

PEAK CLIMBING, TREKKING & HIKING

Manaslu Tsum Valley Trek

‘Explore the hidden valley of Happiness around Mid-West Himalayas’



Overview

ACCOMODATION

HOTELS IN
KATHMANDU AND
BEST AVAILABLE
LOCAL LODGES ON
TREKS

HIGHEST POINT

AT MU GOMPA 3,700 M
/ 12,174 FEET HIGH

TREKKING DURATION

17 DAYS, 16 NIGHTS (3
HOTEL NIGHTS IN
KATHMANDU, 13
NIGHTS IN LODGES)

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT

PERMITS REQUIRED

TSUM VALLEY SPECIAL
PERMIT AND MANASLU
CONSERVATION AREA
PERMIT, BOTH
INCLUDED

MEALS

THREE MEALS A DAY
ON THE TREK,
WELCOME DINNER ON
DAY 1, BREAKFAST IN
KATHMANDU

BEST SEASON

THREE MEALS A DAY
ON THE TREK,
WELCOME DINNER ON
DAY 1, BREAKFAST IN
KATHMANDU

DURATION

17 DAYS, 16 NIGHTS

GRADE

MEDIUM

TRIP TYPE

CAMPING TREK,
LUXURY TREK,
PRIVATE TREK,
TEAHOUSE TREK

FROM

USD 1,040

Experience the trek like never before, Tsum Valley Trek in Nepal takes you on an exploration adventure. Tsum is the Valley of Happiness as it means from an old Tibetan language known as 'Beyul Kyimolung'. Truly, a Shangri-La, hidden behind the massif mountain range of Ganesh and Manaslu Himalayas.

Located around Far North Mid-West, on the eastern side of the Manaslu range within the district of Gorkha. Tsum valley is one of the remote hidden land around the Himalayas, enclosed by towering peaks. The trek is fairly

new and takes travelers through remote and isolated settlements in the Himalayas.

The Tsum valley a restricted region opened in 2008. However, it did not take long enough to be one of the highly demanded trekking destinations. By adventure seekers from around the world due to its raw and pristine location and away from mainstream routes.

Tsum Valley Trek is an exploration of serene vegetation, pristine rivers, waterfalls, suspension bridges, fascinating settlements, and **ancient Gompas**. The trek mostly revolves above an elevation of 3, 000 m with 5 to 7 hours of walks per day. It offers a magnificent view of Himalayan ranges such as **Ganesh Himal (7,140 m)**, **Himal-Chuli (7,893 m)**, and Churke Himal. Includes **Mount Manaslu (8,163 m)**, which is the world's 8th highest peak, and the local name is Kutang.

On top of that, the valley is home to some of the highly endangered wildlife as well as diverse flora. Himalayan Thar, Yak, and Blue Sheep are some of the wildlife that **Manaslu Conservation Project Area** has to offer.

Manaslu Tsum Valley Trek is an exclusive adventure toward hidden pockets of Mid-West Himalayas on the northern side of Manaslu and Ganesh Himal.

The adventure starts with an overland journey from Kathmandu to low warm sub-tropical farm areas of the Gorkha district. Where walk follows the glacial **Budi Gandaki River** upstream, towards high cooler hills covered in a lovely alpine forest.

From Jagat hill village entering the Buddhist country, as climb leads past Deng and Lokpa villages reaching Chumling. The first settlement around Tsum the Hidden Valley of happiness, on leaving the main trail of Manaslu

Circuit.

As the walk progresses reaching the nice villages of Chokang Paro and Nile to Mu Gompa the highest spot of the trip. At Mu Gompa, ample time to explore its scenic and cultural sites facing grand views of towering snow peaks.

An interesting and mystical land, truly a Shangri-La for some travelers to experience its amazing wilderness. Reminds you of an old classic novel the '**Lost Horizon**', enjoy the tour of the old monastery and nearby nunnery.

After a great marvelous time around Tsum Valley, return journey on the same scenic route to low warmer farmland. Finally ending the wonderful walk at **Soti-Khola**, taking an interesting drive to Kathmandu.

At Kathmandu our memorable adventure of great fabulous experience around Tsum Valley Trek completes.

What Is the Manaslu Tsum Valley Trek?

The Manaslu Tsum Valley Trek is a 17-day guided trek from Kathmandu into Tsum Valley, a restricted Buddhist valley in Nepal. It suits fit walkers who want culture over passes. The route is moderate, with 4 to 6 hours of walking a day and a high point of 3,700 m. Go in March to May or September to November.

The trail follows the Budhi Gandaki River from Machha Khola, then turns off the main Manaslu Circuit route into Tsum Valley. You sleep in simple lodges, cross suspension bridges, pass prayer walls and visit old monasteries. The trails are quiet. Many people call it one of Nepal's most peaceful treks.

Locals call Tsum the Valley of Happiness. Its old Tibetan name is Beyul Kyimolung.

Where Is Tsum Valley?

Tsum Valley sits in the north of Gorkha district, on the eastern side of the Manaslu range. High peaks of the Ganesh Himal and Manaslu ranges wall it in, which is why it stayed hidden for so long. It lies inside the Manaslu Conservation Area, close to the Tibetan border.

What Makes This Trek Different?

Most famous Nepal treks are about one big view or one big pass. Tsum Valley is about people and place. You walk through villages where Tibetan Buddhist life still shapes each day. You see mani walls, prayer wheels, old gompas and a nunnery. At the top of the valley you spend two nights at Mu Gompa, with a full rest day to explore it.

The land changes as you climb. You start in warm, green farm country. Then the trail climbs into forests of pine and rhododendron. Higher up, the ground turns dry and open, much like Tibet. Along the way you get views of Ganesh Himal, Himalchuli (7,893 m) and Mount Manaslu (8,163 m), the eighth highest mountain on Earth.

The valley is also part of the Manaslu Conservation Area. Himalayan tahr, blue sheep and yaks live here, and the plant life is rich.

What a Typical Trek Day Looks Like

Most days follow the same easy rhythm. You eat breakfast at the lodge, walk 4 to 6 hours with a lunch stop, and reach your next village in the afternoon. Then you rest, explore, have dinner and sleep in a twin-share room. Day 10

is a full rest day at Mu Gompa. Day 3 and Day 16 are long drives.

Who Is This Trek For?

This trek suits fit walkers, first-time Himalayan trekkers who can handle long days, and anyone who cares more about culture than summits. It is a good choice if you want a quieter trail than the main Manaslu Circuit. It is not for you if you want to cross a high pass. In that case, look at the Manaslu Circuit trek instead.

Talk to your doctor first if you have a heart, blood or lung condition. Remote valleys mean slow help.

Manaslu Tsum Valley Trek Itinerary

Here is the route at a glance. Times are approximate and can change with weather and trail conditions.

Day	Route	Highlight	Overnight altitude	Time
1	Arrive in Kathmandu	Airport pickup, hotel, trek briefing, welcome dinner	1,350 m	-
2	Kathmandu sightseeing and trek preparation	Durbar Square and Swayambhunath	1,350 m	-

Day	Route	Highlight	Overnight altitude	Time
3	Drive from Kathmandu to Machha Khola	Road to the trailhead via Arughat	NEEDS CONFIRMATION	About 8 hours by road
4	Trek from Machha Khola to Jagat	Hot spring stop at Tatopani	1,340 m	About 6 hours
5	Trek from Jagat to Chisapani	Restricted area begins after Jagat	NEEDS CONFIRMATION	About 5 hours
6	Trek from Chisapani to Chumling	Enter Tsum Valley	2,386 m	About 6 hours
7	Trek from Chumling to Chokang-Paro	Upper Tsum views	NEEDS CONFIRMATION	About 5 hours
8	Trek from Chokang-Paro to Nile	Drier, Tibetan-style terrain	3,361 m	About 5 hours

Day	Route	Highlight	Overnight altitude	Time
9	Trek from Nile to Mu Gompa	Highest point of the trek	3,700 m	About 4 hours
10	Rest day at Mu Gompa	Monastery visit, optional Dhephu Doma Gompa	3,700 m	Rest day
11	Trek from Mu Gompa to Burgi	Side trip to Milarepa Cave	3,245 m	About 5 hours
12	Trek from Burgi to Chumling	Retrace the valley	2,386 m	About 5 hours
13	Trek from Chumling to Philim	Back to the main trail	1,570 m	About 5 hours
14	Trek from Philim to Khorlabesi	Warmer, lower farmland	970 m	About 5 hours
15	Trek from Khorlabesi to Machha Khola	Tatopani hot spring on the way	NEEDS CONFIRMATION	About 6 hours

Day	Route	Highlight	Overnight altitude	Time
16	Drive from Machha Khola to Kathmandu	Road via Arughat	1,350 m	About 7 hours by road
17	Departure from Kathmandu	Airport transfer	-	-

Highlights of the Manaslu Tsum Valley Trek

- Walk into Tsum Valley, a restricted area that opened to trekkers in 2008.
- Reach Mu Gumpa at 3,700 m and spend two nights there, with a full rest day.
- Visit the Milarepa Cave near Burgi, linked to the 11th century Tibetan yogi.
- Optional visit to Dhephu Doma Gumpa, a nunnery near Mu Gumpa.
- See Ganesh Himal, Himalchuli (7,893 m) and Manaslu (8,163 m) from the trail.
- Walk through the Manaslu Conservation Area, home to Himalayan tahr and blue sheep.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Day 1: Arrive in Kathmandu

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
1,350 m	Airport transfer	Tourist-standard hotel, Kathmandu	Welcome dinner

Our team meets you at Kathmandu airport with a warm Nepali welcome. A short drive takes you to your hotel in the middle of the city. Check in, rest and shake off the jet lag.

Later, you meet your guide and the rest of the group for the trek briefing. He explains the route, the lodges and the food. Ask anything. Then we head out for a welcome dinner at a traditional Nepali restaurant.

DAY 02

**TREKKING PREPARATION DAY AND SIGHTSEEING IN
KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA**

**Day 2: Kathmandu sightseeing and trek
preparation**

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
1,350 m	Sightseeing by vehicle and on foot	Hotel, Kathmandu	Breakfast only

After breakfast, your guide takes you to Kathmandu Durbar Square. It is a UNESCO World Heritage Site with old palaces, courtyards and temples from the Malla and Shah eras. This is also home to the Kumari, the Living Goddess. You will see Kasthamandap too. Legend says the city's name comes from this temple.

Next, a short drive west brings you to Swayambhunath Stupa. It sits on a hill and gives you wide views over the valley. Spend the rest of the day on final trek preparation.

Kathmandu is the best place to buy or rent any gear you forgot. Do it today, not on the trail.

DAY 03

DRIVE FROM KATHMANDU TO SOTI-KHOLA BY DRIVE

WALK OR DRIVE	OVERNIGHT	MEALS
About 8 hours by road	Guesthouse or local lodge, Machha Khola	Breakfast, lunch, dinner

Today is a long drive. You leave the Kathmandu Valley and ride through the hills and farmland of Gorkha district. The first hours follow Nepal's busy main highway. Then the road turns north toward Arughat, a town beside the Budhi Gandaki River.

From Arughat, a dirt road takes you on to Machha Khola for the night. Your vehicle depends on group size. It can be a private car, a tourist bus or a coach.

DAY 04

TREK TO JAGAT

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
1,340 m	About 6 hours	Guesthouse or local lodge, Jagat	Breakfast, lunch, dinner

The real walking starts today. You leave the warm, farmed lowlands and follow ups and downs along the river. The trail passes through patches of forest. Look out for Tatopani, a village with a natural hot spring. If time allows, take a dip.

You also pass Khorlabesi and Dovan, a farm village that makes a good short stop. Then the climb continues to Jagat, a mid-size hill village. Take a short walk here to see how Hindu and Buddhist cultures mix.

DAY 05

TREK TO CHISAPANI

WALK OR DRIVE	OVERNIGHT	MEALS
About 5 hours	Guesthouse or local lodge, Chisapani	Breakfast, lunch, dinner

Past Jagat, the restricted area begins. This is where your special permit counts. You cross a bridge and walk on to Nagjet and Philim, a lovely farming area with neat terraces.

The trail then slips into cool forest and reaches Deng. From here, Buddhist culture grows stronger as you walk higher. The long day ends at Chisapani, a small farm village.

DAY 06

TREK TO CHUMLING

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
2,386 m	About 6 hours	Guesthouse, Chumling	Breakfast, lunch, dinner

Today you enter Tsum Valley. The morning starts with a walk to a narrow river gorge. A short drop is followed by a steep climb through rhododendron and pine forest.

The trail passes small farm villages, then climbs gently east above a stream. You arrive at Chumling, the first village of Tsum. Enjoy it. The valley is just beginning.

DAY 07

TREK TO CHOKANG-PARO

WALK OR DRIVE	OVERNIGHT	MEALS
About 5 hours	Guesthouse, Chokang- Paro	Breakfast, lunch, dinner

Head east after breakfast. You walk through farm terraces and villages with views of Ganesh Himal, Sringi Himal and Manaslu. Then the trail drops to a bridge over a stream and climbs to Chokang-Paro.

Spend the afternoon in the village. Strong Buddhist culture is everywhere, with prayer monuments around every corner.

DAY 08

TREK TO NILE

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
3,361 m	About 5 hours	Simple lodge, Nile	Breakfast, lunch, dinner

The scenery changes today. The path crosses windswept ground and enters a wide, open valley. Trees fade, and juniper bushes take over. The land turns dry and arid, a lot like Tibet.

Ganesh Himal and the Manaslu peaks stay in view as you walk. You end the day at Nile. The lodge here is simple, but it is among the more comfortable stops in the upper valley.

DAY 09

TREK TO MU-GOMPA

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
3,700 m	About 4 hours	Guesthouse or simple hut, Mu Gompa	Breakfast, lunch, dinner

It is a short walk today, and a big one. The path climbs gently across dry, windswept ground with big views of snow peaks. You reach Mu Gompa, the highest point of the trek and the end of the valley.

You sleep in a simple hut used as a guesthouse. The facilities are basic, but the setting is hard to beat, with Ganesh Himal and many other peaks in front of you.

Mu Gompa is the highest point of your trek. Every night after this one is lower.

DAY 10

AT MU-GOMPA ACCLIMATIZATION

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
3,700 m	Rest day, short walks only	Guesthouse or simple hut, Mu Gompa	Breakfast, lunch, dinner

After days of steady walking, you rest. This day also helps your body adjust to the altitude. Spend it at Mu Gompa, the oldest monastery in Tsum Valley.

Step inside to see its old relics, statues of the Buddha and saints, and bright religious paintings. If you feel strong, you can walk to Dhephu Doma Gompa, a nunnery nearby.

DAY 11

MU GOMPA TO BURGI VIA MILAREPA CAVE

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
3,245 m	About 5 hours	Guesthouse, Burgi	Breakfast, lunch, dinner

You start the way down today. On the trail to Burgi, you stop at the cave of Milarepa, the great 11th century Tibetan saint. He lived as a hermit and meditated in caves.

After the cave, the trail drops, climbs again and finishes at the small farm village of Burgi.

DAY 12

TREK TO CHUMLING

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
2,386 m	About 5 hours	Guesthouse, Chumling	Breakfast, lunch, dinner

Today you head back south. The trail crosses a bridge to the west bank, then passes through Chokang-Paro. A long downhill takes you to Chumling, where you meet the main trail again.

This is your last night inside Tsum Valley. The air feels warmer and thicker already.

DAY 13 **TREK TO PHILIM VILLAGE**

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
1,570 m	About 5 hours	Guesthouse, Philim	Breakfast, lunch, dinner

Walk to Lokpa, then drop down to Philim, a spread-out farm village with a mild climate. Here you rejoin the main Manaslu trail and leave the Tsum Valley area behind.

DAY 14 **TREK TO KHORLABESI**

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
970 m	About 5 hours	Guesthouse, Khorlabesi	Breakfast, lunch, dinner

From Philim you walk down to Jagat, a good place for lunch. After a break, the trail keeps dropping. The plants change and the air grows warmer.

You stop at Khorlabesi, a small farm village, for the night.

DAY 15

TREK TO MACHHA KHOLA

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
NEEDS CONFIRMATION	About 6 hours	Guesthouse, Machha Khola	Breakfast, lunch, dinner

This is your last walking day. The trail winds through cool forest to Tatopani. If you have time, soak your tired legs in the hot spring one more time. Then you continue down to Machha Khola.

Raise a cup of tea tonight. You have walked into one of Nepal's hidden valleys and back.

DAY 16 **DRIVE TO KATHMANDU VIA ARUGHAT**

ALTITUDE	WALK OR DRIVE	OVERNIGHT	MEALS
1,350 m	About 7 hours by road	Hotel, Kathmandu	Breakfast, lunch

After breakfast, you leave Machha Khola. The road winds through the farmland of Gorkha and Dhading districts and passes through Arughat. The vehicle is a shared jeep or a bus, depending on group size.

The road climbs to the edge of Kathmandu Valley. You reach your hotel in the late afternoon or evening.

A private vehicle both ways is available at extra cost.

DAY 17 **FINAL INTERNATIONAL FLIGHT DEPARTURE FOR HOMEWARD BOUND**

WALK OR DRIVE	OVERNIGHT	MEALS
Airport transfer	No overnight	Breakfast only

Today is your last day in Nepal. Our team takes you to the international airport and says goodbye. Safe flight home.

Includes

- Airport pickup and drop-off by private vehicle

- 3 nights in a 3-star Kathmandu hotel, twin share
- 13 nights in twin-share lodges on the trek
- Guided Kathmandu sightseeing with private vehicle
- Kathmandu to Machha Khola and back by jeep or bus
- Breakfast, lunch and dinner on the trek, with tea or coffee at meals
- Welcome dinner with a cultural show
- Tsum Valley special permit and Manaslu Conservation Area Permit
- One licensed trekking guide, with his food, lodging, salary, gear and insurance
- Four-season sleeping bag if you need one, duffel bag and T-shirt
- First aid kit and a company water bottle
- Local taxes

Excludes

- International flights
- Nepal visa (you can get it on arrival at Tribhuvan International Airport)
- Personal travel and health insurance, including helicopter evacuation
- Lunch and dinner in Kathmandu, except the welcome dinner
- Entrance fees for Kathmandu sights
- Drinks, other than tea or coffee at meals
- Tips for guide and staff
- Personal trekking gear
- Private vehicle both ways (available at extra cost)

- Optional trips and extra nights
- Extra costs from flight delays, strikes, weather or other events outside our control

Culture and Festivals in Tsum Valley

The people of upper Tsum are called Tsumba. Their language, religion and customs are close to Tibetan culture, and most villages have a monastery, prayer walls and spinning wheels. The valley also sat on an old trade route that carried salt between Nepal and Tibet.

Tsum Valley sits right next to the Tibetan border. That is one reason it was closed to trekkers for so long.

Festival dates move each year. Ask us before you plan a trip around one.

Festival	What it is
Loshar	Tibetan New Year, set by the Tibetan lunar calendar. Lower Tsum celebrates earlier than upper Tsum.
Dhachyang	The horse festival, the second most important in the valley. Men race horses, and women join in the evening to sing and dance.
Saka Dawa	Marks the birth, enlightenment and passing of the Buddha. It falls on the full moon of the Saka Dawa month, usually in May.

Festival	What it is
Faning	A mid-August festival about food, water and the energy they give.

Best Time to Trek Tsum Valley

Go in spring (March to May) or autumn (September to November). Both seasons give you stable weather and open lodges. Winter is cold and snowy, and the monsoon is wet.

Season	Months	What to expect
Spring	March to May	Rhododendron forests in bloom, clear mountain views, busy lodges in peak weeks.
Autumn	September to November	Dry weather after the monsoon, clear skies and well-kept trails. The busiest season.
Winter	December to February	Heavy snow at height. The lodge at Mu Gompa can close. Pack for serious cold.
Monsoon	June to August	Rain, wet and slippery trails, cloud over the peaks. Not our pick for this trek.

Tsum Valley Permits and Rules

Tsum Valley is a restricted area. You cannot walk in without the right permits and a licensed guide. The restricted section starts after Jagat.

- **Tsum Valley special permit:** the restricted area permit for the valley.
- **Manaslu Conservation Area Permit:** the entry permit for the conservation area.
- **Licensed guide:** required in the restricted area, and he must come from a registered trekking company.

We arrange both permits for you. They are included in your trek cost. Fees depend on the season and the number of days in the area, so we handle the paperwork before you start walking.

What to Pack for the Tsum Valley Trek

You can buy or rent most gear in Kathmandu. Here is the core list.

Group	Items
Warm layers	Thermal tops, fleece jacket, waterproof shell jacket, down jacket [NEEDS CONFIRMATION: is a down jacket provided or not?], fleece or wool trousers
Walking clothes	Two pairs of trekking pants, hiking T-shirts, underwear, warm hiking socks

Group	Items
Head and hands	Sun hat, scarf, sunglasses, mittens or wool gloves, headlamp
Footwear	Broken-in trekking shoes with spare laces, flip-flops for lodges
Bags and sleep	Day pack (at least 40 liters), sleeping bag (provided if you do not have one), small lock, rain poncho
Water and health	Two reusable water bottles, purification tablets, basic personal first aid kit, sunscreen, lip balm, hand sanitizer, toiletries, quick-dry towel
Optional	Trekking poles, swimsuit for the Tatopani hot spring

Manaslu Tsum Valley Trek FAQs

How long is the Manaslu Tsum Valley Trek?

The trek takes 17 days in total: 2 days in Kathmandu, 2 road days, 11 walking days, 1 rest day at Mu Gumpa and 1 departure day. You spend 13 nights in lodges on the trail and 3 nights in hotels in Kathmandu.

How hard is the Tsum Valley trek?

It is a moderate trek. Most walking days take 4 to 6 hours, with long climbs, steep descents and rocky sections. There is no high pass. The highest point is Mu Gumpa at 3,700 m. You need steady fitness and a few weeks of cardio and hill walking before you go.

Do I need a permit for Tsum Valley?

Yes. Tsum Valley is a restricted area, so you need a Tsum Valley special permit and a Manaslu Conservation Area Permit. A registered trekking company must arrange them. Both permits are included in our trek cost.

Can I trek Tsum Valley alone or without a guide?

You cannot trek Tsum Valley without a licensed guide. Since 22 March 2026, Nepal's Department of Immigration lets a single trekker apply for a restricted area permit, but only through a registered trekking company and with a licensed guide. One guide can lead up to seven trekkers. Rules can change, so confirm with us before you book.

When is the best time to trek Tsum Valley?

The best months are March to May and September to November. Spring brings rhododendron blooms. Autumn brings clear skies and stable weather. Winter snow can close the lodge at Mu Gompa, and the monsoon from June to August makes trails wet and slippery.

How high is the Tsum Valley trek?

The highest point is Mu Gompa at 3,700 m, about 12,140 ft. You spend two nights there, with a rest day in between to help your body adjust. If you get a headache, nausea or dizziness, tell your guide straight away.

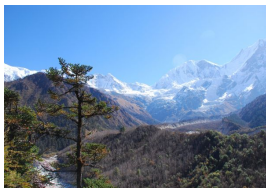
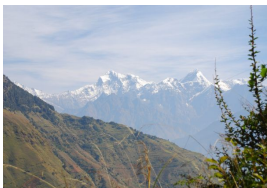
What is the difference between the Tsum Valley trek and the Manaslu Circuit?

The Tsum Valley trek is an out-and-back walk into a side valley, and it peaks at Mu Gompa, 3,700 m. The Manaslu Circuit is a loop that crosses Larkya La Pass at 5,106 m. Tsum Valley is the better choice if you want culture and lower altitude.

Do I need travel insurance for the Tsum Valley trek?

Yes, you should have it. Personal travel and health insurance is not included in the trek cost, so you must arrange your own. Choose a policy that covers trekking at altitude and helicopter evacuation, and buy it before you fly.

Photos



Bookings

For all trekking enquiries and bookings

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