

Overview

Our ManasluTsum Valley Trek is a wonderful combination of two treks: The [Manaslu Circuit Trek](#) and Tsum Valley Trek. Neither of these trails is heavily trafficked, and in fact, they are two of the more underrated treks in the country. The combination makes for a 23-day excursion into the precious Hidden Valley of Tsum and around the pristine Manaslu(8,156 meters/26,758 feet) – the 8th tallest mountain in the world.

This journey has it all – terraced hillsides, raging rivers, mountain settlements, alpine passes, and of course, huge snow-clad mountains. If you look at a map of the ManasluTsum Valley Trek, you will see that the trail is nestled between two popular trekking spots: the Annapurna Conservation Area and Langtang National Park. However, this trail, particularly Tsum Valley, has a completely unique, almost untouched feel to it.

This is where the trek begins, in Tsum Valley. We head up from SotiKhola, following the turquoise Budi Gandaki River northward. The cool breeze makes us feel at peace, though inside we are so excited for each day to come. From Jagat, we enter Tsum Valley, and we are already surrounded by mountains. Upon arrival there, trekkers feel as if they have entered a truly Hidden Valley, existing outside of time. During our time in the valley, we stay with the Tsum people, who practice Tibetan Buddhism. Admire their mani stones, wavering prayer flags, and ornate monasteries. Following the Shyar River, we leave the fertile valley to get an up-close view of the mountains at Mu Monastery. The Tsum Valley is really a magical place, teeming with spiritual energy.

Then, we begin the Manaslu Circuit part of the trail. A major highlight of this section is traversing the Larkya La Pass (5135 meters), which exposes trekkers to mind-boggling mountain views. We are eye-to-eye with these massive peaks, which make us feel humbled to be in their presence. Two days after the pass, we arrive in Dharapani, take a two-hour drive to Besisahar, and stay for the night. The following day we bid farewell, or rather “see you later” to the mountain and return to Kathmandu.

Throughout the trek, we are surrounded by peaks, including SringiHimal (7165m), Hiunchuli (6441m), Ganesh Himal (7422m) and of course Manaslu (8156m). Additionally, there’s plenty of wildlife to admire, including the musk deer, snow leopard, red panda, and much more. The sceneries throughout the ManasluTsum Valley Trek are the kind that inspire religions. Don’t forget to look up from your feet and set your gaze upon the beautiful environment surrounding you.

Trekking is possible throughout the year, but Spring (March to May) and Autumn (September to November) provide the best weather. During the Spring, there is a bit more colour and the rhododendrons are blooming, and in the Autumn months, the skies are generally clearer. The ManasluTsum Valley Trek requires moderate fitness and acclimatization to avoid acute mountain sickness. Breeze Adventure arranges the trek with complete management. Please, feel free to contact us for more detailed information.

Highlights

Personal experience with the residents of Tsum Valley that goes above and beyond the interactions on a more popular trekking route.

Larkya La Pass (5135 meters) – a panoramic view of mountains as far as the eye can see

A trail that is vastly underrated and unpopulated, providing a more peaceful journey

Tsum Valley is a paradise! Full of cascading waterfalls, snowy peaks, and welcoming villagers

Majestic mountain vistas, including SringiHimal (7165m), Hiunchuli (6441m), and Ganesh Himal (7422m).

A variety of landscapes – from subtropical jungle to the rugged high alpine environment

Outline Itinerary

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

Day 02 : Sightseeing in Kathmandu Valley, including UNESCO World Heritage Sites.

Day 03 : Drive from Kathmandu to Arughat (570m) and further drive to Sotikhola, 8-9 hour drive.

Day 04 : Trek from Sotikhola to Machhakhola (570m), 5-6 hours.

Day 05 : Trek from Machhakhola to Jagat (1370m), 5-6 hours.

Day 06 : Trek from Jagat to Lokpa (2240m), 6 hours.

Day 07 : Trek from Lokpa to Chumling (2386m), 6 hours.

Day 08 : Trek from Chumling to Chhokang Paro (3030m), 7 hours.

Day 09 : Trek from Chhokang Paro to Chhule/Nile (3360m), 5-6 hours.

Day 10 : Trek from Chhule/Nile to Mu Gompa (3700m), 3-4 hours.

Day 11 : Trek from Mu Gompa to Chhokang Paro, 7 hours.

Day 12 : Trek from Chhokang Paro to Chumling, 5 hours.

Day 13 : Trek from Chumling to Deng (1920m), 6 hours.

Day 14 : Trek from Deng to Namrung (2250m), 6-7 hours.

Day 15 : Trek from Namrung to SamaGaun (3450m), 6 hours.

Day 16 : Rest day for acclimatization and exploration at Sama Gaun.

Day 17 : Trek from SamaGaun to Samdo (3780m) 3-4 hours.

Day 18 : Trek from Samdo to Dharmasala (4460m), 3-4 hours.

Day 19 : Trek from Dharmasala to Bimtang (3630m) via Larkya La pass (5135m), 7-8 hours.

Day 20 : Trek from Bimtang to Tilje (2240m), 5-6 hours.

Day 21 : Trek from Tilje to Dharapani (1430m) and drive to Besisahar, 2-3 hours walk and 4-5 hour drive.

Day 22 : Drive back to Kathmandu by bus, 5-6 hours.

Day 23 : Departure.

Cost Includes

Transportation to and from Tribhuvan Airport.

Three nights in a 2-3 star hotel in Kathmandu, breakfast included.

All transportation for the trek.

Local guest house accommodation in mountain.

Government-authorized experienced guide and porters

Insurance, food, accommodation, and wage for guides and porters

Hygienic meals (breakfast, lunch, and dinner) during the trek.

All equipment (sleeping bag, warm layers, etc.)

TIMS Card and all additional permits

First Aid Kit

Maps

Service charge and government taxes

Post-trek celebration dinner in Kathmandu

Cost Excludes

International airfare

Meals in Kathmandu (besides breakfast)

Your personal expenses, shopping, etc.

Shower and electronic charging fees at guest houses during the trek

Alcoholic drinks, chocolates, tea and coffee

Tips for guide and porter

Extra accommodation and meals outside of itinerary

Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)