

TREKKING & HIKING

Tsum Valley Manaslu Circuit Trek

‘Adventure around both sides of high and remote pockets of Gorkha district’



Short Itinerary

ACCOMODATION

HOTELS IN
KATHMANDU AND
BEST AVAILABLE
LOCAL LODGES ON
TREKS

HIGHEST POINT

ON TOP LARKE-LA
PASS AT 5,106 M / 16,
752 FEET

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT TO
MANANG AREA

TREKKING DURATION

19 NIGHTS & 20 DAYS
WITH DRIVES BOTH
WAYS

TOTAL DURATION

24 DAYS

DURATION

24 DAYS, 23 NIGHTS

GRADE

HARD

Tsum Valley Manaslu Circuit Trek is one of the more remote and newly accessible regions of the **Mid-West Himalayas** in Nepal. This adventure combines a unique combination of visiting some of Nepal's most isolated areas and wide-open landscapes.

The areas surrounding the Tsum Valley Manaslu Circuit fall within the route of the ancient **Trans Himalayan Salt Trade**. In early times, caravans laden with goods, traveled through this highland region bordering both Nepal and Tibet.

Both the Tsum Valley and Manaslu Circuit regions were closed off to outsiders for over four decades. The **Manaslu valley** first opened to **visitors in 1992**, showcasing its scenic surroundings and centuries-old cultural influences. Similarly, the **Tsum Valley** only opened its borders in 2008 but remains relatively untouched, home to ancient villages as well as impressive monasteries yet to be fully explored.

The Tsum Valley and Manaslu Circuit fall within restricted areas protected by the **Manaslu Conservation Area Project**. To enter these high-altitude regions, special permits are required. Interested travelers must be accompanied by **licensed guides** from reputable agencies registered with **Nepal's Department of Tourism**.

This trek offers an exhilarating experience exploring these naturally beautiful areas steeped in the cultural heritage of past generations. The mountain ranges of **Manaslu and Ganesh Himal** provide stunning scenery, making

this adventure truly memorable while escaping modern crowds.

The trek begins with an interesting drive from Kathmandu, to the warmer lowlands of **Gorkha District** in central-western Nepal. The route heads north through several friendly farm villages and forested areas before entering higher altitudes.

The first section leads northeast towards Tsum Valley, also known as the "**Valley of Happiness**" derived from its Tibetan name. Villages here show strong Tibetan influences in their architecture, religion, and traditions.

After a few days on the **Manaslu Circuit route**, the path branches east from Lokpa village into the Tsum Valley - an amazing remote area home to intact cultural heritage spanning centuries. Native Tibetan-descended Loba people engage in traditional farming and livestock raising, with each village centered around monasteries.

The route continues as far as **Mu Gompa monastery** near the northeastern edge of the valley, situated below the towering massif of Ganesh Himal bordering Tibet. Spend time exploring this and surrounding villages steeped in **history, culture, and spirituality**.

Upon completing the Tsum Valley portion, the journey returns to Lokpa village to enter the Manaslu region. Walk through scenic villages like Namrung and Lho-Gaon before reaching the main settlement of Sama-Gaon, with views of Manaslu Base Camp and the Tibet border. Enjoy extra time in this area or continuing on towards **Larkya La Pass**.

From Sama-Gaon, the path climbs through Samdo village and the camping areas of **Dharmasala or Phedi** before the final ascent to **Larkya La Pass at 5,106 meters** - the boundary between Manaslu, Gorkha, and Manang

districts. Take in stunning panoramas of the surrounding giants, including Manaslu, Annapurna, and Himglung Himal. A long descent leads to the forested area of Bhimthang before continuing down to Dharapani village on the Annapurna Circuit trail. After a few final days amid these scenic mountains, the exciting journey concludes with the return drive to Kathmandu.

Why Choose Us for Your Tsum Valley Manaslu Circuit Trek?

- **Unforgettable Experiences:** We specialize in crafting unique itineraries that cater to your interests and pace.
- **Expertly Guided:** Our certified guides have over 10 years of experience navigating the Manaslu region and ensuring your safety.
- **Hassle-Free Travel:** We handle all permits and logistics, so you can focus on enjoying the trek.
- **Authentic Connections:** Immerse yourself in the rich Tibetan culture and traditions of the region.

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Day 01: Arrival in Kathmandu.

Altitude: 1,350 m/ 4,428 feet. Overnight Tourist Standard Hotel in Kathmandu.

Day 02: Trek Preparation & Sightseeing in Kathmandu Durbar Square, Swayambhunath Stupa.

Altitude: 1,350 m/ 4,428 ft. (Kathmandu) **Meals:** Breakfast only. Overnight at Hotel in Kathmandu.

Day 03: Drive from Kathmandu to Soti Khola.

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.
Overnight at Guesthouse or local lodge.
Meal Included: Breakfast. Lunch & Dinner.

Day 04: Trek to Machha Khola.

Altitude: 930 m/ 350 ft. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner

Day 05: Trek to Jagat.

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 06: Trek to Lokpa via Deng (1,800 m).

Altitude: 2,240 m/ 7,350 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 07: Trek to Chumling via Chisapani.

Altitude: 2,386 m/ 7,827 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 08: Trek to Chokhanparo 3,010 m / 9,903 feet. Altitude: 3,010 m/

9,903 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 09: Trek to Nile 3,361 m / 11,058 feet. Approx. 06 hours.

Altitude: 3,361 m / 11,058 feet. Approx. 5 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Day 10: At Nile for Hike to Mu Gompa 3,700 m / 12,174 feet.

Approx. 07 hours round trip.

Altitude: 3,700 m/ 12, 174 feet. Approx. 7 hours walks both ways.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 11: Trek back to Chumling.

Altitude: 2,386 m/ 7,827 feet. Approx. 7 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 12: Trek to Lokpa.

Altitude: 2,240 m/ 7350 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 13: Trek to Namrung.

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included:Breakfast. Lunch & Dinner

Day 14: Trek to Lho-Gaon.

Altitude: 2,957 m / 9,698 ft. Approx.4 hours walks.

Overnight at Guesthouse / Lodge.

Meal Included:Breakfast. Lunch & Dinner.

Day 15: Trek to Sama Gaon.

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included:Breakfast. Lunch & Dinner.

Day 16: Rest Day at Sama Gaon.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner

Day Hike either Manaslu Base Camp, Bhirendra Tal or Pungyen Gompa.

Day 17: Trek to Samdo.

Altitude: 3,865 m / 12,677 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner

Day 18: Trek to Dharmasala.

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 19: Trek to Bhimthang via Larke-La Pass.

Altitude: 5,106 m / 16,752 feet at Larke-La. Bhimthang at 3,700 m / 12,201 feet.

Approx. 8 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 20: Trek to Gho 2,560 m – 05 hrs.

Altitude: 2,560 m / 8399 feet.

Approx. 5 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner. 8398.95

Day 21: Trek to Dharapani.

Altitude: 1,800 m / 5,904 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner.

Day 22: Drive from Dharapani to Kathmandu via Besisar.

Altitude: 1,350 m. / 4,428 feet at Kathmandu. Drive approx. 8 hours.

Overnight in Hotel at Kathmandu.

Meal Included: Breakfast and Lunch.

Day 23: In Kathmandu free day for individual activities.

Overnight in Hotel at Kathmandu on Bed and Breakfast only.

Day 24: Final International Flight Departure for Homeward Bound.

Meals: Breakfast only

Trip Highlights

- A wonderful combination of both scenic areas of Tsum with Manaslu valleys.
- Enjoy the dramatic changes of landscapes, vegetation and climate to culture.
- Explore the Himalayan Shangri-La of Tsum known as the valley of happiness.
- Walk to isolate Mu Gompa and then on scenic main trails of Manaslu circuit.
- On top highest point of the adventure at Larke-La facing grand mountain views.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Altitude: 1,350 m/ 4,428 feet. Overnight at Tourist standard hotel in Kathmandu.

Meal Included: Welcome Dinner in a nice typical Nepalese Restaurants.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg.

Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

DAY 02**TREKKING PREPARATION DAY AND SIGHTSEEING IN
KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA**

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Tsum Valley & Manaslu Circuit Trek.

DAY 03**DRIVE FROM KATHMANDU TO SOTI-KHOLA**

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge.

Meals Included: Breakfast-Lunch and Dinner.

Depart for wonderful adventure to Tsum Valley & Manaslu Circuit, taking a Local transportation. A long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Soti-Khola for an overnight halt.

Soti-Khola a small farming area slowly growing into a town, as the motorable road has been connected.

DAY 04**TREK TO MACHHA-KHOLA**

Altitude: 930 m/ 350 feet. Approx. 6-hour walk.

Overnight at Guesthouse / local lodge.

Meals Included: Breakfast-Lunch and Dinner.

Start the first-day trek of the adventure, heading due north following the Buri Gandaki upstream. The morning walk leads to a short climb for a few hours past smaller farm villages then end the day at Machha Khola.

A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream.

DAY 05**TREK TO JAGAT**

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.

Overnight at Guesthouse / local lodge.

Meals Included: Breakfast-Lunch and Dinner.

From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovan, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

DAY 06 TREK TO LOKPA VIA DENG(1800M)

Altitude: 2,240 m/ 7, 350 feet. Approx. 6 hour walks

Overnight at Guesthouse / local lodge

Meal Included: Breakfast. Lunch & Dinner

After a pleasant time at Jagat, from here onwards starts the Restricted Area of Tsum Valley & Upper Manaslu. After Jagat all foreign visitors need to obtain a special permit to enter Tsum Valley & Upper Manaslu till Dharapani villages is reached. The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area.

As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng. From here onwards into strong Buddhism culture, as walk follows higher area, past Deng. Slowly the long day trek comes to an end on reaching at Pewa and then at Lokpa for an overnight stop.

DAY 07 TREK TO CHUMGLING VIA CHISAPANI

Altitude: 2,386 m/ 7,827 feet. Approx. 6 hour walks

Overnight at Guesthouse / local lodge

Meal Included: Breakfast. Lunch & Dinner

From here onwards entering the hidden valley of Tsum, morning walk to a narrow river gorge. Leads to a short descent, and then with steep up reaching a forested path lined with rhododendron and pine trees. The walk continues past smaller farm villages. Then to a gradual uphill as walk heads east above a stream then reaching at first village of Tsum in Chumling overnight halt.

DAY 08

TREK TO CHOKHANPARO

Altitude: 3,010 m/ 0,903 feet. Approx. 6 hour walks

Overnight at Guesthouse / local lodge

Meal Included: Breakfast. Lunch & Dinner

After first overnight around Tsum region, having breakfast morning walk leads

further east. Adventure continues through cultivated farm terraces villages facing

views of Ganesh, Sringi and Manaslu Himal.

Walk then heads downhill to cross a bridge above Smatiking Khola / stream to

reach at Chokan-Paro for overnight stop. A nice moderate traditional farm village

facing views of stunning landscapes with snow-capped peaks.

Enjoy the afternoon exploring the village of strong Buddhism culture and custom

adorned with prayer monuments.

DAY 09

TREK TO NILE

Altitude: 3,361 m / 11,058 feet. Approx. 5 hours walks

Overnight at Guesthouse / local lodge

Meal Included: Breakfast. Lunch & Dinner

Start the morning overlooking great scenery of dramatic landscapes, after a pleasant overnight. From this nice village walk leads closer to our main highlight destination of Tsum Valley to Nile and Mu Gompa. Enjoy the scenic morning walk and take a side trip to interesting cave of 11th saint and guru Millerepa of Tibet, stayed here for mediation. From this tranquil spot, follow the trail on windswept terrain, then reaching into a wide open scenic valley.

From here into dry, arid landscapes similar like Tibetan terrains, where green vegetation and tall trees fades for smaller juniper bush. Walk continues along with grand views of Ganesh and Manaslu Himal.

Finally the day long walk completes reaching at Nile for overnight stop in a nice

Simple lodge. Probably the best overnight accommodation and food provided around Tsum area, due high and harsh conditions.

DAY 10**AT NILE OR HIKE TO MU GOMPA**

Altitude: 3,700 m/ 12, 174 feet. Approx. 7 hours walks both ways.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

At Nile for another overnight halt, morning from Nile take a hike to Mu Gompa,
our final end of Tsum Valley adventure. Having breakfast start the morning with
gradual climb on dry windswept country, facing dramatic scenery of surrounding
beautiful landscapes and of snow peaks.

The walk finally reaches Mu Gompa the highest spot before Larke-La Pass,
having rest visit the oldest monastery of Tsum. Treasures ancient relics with idols
of Lord Buddha, famous saints and Gurus. Explore around Mu Gompa the highest
and remote part of Tsum Valley. Interested people can take a short visit of
Dhephu Doma Gompa, a nunnery.

After an interesting time at Mu Gompa, head back to Nile for overnight stop, on
achieving our first goal and highlight of the adventure.

DAY 11 TREK BACK TO CHUMGLING

Altitude: 2,386 m/ 7,827 feet. Approx. 7 hours walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

After an exciting visit of Mu Gompa and at Nile walk towards Chumling, return walk leads south then cross a bridge to the west bank. Walk past Chokan Paro then downhill to join on main trail to Chumling for last overnight stop around Tsum Valley area.

DAY 12 TREK TO LOKPA

Altitude: 2,240 m/ 7350 feet. Approx. 6 hour walks.

Overnight at Guesthouse / local lodge.

Meal Included: Breakfast. Lunch & Dinner.

Morning start walk to reach back at Lokpa, on gradual ups and down as route leads close to main route of Manaslu, walk continues heading further down on leaving Tsum valley. Journey follows with short descend past Domje then back reaching at Lokpa village for overnight stop.

DAY 13**TREK TO NAMRUNG**

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

From Lokpa, back into forested ridge lined with tall rhododendron, pine, and fir trees. A slow and steady downhill to Bhi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas with nice cultivated terraces of millets and barley and then reaching Namrung. After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks.

DAY 14 TREK TO LO GAON

Altitude: 2,957 m / 9,698 ft. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge.

Meal Included: Breakfast. Lunch & Dinner.

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. Having goof breakfast, then setting off for the long enjoyable scenic trek to Lo-Gaon. As walk follows to a slow gradual climb, and within cool shade of forest lined with pine and rhododendron trees.

Trek heads high above the Buri Gandaki River, and then on winding up past few summer settlements of cattle herder. Then finally ending the enjoyable pleasant day walk on reaching at nice large village of Lo-Gaon.

Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks.

DAY 15**TREK TO SAMA GAON**

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Enjoy the morning picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Adventure follows on gradual uphill trail around Upper Manaslu through a number of farm villages and Yak herder camps. An interesting walk on high Manaslu valley, enclosed by high rocky cliff and snow peaks.

The view of Mt. Manaslu and Sringi Himal remains constant for some hours as walk finally comes to an end on reaching at Sama-Gaon.

Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure. Check into a nice lodge, with time to browse around the village and witness the local fascinating culture of Buddhism.

DAY 16**ACCLIMATIZATION DAY AT SAMA-GAON**

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Day Hike either Manaslu Base Camp, Bhirendra Tal, or Pungyen Gompa.

A free day as well to support acclimatization, a perfect height at 3,550 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy a day hike to Manaslu Base Camp.

A long full day walk of more than 6 hours both ways, the best hike is to Bhirendra Tal. A glacial pond on route Manaslu base camp, a walk of a few hours uphill facing grand views of Mt. Manaslu.

One can enjoy the rest day with a leisure walk exploring the village and visiting the old Pungyen Gompa.

DAY 17**TREK TO SAMDO**

Altitude: 3,865 m/ 12,677 feet. Approx. 4 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Adventure gets more exciting on reaching the high scenic Manaslu valley, from Sama-Gaon walk get interesting.

The route follows windswept terrain where tree lines disappear for high-altitude shrubs and bushes.

The valley gets narrow as the trek leads towards a mountainous country facing grand views of wonderful landscapes. A short half-day walk to Samdo but taking it slow due to the rise of altitude.

After a pleasant trek of some hours and then a short steep up to Samdo for lunch and overnight halt. Samdo is the last village before reaching the other side of Larke-La Pass to the Manang areas.

The village with more than forty houses with typical Tibetan style for more than two hundred inhabitants.

Rest of the afternoon explore this last village of Samdo located on route Larke-La Pass and to the Tibet border.

DAY 18**TREK TO LARKE PHEDI / DHARAMSALA**

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Meals Included: Breakfast-Lunch and Dinner.

Walk today a short on pleasant trail to the highest overnight stop on route Larke-La with overnight at Dharmasala. The route leads at the end of Manaslu valley and the last of the Gorkha district. The base of Larke-La pass of Manaslu area, a place with few huts that serve as lodge and guest-house.

In high times of trekking season this place is crowded with trekkers. Where some groups have to spend on tented camps provided by the lodge owners. In the early days, it was known as Larke Bazaar, where the market was held with buyers and sellers. Merchants, and traders from across the country as far from Tibet and Manang region used to sell and exchange their products.

At Dharmasala arriving at lunchtime, and for an overnight stop. Rest of the afternoon relax and prepare for the adventure Larke-La Pass.

DAY 19**TREK TO BHIMGTHANG VIA LARKE-LA PASS**

Altitude: 5,106 m / 16, 752 feet at Larke-La 3, 700 m/ 12,201 feet at Bhimthang Approx. 8-hour walk. Overnight at Guesthouse / Lodge-Tea House.

Today reaching the final highlight of the adventure, after an early breakfast, and carrying pack lunch for the long day's walk. Start the climb before break of dawn, heading towards a high slope on rocky gravel path above the lodge of Dharmasala.

Climb contours on winding steep uphill path, after hours of strenuous walk reaching on top of Larke-La Pass. The top is adorned with prayer flags and a signpost with the name of Pass and heights.

Every hard effort rewards you with an astonishing panorama of Manaslu and Annapurna Himalayan peaks. Includes views of Himlung, Cheo Himal, and Kang Guru, as far as Ganesh Himal Far East direction.

After a tough climb, a long downhill takes you to the other side of Phedi at Bhimthang for an overnight stop. A long descent through moraine and Larcia glacier then reach Tambuche, the base of Larke-La Pass on Manang side.

From the bottom walk to Bhimthang overnight after a long, hard day, a lovely spot amidst green forest surroundings.

DAY 20**TREK TO GHO (2560M) 5HRS**

Altitude: 2,560 m / 8399 feet.

Approx. 5 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Meal Included: Breakfast. Lunch & Dinner. 8398.95

After a tough climb crossing the pass and long descent of previous day, today a pleasant walk from Bhimthang to Gho for overnight.

On leaving Bhimthang with downhill reaching a valley of Burdin Khola / stream, which is also the base of Mt. Manaslu west flank. From this high ridge facing grand views of Mt. Manaslu with Annapurna-II towards south west.

Continue walk over Dudh Khola, as walk follows down into a narrow valley amidst dense forest, then reaching Gho for overnight stop. Situated within a forest clearing, a perfect spot for overnight after a tiring day crossing Larke-La pass.

DAY 21 **TREK TO DHARAPANI**

Altitude: 1, 800 m / 5,904 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Enjoy the last final trek around Tsum Valley & Manaslu Circuit adventure, although a long walk to Dharapani village. But an easy pleasant downhill trek compared to the previous tough day, start early having a good breakfast.

Walk heads towards a forested path with a few short ups and down to a small settlement of Gho. After a refreshing stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Masrsyangdi River.

Stopping at Tilje for a possible lunch break, the last phase of the walk with a short climb over a bridge. Afternoon walk to a bridge and then a short climb to our final overnight destination at Dharapani village. Located on the famous and popular Annapurna and Manaslu Circuit route, a lovely village for the last day.

Dharapani offers many good lodges with nice rooms, having a comprehensive food menu to enjoy the last day party.

DAY 22 DRIVE FROM DHARAPANI TO KATHMANDU VIA BESISAR

Altitude: 1,350 m. / 4,428 feet at Kathmandu.

Drive approx. 8-9 hour sharing jeep or Bus. Overnight in Hotel at Kathmandu.

Final day around the Himalayan hills of Manaslu and Annapurna Himalayas, an exciting drive to Kathmandu. Having a good breakfast, board on a local vehicle, depending upon the size of a group.

A long overland journey but interesting winding downhill to low warm farm areas of Lamjung district. As drive stops for short while at Besisar, the headquarters town of Lamjung. From Besisar on a good road, then joining on the main Pokhara and Kathmandu highway at Dumre town.

Drive more than four hours from Dumre town on winding uphill to the outskirt of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Tsum Valley & Manaslu Circuit Trek.

DAY 23 IN KATHMANDU FREE DAY FOR INDIVIDUAL ACTIVITIES

A free day in Kathmandu after a tough long walk around Manaslu with classic adventure around Tsum Valley & Manaslu Circuit. Enjoy the day relaxing with individual activities or join in for another exciting tour.

**DAY 24 FINAL INTERNATIONAL FLIGHT DEPARTURE FOR
HOMEWARD BOUND**

Meal Included: Breakfast Only.

Last day in Kathmandu and Nepal, after a great memorable adventure around Tsum Valley & Manaslu Circuit Trek. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.

Cost Includes

- Airport pick up, drop by private vehicles.
- 04 night's standard twin- sharing accommodation in a 3 starts hotel in Kathmandu.
- 19 nights twin sharing accommodation during trek.
- Guided sightseeing tours with private vehicle in Kathmandu. (Entrance Fee Extra)
- Local Transportation Jeep/ Bus Kathmandu –Soti Khola & Dharapani – Kathmandu. (If you want both ways private vehicle also available on additional cost).
- Three meals a day, Breakfast, Lunch and Dinner. Tea/ Coffee in during the meals time.
- MACP & ACAP permits & Manaslu & Tsum valley special permit as well.
- One highly experienced, helpful and friendly license holder guide.
- accommodation, salary, equipment and accident insurance for all staff.

- Welcoming Dinner in a traditional Nepali restaurant with culture performance.
- Four seasonal sleeping bag. (if necessary)
- Company Duffle Bag, T- shirt.
- A self-sufficient medical first aid Kit containing vital medications.
- Company branded 01 water bottle.
- Local and government taxes.

Cost Excludes

- All kind of beverage.
- Dinner and Lunch in Kathmandu.
- Personal travel and health insurance, insurance for helicopter evacuation.
- Tipping to staffs.
- Personal mountaineering gears
- Optional trips if extended.
- Porter service. If you need a porter ask to travel expert.
- International airfare.
- Visa fee, you obtain a visa easily upon your arrival at Tribhuvan International Airport Kathmandu, about visa information visit [here](#).
- Extra expenses due to flight delays, strikes, weather condition or any event out our control.

Best Seasons for Tsum Valley & Manaslu Circuit Trek

The best seasons for this trek are **spring (March-May)** and **autumn (September-November)**.

- **Spring:** Offers longer days with more sunlight, perfect for clear views and comfortable hikes. It can get cloudy in the late afternoons, with occasional light rain or snowfall at higher elevations. Temperatures drop significantly in the mornings and evenings. Wildflowers, especially rhododendrons (**Nepal's national flower**), paint the hills in vibrant colors during this season.
- **Autumn:** Provides clear skies for stunning vistas and pleasant trekking conditions. However, days are shorter due to less sunlight. This is considered peak season for **trekking in the Himalayas**. Expect colder mornings and evenings with a possibility of snowfall at higher altitudes.

Culture, Religion & History

The lower Gorkha district, where the Manaslu high valley resides, is home to various ethnic groups like **Gurung, Magar, Hindu Brahmins, Chhetris, and Newars**, along with some Bhots who migrated from the higher Manaslu and Tsum areas.

The cultural and religious influences are a blend of Hinduism and Buddhism, particularly in the lowlands and mid-hills up to Jagat and Philim villages.

Higher Tsum Valley & Manaslu

As you move beyond Jagat towards Dharapani in Manang, the dominant religion becomes Buddhism. The strong Tibetan influence reflects in the ancient heritage and culture, unsurprising given the region's proximity to the Tibetan border.

The people of these higher regions are known as Bhotias, descendants of Tibetans. Most villages boast monasteries with prayer walls and spinning prayer wheels.

Historical Significance

The Manaslu region was once a part of the ancient Trans Himalayan Salt Trade Route, with yaks carrying goods **between Nepal and Tibet**. The base of Larkya La pass, currently known as Dharmasala or Phedi, was called Larke Bazaar in the past. It served as a marketplace for traders and merchants from Tibet, Gorkha, Manaslu, and even Manang.

Manaslu Mountain & Conservation

The name “Manaslu” comes from the Sanskrit word for “**soul or mind of the god.**” Locals call it “**Kutang,**” meaning “land blessed for raising livestock and farming.”

Standing at **8,163 meters (26,781 feet)**, Manaslu is the world's eighth-highest peak. The first successful ascent in 1956 was achieved by a Japanese expedition with the support of a Nepalese guide, Gyalzen Norbu Sherpa.

Manaslu remained closed to outside visitors until 1991. Special permits are required for trekking due to its restricted status. The Manaslu Conservation Area Project safeguards this pristine environment, considering the region's proximity to Tibet and the need to manage visitor flow.

Packing List for Tsum Valley Manaslu Circuit Trek

Every trekking requires certain preparation of gears and types of equipment for the journey to make your trip more comfortable. It is recommended to carry the necessary and light things so that it will be easy while you are walking. The following belongings are recommended that should be brought, although we concede that our clients have their own decision for clothing. To know what to expect in the **Tsum Valley Manaslu Circuit Trek**, we have prepared some useful clothing & gear during the trek.

Travel Documents

- Airline tickets (confirmation and itinerary)
- Nepal Visa form (may be obtained at Kathmandu Airport)
- Travel insurance policy documents
- Valid passport
- Copy of passport (2 copies, first page only)
- Passport photos (4)

Travel Equipment

- Duffel bag (100 liters; no wheels or rigid handles)
- Lightweight, duffel bag

- Luggage locks
- Travel wallet
- Passport/money belt
- Sleeping bag liner
- Travel plug adapters
- Electrical converter

Travel Clothing

- Quick-dry undergarments
- Synthetic or wool T-shirt
- Long-sleeve, travel-friendly shirt and pants
- Casual shoes
- Mid-weight wool or synthetic socks

Trekking Equipment

- Day pack (25–35 liters)
- Sleeping bag comfortable to 0°F (dependent upon season, weather forecast and personal preference)
- Waterproof hiking boots
- Camp shoes (down booties or running shoes)
- LED headlamp with extra batteries
- Trekking poles

Trekking Clothing

- Wool or synthetic T-shirts (2)

- Mid-weight fleece or soft-shell jacket (2)
- Mid-weight down or synthetic parka with hood
- Convertible hiking pants
- Fleece pants or insulated pants
- Lightweight waterproof/breathable rain jacket and pants
- Mid-weight waterproof and fleece gloves or mittens
- Sun hat
- Mid-weight wool or synthetic socks (3 pairs)
- Liner socks (optional)
- Glacier sunglasses
- Neck gaiter, balaclava, Buff or bandana

Food

- Energy bars
- Electrolyte replacement drink mix
- Snacks (cookies, GORP, Snickers, etc.)

Photos





Bookings

For all trekking enquiries and bookings

INFO@MANASLUCIRCUITREKS.COM

WhatsApp +9779851179975