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Manaslu Circuit Tsum Valley Trek - 20 Days

The Manaslu Valley Tsum Valley trek spans 20 days and combines two remote regions. The Manaslu Circuit and Tsum Valley are both located in the Gorkha district of Nepal. Centred around the majestic Mt. Manaslu (8,163 m), the eighth-highest peak in the world, this trek offers a blend of historical sites, cultural significance, and dramatic alpine scenery. The altitude ranges from 600 m to 5,160 m.

Tsum Valley, often referred to as the Hidden Valley of Happiness, was restricted to trekkers before 2008. Additionally, this region is deeply influenced by Tibetan Buddhist culture, characterised by ancient monasteries, chortens, and mani walls. This trek provides a culturally immersive experience in villages such as Chhekampar, Mu Gompa, and Samagaon, alongside stunning Himalayan landscapes. Additionally, the area was considered a conservation zone in 1998 to protect its unique flora and fauna. Unlike the more commercialised routes of Annapurna or Everest, this region remains untouched by modernisation.

Highlights

- Scenic crossing of the Larkya La Pass (5,160 m)
- Breathtaking views of Mount Manaslu, Himalchuli, Ganesh Himal, and Shringi Himal
- Exploration of the spiritually significant Tsum Valley
- Visits to ancient Buddhist monasteries
- Experience remote Himalayan villages
- Discover traditional stone houses, mani walls, prayer wheels, and suspension bridges

Why Choose Manaslu Circuit Tsum Valley Trek

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Manaslu Circuit Tsum Valley trek is less commercialised and ideal for those seeking fewer crowds, local interaction, and warm hospitality. It offers an adventurous and spiritually enriching experience, suitable for trekkers seeking magnificent mountain views and cultural depth. The combination of Tsum Valley and the Manaslu Circuit allows trekkers to witness Tibetan Buddhist traditions, visit living monasteries, and interact with monks in remote settlements.

“Ready to experience the Manasalu Circuit Tsum Valley Trek yourself? Book your journey today and explore Nepal’s hidden treasures!”

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PRICE INCLUDES

- Airport pickup and drop-off in Kathmandu
- Hotel accommodation in Kathmandu (day 1 & day 20)
- Transportation from Kathmandu to Machha Khola and return (day 2 and day 19)
- Experienced English-speaking trekking guide
- Porters to carry your luggage (1 porter per 2 trekkers)
- Permits and entrance fees (Manaslu Restricted Area Permit, Tsum Valley Permit, Annapurna
- Conservation Area Permit)
- Tea house/lodge accommodation during trek (twin sharing basis)
- Three meals a day during the trek (breakfast, lunch, and dinner)
- All necessary logistics and management for the trek

PRICE EXCLUDES

- International airfare to/from Kathmandu
- Travel insurance (including emergency evacuation)
- Personal trekking gear and equipment (sleeping bag, down jacket, trekking poles, etc.)
- Drinks (water, tea, coffee, alcohol, bottled water)
- Personal expenses (laundry, phone calls, internet, tips)
- Visa fee for Nepal
- Any additional activities or side trips not included in the itinerary

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- Optional gear rental or purchase in Kathmandu

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu

Upon arriving at Tribhuvan International Airport, you will be welcomed by the unique ancient heritage of Kathmandu. Our representative will greet you at the airport and transfer you to your hotel. You can take some time to rest or explore the café and restaurants in Thamel. If time permits, consider visiting Pashupatinath Temple or the Boudhanath Stupa. In the evening, there will be a pre-trek briefing discussing trek difficulty, altitude, necessary gear, acclimatisation, and packing tips. If you need any essential gear, you can buy or rent it in Thamel. After the briefing, enjoy a meal featuring traditional Nepali cuisine at a local restaurant, including momos, dal bhat, and Newari specialities. Make sure to relax and stay hydrated before the journey begins.

Day 2: Drive to Machha Khola (869m.|2850ft., 9-10hrs)

You will start early in the morning with a scenic drive following the Marsyangdi River valley to Machha Khola. The drive will lead you through stunning landscapes of sharp turns, suspension bridges, and picturesque valleys, as well as Gurung and Magar villages, which offer a glimpse of rural Nepali life. There will be stops for refreshments and photo opportunities along the way. After about 9 hours of driving, you will reach Machha Khola, a peaceful riverside village marking the start of your trek. Here, you will prepare for the start of your trek.

Day 3: Trek to Jagat (1340m.|4395ft., 6-7hrs)

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After breakfast in Machha Khola, you will begin your trek on well-marked trails alongside the river toward Jagat. The hike takes you through farmland, forests, and traditional stone villages, with multiple suspension bridges crossing over the Marsyangdi River gorge. You will also have the chance to interact with local villagers and learn about their lifestyles. Arriving in Jagat, you will experience the charm of traditional wooden houses with carved windows. You will spend the night in Jagat, which is a gateway to the more rugged trails ahead.

Day 4: Trek to Lokpa (2240m.|7347ft., 6-7hrs)

From Jagat, the trek becomes steeper as you follow the river, accompanied by the sound of rushing water and longer uphill sections. You will enjoy scenic views of rhododendron and pine forests along the way and cross several suspension bridges that evoke a sense of ancient history. Reaching Lokpa village offers a peaceful atmosphere with stunning mountain views and warm hospitality. You can observe traditional prayer wheels and stone mani walls, and local tea houses will be available for your needs.

Day 5: Trek to Chumling (2386m.|7826ft., 4-5hrs)

The trek from Lokpa to Chumling takes about 5 to 6 hours. You will walk through mixed forests and open ridges, where you can take in panoramic views of the snowy peaks. Keep an eye out for local wildlife and bird species. Once you reach Chumling, you will find a Tibetan-influenced settlement with prayer flags gently fluttering in the wind. Feel free to explore Chumling village and engage with locals to learn more about Tibetan Buddhist culture.

Day 6: Trek to Chhokangparo (3031m.|9941ft., 5-6hrs)

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As you leave Chumling, you will notice the altitude gain, which may make breathing more challenging. The trek will take you along narrower and steeper trails with breathtaking panoramic views of the surrounding Himalayan peaks. Along the way, you can stop at traditional Buddhist mani walls and chortens. After 5 to 6 hours of trekking, you will arrive in Chhokangparo, where stone houses blend beautifully with the rugged environment. You can stay in cosy tea houses and guest houses that offer stunning views.

Day 7: Trek to Nile (3361m.|11026ft., 5-6 Hrs)

The trek to Nile village will take 5 to 6 hours and involves a gradual climb through alpine vegetation zones. You will be treated to scenic views and expansive landscapes featuring panoramic mountain views. Arriving in Nile village will immerse you in Tibetan traditions, and you can witness evening prayers and rituals at the local gompas (monasteries). The hospitality and cultural heritage of Nile village will enrich your experience.

Day 8: Acclimatization Day at Nile - Hike to Mu Gompa (3700m.|12136ft., 3- 4hrs)

Nile village serves as an acclimatisation stop, allowing you to rest your muscles and adapt to the altitude. You will also have a short hike to Mu Gompa, an ancient Buddhist monastery perched dramatically on a cliff. Here, you can learn about Buddhist meditation practices and monastic life. The hike offers incredible views of the surrounding Himalayas, making for a memorable experience. You will return to the Nile for relaxation and preparation for the higher altitude trekking ahead.

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Day 9: Trek to Chumling (2470m.|8101ft., 6-7hrs)

From Nile village, your trek begins with a gradual ascent, offering views of beautiful mountains and stunning landscapes. This is an opportunity to reflect on your progress while enjoying the natural surroundings. Along the way, you'll witness a variety of flora and fauna as you trek through pine forests and lush rural villages. Additionally, you have the chance to visit a local school and meet community members.

Day 10: Trek to Deng (1860m.|6100ft., 5-6 hrs)

Leaving Chumling, you will walk along a broad trail towards Deng, crossing the Marsyangdi River via a wooden suspension bridge. After about 5 to 6 hours of trekking, you will arrive in Deng, a large Gurung village that immerses you in rural Nepalese culture. In Deng, you can interact with locals and enjoy home-cooked meals at local tea houses.

Day 11: Trek to Namrung (2630m.|7048ft., 6-7 hrs)

The trek from Deng to Namrung involves both descents and ascents. You will travel through forest trails, taking in breathtaking mountain views and scenic landscapes. After 6 to 7 hours of trekking, you will reach Namrung, a Tibetan-influenced settlement known for its Buddhist monasteries and traditional houses. Here, you can interact with local monks and villagers to learn about their customs and culture. You can also explore local markets for handicrafts and souvenirs.

Day 12: Trek to Shyala (3500m.|11480ft., 5 - 6 hrs trek)

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From Namrung, you will ascend significantly in altitude. This trek of about 5 to 6 hours will take you to Shyala, a remote village offering panoramic views of the surrounding mountains. Shyala serves as a base for exploring nearby alpine lakes, trails, and areas with sparse vegetation. Throughout the day, enjoy beautiful landscapes and witness dramatic views of the Annapurna and Manaslu ranges.

Day 13: Shyala to Sama Gaon (3520m.|11549ft., 4-5 hrs)Side trip, Hike to Birendra Lake or Pungen Gompa.

The trek from Shyala to Sama Gaon is shorter, allowing for optional side trips. You will hike through meadows and rocky hills while enjoying scenic views for about 4 to 5 hours. Sama Gaon is the last significant village before the high mountain passes and provides a chance for cultural immersion with its Tibetan-style architecture. You have the option to visit Mirendra Lake, a peaceful alpine lake with reflective waters, and Pung Gompa, a historic Buddhist monastery featuring intricate murals.

Day 14: Trek to Samdo (3860m.|12660ft., 3hrs)

The trek from Sama Gaon to Samdo is the shortest and easiest day of the trek. In just 3 hours, you will reach Samdo, the last settlement before the high mountain passes. This village is a great spot for acclimatisation and preparing for the challenging passes ahead. You can visit the local market for shopping and interact with Tibetan traders before resting to gear up for the next stages of your journey.

Day 15: Acclimatization day hike to Rui La (Tibetan Border) (4998m.|16393ft., 8hrs)

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On this day, you will acclimatise and hike to Rui La, near the Tibetan border. This challenging and strenuous day hike offers breathtaking panoramic views of the Himalayas and the Tibetan plateau. Along the way, you may spot rare high-altitude flora and fauna. You will also explore the historic border area, gaining insights into its unique cultural and natural landscapes, as well as the geopolitical significance of the region, with help from locals. After visiting the border, you will return to Sama Gaon for rest and acclimatisation to help prevent altitude sickness.

Day 16: Trek to Dharamshala (4460m.|14628ft., 4-5 hrs)

The trek to Dharamshala, also known as Larkya Phedi, takes about 4 to 5 hours and involves a moderate ascent to a high-altitude lodge village, which serves as an important rest stop for trekkers. Here, you can enjoy the peaceful surroundings, breathtaking mountain panoramas, and have the opportunity to spot mountain wildlife such as blue sheep. At Dharamshala, warm meals and comfortable accommodations await you, and you can explore the village in the evening.

Day 17: Trek to Larke-La (5106m.|16751ft.) then hike to Bhimtang(3590m.|11775ft., 8-10hrs)

The highlight of the trek is crossing the Larke La Pass, the most challenging and rewarding day of the journey. From the pass, you will be rewarded with stunning panoramic views of snowfields, glaciers, and distant peaks. After crossing the Larke La Pass, you will descend to Bhimtang village for some rest and rejuvenation after this physically demanding yet rewarding day.

Day 18: Trek to Tilche (2300m.|6428ft., 7-8 hrs)

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From Bhimtang, you will go on a long descent to Tilche. The trek will take about 7 to 8 hours, during which you will pass through diverse landscapes, including alpine meadows, forests, and terraced farmland. Tilche offers a glimpse into rural Nepali village life, along with rustic charm and cultural immersion. You can visit a local farm and sample fresh mountain produce.

Day 19: Drive to Kathmandu (9-10 hrs drive)

Early in the morning, you will drive back to Kathmandu from Tilich. The journey takes approximately 9 to 10 hours and offers scenic views of the landscape, terraced farmlands, hill forests, and charming villages along the Marsyangdi River. As you travel, take time to reflect on your trek and consider the differences between the hilly areas and the mountain regions. Once in Kathmandu, you can shop or explore the nearby areas. In the evening, you will enjoy a farewell dinner with your trekking group, featuring Nepali cuisine and a cultural program.

Day 20: Departure

Depending on your flight time, you will check out of the hotel. Our representative will be there to pick you up and transfer you to the airport. You will depart with lasting memories of breathtaking landscapes, cultural experiences, and personal achievements. We warmly welcome you to plan your next adventure in Nepal!

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