

Tsum valley with Manaslu Circuit Trek -21 Days

Tsum valley with Manaslu Circuit Trek is a magical journey to some remote and secluded regions of Nepal in the backdrop of beautiful Himalayas. Tsum Valley, also known as the valley of happiness, is an isolated valley placed in between the towering peaks of the high mountains. It treasures some ancient monasteries and preserves some authentic Tibetan Buddhist religion and culture. Lying northeast from the Kathmandu city, Tsum valley is an isolated region that is untouched by any kind of modernization. It was opened for travelers very recently, therefore, gets the only a countable number of travelers yearly.

One can explore the exotic nature of virgin land with the wilderness of mystic mountains through this trek. As the valley lies very close to the Tibetan border, we can see the influence of the Tibetan Buddhist religion in those areas. The colorful prayer flags, stupas, mani walls, chortens, etc. outlines the dominance of the Tibetan Buddhist religion. The people living in these areas live a traditional life and have their own unique dialect.

Tsum valley with [Manaslu Circuit Trek](#) combines Tsum valley with a trekking trail that encircles the world's eighth highest mountain – Mt. Manaslu. The trail goes through the Manaslu Conservation area and passes some stunning waterfalls and cliffs on the way. The conservation area is enriched with wide species of floras and faunas. If lucky, you may encounter some. Larkya La pass at an elevation of 5220 meters is the highest point of Tsum valley with Manaslu Circuit Trek. The pass offers some stunning views of mountains like CheoHimal, SingriHimal, [Hiunchuli](#), etc. One can dissolve into the majestic beauty of high mountains and experience the authentic Tibetan Buddhist religion with an insightful interaction with locals through this trek.

Are you ready for this off the beaten natured trek to the [Manaslu region](#)? If yes then, get ready to get some insightful knowledge on local people, Tibetan Buddhist religion and ancient treasures amidst the shadows of beautiful Himalayas

Itinerary

Day 01 : Welcome to Kathmandu

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance, if any, at the arrival section of the airport. As you come out, you will find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.

Day 02 : Sightseeing in Kathmandu

The second day is a day tour just to warm up prior to your trekking journey. Kathmandu is a city enriched with artistic palaces, beautiful monuments, ancient temples, and other constructions of historical and cultural importance. No wonder the city has seven out of ten UNESCO listed world heritage sites. Today, you will be guided to the UNESCO listed heritage sites in Kathmandu. These heritages are perfect examples of rich history, exceptional culture, and architectural treasures of Nepal. At first, you will be taken to Kathmandu Durbar Square. The art, crafts, and carvings in the palaces, temples, and other monuments of the durbar square are excellent. After that, you will be escorted to Swayambhunath stupa (Monkey temple), Pashupatinath temple and Boudhanath stupa respectively. (Inclusive of breakfast)

Day 03 : Drive to MacchaKhola

On day 3, we will start early at 8:00 am. We will pick you up at 8 o'clock in the morning and start our drive to Arughat, which will take us approximately 8 hours. The road will be gratifying for the first four hours to DhadingBensi (the district headquarter of Dhading at 1050m) but will be bumpy for the second section to Arughat. From Arughat, we will drive another one and a half hours to Sotikhola. From Sotikhola, we cross a bridge and drive along a scenic route full of dense forests, farmlands, villages, waterfalls, cliffs, and valley to MacchaKhola. Tonight, at a guesthouse in MacchaKhola(Inclusive of breakfast, lunch, and dinner)

Day 04 : Trek to Jagat (1340 Meters) - 05 Hours

Leaving Macchakhola, we follow a trail that narrows down to Tharokhola and moves ahead to Khorlabesi. From here, our trail undulates up and down to the hot water spring of Tatopani. At Tatopani, we can enjoy the hot water bath to soothe our nerves and senses. After enjoying some quality time at Tatopani, we climb up a ridge and cross Budhigandakikhola. From the river, climb up a stone-paved staircase to ThdoBharyang via Dohan. Finally, after crossing west bank of Budhigandaki River, we climb up to reach the village of Jagat. Tonight, at a guesthouse in Jagat(Inclusive of breakfast, lunch, and dinner)

Day 05 : Trek to Chisapani

Today, we leave Jagat and climb up a rocky ridge to the village of Salleri and then to Sirdibas. We follow the trail that leads us to Ghattakhola and climbs up to a charming village of Gurung people known as Phillim. From this village, the trail turns north through the farmlands and forests to Chisapani. As you reach Chisapani, you will be blessed with some stunning views of hills and mountains. Tonight, at a guesthouse in Chisapani(Inclusive of breakfast, lunch, and dinner)

Day 06 : Trek to Chumling in Tsum valley

Leaving Chisapani, we head towards Lokpa. Lokpa is a small and beautiful village that offers some stunning views of SingriHimal and Hiunchuli. From Lokpa, we descend down towards the Lungwa river. It is around half an hour descend down the river. From here, we continue via a zig-zag trail that extends for around two hours, along with the forests of pines and rhododendron. Within some time, we reach Gumlung. From Gumlung, we cross the Siyar river and climb up the Chumling, a village in Tsum valley. The village offers some incredible views of SingriHimal. There is an ancient gompa in the village. We even visit that gompa on our way to the guesthouse. Tonight, at a guesthouse in Chumling(Inclusive of breakfast, lunch, and dinner)

Day 07 : Trek to Chhokang Paro in Tsum valley

From Chumling, we cross a suspension bridge to reach the opposite bank of the river. We follow the trail along the bank of the river, enjoying some captivating views of Ganesh Himal. We further walk pass Rainjam to reach Serpukhola. We cross another bridge on the way to Gho village. From the village, we ascend for another two hours to reach Chhokang Paro in Tsum valley. On a clear day, even the peak of Hiunchuli is visible today. Tonight, at a guesthouse in Chhokang Paro (Inclusive of breakfast, lunch, and dinner)

Day 08 : Trek to Nile in Tsum valley

Today, we leave Chhokang Paro and climb up the village towards the Nile. As we are gaining altitude day by day, make sure that you are well acclimatized, and altitude gain doesn't pose a problem. From Chhokang Paro, we walk pass the village of Lamagaon and cross a river on the way to the charming villages Phurba and Pangdun. Further, we pass the village of Chhule to the Nile. Tonight, at a guesthouse in Chhokang Paro (Inclusive of breakfast, lunch, and dinner)

Day 09 : Trek to Mu Gompa in Tsum valley

Early in the morning, after breakfast, we make our way to Mu Gompa. During our trip today, we will be very close to the Tibetan border. We walk pass the valley, enjoying some dramatic views of mountains, dry environment, and Tibetan terrain. We ascend up to the Mu Gompa and explore the antique glory of this place. Further, we head to DhephuDomaGompa, which is another ancient gompa in the region. After exploring Mu Gompa and its periphery region, we spend our night at a guesthouse in Mu Gompa. (Inclusive of breakfast, lunch, and dinner)

Day 10 : Trek back to Chumling

From Mu Gompa, we retrace our steps back via Chhokang Paro to the village of Chumling. We pass the same scenic landscapes and views of mountains and make our way to Chumling. Tonight, at a guesthouse in Chumling(Inclusive of breakfast, lunch, and dinner)

Day 11 : Trek to Deng

Today, we leave Chumling and climb up a rocky ridge to the village of Salleri and then to Sirdibas. We follow the trail that leads us to Ghattakhola and climbs up to a charming village of Gurung people known as Phillim. From this village, the trail turns north through the farmlands to Ekle Bhatti and then descends down along a grassy slope to Budhigandaki river. Here, we cross a bridge and walk through the bamboo forests to the Deng Khola. After crossing a bridge over the river, we reach the village of Deng. Tonight, at a guesthouse in Deng (Inclusive of breakfast, lunch, and dinner)

Day 12 : Trek to Namrung

From Deng, we take a short walk to Budhigandaki river and climb up to the village of Rana. We continue our climb and walk west to the Budhigandaki valley. As we open up to the valley, we can enjoy a pleasant walk along with the forests and path adorned with painted mani stones. We pass the village of Ghap and enter to Prok village. From the village, we will be able to witness the alluring beauty of SiringiHimal. Further, we pass the dense forests of rhododendron, gompas, rivers, and gorges on the way to Namrung. Namrung is also popular as a vantage point for the best views of Hiunchuli and Ganesh Himal. Tonight, at a guesthouse in Namrung(Inclusive of breakfast, lunch, and dinner)

Day 13 : Trek to Lhogaon

The trail climbs up steep and passes through a dense forest on the way to the village of Lihi. The village looks amazingly beautiful with the chortens and barley terraces. As we move ahead, we cross the valley of Simnang and pass the village of Sho to reach Lho. Lho is a beautiful, isolated village in the Manaslu region enriched with its preserved culture. Upon arrival, we can visit an ancient monastery in the community of Lho. Tonight, at a guesthouse in Lho village (Inclusive of breakfast, lunch, and dinner)

Day 14 : Trek to Samagaon

Today, we leave Lhogaon and continue our walk towards Samagaon. We pass Shyala village on the way to Samagaon. Upon arrival, we will be rewarded with some amazing views of Mt. Manaslu. There is an ancient monastery in the village popular as Ribunggompa. We visit the gompa and enjoy our time exploring the village in the backdrop of beautiful Himalayas and glaciers. Tonight, at a guesthouse in Samagaon(Inclusive of breakfast, lunch, and dinner)

Day 15 : Acclimatization in Samagaon

We enjoy an extra day in Samagaon to acclimatize ourselves with the rising elevation. We spend our day exploring the village and visit some important places in the surrounding. We visit a lake called BirendraTal nearby and then head towards Aniegompa. Further, we head towards Pungyengompa, which is a beautiful place that offers some scenic views of mountains and glaciers. After a hike up to the gompa, we return to Samagaon for the evening. Tonight, at a guesthouse in Samagaon(Inclusive of breakfast, lunch, and dinner)

Day 16 : Trek to Samdo

Leaving Samagaon, we follow the trail along BudhiGandaki River and hike up to a stream. We cross a suspension bridge over the river and ascend to the right of Larkya La. The trail is easy with beautiful mani walls and alpine forests that decorate the way. We again cross a bridge over the BudhiGandakiRiver and follow a trail that will lead us to Samdo. Tonight, at a guesthouse in Samdo(Inclusive of breakfast, lunch, and dinner)

Day 17 : Trek to Dharamshala

Early in the morning, after breakfast, we cross a wooden bridge over the BudhiGandaki River and climb up towards Dharamshala. We pass a few streams and walk around the valley with wonderful views of Larkya glacier on sight. We continue our walk through the trail until we reach Dharamshala. Tonight, at a guesthouse in Dharamshala(Inclusive of breakfast, lunch, and dinner)

Day 18 : Cross Larkya La and trek to Bhimphedi

Today, early in the morning, we climb up and open up to a valley on the northern side of Larkya glacier. We ascend steep, enjoying some exquisite views of the Larkya peak. As we go steep, we come across the pass and cross the pass with some stunning views of Himlung, Kanguru, Cheo Himal and Annapurna Himal on sight. From the pass, we descend to Bhimphedi, enjoying the close of views of Mt. Manaslu. Tonight, at a guesthouse in Bhimphedi(Inclusive of breakfast, lunch, and dinner)

Day 19 : Trek to Tilje

From Bhimphedi, we descend down to the high pastures and then to Dudhkhola. We further walk through the dense forests of rhododendron, narrow valleys, and fields to make a final ascent up to the village of Gho. A short walk from the village brings us to Tilije. We stop at Tilije for the night. (Inclusive of breakfast, lunch, and dinner]

Day 20 : Trek to Dharapani and drive to Kathmandu

We drop down through the trail and walk along with the stone-paved path through a village to Dudhkhola. We pass the village of Thonje and walk towards Dharapani. From here, we wrap our trekking journey with a drive back to Kathmandu. On the way back, we can witness the beautiful scenery of villages, terraced farmlands, lush hills, and valleys. Upon our arrival in Kathmandu, you will be escorted to your hotel room in Kathmandu. Tonight at a hotel in Kathmandu (Inclusive of breakfast and lunch)

Day 21 : Departure day

Before few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuvan International airport. (Inclusive of Breakfast)

Inclusion

- Airport pick up/ drop facility.
- All ground transportation during the trip.
- Accommodation in a three-star category hotel in Kathmandu.
- Accommodation in guesthouses during the trekking journey.
- Trekking permit.
- Trekking completion certificate from company.
- Entry fee to national parks, heritage sites and other places.
- Sleeping bag if you require.
- A professional English speaking guide and a porter (one porter for two clients).
- Insurance of support crew members and their other costs.
- First aid kit.
- All government taxes.

Exclusion

- Travel insurance.
- International airfare.

- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US \$ 50 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying the US \$ 125). Please bring 2 copies of passport-size photos

- Lunch and dinner in Kathmandu.

- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, Chocolates, etc.

- Utility expenses like telephone, electricity for charging, internet, laundry services, etc.

- Tips for support crew members of your trekking team.