

## Overview

### Tour Description

Manaslu Tsum Valley Trek combines two treks in the famous Manaslu trekking region in 2024/2025. Manaslu and Tsum Valley trekking, around an impressive 8163-meter-high Mount Manaslu and the hidden paradise of Tsum, is unexpectedly popular amongst Himalaya trekking keens in the controlled area of Nepal. Manaslu region was permitted to trek for foreign travelers only in 1995 and Tsum was just released in 2008.

Manaslu and Tsum Valley Trekking in this geographically extra spectacular and culturally mesmerizing area provides travelers an opportunity to discover ultimate nature and cultural heritage and experience the mountain lifestyle in Tsum Valley and Manaslu. The residents of upper Budi Gandaki, a region known as 'Nup Ri' meaning Western Mountain, are direct descendants of Tibetan immigrants who settled here during the early 16th century; consequently, their speech, dress, and customs are similar to those of Tibetans in the north of Nepal. The Mountain Views in Nup Ri are sensational and iconic and you can find nowhere in the world. The dramatic Larke Pass after visiting Tsum Valley is a thrilling life experience.

Tsum Valley, also called "beyul," literally meaning "Hidden valley in which people can take refuge at times of political disturbance and where Buddhism can be practiced safely" is yet to be explored, and the right place to trek for the traveling passionate. The valley is a blessed with Himalayan Buddhist pilgrimage site located in the northern part of Gorkha district, Nepal. In another sense 'Tsum' means vivid against the majestic backdrop of the Ganesh Himal, Sringi Himal, and Boudha Himal Ranges, This serene Himalayan valley is rich in ancient art, culture, and religion. It is said that the Buddhist saint Milarepa is believed to have meditated in the caves of these mountains. The valley is home to some of the unique and historic monasteries, including Mu Gompa and Rachen Gompa, mani and prayer walls which lie on a pretty highland nestled in the lap of the valley and Gompa Lungdang, situated at the base of a conical hill against the main slope of Ganesh Himal. The tribes here celebrate many Buddhist festivals, perform ritual burning of junipers to purify the air and Mother Nature, place the prayer flags, and install Mani Walls for the happiness of the entire sentient living beings. The area is left behind from modernity so their culture remains as it is as it was centuries ago. The palace is tempting for the trekkers. Here we have customized two itineraries for the Manaslu and Tsum Valley Trek and we operate perfect and ideal mountain holiday at a budget cost.

### Manaslu and Tsum Valley Trekking Itinerary and Cost

Our tour begins from Kathmandu, followed by a bus ride to Machha Khola, then heads up to Tsum Valley, then rewinds to Budhi Gnadaki and continues to Larke Pass in Manaslu through charming villages of Namrung, Lho, Samagaun, and Samdo. Our standard itinerary is 17 Nights and 18 days, including two days of road travel to and from the trek. To extend the trip; there are many suggested exquisite side trips worth exploring in the

Manaslu trekking route. You just need to add the days. Our inclusive package **Cost is USD 1249** per person.

## **How is transportation to Manaslu and Tsum Valley Trekking provided?**

Transportation to Manaslu and Tsum Valley Trekking is by road. Arughat was an exquisite cultural and commercial town to commence the walking journey but now the government has road building in progress and aims to bring Larke Bazaar to connect with the Tibetan market shortly. So now there is road access to Machha Khola, and we have included public tickets, but if you prefer the option of having a comfortable private jeep with extra cost, please ask!

## **Outline Itinerary**

**Day 01 : Drive to Machha Khola (869m). 7 to hours by bus.**

**Day 02 : Trek to Jagat (1340m), 6-7 hours walk.**

**Day 03 : Trek to Lokpa (2240m), 5-6 hours walk.**

**Day 04 : Trek to Chhumling (2386m), 5 hours walk.**

**Day 05 : Trek to Chhekampar (3011m), 5-6 hours walk.**

**Day 06 : Trek to Nile (3310m), 6 hours walk.**

**Day 07 : Hike to Mu Gumpa (3700) and trek to Chhekampar via Rachen Goma, 6-7 hours walk.**

**Day 08 : Trek to Lokpa (2240m), 7-8 hours walk.**

**Day 09 : Trek to Ghap (2300m), 6-7 hours walk.**

**Day 10 : Trek to Lho (3180), 5-7 hours walk.**

**Day 11 : Trek to Sama Gaun (3520m), 4-5 hours walk.**

**Day 12 : Rest day, Hike to Birendra Taal/Pungyen Gumpa/ Manaslu Base camp (4400m).**

**Day 13 : Trek to Samdo (3780m), 3 -4 hours walk.**

**Day 14 : Trek to Larke Phedi (4460m) 4 hours walk.**

**Day 15 : Trek to Bimtang (3750m), via Larkey Pass (5100m), 8-9 hours.**

**Day 16 : Trek to Gowa (2515m), 6-7 hours walk.**

**Day 17 : Trek to Chyamje (1430m), 6-7 hours walk.**

**Day 18 : Drive to Besisahar (760m), drive to Kathmandu**

### **Cost Includes**

- A registered, local, and experienced Manaslu Tsum Valley guide.
- One porter shared between 2 trekkers (weight limit: 25 kg)
- Meals: 17 Breakfasts, 18 Lunches, and 17 Dinners during the trek.
- Hot water during the trek (1 liter per person/day).
- Mountain lodge accommodation is on a twin-sharing basis.
- Kathmandu to Machha Khola by private 4WD jeep transportation.
- Chyamje, Besisahar, and Kathmandu by local sharing jeep/hiace van
- All shuttles from your hotel in Kathmandu are for trekking.
- Guide and porters fee and all their expenses.
- Manaslu Trekking Tsum Valley Permits.
- All taxes and documentation fees.
- Insurance and trekking gear of your crew.

### **Cost Excludes**

- International airport transfers, hotels, and meals in Kathmandu.
- Bar and beverage bills such as coke, fanta, mineral water, beer, etc.
- Guided sightseeing and monuments entrance fees in Kathmandu.
- Laundry service, toiletries, and other personal expenses.
- Hot showers, internet, and phone calls
- Personal travel insurance and trekking gear.
- Rescue operation charge in case of emergency.
- Tips for your guide and porter.