Tsum Valley and Manaslu trek

Trip Overview

You might have visited the most popular destinations in the world. But have you ever considered visiting the Tsum Valley? Nestled in the middle of nowhere, Tsum Valley is a hidden, living Buddhist settlement protected and untouched by any external world. This remote valley was closed to foreigners until 2008. Tsum Valley and Manaslu Circuit trek around Mount Manaslu, which is the world's eighth-highest mountain.

But wait, there is more:

You will be visiting the Manaslu Conservation Area, which has a range of wildlife and diverse flora and fauna, including the famous Larkya La Pass. You will be able to explore the indigenous Tsumba community, Tibetan culture, and Buddhist lifestyle from close. Also, the Mu and Lungdang Gompas, the scared Milarepa Piren Phu Cave, and the Dephyundonma and Tachgen Monastery add to the spiritual connection between the soul and nature.

This trek is ideal for adventurous trekkers who are cultural enthusiasts who are seeking spirituality and tranquility in the heart of nature. You will voyage in the panoramic views of the snow-capped peaks, including the Manaslu, Ganesh Himal, and Annapurna II. Passing through the highest point of the trek, the Larkya La Pass, you will challenge yourself on the demanding trails at an elevation of 5,106 meters.

Tsum Valley and Manaslu Trek have been widespread for those who seek an all-round experience ranging from the majestic Himalayan adventure, lush green rhododendron forest, tread-like suspension bridges, myriad waterfalls, alpine trees, and layered landscapes.

You will truly have the most amazing experiences in Nepal, and you will carry these memories with you for a lifetime.

Gallery

Manaslu 8163m
Manaslu

Trip Itinerary

- 1 - Arrival at Kathmandu, TIA
- 2 - Kathmandu sightseeing and getting Trekking permit
- 3 - Drive to Macha Khola (869m)
- 4 - Trek to Jagat (1,304m)
- 5 - Trek to Lokpa (2240m)
- 6 - Lokpa to Chhokangparo (3030m)
- 7 - Trek to Chhule (3,350m)
- 8 - Trek to Mu Gomba (3,700m)
- 9 - Mu Gomba to Chumling (2,385m)
- 10 - Trek to Deng (1,860m)
- 11 - Trek to Namrung Village (2,630m)
- 12 - Trek to Samagaun (3,535m)
- 13 - Acclimatization Day in Sama Gaun
- 14 - Trek to Samdo Village (3,875m)
- 15 - Trek to Larkya Phedi or Dharamsala (4,460m)

- 16 - Cross Larkya La Pass (5,106m) and Trek to Bimthang (3,590m)
- 17 - Trek to Tilche (2,300m)
- 18 - Trek to Dharapani (1,960m)
- 19 - Drive to Kathmandu
- 20 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Privet jeep to Trek start point
- 3-star Hotel stays at Kathmandu @ twin sharing
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Entrance fee for other sightseeing
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking flight, round trip from Kathmandu or Privite Transport

Gears and equipment

- Clothing
    - Waterproof jackets and pants
    - Sweaters and down jackets
    - Lightweight trousers
    - Hiking shirts, long-sleeved
    - Hooded raincoat and Fleece jacket
    - Innerwears
    - Lightweight and heavyweight winter gloves Sun hat or scarf; Money belt; Cotton headscarf, bandana
    - Winter hat or insulating hat

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 Swiss-type knife
    - Sleeping bags and sheets,
    - Rucksack, backpack, and a small day pack;
    - Water bottle
    - Water purification tablet solution

- Personal accessories
    - Headlights and extra batteries
    - Face and body wipes
    - Sunscreen and sunglasses with
    - UV protection
    - Money
    - Watch
    - Cell phone and camera

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

Faqs

1. **Where is the Tsum Valley Manaslu Trek located?**

   The Tsum Valley and Manaslu Trek reside in the Manaslu area of northern Nepal.

2. **How long is the Tsum Valley and Manaslu Trek in general?**

   The Tsum Valley and Manaslu Trek take around 15 to 20 days to complete. However, you can alter this as per your routine, fitness, and acclimatization day.

3. **How much does the permit for the Tsum Valley and Manaslu Trek cost?**

   The cost usually depends on your nationality and the length of the trek. But in general, it costs around 200 USD per day.

4. **What type of accommodations are available during the Tsum Valley Manaslu Trek?**

   There are simple lodges run by the local families and also some teahouses along the way of the Tsum Valley Manaslu Trek.

5. **What are the risks I should be aware of for the Tsum Valley Manaslu Trek?**

   The risks include altitude sickness, avalanches, and wildlife encounters, which you are expected to be aware of and prepared for.