, intricate stone carvings, and long prayer flags, making Piren Phu Cave a cherished socio-cultural treasure in the valley. Crossing a suspension bridge over the Shiar River, the trek continues through various villages until you reach Nile.

Max Altitude Nile (3361 M)

Duration 4 - 5 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 9 : Nile to Mu Gompa

A short walk from the Nile along the west bank of the valley close to the Tibetan border leads to Mu Gompa - the highest point of the Tsum Valley Trek. We hike up through yak pastures through typical dry and arid trans Himalayan terrain. The Mu Gompa monastery has rows of Chortens and provides beautiful mountain views. Moreover, you get an opportunity to visit Dhephu Doma Gompa - one of the oldest monasteries in the Tsum.

Max Altitude Mu Gompa (3700 M)

Duration 3 - 4 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 10 : Mu Gumpa to Chhokangparo

Starting from Gompa, our descent journey commences. We make our way down to Rachen Gompa, continue to Chhule, and eventually arrive at Phurbe. Rachen Gompa is located near the **Nepal-Tibet border**, nestled amidst towering mountains. However, on this day, our path leads us through a lush forested area, culminating in our arrival at **Chhokangparo**.

Max Altitude Chhokangparo (3010 M)

Duration 4 - 5 Hrs walk

Overnight Guest House

Meal Breakfast Included

Day 11 : Trek Chhokangparo to Chumling

Continuing our descent from Chhokung Paro, we proceed towards Gho. Along the way, we cross a suspension bridge near Gho and continue our hike to reach Rainjam Village. Departing from Rainjam, we descend further into the Tsum Valley until we finally reach

Chumling, our destination for the day.

Max Altitude Chumling (2386 M)

Duration 5 - 6 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 12 : Trek Chumling to Deng

Today's journey involves leaving Chumling and continuing our descent, making it a relatively easier day. As we make our way along the bank of Shair Khola, our destination is Lokpa Village. If the weather is favorable, you might encounter large herds of sheep and goats along the path.

Beyond Lokpa, the trail descends, leading us to cross the Budi Gandaki River over a sturdy bridge. From there, we enter a narrow gorge, where the path alternates between ascending and descending while gradually climbing through the valley. Our trek includes crossing a river on a suspension bridge to reach Nupri and then passing through bamboo forests until we arrive at the charming Gurung village of Deng (1860m).

Max Altitude Deng (1860 M)

Duration 6 - 7 Hrs Trek

Overnight Guest house

Meal Breakfast Included

Day 13 : Trek Deng to Namrung

From Deng, we climb to Rana Village (1,910m) and hike to Bhiphedi (2,130m). The path twist in and out of valley canyons, crossing the Serang Khola, and leads us to Ghap (2,160m). Leaving Ghap, we face a steep ascent through bamboo and rhododendron forests, crossing wild rivers a few times before reaching Namrung Village, the entrypoint to the Nupri region, inhabited by Tibetan descendants.

Max Altitude Namrung (2900 M)

Duration 6 - 7 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 14 : Trek Namrung to Lhogaon

Today, we leave Deng and cross Budhi Gandaki and ascend our way to Rana. The trail passes Namrung village is a good viewpoint for Siring and Ganesh Himal and from the village one can also see Mt. Himal Chuli in the south. We climb steadily and pass through forests and reach Lihi, a fine village with many chortens and barley terraces. The trail drops and crosses the side valley of Simnang Himal with Ganesh Himal always close by. We further pass through Sho and then finally reach Lho Village.

Max Altitude Lhogaon (2900 M)

Duration 5-6 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 15 : Lho to Sama Gaun (Village)

Today, you will leave Lho village and make the journey towards, Sama Gaun. The trail is beautiful with forest, deep valleys and magnificent view of Manaslu and shimmering large glaciers.

Max Altitude Sama Gaun (3556 M)

Duration 4 to 5 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 16 : Acclimatization Day (Day trip to Manasalu Base Camp or Pungyen Gompa)

Early in the morning, we follow trail through forest before steep ascent to a slope and to a moraine. There is magnificent view of glacier, a turquoise lake and wonderful mountains from all angles. Trekking to Manaslu Base Camp takes approximately 3-4 hours.

Max Altitude Sama Gaun (3556 M)

Meal Breakfast Included

Day 17 : Sama Gompa to Samdo

Today, we descend to the Budhi Gandaki River, that has turned north and follow it to a bridge over a side stream. The trail to the left leads to the Manaslu Base camp. The Larkya la Trail passes several mani walls as the valley begins to widen. It is an easy trail on a shelf above the river passing the juniper and birch forests of Kermo Kharka. We drop off the shelf, cross the Budhi Gandaki on a wooden bridge and climb steeply onto a promontory between two forks of the river. From a stone arch we can view a large white kani. Finally passing through the kani we find Samdo

Max Altitude Samdo (3800 M)

Duration 5 - 6 Hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 18 : Samdo to Dharmasala

Today, you will walk down the edge, cross the wooden bridge over Budi Gandaki and start walking upwards. Upon crossing two streams and witnessing the Larkya Glacier we go around the valley of the Salka Khola and climb up again to the stone guest house (4450 m), which is not a lodge but a kind of shelter called Dharmshala, also known as Larke Phedi. The short walk today also leaves plenty of time for acclimatization and relaxing in the afternoon.

Max Altitude Dharmasala (3720)

Duration 4 to 5 Hrs Drive

Overnight Guest House

Day 19 : Dharmasala to Bimthang via larkya Pass

This is a special day as you will walk to the trail's highest point. as you ascend to the trail's highest point, the Larkya La Pass (5,160m / 16,929 ft). Although challenging in adverse weather and snow, it is feasible with an early start around 3 am. Walking steadily is the key to successfully crossing the pass before afternoon. The reward awaits at the top with awe-inspiring views of Himlung (7,126m / 23,379 ft) near Tibet, Kang Guru (6,981m / 22,903 ft), and Annapurna II (7,937m / 26,040 ft) in the Annapurna Range.

Take in the beauty of the pass before descending for about 3 hours towards Bimthang, where you will spend the night. On your way down, marvel at the majestic icefalls and surrounding mountains, including Pongkar Tal nestled between the Pongkar and Salpu Danda Glaciers.

Max Altitude Dharapani (1860 M)

Duration 5 - 6 hours

Overnight Guest House

Meal Breakfast Included

Day 20 : Bimthang to Dharapani

On the final day of your Manaslu trek, you'll be enchanted by the lush forests abundant with diverse flora and fauna, including vibrant rhododendron bushes. As you descend, you'll cross the Dudh Khola and make your way to Karche for a delightful lunch. Be prepared to witness signs of a glacial flood, with tree trunks scattered and riverbanks altered, making the trail rough. The route leads to Gurung Goa, the first village since Samdo. Passing through picturesque agricultural fields and charming oak and rhododendron copses, the valley becomes even more inviting. Stay on the north (true right) bank until you reach Tilije. From there, continue your leisurely stroll towards Dharapani, cherishing the last moments of your memorable Manaslu trek. We will arrange your transfer to the Kathmandu airport for your return flight to your home country or to start your next adventure.

Max Altitude Dharapani (1860 m)

Duration 6 - 7 hrs Trek

Overnight Guest House

Meal Breakfast Included

Day 21 : Dharapni to Kathmandu

After your trek, you'll board a convenient jeep ride from Tilije to Beshi Sahar. From Beshi Sahar, you'll embark on a comfortable journey back to Kathmandu, which takes around 6 to 7 hours. Once in Kathmandu, you can unwind and relax spa and massage at Himalayan Suite Hotel.

Max Altitude Kathmandu (1300 M)

Duration 6 - 7 hrs Drive

Overnight Himalayan Suite Hotel

Meal Breakfast Included

Day 22 : International Departure

We will arrange your transfer to the Kathmandu airport for your return flight to your home country or to start your next adventure.

Max Altitude Kathmandu (1400 M)

Meal Breakfast Included

Include / Exclude

- Airport pick up & drop
- Three star category hotel in Kathmandu (Himalayan Suite Hotel or similar category) in twin sharing bed and breakfast basis
- All meals, accommodation, insurance and other expenses of trekking crew
- Accommodation in lodge with breakfast during the trek
- Necessary permit and national park fees
- Guided sightseeing tour in Kathmandu by car
- All necessary equipment (Sleeping bag and duffle bag) during the trek.
- Transportation by bus KTM- Sotikhola-Dharapani-kathmandu
- Lunch and dinner during the trip which cost is about \$ 4-7
- Personal equipments and clothing
- City sightseeing entry fee and your insurance
- Thirty minute special massage at Himalayan Suite Spa
- Private transportation
- Personal expenses and tips to the crew



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

reservation@hsj.com.np

+977-01-4952211, +977-9865452271 (Whats app)