

Duration: 22 Days

Grade: Moderate

Max Altitude: 5106

Group Size: 2 - 15

FROM

USD \$5000

PER PERSON

Trip Highlights

- Embark on the adventurous Manaslu Circuit with Tsum Valley Trek, combining the remote valleys of Manaslu with the sacred Tsum Valley.
- Circle around the world's 8th highest peak, Mount Manaslu (8,163m), and cross the challenging Larkya La Pass (5,160m).
- Explore the mystical Tsum Valley, known as the "Hidden Valley of Happiness," rich in Tibetan Buddhist culture and spirituality.
- Visit ancient monasteries such as Mu Gompa and Rachen Gompa, experiencing authentic Himalayan traditions.
- Witness breathtaking views of Manaslu, Ganesh Himal, Shringi Himal, Himalchuli, and the Annapurna ranges.
- Trek through diverse landscapes, subtropical forests, alpine meadows, glacial valleys, and high passes.
- Immerse in the unique lifestyle of Tibetan-influenced communities, staying in traditional villages.
- A challenging, less-crowded trek offering both cultural immersion and high-altitude adventure.

Overview

The Manaslu Circuit with Tsum Valley Trek is an extended Himalayan adventure that combines two spectacular trekking regions in northern Nepal. This 20-24 day journey takes you through the Manaslu Conservation Area, circling the mighty Mount Manaslu (8,163m), before venturing into the spiritual heartland of the Tsum Valley.

The trek begins at Soti Khola and follows the Budi Gandaki River through terraced fields, lush forests, and remote settlements. The side trip to Tsum Valley introduces trekkers to Tibetan Buddhist culture, ancient monasteries, and serene landscapes far removed from the modern world. Returning to the Manaslu Circuit trail, the journey continues to the high alpine region and culminates in crossing the Larkya La Pass (5,160m), one of Nepal's most dramatic mountain passes.

This trek is challenging yet highly rewarding, ideal for experienced trekkers seeking cultural immersion, solitude, and the thrill of remote Himalayan landscapes.

Day-by-Day Itinerary

Day 1 Arrival in Kathmandu (1,400m)

Your journey begins as you arrive at Tribhuvan International Airport, where a representative warmly welcomes you and transfers you to your hotel in Kathmandu. After settling in, you meet your trekking guide for a detailed briefing covering the route, safety guidelines, and equipment checks. In the evening, enjoy a traditional Nepali welcome dinner that introduces you to local flavors and culture. This first day gives you time to rest, adjust, and prepare for the trek ahead.

Day 2 Drive from Kathmandu to Machha Khola (930m) - 8 to 9 hrs

You start early for a long but scenic drive heading westward out of Kathmandu. The road winds past terraced hillsides, small villages, and the flowing Trishuli and Budhi Gandaki Rivers. As you move into more rural areas, the landscape becomes increasingly dramatic with cascading waterfalls and lush valleys. After several hours of varied road conditions, you finally reach the riverside settlement of Machha Khola. This peaceful village offers a relaxing atmosphere for the night before your trekking begins.

Day 3 Hike from Machha Khola toward Jagat (1,410m), taking roughly 6-7 hours today

Your first trekking day begins with gentle trails along the Budhi Gandaki River. You cross several suspension bridges and pass through small settlements like Khorlabesi and Tatopani, known for its natural hot spring. The trail includes a mix of stone steps, forested paths, and riverbank routes, giving you your first feel of the region's rugged terrain. As you approach Jagat, you'll notice a shift toward more traditional architecture and culture. Here you settle in for the night in this charming village.

Day 4 **Trek from Jagat to Lokpa (2,240m) - 6 hrs**

Leaving Jagat, you officially enter the restricted area of the Manaslu Conservation Area, where permits are required. The trail ascends gradually through thick forests, waterfalls, and terraced farmlands. Along the way, you'll pass through several small Gurung settlements that reflect the cultural richness of the region. The climb continues until you reach Lokpa, the first village of Tsum Valley. This quiet, beautifully located settlement serves as your entry point into a spiritually significant and culturally preserved region.

Day 5 **Trek from Lokpa to Chumling (2,386m) - 5 to 6 hrs**

Today's trek takes you deeper into Tsum Valley with descents and ascents through forests filled with pine and rhododendron trees. The trail offers stunning glimpses of Ganesh Himal and steep cliffs rising above the valley. After crossing a few suspension bridges, you gradually reach Chumling, a village known for its traditional houses, monasteries, and warm hospitality. Spend the afternoon exploring the area, visiting local gompas, and enjoying panoramic views of the surrounding mountains. Overnight in Chumling.

Day 6 **Trek from Chumling to Chhokangparo (3,010m) - 5 hrs**

The trail climbs steadily today as you enter the upper section of Tsum Valley. After crossing several suspension bridges over the Shyar Khola River, the landscape becomes wider and more open. Traditional Tibetan-style homes dot the valley, and you begin to see spectacular views of Himalchuli and Ganesh Himal. Chhokangparo consists of two large villages, Chhokang and Paro, offering beautiful surroundings and cultural insights. You'll spend the night here surrounded by mountain views and the peaceful rhythm of highland life.

Day 7 **Trek from Chhokangparo to Nile (3,360m) - 5 hrs**

Today's trek is culturally enriching as you visit Milarepa's Cave, an important meditation site linked to the revered Tibetan saint. The trail continues gently through fertile farmlands, ancient monasteries, and traditional hamlets, each reflecting the Tibetan-influenced lifestyle of Tsum Valley. You eventually arrive at Nile, one of the last settlements before the higher altitudes. Set against a dramatic landscape, Nile offers sweeping views and a calm atmosphere ideal for acclimatization and exploration. Overnight stay in Nile.

Day 8 Excursion to Mu Gompa (3,700m) - Return to Nile

This day is dedicated to exploring Mu Gompa, the highest and most prominent monastery in Tsum Valley. The hike takes you through open high-altitude terrain, yak pastures, and wide Himalayan vistas. At Mu Gompa, you can observe ancient manuscripts, religious artifacts, and the daily lifestyle of monks living in this remote environment. After soaking in the serene atmosphere, you return to the Nile for another night. This excursion helps with acclimatization and deepens your cultural experience in the valley.

Day 9 Trek from Nile to Rachen Gompa (3,240m) - 5 hrs

Descending gently from the Nile, you follow the Shyar Khola River toward Rachen Gompa, a respected monastery run by Buddhist nuns. The trail passes through open meadows, mani walls, and stone villages, offering rich cultural interaction along the way. Rachen Gompa is known for its colorful murals, ancient scriptures, and peaceful environment. Staying here gives you a chance to observe monastic life up close, making this day both spiritually and culturally rewarding. Overnight at the monastery.

Day 10 Trek from Rachen Gompa to Chumling - 6 hrs

Today you follow the scenic route back to Chumling, moving through beautiful landscapes, river crossings, and traditional villages. The descent offers easier walking conditions and plenty of opportunities to appreciate the beauty of the valley. As you make your way down, you pass through dense forests and terraced fields, eventually reaching the familiar village of Chumling. The peaceful environment here provides a perfect setting for rest and reflection after several days of cultural immersion in upper Tsum Valley.

Day 11 Trek from Chumling to Deng (1,804m) - 7 hrs

Leaving Tsum Valley behind, you descend toward Lokpa and reconnect with the main Manaslu Circuit trail. The route becomes slightly more rugged as you pass through narrow gorges, bamboo forests, and rocky paths. The landscape transitions again from open valley views to dense greenery and cascading waterfalls. By afternoon, you reach Deng, a small village surrounded by forested hillsides. This quiet settlement offers a comfortable overnight stop before you continue deeper into the Manaslu region the next day.

Day 12 **Trek from Deng to Namrung (2,630m) - 6 to 7 hrs**

The trek from Deng to Namrung takes you through beautiful forests, steep ridges, and culturally rich Gurung villages. As the trail climbs, the valley widens and mountain views gradually improve. Namrung serves as an important checkpoint and offers a mix of cozy guesthouses, traditional architecture, and glimpses of the high Himalayas. This area reflects the growing Tibetan influence as you move northward. Overnight in Namrung, where you can enjoy serene surroundings and prepare for the higher elevations ahead.

Day 13 **Trek from Namrung to Lho (3,180m) - 4 to 5 hrs**

Today's trek is relatively short but visually rewarding. You walk through thick forests, mani walls, and beautifully designed Tibetan-style villages. As you approach Lho, the impressive sight of Manaslu begins to dominate the skyline. This village is culturally vibrant, featuring a large monastery and traditional houses adorned with prayer flags. Spend your evening enjoying stunning mountain views, local hospitality, and a peaceful environment. Overnight in Lho, one of the most scenic settlements along the Manaslu Circuit.

Day 14 **Trek from Lho to Sama Gaun (3,520m) - 5 hrs**

The trail from Lho gently ascends through forests and open fields before passing Shyala Village, a perfect vantage point for panoramic views of Manaslu, Himalchuli, Ngadi Chuli, and other peaks. You eventually reach Sama Gaun, one of the main hubs of the region, known for its traditional houses, monasteries, and yak pastures. The afternoon is ideal for leisurely exploration and acclimatization. Overnight in Sama Gaun, surrounded by Himalayan beauty and rich Sherpa culture.

Day 15 **Acclimatization Day at Sama Gaun**

This rest and acclimatization day helps your body adjust to the higher altitude. You can choose a rewarding hike to Manaslu Base Camp (4,800m), offering breathtaking glacier and mountain views, or visit the peaceful Pungyen Gompa, located in a stunning alpine setting. Alternatively, spend the day exploring Sama Gaun's traditional homes, learning about local culture, and enjoying the serene high-altitude atmosphere. Overnight stay in Sama Gaun before moving further along the trail.

Day 16 **Trek from Sama Gaun to Samdo (3,875m) - 4 hrs**

Today's trail is relatively gentle, making it an enjoyable walk through wide alpine pastures and sparse juniper forests. The scenery becomes more open as you approach Samdo, a Tibetan refugee village located close to the Nepal-Tibet border. The settlement offers a deep cultural experience, with traditional lifestyles still preserved. You can explore the village or hike to nearby viewpoints offering excellent mountain panoramas. Overnight in Samdo as you continue acclimatizing for the high-altitude pass ahead.

Day 17 **Trek from Samdo to Dharamsala (4,460m) - 4 hrs**

The trail climbs gradually to Dharamsala, also known as Larkya Phedi, the base camp for the Larkya La Pass. Although short, the trek gains altitude, so slow and steady pacing is important. Along the way, you'll enjoy views of towering peaks, glacial valleys, and rocky hillsides. Dharamsala is a simple seasonal settlement offering basic accommodation for trekkers preparing to cross the high pass. Spend the afternoon resting, hydrating, and preparing for the next day's early start.

Day 18 **Cross Larkya La Pass (5,160m) - Trek to Bhimtang (3,720m) - 8 to 9 hrs**

This is the most challenging yet rewarding day of the trek. You start before sunrise and ascend gradually toward Larkya La Pass, surrounded by dramatic alpine scenery. At the summit, breathtaking views of Himlung Himal, Kang Guru, Cheo Himal, and the Annapurna range unfold before you. The long descent to Bhimtang passes through glacial moraines and open meadows. Bhimtang is a beautiful, peaceful valley that offers a satisfying end to a memorable high-altitude adventure.

Day 19 **Trek from Bhimtang to Tilije (2,300m) - 5 hrs; Drive to Besisahar - 3 hrs**

Leaving Bhimtang, you descend through lush forests filled with rhododendron, oak, and pine trees. The trail passes grazing areas, streams, and small settlements before reaching Tilije, a village known for its warm hospitality. From here, you'll board a local jeep for a scenic drive to Besisahar, marking your return to lower altitudes. The landscape becomes greener and more vibrant as you approach the town. Overnight in Besisahar after a rewarding day.

Day 20 Drive from Besisahar to Kathmandu - 6 to 7 hrs

After breakfast, you begin the drive back to Kathmandu. The route follows winding mountain roads, passing terraced fields, river valleys, and local towns. As you approach the capital, the landscape transitions into urban surroundings. After checking into your hotel, enjoy a relaxing evening and a farewell dinner celebrating the completion of your incredible Manaslu and Tsum Valley journey. Overnight in Kathmandu with time to reflect on your trekking achievement.

Day 21 Fly Back Home

On your final day in Nepal, you will be transferred to Tribhuvan International Airport according to your flight schedule. Enjoy your last views of Kathmandu's busy streets and surrounding hills as your journey concludes. This marks the end of your unforgettable Himalayan adventure through Tsum Valley and the Manaslu region. With beautiful memories, cultural experiences, and stunning landscapes in mind, you board your flight home, carrying the spirit of the Himalayas with you.

What's Included

Cost Includes

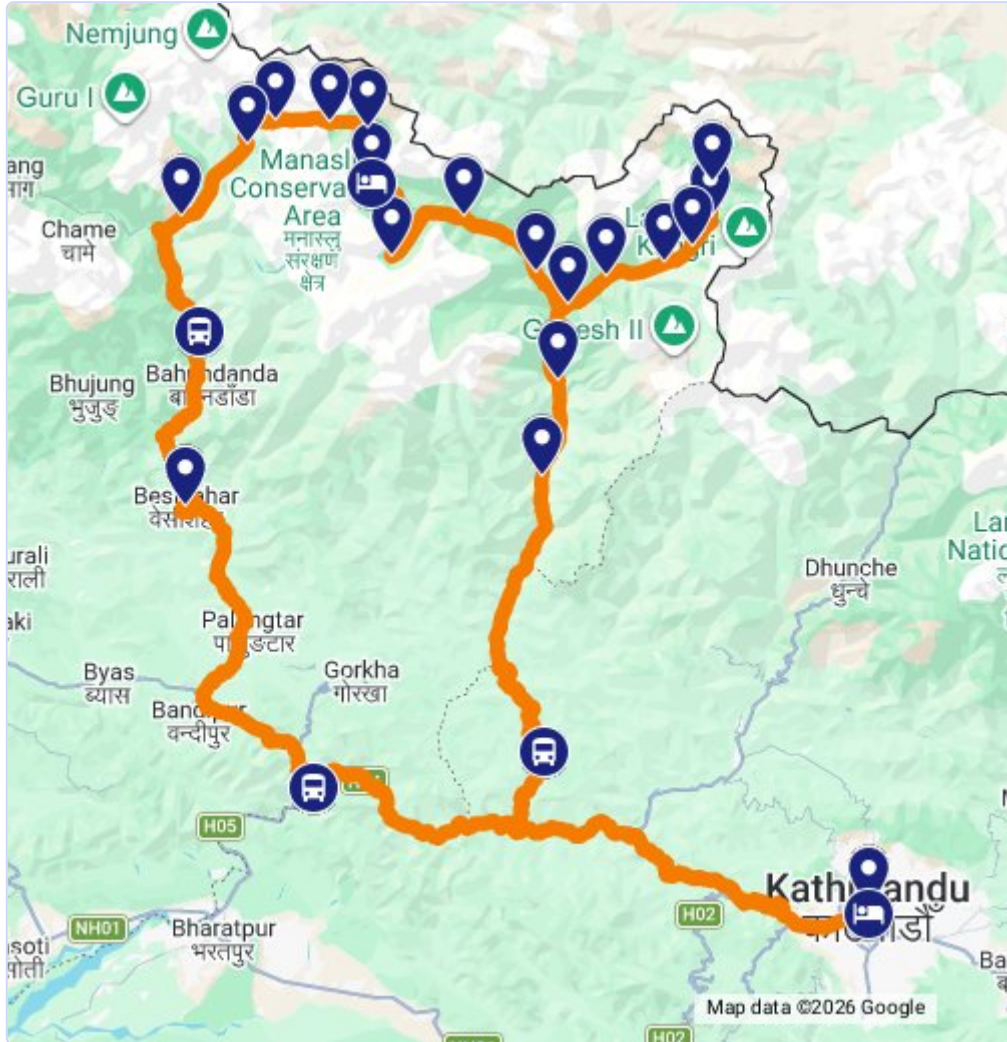
- Airport transfers in Kathmandu
- 3 nights' hotel stay in Kathmandu (twin-sharing)
- Teahouse accommodation during trek
- All meals (breakfast, lunch, dinner) during trekking
- Experienced licensed English-speaking guide
- Porter service (1 porter for 2 trekkers)

- Restricted Area Permit (Manaslu RAP), Manaslu Conservation Area Permit (MCAP), Annapurna Conservation Area Permit (ACAP), and TIMS card
- Trekking map and trek completion certificate
- First aid kit and emergency support
- All government taxes and service charges

Cost Excludes

- International flights to/from Nepal
- Nepal visa fees and personal insurance
- Meals in Kathmandu (except breakfast)
- Snacks, drinks, hot showers, Wi-Fi, and personal expenses
- Tips for guides, porters, and drivers
- Optional cultural tours or activities in Kathmandu
- Costs due to delays, weather changes, or itinerary modifications

Route Map



Trip Notes

Best Seasons:

- Spring (March-May): Clear skies, rhododendron blooms, stable weather.
- Autumn (Sept-Nov): Best mountain visibility, festive atmosphere, pleasant conditions.
- Avoid Monsoon (Jun-Aug) due to landslides and Winter (Dec-Feb) due to heavy snowfall on the pass.

Accommodation & Food:

- Teahouses and village lodges with basic twin-sharing rooms.
- Meals include dal bhat, Tibetan bread, noodles, momos, soups, and simple vegetarian options.
- Limited menus at higher altitudes.

Transportation:

- Drive from Kathmandu to Soti Khola to begin the trek.
- Return drive from Dharapani to Kathmandu.

Preparation Tips:

- Recommended for trekkers with previous high-altitude trekking experience.
- Train with endurance and cardio for 6–8 weeks before trek.
- Pack for varied climates from warm valleys to freezing high passes.

Packing List:

- Thermal wear, fleece, down jacket, waterproof jacket/pants.
- Trekking boots, warm socks, gloves, hats, buff/scarf.
- Sleeping bag (-15°C rating), trekking poles, backpack.
- Sunscreen, water purification tablets, personal medications.
- Headlamp, power bank, camera.
- Passport, permits, insurance documents.

Book the Manaslu Circuit with Tsum Valley Trek with Mercy Holidays!

The Manaslu Circuit with Tsum Valley Trek offers the perfect blend of cultural immersion and high-altitude adventure. From sacred monasteries in the Tsum Valley to the thrilling Larkya La Pass, every moment is filled with discovery.

Mercy Holidays ensures professional guides, safe arrangements, and personalized trekking experiences. Visit our office in Maharajgunj, Kathmandu, or reach us online to start your Himalayan journey today!

FAQ

How long is the Manaslu Circuit with Tsum Valley Trek?

Typically 20–24 days, including arrival and departure.

Is it a difficult trek?

Yes, it is a challenging trek due to remote terrain, altitude, and long days. Prior trekking experience is recommended.

What is the highest point?

The trek's highest elevation is Larkya La Pass (5,160m).

Is altitude sickness a risk?

Yes, acclimatization days and a slow ascent help minimize risks.

Do I need special permits?

Yes, you need a Restricted Area Permit (RAP), MCAP, ACAP, and TIMS card. Mercy Holidays arranges all permits.

What type of accommodation is available?

Basic teahouses and village lodges. Facilities become simpler at higher elevations.

Can I charge devices and access Wi-Fi?

Yes, in some villages for a fee. Carry a power bank for backup.

What food is available?

Dal bhat, momos, noodles, soups, and Tibetan-style bread are common.

What is the best season to trek?

Spring and autumn are best for stable weather and clear views.

Emergency evacuation available?

Yes, helicopter rescue is available. Insurance covering trekking above 5,000m is essential.