Detail Itinerary

Exploring the Hidden Valley and the World's 8th Highest Peak

The Manaslu Tsum Valley Trek offers a secluded and stunning journey through the rugged vertical landscapes of the Manaslu region. This itinerary provides an exceptional blend of rich cultural heritage and breathtaking mountain views, highlighted by Mount Manaslu (8156m), the eighth highest mountain in the world. Situated northwest of Kathmandu, the region is home to warm communities that preserve ancient Buddhist traditions largely untouched by modern development.

Widely recognized as a hidden valley, the Tsum Valley is tucked away in a remote area bordered by Ganesh Himal to the south, Himalchuli and Buddha Himal to the west, and Sringi Himal to the north. Derived from the Tibetan word 'Tsombo' (meaning bright), the name 'Tsum' reflects the vibrant yet traditionally preserved lifestyle of the locals, offering authentic homestay experiences for travelers.

Ancient Salt-Trading Routes and Larkya La Pass Crossing

The trekking trail follows an ancient salt-trading route along the Budhi Gandaki River, winding through dramatic gorges that connect the Ganesh Himal and Manaslu ranges. Continuing into the Nupri valley, you will encounter communities with distinct Tibetan roots. The path runs parallel to the border, offering spectacular vistas of Himalchuli, Ngadi Chchuli, and Manaslu North. A major highlight of the journey is crossing the challenging Larkya La Pass (5200m), followed by a descent into the Marsyangdi Valley with panoramic views of the Annapurna Himalayas and Himlung Himal.

Nepal Kailash Trekking curates this exceptional journey to ensure a deeply rewarding adventure. Featuring close-up views of over ten soaring peaks above 6500m and 7000m, the trek invites you to discover ancient stupas, monasteries, pristine waterfalls, natural hot springs, and diverse Himalayan flora.

Trip Facts

- Trip Duration: 26 days
- Trek Duration: 21 Days
- Trip Cost: US 1800 P/P From
- Primary Activity: Trekking
- Secondary Activity: Cultural
- Min. Group Size: 02
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5160m
- Trip Mode: Jeep/Bus
- Accommodation: Lodge
- Season: March - May, Oct - Dec

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Day 01: Arrival Kathmandu (1350m)
Arrival at Tribhuwan International Airport (TIA), Kathmandu , Nepal, one of our airport representatives pick you up then transfer to Your Hotel. Inclusive Bed and Breakfast (on BB plan).

Day 02: Trip Preparation day and Full day Sightseeing of Kathmandu city
The day is specially to obtain one of restricted regions special permit from immigration of Nepal. We arrange you a full day Kathmandu city Tour such Pashupatinath Temple, Bouddhanath Stupa, Kathmandu Darbar Square and Swayambhunath by private vehicle and city tour guide. Evening back to Hotel BB plan.

Day 03: Drive to Arughat (603m) and change local vehicle to Sotikhola (700m)
Your Trekking guide and porter come to hotel to pick up you and drive to Arughat by private vehicle first and then from Arughat to Sotikhola change next local available vehicle. To catch a local vehicle, you have to walk a bit about 20 minutes the next side of the Budi Gandaki River. Driving time is approximately 5 hours Arughat from Kathmandu and next 2 hours Sotikhola from Arughat. Stay overnight at lodge, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 04: Trek to Machhikhola (869m), 5 Hours
After breakfast, start trekking to Machhikhola. Trek about an hour track road, then trekking trail follows continues to labu beshi. The Labu Beshi is a local village, which is a wide valley with farming field and hills. Trekking path follows up to the Budi Gandaki River. Before Labu Beshi, there is a cliff with a narrow trail. The Nepal Kailash Trekking suggest you, beware while horses and mules crossing each other. So take a right side always along the way. Otherwise, animals push you to the cliff/River. The day offers you some snow capped mountain views such a Shiringi Himal (7161m). Some group stop at labu beshi for Lunch and some reached to Machhikhola as trekkers walking speed. Machhi Khola is also a settlement of Gurung ethnic group. Stay overnight at lodge at MachhiKhola, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 05: Trek to Jagat (1340m), 5:30 Hours
Trekking trail goes fairly easy along the River side. There is a settlement with a lodge such an hour further from Machhikhola, called Khorla Beshi. The place is joining, junction a trekking from Rupinala trek. And futher will be visit natural hot spring (Tatopani) in next an hour from the Khorla base than 45 minutes further a place called Dovan where is lodge available for the night. There is a place for lunch further than Dovan, about 45 minutes. The day gives you narrow valley of the Budi Gandaki River both the both side rocky hills. Gagat is a place where your permit will be checked, and it is a place start restricted region by next morning. Stay overnight at Jagat, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 06: Trek to Lokpa (2240m), 6 hours
Before leaving Jagat, there is a check post where your special permit’s of Manaslu and Tsum valley’s starts to be counted. The trail is easy going through villages and somewhere Cliffy trail (especially between Jagat and Salleri) and also before Sirdibas. You can see closer Mt Shringi Himal than previous days. On the way, Philim village is also one of the biggest villages in Manaslu Tsum valley trekking which offers beautiful scenery of the region. There is a place for lunch after Philim also, it is called Chisopani (45 minutes further from Philim). The time after Chisapani, again provides scenic picturesque of Tsum Manaslu trekking along the valley Budi Gandaki with parallel trekking trail. After the junction for ways to Larkya pass, trail for Lokpa goes almost ascending. This part of the Tsum valley trekking brings you a forest which is also able for bird watching, peace and natural

beauty of Nepal with view of Ganesh Himal. Overnight at Lokpa, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 07: Trek to Chhumling (2386m), 3:30 Hours
Today, it is short walking day, but also real Nepal trekking by descending first and the after a little flat trail along the river then ascend continue through big forest and little scary Cliffy trekking path. The day offers naturally beautiful scenery. The Shringi Himala just above Chumling and opposite side of the Chumling situated Ripchet village and above Mt Ganesh Hima. Overnight at Chumling, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 08: Trek to Chhokang Paro (3031m), 4 hours
About one and half hour easy trail to Rainjam, where the junction for Gumba Lungdand and Ganesh Himala Base Camp. Forwards trail goes by ascending partly cliffy so far. Of course, you passed already lots of chorten and mani stones. The day of Chhokang Paro provides lots of mani walls and chortens. The views just Wow of the landscape of the valley after a top by reaching to the Chhokang Paro village. They have own traditional houses. Overnight at Chhokang Paro, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 09: Trek to Lamagaon (3302m) 1:30 Hours
It is a short walking day, but trekkers should not forget that already in high altitude. It can be reach to the Mu Gumba , this day by hourly about three hours. But Nepal kailash Trekking is a responsible and reliable trekking agency in Nepal. Regarding the high altitude sickness, we make a night stay at lama Gaon (village). Inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 10: Excursion Rachen Gumba
The day for rest and acclimatization with interesting traditional village, caves and visiting by Rachen Gumba which is indicated already by the Red roofs of the monastery. Overnight say at Lama Gaon as second night, including breakfast, Lunch and Dinner with tea/coffee.

Day 11: Trek to Mu Gumba (3700m), 3 Hours
This day cross some villages such Phurbe (3251m), Pangdun (3258m), Chule (3347m), Nile (3361m), those villages are close to each other. And the Nile (Nee Lay) is the last village of the Tsum valley before ascending to Mu Gumba and into a high pass via Bajyo into Tibet. The villages are traditionally inclusive livestock houses in Tsum valley. If you are not wishing visit above Mugumba then can make a camp at Nile instead of Lama Gaon and nest day make a day trip to Mu Gumba from Nile. It’s a vista mountain view region. Overnight at Mu Gumba, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 12: Excursion to Dheren Gumba – Mu Gumba
The day has some option like, either just visit Dheren Gumba about 40 minutes above from Mu Gumba or make a long day trip to Ngula Dhojyang or Mailatasachin Pass, 5093 and west Thapla Bhanjyang, 5104m for the tantalizing view into Tibetan border. For the further two night camp from Mu Gumba , it can be at Kulung (3820m) or Bajyo (4030m) if you are in camping organizing group. It is possible to make a day hiking to see Tibetan side from the passes. It takes up and down from/to Bajyo 7 to 8 hours. Overnight Mu Gumba, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 13: Trek to Gumba Lungdang (3200m), 8 Hours
It is a long walking day from Mu Gumba to Gumba Lungdang. It takes about 5 hours down to Domje (opposite side of the Rainjam, pass the day of Chumling to Chhokang Paro). Domje is situated at 2460m and ascend to 3200m reach to Gumba Lungdang. Overnight stay at Gumba Lungdang, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 14: Excursion day of Ganesh Himala Base Camp (4200m), 8 Hours
This day for Ganesh Himal Base Camp (4200m) day hiking trip is one of the longest walking days of the Tsum Manaslu Trek. Make sure that you are going to take with you enough snacks or packed lunch as well as enough drinking water. Overnight at Gumba Lungdang, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 15: Trek to Lokpa via Ripchet, 7 Hours
After down to Domje, trail goes opposite side a bit higher than day starting Chumling to Chhokang Paro as a first one and half hour. The village called Ripchet (Ripche), it was a picturesque village. Unfortunately, the village is completely destroyed after Nepal Earthquake of 2015. It has been abandoned since. The trail meets on the bridge side below Chumling. Overnight at Lokpa, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 16: Trek to Ghap (2160m), 7 Hours
Today, during the Manaslu trek starts through a big forest for a while then reach to Deng. The place Deng where available lodge as well. Deng is a viewpoint for Mt Shringi Himal and Gurung village. Thus, walk through villages such Bhi Phedi with old traditional built houses. After passing Bhi phedi, on the way to Ghap left next side high up situated Prok village (2397m) from there also can see Shringi Himal. At Prok, there is a community Eco lodge as well for trekkers. Overnight stay at Ghap, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 17: Day 09 Trek to Lho (3180m), 5 Hours
The day, you feel that you are in trekking by ascending some hills through big forest. There is a place called Namrung (2630m). At Namrung, situated police check post where your permit should be checked by them. Namrung offers again Siringi Himal views as well as Ganesh Himal too. The days offers spectacular panorama views of the mountains. You are already in high up by reaching Lhi (2920m) and Sho (2880m). Lhi offers a view of Mt Himchuli (7893m). Afeter Sho by reaching to Lho offers first view of Mt Manaslu (8163m), also known as Kang Pungen. Lho is a big Gurung village with monastery situated at the top of the village and behind scenery of Mt Manaslu. Overnight at Lho, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 18: Trek to Sama (3520m), 2:30 Hours
Sama is a big settlement of the trek with huge village and valley. Beofre Sama, you will encounter a viilage called Shyala (3500m). Shyala is the best village for Mt Manaslu and other peaks view. From shyala you can be reached to Sama within an hour. It is not that the meaning that you would not see Manaslu from Sama, yes Sama also offers Mt Manaslu view as well. Overnight stay at Sama, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 19: Excursion
This is an acclimatization day of the Manaslu Trek. You may go to either Manaslu Base camp, if your physical fits enough or Pung Gyen Gumba or just Birentra Tal (Birendra lake) on the way to Mt manaslu Base Camp. Make sure that you are going to carry pack lunch and enough water for drinking. There are no places or any tea house in this excursion. Back to Sama lodge for night, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 20: Trek to Samdo (3875m), 3 Hours
This is a short walking day to Samdo from Sama. Trekkers used to go the direction of the Tibet border or climb just around hills for an altitude acclimatize. Samdo is a small village and the last local village settlement too. Stay overnight at Samdo, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 21: Trek to Dharmasala (4460m), 2 Hours

Trekking to Dharmasala, where is a small lodge and tented camp for over crowded time. By reaching the place, reserve the rooms and have a tea/coffee and visit around hills for acclimatization. Back to lodge for overnight stay, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 22: Trek to Larke pass (5160m) then Bhimtang (3590m), 8 Hours
Today is the hardest and longest walking down hill day of the Manaslu trek. Better to wake up an early morning around 5 am by leaving the place night stay. Take a pack lunch and enough drinking water. Larkya pass offers a huge, spectacular Panoramic views, surrounding mountains and peaks. From Bhimtang you can see Mt Manaslu, Manaslu North, to west Mt Himlung (7126m). Overnight stay at Bhimtang, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 23: Trek to Tilje (2300m), 5 Hours
The day provides along the way a huge forest and peace trekking trail. It offers a view of Mt Manaslu and North Manaslu by leaving even Bhimtang backwards. Trekking goes via Goa (2515m), it is also really peaceful and beautiful place. Overnight at Tilje, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 25: Drive to Kathmandu from Beshishahar 5 Hours
This is a short walking day of the Manaslu circuit trek. You will be walk about an hour and half to Dharapani from Tilje. The wait a local vehicles, which comes from Chame for Beshishahar. Driving road is a rocky and adventure experience so far. Overnight at Beshishahar hotel, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 24: Trek to Dharapani (1963m) 1 Hour and drive to Beshishahar 3 Hours
Drive to Kathmandu after breakfast by private vehicle, which reached the previous evening from Kathmandu. Overnight at Kathmandu Hotel, on BB plan.

Day 26: Departure
Our representative, transfer to TIA for your onward destination, the trip end.

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary like Manaslu special permit, Manaslu conservation, Annapurna Conservation Area Protection fee {ACAP}, {bring 4 copies passport size picture}
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

Cost Excludes

- International airfare

- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}

- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking

- Meals in Kathmandu (Lunch and Dinner}

- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

- Extra porter for the personal day bag pack

- Extra cost on natural disaster

- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}

- Any other expenses which is not mentioned in the cost include

- Tips to staffs