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Manaslu Tsum Valley Trek - 21 Days

MANASLU TSUM VALLEY TREK: 21 DAYS PACKAGE

The **Manaslu Tsum Valley Trek** is a comprehensive package that covers the entire Manaslu region in a single journey. If you are interested in ancient Tibetan culture, breathtaking landscapes, pristine areas, mountain views, monasteries, and caves, the **Tsum Valley Trek** is ideal, as it is where Milarepa once meditated. This trek is perfect for those seeking culture, nature, and tranquility. In contrast, the **Manaslu Circuit Trek** focuses more on mountain views, glaciers, and stunning landscapes, leading you to lakes, glaciers, and high passes. Comparatively, the Manaslu Circuit Trek is more challenging than the Tsum Valley Trek. If you are looking for a shorter trip, you can undertake this trek separately, but if you have three weeks to explore the depths of the Manaslu trek, the 21-day Manaslu Tsum Valley Trek is the best choice.

Initially, you can explore Tsum Valley, immersing yourself in ancient Tibetan villages, peaceful trails, and authentic culture, all while enjoying mountain views and visiting numerous monasteries such as Mu Gompa and Rachen Gompa. Afterward, you will return to the Manaslu Circuit Trek trail, where you can experience unparalleled mountain vistas, visit Pungen Gompa, reach Manaslu Base Camp (4800m), and conquer the Larke La Pass (5106m), the highest point of the trek. After crossing the pass, you will completely encircle the Manaslu Range and return to Kathmandu, passing through the Annapurna region. Book the 21 Days Manaslu Tsum Valley Trek with **Sherpa Nomad Trek Pvt. Ltd** for excellent service, safety, comfort, hassle-free experiences, reasonable costs, and impeccable hospitality with authenticity.

MANASLU TSUM VALLEY TREK COST

The 21-day Manaslu Tsum Valley trek package starts at USD 1400 and can go up to USD 1800 per person. The price varies based on group size, service level, package standard, season, and duration.

This 21-day trek offers flexibility, allowing you to travel at your own pace, making it the best and most comfortable option for those who prefer a pressure-free experience. Book the Manaslu Tsum Valley Trek with Sherpa Nomad Trek Pvt. Ltd. for a luxury package that includes flexibility, security, and a comprehensive offering, along with impeccable hospitality, authenticity, and top-notch service. You can review the cost details in the included and excluded sections, which cover private jeep transportation from pick-up to drop-off, a 4-star hotel stay in Kathmandu, private mountain accommodations, mountain meals, Wi-Fi, hot showers, and more. The costs for the comprehensive package vary by group size as follows:

- If you plan to book as a solo traveler, the cost will be USD 1800
- For groups of 2-6 people, the cost is USD 1500 per person
- For groups of 7-10 people, the cost is USD 1400 per person.

MAJOR HIGHLIGHTS OF MANASLU TSUM VALLEY TREK

- Immerse yourself in Tibetan culture and ancient traditions.
- Experience life in local villages and Gompas.
- Trek along the serene trails of the Tsum Valley region.
- Visit Mu Gompa, Rachen Gompa, Milerepa Cave, and countless Chortens.
- Enjoy exceptional and warm hospitality of verious ethinic group.
- Take in breathtaking landscapes and mountain views of the Ganesh Himal, Manaslu, and Annapurna ranges.
- Uncover the pristine corners of the Hidden Tsum Valley.
- Explore Pungen Gompa, trek to Manaslu Base Camp, and conquer the Larke La Pass.
- Discover the diverse vegetation according to the varying climate zones.
- The Tsum Valley and Manaslu Circuit trek is renowned for its abundant flora and fauna.

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- Experience the majestic Giganti Waterfall, swift glacier rivers, glaciers, and serene lakes.
- This trekking package in Nepal is ideal for both beginners and experienced trekkers.

IMPORTANT NOTES

- Travel insurance is mandatory for the Manaslu Circuit Trek; please bring appropriate insurance for this trek
- The Manaslu Tsum Valley Trek necessitates a minimum of five distinct permits, which include two restricted area permits: the Annapurna and Manaslu Conservation Areas, along with local permits.
- To acquire these permits, you must present the visa and passport of each client.
- It is essential to collaborate with a local company to obtain the necessary permits, and hiring a guide is mandatory.
- Under the new regulations, individuals can now travel solo without the need to join a group.
- This trek, known for its off-the-beaten-path experience, is recommended to have a porter for a more comfortable journey.
- Due to the Buddhist culture, killing any animal is strictly forbidden
- It is advisable to walk at a leisurely pace and stay hydrated, which aids in acclimatization.
- Proper preparation for the trek is necessary, including the right trekking gear and physical conditioning.
- When the mule and local porter arrive, ensure you give them ample space and maintain safety.
- While travel insurance is not mandatory, it is highly recommended for unforeseen emergencies.
- It is important to offer advice for the guide, porter, and driver.
- Always ask for consent before capturing images of local people.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel**

Day 2: **Trekking Preparation Day in Kathmandu**

Day 3: **Kathmandu to Machhe Khola (930m): 180km, 6-7 hours' Drive by Private Jeep**

Day 4: **Trek from Machhe Khola to Jagat (1410m): 20km, 6-7 hours**

Day 5: **Trek from Jagat to Lokpa (2040m): 16km, 5-6 hours**

Day 6: **Trek from Lokpa to Chumling (2386m): 9 km, 3-4 hours**

Day 7: **Trek from Chumling to Chhokang Paro (3031m): 13 km, 6 hours**

Day 8: **Trek from Chhokang Paro to Nile (3361m) via Milerepa Cave: 11km, 5 hours**

Day 9: **Hike to Mu Gompa (3800m) and trek back to Chhokang Paro (3331m): 7 hours**

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Day 10: Trek from Chhokang Paro to Lokpa (2060m): 6 hours

Day 11: Trek Lokpa to Ghap (2160m): 6 hours

Day 12: Trek from Ghap to Lho (3180m): 6 hour

Day 13: Trek from Lho to Sama (3550m) via Pungen Gompa (4000m): 6-7 hours

Day 14: Rest Day in Sama (3050m): Hike to Manaslu Base Camp (4800m): 7-8 hours

Day 15: Trek from Sama to Samdo (3800m): 3 hours- Hike to Samdo Ri -3 hours

Day 16: Tibetan Boarder exploration via Rui La Pass (5000m): Stay in Samdo Village: 6-7 hours

Day 17: Trek from Samdo to Dharmasala (4460m): 3-4 hours

Day 18: Trek from Dharmasala to Bhimthang via Larke La Pass (5106m): 7-8 hours

Day 19: Trek from Bhimthang to Tilche Village (2260m) and Drive to Besisahar (700m): 8-9 hours

Day 20: **Drive from Besisahar to Kathmandu (1350m): 5-6 hours**

Day 21: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 3 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- Kathmandu to Machhe Khola by Private Jeep
- 17 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities (MCAP, Tsum Valley Special Permit, Manaslu Special Permit, ACAP, and Local regional Fees)
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Tilche to Kathmandu by Private Transportation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

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- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses
- All the personal Trekking Gears
- Extra day in Mountain: USD90 per person
- Extra day in Kathmandu: USD90 for single and 110$ for Double /Twin

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

ADDITIONAL INFORMATION

Manaslu Tsum Valley Trek: A Complete Manaslu Trek

The Manaslu Tsum Valley trek offers a comprehensive exploration of the Manaslu region, allowing trekkers to experience the entire area in one journey. Tsum Valley is renowned for its rich Tibetan culture, pristine trails, and untouched natural beauty. This trek serves as an excellent acclimatization route for the Manaslu Circuit Trek, providing in-depth insights into Tibetan culture, monasteries, and the breathtaking landscapes atop the Ganesh Himal ranges. The Tsum Valley trek can be completed in 7 to 8 days, after which trekkers can connect back to the Manaslu Circuit Trek at Nyak Phedi, continuing along the trail that showcases stunning landscapes, charming villages, the Budi Gandaki River, and magnificent mountain views at every turn. From Dend village, trekkers can catch glimpses of the Lapuchung and Chhapchung peaks. The journey then leads to Namrung village, where one can admire the Buddha and Saula Peak. Beyond Namrung, the mountains appear closer, and the greenery transitions to a drier, more alpine environment, with glaciers becoming more prominent. The trek also allows for exploration of ancient monasteries, Tibetan villages, and other remarkable sights. From Shyala village, trekkers can enjoy the best views of the mountains and glaciers, enriched by the cultural experiences along the way. Notable scenic villages include Sho, Lho, Shyala, Sama, and Samdo, each offering stunning mountain vistas that are particularly

breathtaking during sunrise and sunset. Adventurous trekkers can hike to Manaslu Base Camp (4800m) for an exhilarating experience and iconic views. The journey culminates at Larke La Pass (5106m), a stunning pass that provides expansive views of the mountains and glaciers. After crossing the pass, trekkers will completely encircle Mt. Manaslu (8163m), the eighth-highest peak in the world, and have the opportunity to witness all its faces along with views of the Annapurna ranges. The adventure concludes in Kathmandu, marking a remarkable journey.

Why is Tsum Valley a great choice alongside the Manaslu Circuit Trek?

Tsum Valley, known as the Hidden Valley, captivates visitors with its natural and cultural splendor, making it a prime location for delving into Tibetan culture, exploring charming villages, and enjoying the stunning landscapes of this beautiful valley. It showcases magnificent views of the Ganesh Himal and other surrounding peaks. The Tsum Valley Trek is an ideal preparatory route for the more demanding Manaslu Circuit Trek. This trek allows adventurers to experience significant landmarks such as the Milarepa Cave, Rachen Gompa, Mu Gompa, and numerous Chortens, all while engaging with the area's rich culture and ancient heritage. The Tsum Valley trek is considered a moderate trek, perfect for novice trekkers gearing up for high passes like Larke La Pass, which stands at 5,106 meters, facilitating proper acclimatization for future high pass treks. Furthermore, the region's diverse flora and fauna add to its allure, as it is a verdant area of the Himalayas, making it one of the top cultural and natural exploration destinations globally, where acts of killing are strictly forbidden.

Trek from Tsum Valley to Manaslu Circuit

The Tsum Valley trek typically takes 7 to 8 days, and you can connect with the Manaslu Circuit trek near Lokpa Village, just above the new suspension bridge. To begin the Manaslu Circuit trek, you must cross the Budhi Gandaki River using this suspension bridge, which leads you along the Budhi Gandaki. It's important to note that the meeting point for the Tsum Valley trek and the Manaslu circuit is both the starting and ending point of the Tsum Valley trek, from which you can reconnect with the Manaslu Circuit Trek. The route for the Tsum Valley trek is the same for both the outbound

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and return journeys. Nyak Phedi is the first village encountered on the Manaslu Circuit Trek after completing the Tsum Valley. From there, the trail continues to Deng, Namrung, Lho, Shyala, Sama, Samdo, Dharmasala, and finally the Larke La Pass at 5106m, before descending to Dharapani and returning to Kathmandu, where the trek both begins and ends. The Tsum Valley and Manaslu Trek is considered one of the most challenging yet rewarding treks, offering an exhilarating experience that will be remembered forever.

What does the lower valley of the Manaslu circuit trek look like?

The lower valley of Manaslu features lush green hills, deep Budi Gandaki valley, breathtaking waterfalls, and picturesque settlements. It provides an exhilarating journey with its remarkable and captivating scenery. Typically, in the lower Manaslu valley, you can experience a subtropical climate, rich vegetation, and local cultures that differ from those in the upper region, along with verdant valleys, cultivated fields, and distant mountain views that leave a lasting impression. Exploring the lower part of Manaslu offers great motivation to witness more stunning things ahead.

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FREQUENTLY ASKED QUESTIONS

1. What is the Manaslu Tsum Valley Trek?

The **Manaslu Tsum Valley Trek** is an undiscovered and remote journey, ideal for those seeking natural and cultural exploration that remains unspoiled. This trek covers the entire Manaslu region, offering a unique trekking experience in the Tsum Valley, often referred to as the hidden valley. Manaslu is celebrated for its rich natural and cultural diversity, making it one of the most exhilarating journeys, culminating at Larke La (5106m), the highest pass of the trek that connects to the Annapurna region. The route encircles the Ganesh Himal and Manaslu ranges, featuring the world's seventh-highest peak, Mount Manaslu (8163m), along with impressive surrounding peaks, diverse Gurung and Tibetan communities, varying climates, ancient monasteries, and breathtaking scenery. This trek package is a must-do, combining the **Tsum Valley Trek** with the **Manaslu Circuit trek**.

2. How long does the Manaslu Tsum Valley Trek take?

The Manaslu Tsum Valley Trek lasts approximately 16 to 21 days, depending on your pace and the points of departure and arrival. Usually, the trek includes 15 to 16 days of walking, covering a distance of 220 to 250 km. To facilitate acclimatization and account for travel from arrival to departure, you will need an extra 3 to 4 days. With Sherpa Nomad Trek Pvt. Ltd., you can personalize your trekking itinerary based on your interests.

3. How difficult is the Manaslu Tsum Valey Trek?

The Manaslu Tsum Valley Trek is regarded as a trek of moderate to challenging difficulty due to its extended duration, remote pathways, steep climbs, and high-altitude segments. The Tsum Valley

introduces additional walking days, featuring trails that meander through forests, rocky terrain, suspension bridges, and traditional mountain villages. The trek's highest elevations exceed 5,106 meters, making acclimatization crucial. It is important to be in good physical condition and prepared to walk for 5 to 7 hours each day. While prior trekking experience can be beneficial, it is not always a requirement. With gradual acclimatization, adequate preparation, and the guidance of an experienced leader, physically fit beginners can successfully undertake the Manaslu Tsum Valley Trek. This is a lengthy adventure that demands both physical endurance and mental resilience. Join Sherpa Nomad Trek Pvt Ltd for expert guidance; they are well-known for their professionalism and commitment to safety.

4. Is the Manaslu Tsum Valley Trek Suitable for beginners?

Yes, the Manaslu Tsum Valley Trek can be suitable for beginners who are in good physical shape and well-prepared. However, it is more challenging than many popular beginner treks due to its remote location, long walking days, steep sections, and high altitude. Beginners should prepare by regularly walking, hiking, and doing cardiovascular exercises before the trek. Proper acclimatization is especially vital since the route reaches elevations above 5,000 meters. Comparatively, the Tsum Valley Trek assists in proper acclimatization for the difficult terrain of the Manaslu Circuit Trek. Therefore, this journey is the best option for first-time trekkers to the Manaslu Circuit Trek. It is strongly advised to trek with an experienced guide for safety, navigation, and local support. With thorough preparation, a gradual itinerary, appropriate gear, and a positive attitude, first-time trekkers can successfully enjoy the Manaslu Tsum Valley Trek.

5. Why Manaslu Trekking after the Tsum Valley trek?

After finishing the Tsum Valley Trek, proceeding with the Manaslu Circuit Trek is a fantastic option for trekkers eager to delve deeper into the Himalayan wilderness. The Manaslu route showcases

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breathtaking mountain vistas, varied landscapes, secluded villages, ancient monasteries, and intriguing local cultures. The Tsum Valley trek serves as a great warm-up for the demanding Larkya La Pass, making it an excellent choice for acclimatization to the remote and rugged terrain of Manaslu. This trek culminates in crossing the challenging Larkya La Pass, which stands at approximately 5,106 meters, offering an unforgettable high-altitude adventure. By combining the Tsum Valley with the Manaslu Circuit, trekkers can experience both the culturally rich Tsum Valley and the stunning Manaslu region in a single extended journey. This combination is perfect for adventurous trekkers in search of a more profound and fulfilling Himalayan experience.

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