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1. Manaslu Circuit Tsum Valley Trek

2. Overview

Manaslu Circuit Tsum Valley Trek, which lies in the Gorkha district of Nepal, is the combined trek of the beautiful Tsum Valley with the iconic Manaslu Circuit Trek. This trek takes you closer to the…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 meter | Stay: Hotel

High Route Adventure airport staff will meet you when you arrive at Tribhuvan International Airport. He will help you get transferred to your Hotel. There are no planned activities for the day, thus you may check into your Hotel and relax. Overnight stay at the Hotel in Kathmandu. Manaslu Circuit Tsum Valley Trek

Day 2: Drive from Kathmandu to Machha Khola

Altitude: 870 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

You will have a drive from Kathmandu to Machha Khola today, passing by Seti Khola along the way. It takes about 8-9 hours to reach, and while the road is bumpy, the natural scenery makes up for the rather long ride. You will be driving along the Prithvi Highway for the first part of the journey. Turning off to Dhading, the landscape becomes quite rural and remote and the road also becomes quite bumpy and dirt-laden. Finally, you will reach the Machha Khola. Overnight stay at the guesthouse at Machha Khola tea house. Machha Khola

Day 03: Trek from Machha Khola to Jagat

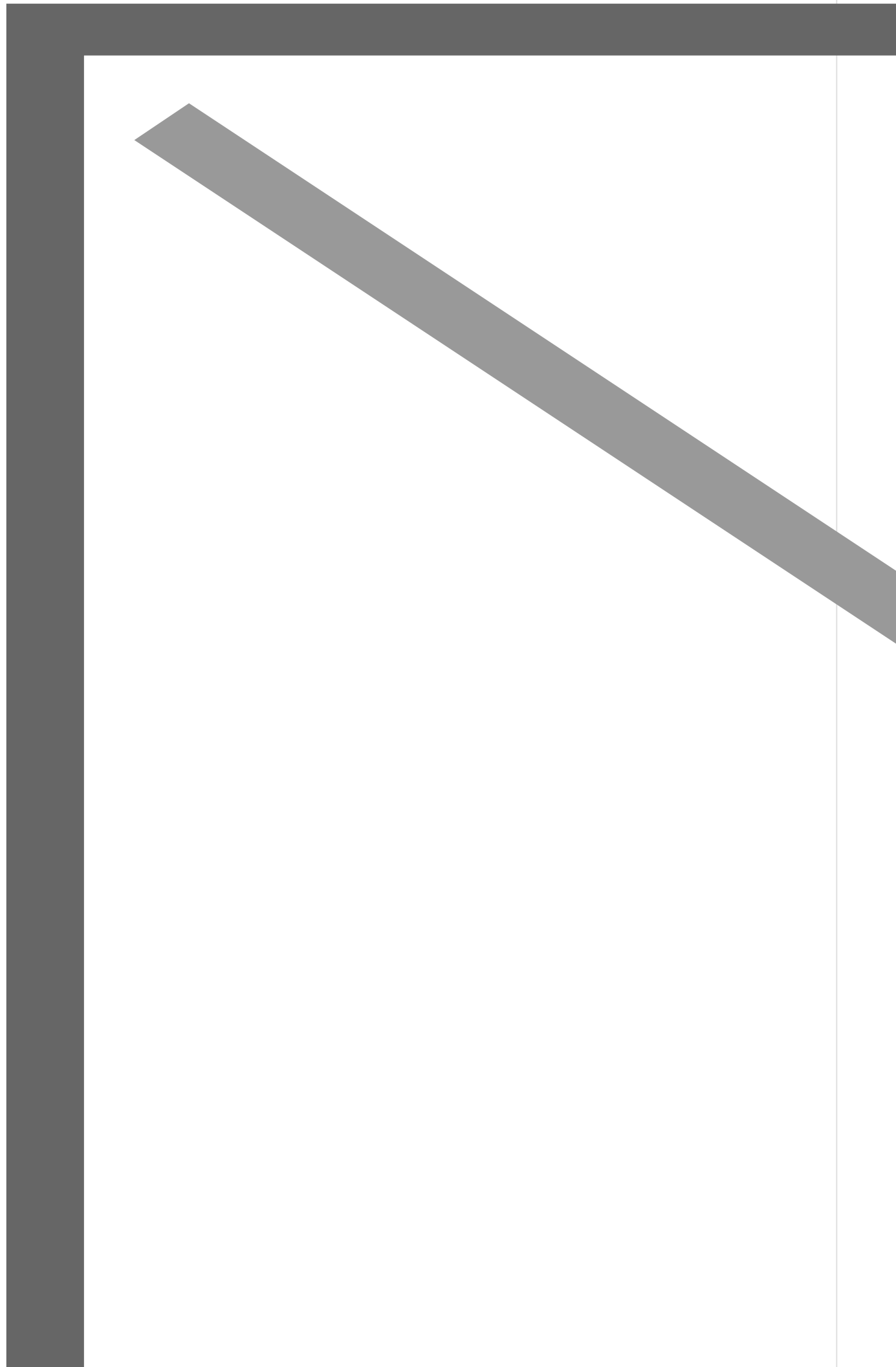
Altitude: 1300 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

We begin our ascent to the Manaslu Conservation Area's gate on this momentous day. Even while it seems like a lot, the process is actually quite simple. Today, we pass through Tatopani (hot water)?? and stroll down a recently constructed road that runs alongside the Buri Gandaki River on the left. There are some dusty spots on the new road, but due to off road, there will not be many vehicles, so our walk will be enjoyable. Machhakhola to Jagat

Day 4: Trek from Jagat to Lopka

Altitude: 2240 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Jagat, the path follows the Budhi Gandaki Gorge. You will be following the trail as it winds along many Shankri stones by the riverside. So far, the trail has been a prominent part of the Manaslu Circuit, but after leaving Jagat, the trail enters the Tsum Valley. The Budhi Gandaki River rages past tall green cliffs, and you can enjoy the emerald terrain as you finally reach Lopka. Overnight stay at the guesthouse at Lopka.



Day 5: Trek from Lopka to Chumling

Altitude: 2386 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Lopka, the terrain becomes exceedingly dense with foliage as rhododendron woods cover the trail. On your way to Chumling, you will be in the company of the Ganesh Himal (7422m), the Shringi Peak (7161m), and the Buddha Himal as they tower over the landscape quite magnificently. After about 4 hours of trekking through the pastures and the forest, you will reach Chumling. Overnight stay at the guesthouse at Chumling. Chumling

Day 6: Trek from Chumling to Chhokang Paro

Altitude: 3031 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The trekking trail is levelled today, going through the green pastures and beneath tall cliffs. The view of the Hiunchuli Himal and the Ganesh Peak shadows over the ravines as you cross the river over suspension bridges. Finally, you will reach Chhokang Paro, a small settlement whose locals mainly rely on animal husbandry and farming for a living. Along the way, you can also see many mules and yaks grazing in the fields, with goats being herded by shepherds. Overnight stay at the guesthouse in Chhokang Paro. Chhokang Paro

Day 7: Trek from Chhokang Paro to the Nile

Altitude: 3361 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Chhokang Paro, you will be climbing up steep hills of the valley, going above 3,000 meters. It is a rather difficult trek, but with a slow and steady walk, you can overcome the altitude gain. Along the way, you will come across many stone cairns lined with prayer flags and decorated with red colours. Finally, you will reach the Nile, where you can enjoy the local culture and lifestyle. Overnight stay at the guesthouse on the Nile. Chhokang Paro to the Nile

Day 8: Trek from Nile to Mu Gumba

Altitude: 3700 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The settlement of the Nile and its surrounding environment resembles the Tibetan plateau a lot. Even the traditional rustic houses at the Nile are reminiscent of the customary Buddhist colours of red and white, much like the monasteries. After a short trek, you will reach the Mu Gompa. Situated at an altitude of 3,700 meters, the Mu Gompa houses religious books, including the Kyangyur, a life-size statue of Avalokiteshwara. Some of the most striking objects in the monastery are the statues of Buddha Amitabha. Overnight stay at the guesthouse.

Day 9: Trek from Mu Gumba to Chhokang Paro via Rachen Gompa

Altitude: 3031 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Mu Gompa, you will follow the same trekking trail past the Nile towards Chhokang Paro, going through the woods and the pastures once again. It is a levelled trek for the most part, and along the way, you can snap glorious pictures of the Ganesh Himal and the Shringi Peaks. Overnight stay at the guesthouse at Chhokang Paro.

Day 10: Trek from Chhokang Paro to Chumling

Altitude: 2386 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After a hearty breakfast, head down to Chumling early in the morning. We'll take the same route and make our way down via farmland and woodlands. Beautiful surroundings will keep us company.

Day 11: Trek from Chumling to Deng

Altitude: 1804 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Proceed down the same path from Chumling to Lokpa. You will then continue hiking along rough pathways after crossing a suspension bridge. Along the route, there is a great view of Mount Shringi. On your way to Deng, hike through terraced fields and bamboo groves.

Day 12: Trek from Deng to Ghap

Altitude: 2160 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Deng is a Gurung village that presents good views of Mt. Manaslu (8163m). From Deng, you will move ahead towards Bihi Phedi to reach Ghap. En route, you will also pass by the small settlement of Prok. Through the pine woods, you will reach Bihi Phedi, which has many Mani stone walls. Further from here, the trail crosses the Sereng River, which forms a deep gorge. Crossing the river via a suspension bridge, you will reach Ghap. Overnight stay at the guesthouse at Ghap.

Day 13: Trek from Ghap to Lho

Altitude: 3180 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Ghap is surrounded by Fir, Rhododendron, Bamboo, and Oak forests. With occasional steep pathways and streams along the way, you will reach Namrung. Ahead of the village lays an extensive barley field that rolls dramatically with the wind. Passing through the field, the path picks up again and leads you towards Lihi. Finally, after trekking through the grasslands, you will reach Lho, a cultural village adorned with Buddhist monasteries and chortens. Overnight stay at the guesthouse at Lho.

Day 14: Trek from Lho to Samagaon

Altitude: 3530 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Lho, the trail picks up the steep ascent uphill towards Shyala. The village of Shyala is deeply rooted in agriculture and woodwork. The houses at Shyala are marked with distinct wooden art. Trekking ahead, you will reach the draining slope of the PungGyen Glacier. Further from here lays Samagaon, a prominent village that is a famous overnight stop for many trekkers who do the Manaslu Circuit. Overnight stay at the guesthouse at Samagaon.

Day 15: Acclimatization day in Samagaon (Explore the PungGyen Gumbaor visit the Manaslu Base Camp)

Altitude: 3530 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

This day is reserved for acclimatization. You can choose to either visit the PungGyen Gumba or have a visit to the Manaslu Base Camp. Either of the options can be carried out according to your choice. Either way, you will get amazing views of the Manaslu ranges and get to enjoy the beautiful landscape. Overnight stay at the guesthouse at Samagaon.

Day 16: Trek from Samagaon to Samdo

Altitude: 3875 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The trail to Samdo turns north on the upper regions of the Budhi Gandaki River. With a gradual ascent, you will pass through the confluence of the Larkya River and the River originating from the Samdo Glacier. Thick juniper woods and Birch forests of Kermo Kharka decorate the landscape. Along the way, you will also see a beautifully ornamented Kaani (a gate arch). Finally, you will reach Samdo. Overnight stay at the guesthouse at Samdo.

Day 17: Trek from Samdo to Dharamsala

Altitude: 4460 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The trekking trail from Samdo to Dharamsala is relatively short and easy. You will move along the trail through the AthahraSaya River and alongside the Larkya River. Trekking through the Taka Choeling Gumba, you can get good views of the Naike range as you gradually climb uphill. Finally, you will reach the Larkya Bazaar just a few miles from here in Dharamsala. Overnight stay at the guesthouse at Dharamsala.

Day 18: Trek from Dharamsala to Bimthang via the Larkya La Mountain Pass

Altitude: 3590 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Dharamsala, you will be trekking to the base of the mountain pass. The Larkya La Mountain Pass is one of the tallest mountain passes in the region. With a steady ascent, you will make your way up the pass. You will have to wake up quite early for this, preferably at 2 in the morning. From the top, you can get breathtaking views of the entire valley, as well as mesmerizing views of the Manaslu Peaks. From the top of the pass, you will begin your gradual and slow descent towards Bimthang. Overnight stay at the guesthouse at Bimthang.

Day 19: Trek from Bimthang to Tilije

Altitude: 2300 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Bimthang is a yak herder settlement that the local herders use to store their yak cattle during the winter months. You will follow the trail south of Bimthang to Kharche, passing through the woodlands and pastures. Along the rock-strewn terrain, you will trek towards Tilije, a Ghale Gurung village where the ethnic Manangi and Chhetri people reside. Overnight stay at the guesthouse at Tilije.

Day 20: Short Hike to Dharapani and Drive to Besisahar, Then Transfer to Kathmandu

Altitude: 1400 meter | Meals: Breakfast/Lunch/Dinner | Stay: Hotel

From Tilije, you will hike to **Dharapani**, the ending point of the Manaslu Circuit Trek. Then, you will take a shared jeep to Besisahar, followed by a local bus from Besisahar to Kathmandu.

Day 21: Departure

Altitude: 1400 meter | Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

- Airport pick up & drop off service in a private vehicle
- 4-star accommodation in Kathmandu with breakfast
- Transfer from Kathmandu to Machha Khola and Besisahar to Kathmandu by local Bus.
- Best available clean and comfortable teahouse accommodation during the trek
- All meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Seasonal fruits during the trek
- Highly experienced, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide)
- Porter service to carry your main luggage during the trek (1 porter: 2 trekkers)
- Staff cost including their food, accommodation, salary, flight, insurance, equipment etc.

- Manasalu Conservation Area Permit, Tsum Valley spacial permit and Annapurna Conservation Area Permits and TIMS Card for trekking.
- Farewell dinners
- First Aid kit, Pulse Oximeter and essential medicines (Paracetamol, Diamox etc.) carried by the Trek Leader
- Down jacket and sleeping bag (to be returned after trek completion)
- All Local and Government taxes, administrative charges

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Extra night accommodation in Kathmandu in case of early arrival or late departure
- Nepal Visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone call, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, extra porter etc.)
- Personal trekking gear and equipment
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

What To Pack for the Manaslu Circuit Tsum Valley Trek?

Packing properly is key to making your Manaslu Tsum Valley trek successful. But while packing, it is extremely important to pack the right things without making your luggage heavy. High Route Adventure will provide you with a porter who can carry luggage of 20kg. And you will carry a light backpack during the trek. So, to make the journey comfortable and safe, make sure to include this thing in your packing list:

- **Clothing:** Layered outfits (base, mid, and outer layers), lightweight trekking pants, thermal wear, and a waterproof jacket. Pack quick-dry and moisture-wicking fabrics.
- **Footwear:** Comfortable trekking boots, warm socks, and lightweight sandals for evenings.
- **Gear**: Sleeping bag, trekking poles, headlamp, and a small daypack.
- **Toiletries:** Compact items like biodegradable soap, sunscreen, and a basic first-aid kit.
- **First Aid:** Basic kit, personal medicines, Diamox (for altitude sickness).
- **Snacks & Hydration**: Energy bars, water bottles, and a purification system.
- **Electronic**: Charger, Powerbank, Mobile Phone, Camera/ GoPro
- **Documents:** Permits, ID, and cash (no ATMs).

Note: Some of the trekking gear, like a down jacket, trekking poles, and sleeping bags, you can rent here in Nepal. Renting can be the best option to save the additional costs, and you can rent this item easily from the rental shops in Thamel.