

## Manaslu Tsum Valley Trek

Duration: 27 Days



### Overview

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| <b>Trip Grade: Strenuous</b>                                     | <b>Max Altitude: 5215m</b>  |
| <b>Activity: Trekking</b>  | <b>Group Size: 02-12 People</b>                                   |
| <b>Arrival On: Kathmandu, Nepal</b>                              | <b>Departure From: Kathmandu, Nepal</b>                           |
| <b>Meals: All meals during trek &amp; breakfast in kathmandu</b> | <b>Accommodation: Stone Built Houses (tea houses) during trek</b> |

“Travel brings back love and joy into one’s life.” Located at north east of Manaslu, Tsum Valley is one of the famous later known trekking areas in Nepal. The Manaslu Trek with Tsum Valley takes trekkers on a sacrosanct journey to the valley of "Tsum" which is situated in the western part of Nepal called Gorkha. This trek can be called an elongated rendition of the Manaslu Circuit Trek which can likewise be taken as a mix of both the treks as Manaslu Tsum Valley Trek. Our Manaslu Trek with Tsum Valley begins and end in Arughat, so with a beautiful drive through the Middle Hills which prompt the trail-head passing Arughat at Soti Khola around seven hours we shall head out from Kathmandu. The main portion of the trek climbs the Budi Gandaki Valley on an abundant route through a blend of thick timberland, terraced fields, and slope towns. As we leave the fundamental Manaslu Trail for the Tsum valley, all of a sudden we get a sentiment entering genuinely into the hidden valley. A thing to keep in mind is that Tsum valley is rich in old workmanship, culture and religion thus it adds a luxuriously remunerating expansion to the Manaslu trek. While on the trek, we go through the snow-capped timberland, chilly streams, and appreciate the warm cordiality of ethnic individuals. Pass the lower Budi Gandaki districts of Liding, Machhakhola, Jagat and Philim. The trekkers will likewise have the chance to find out about the nearby culture and religion of the general population. We shall also trek through the last town of Tsum Valley named Nile at 3361 meters till Mu Gompa at 3700 meters. This trail to Mu Gompa is utilized as the trail for import and fare from Tibet with the assistance of yak for neighborhood villagers. Along the entire trek, you are bound to become acquainted with the whole locale being significantly impacted by Buddhist religion. You will likewise be watching this entire situation amid this trek. Lastly, we can also watch the marvelous dawn through the Ganesh Himal. We now begin slipping from Gompa Lungdang and arrive at Sotikhola. We shall now end our epic trek by arriving at Arughat through Sotikhola and ultimately take a drive back to Kathmandu. Manaslu and Tsum Valley

Trek in this topographically additional breathtaking and socially most hypnotizing zone, that rewards the trekkers to find extreme nature and social legacy and experience the mountain way of life in Tsum Valley and Manaslu. Typically, the greatest months for this trek are September, October, and November amid the fall season and after mid-March, April and May amid the spring season. Feel free and contact to [Himalayan Holyland Treks & Expedition](#) Team to trek through the off beaten path trail of this blooming and significant area with our accomplished staffs.



## Itinerary

### Day 01: Arrive Kathmandu & Transfer to Hotel - 1,300m/4,264 ft

Upon our arrival in the Tribhuvan International Airport (TIA) in Kathmandu, we will be greeted by a representative from **Himalayan Holyland Treks and Expedition** who will drop us off at our hotel. After checking in, we take a rest or visit Himalayan Holyland's office. We may also stroll in the streets of Thamel, tourist hub in Kathmandu for some souvenir shopping. In the evening, there will be welcome dinner hosted by Himalayan Holyland Treks and Expedition where you will be served excellent authentic Nepalese cuisine which will introduce you to the country's food culture. Overnight at hotel in Kathmandu.

Included meals: Dinner

### Day 2: Kathmandu: Sightseeing and Trek Preparation

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. Some of these landmarks are considered World Heritage Sites; including the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous "Monkey Temple" (Swayambunath) and Buddhists shrine (BouddhaNath) which is one of the large Stupas in the world. In the afternoon, there will be a pre-trip discussion where we can meet our trek guide and other team members. Himalayan Holyland briefs us regarding our trek as well as provides us opportunity to ask any questions we may have regarding our upcoming adventure. Overnight at Kathmandu.

Included meals: Breakfast

### Day 3: Drive to Barpak (2000m/6560ft)

Drive about 5/6 hrs and we stay overnight at beautiful Barpak village.

### Day 4: Barpark to Laprak (2200m/7216ft): 6-7 hrs

### Day 5: Laprak to Khorlabeshi (875m/2870ft): 7-8 hrs

### Day 6: Khorlabeshi to Jagat (1410m/ 4625 ft): 6 hrs

The narrow trail makes some minor ups and downs and eventually crosses the TharoKhola, flowing in a rocky ravine, then reaches Khorlabeshi. After a few more ups & downs there is a small trailside hot spring, from where we reach to Tatopani. From the Hot spring we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. Climb on a wide, well-crafted staircase, then across a landslide and over a ridge to Dobhan. Crossing a suspension bridge over the DobhanKhola, the trail climbs on a rugged trail to Duman. Ascending up again to the Budhi Gandaki, we reach at YaruKhola. Crossing a suspension bridge over the YaruKhola we climb the stone stairs and then drop to the river and again climb more stone stairs to Tharo Bharyang. Cross to the west bank of the budhi Gandaki, climb over a ridge, and trek along the river then climb towards the village of Jagat.

Included meals: Breakfast/ Lunch /Dinner

### Day 7: Jagat to Philim (1,590m/ 5215 ft): 3hrs

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After completing with the ACAP procedure, we climb over a rocky ridge to Salleri, and then descend to Sirdibas. The valley widens a bit as the trail continues up to GhattaKhola. Continue upstream to a long simple hanging bridge. Climb up to Philim, a large gurgling

village. Philim valley is well known for Japanese made school and police station. Walk past Philim to the north across a forest with the views of the narrowing valley we reach Chisopani. Overnight at Chisopani.

Included meals: Breakfast/ Lunch/ Dinner

#### Day 8: Philim to Chumling (2363m/7775 ft): 6/7 hours

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After Ekle Bhatti cross the gorge and half an hour walk in the right side we get to see the big and beautiful waterfall and enter the pine tree forests. Descend down to trail going to the Tsum Valley. Climb through pine and rhododendron forests. Enjoy the views of Himalchuli mountains at 7893m and Boudha Himal from Lokpa, a small beautiful village. Pass Lokpa, descend half an hour towards Lungwa khola and climbing jick jack difficult trail further two hours north through pines and rhododendrons we reach Gumlung. Crossing the Siyar Khola, finally arrive at Chumling, from where we can view Shringi Himal. Visit the old Chumling Gumpa and the stone streets of the village.

Included meals: Breakfast/ Lunch/ Dinner

#### Day 9: Chumling to Chokhangparo (3010m/9903ft): 5/6 hours

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Cross the suspension bridge onto the opposite bank. Enjoy the great views of Ganesh Himal. Walk past Rainjam to Serpu Khola crossing another bridge we arrive at the Gho Village. Another continues 2 hours climb to Tsum takes us to the village of Chhokhangparo. Weather permitting; enjoy the views of Himalchuli at 7893 meters and Ganesh Himal at 7140m. Overnight at Chokhangparo.

Included meals: Breakfast /Lunch /Dinner

#### Day 10: Chokhangparo to Nile (3361m/11058ft), via Milarepa cave: 6/7 hours

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While climbing above Chokhangparo, better to be careful of altitude problems. Walk past Lamagaon crossing rope suspension bridge to the Rachen Gumpa, which is also well known as Nunnery Gumpa too. We make a small visit and then we cross the Shiar Khola. Continue walking through the well managed villages Lar (micro hydro power), Phurbe and Pangdun. Leaving old historic Stupa of Bhudda in a way crossing the village of Chhule, climb upstream and cross the bridge to finally arrive at Nile. If you consider we can make your visit to a famous monastery of Chhule which is located in the top of area.

Included meals: Breakfast /Lunch /Dinner

#### Day 11: Nile to Bhajyo (Chhekya) (4030m/13218ft): 4 hours

#### Day 12: Nile to Bhajyo (Cheekya)

#### Day 13: Bhajyo to Rachen Gumpa: (3240m/10627ft): 6 hrs

#### Day 14: Rachen Gumpa to Chumje (3230m/10,595ft): 5/6hrs

#### Day 15: Chumje for Bihi (3130m/10,266ft): 4/5hrs

## Day 16: Bihi to Namrung (2540m/8331ft): 6 hrs

Follow the trail upstream of Deng River to a tiny village of 4 houses. We walk through a newly built rock tunnel from here, thus avoiding the traditional steep climb. At Ghap, the Tibetan culture begins with Mani stones and chortens all around. O/N at mountain lodge.

## Day 17: Trek from Namrung to Lho (3180m/10,430 ft): 4 hrs

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Today is a wonderful trekking day; after passing through the seemingly deserted seasonal village of Nambachhe, planted with fields of barley and lined with mani walls, we ascend through a dense, cool forest for an hour, crossing the Buri Gandaki once on a wooden bridge, to Namrung, at 2540 meters, where we will stop for a cup of chai at a lodge run by a Tibetan family. As we gain altitude, we reach alpine territory and are treated to increasing mountain views. Namrung village is the start of Nubri, the region of purely Tibetan inhabitants speaking a dialect of western Tibet. Above the village the valley opens out and there are extensive pastures. A few hours later, we reach the village of Lihi at 2840 meters, a substantial altitude gain. We are climbing gently now, cross a large stream flowing down from the Lidanda Glaciers, and reach the picturesque Tibetan village of Sho at 3000m, where we stop for lunch. Look for the bear claw on the upper deck of the house, and across the river to the ruins of an old Tibetan fort. From Sho, the views of Ngadi Chuli are spectacular, and further on, towards Lho, we are finally treated to views of Manaslu itself; quite an impressive afternoon! We set up camp in Lho, a lively village adorned with many prayer flags, in the yard of a small lodge. Sunset and sunrise from the campsite are wonderful, and the small gumpa just below our campsite worth a visit. O/N at mountain lodge`

## Day 18: Trek from Lho to Samagaon (3530m/11,578 ft): 5/6 hrs

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Walking through the upper reaches of Lho, with the snowy peaks of Manaslu ahead of us in the distance, we pass the new gumpa and then ascend through light forests next to a small river to reach the Tibetan settlement of Shyla, where the villagers are often out in the fields. Another few hours of trekking through classic alpine scenery leads us past Tibetan grazing settlements, the train to Pung Gyan Gumpa, and then Sama Gaon, or Ro, as the locals call it. Sama Gaon sits in a bowl at the foot of the pastures leading to the high peaks, with mani walls, a small gumpa and tightly packed rows of houses at the lower reaches of village, and the large gumpa at the upper reaches. The people settled here from Tibet over 500 years ago, and the two gompas date from this time, both having unique architecture and built of wood. The Tibetan villages here have entrance gates which are very distinctive from the Tibetan ones, and they maintain an active trade with their co-religionists in Tibet (notice the Chinese brandy and beer on sale). If the weather is good, you will see the village women weaving wool (baal) from Tibet into gowns which are then traded back to Tibet. Taxes were actually paid to the Dzongka Dzong (fortress) at the border of Tibet, a few days walk from Sama Gaon, as late as the 1940s until it was taken over by the Gorkas in the late 19th century. Later, after 1959, the region was home to Tibetan guerillas, and thus closed to trekking until 1992.

Take the afternoon to hike up to the gumpa above town, and to wander the streets of the fascinating Sama Gaon village. O/N at mountain lodge

## Day 19: Trek from Sama to Samdo (3860m/12,660 ft): 4/5 hrs

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Another day of incredible mountain views during the walk up to Samdo, an easy three hours away. En route we pass the long mani walls at KermoKharka, after which we spot the entrance chorten of Samdo high on a bluff. We descend back to the Bhudi Gandaki and cross a small bridge before another short climb to the "kane" entrance of Samdo; look back down valley for great views. The villagers of Samdo came across the border from the village of Riu after 1959 and built their new village here, at their old herding settlement (see below). Samdo village is a collection of houses and lodges at 3850 meters, and most trekkers miss the heat of a week ago as we huddle around the stove and a wind from Tibet batters the windowpanes. Get out and take a walk around the village, where the inhabitants live an essentially Tibetan lifestyle, herding their yaks, sheep and goats, training their horses and planting barley. There is a small home gumpa in a house mid-village which we visited during our last village, a puja being held by several of the reincarnated lamas living in the Samdo. O/N at mountain lodge.

## Day 20: Samdo - High Camp (Ekle Bhatti) (4460m/14,628ft): 5hrs

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We leave on the trade route to Tibet and climb through the ruins of Larkya bazaar, one of the trade markets that flourished years back. After two hours of climbing past glaciers, with increasingly awe-inspiring panoramas, we come to the campsite at Dharamsala, where we have lunch and gaze out at the views. You'll really feel the altitude and the cold here, so enjoy a more leisurely afternoon and keep warm. We'll have an early dinner in preparation for our pass crossing tomorrow. Overnight at Tented Camp.

## Day 21: High Camp to Bimthang (3,590m/11811ft), 7/ 8 hours walking

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After a short climb above the campsite, we reach the ablation valley on the North side of the Larkya Glaciers where we have views of Cho Danda and then of Larkya Peak. We continue across the moraines of the glacier, making a gradual ascent which becomes steeper only in the last section to the pass, which should take us about three hours to crest. From the pass, there are outstanding views of Himlung Himal, Cheo Himal, Kangguru and the huge Annapurna II. If there is fresh snow, we may see Snow Leopard prints from the evening before; it's also blue sheep (Bharal) and Tibetan Snow Cock territory.

The views from the top of the pass are truly unbelievable. After hanging our Tibetan prayer flags, and yelling "Ki ki so solhagyalo" (may the Gods be victorious), get ready for a steep, ankle straining drop to a trail following the glacial moraine, very slippery if covered in snow so have your "Yak tracks" ready if you've brought them, and definitely use trekking poles. It is a longer day than usual to our campsite at Bimthang, but to walk into these low pastures with the evening mist coming in and Manaslu; it's an experience not to be missed. A boulder-strewn descent brings us, finally, to Bimthang, where the three sisters of the "Three Sisters Hotel" are on hand with Himalayan chilled beer. Overnight at Tented Camp.

## Day 22: Rest day at Bimthang.

## Day 23: Trek Bimthang to Dharapani (1860m/6,100ft): 6-7 hrs

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The campsite at Bimthang is frigid in the morning, so get to the dining tent quickly for a cup of fresh coffee! Porters pour hot water over tent pegs to get them out. Pee bottles freeze. No option if you want to get warm, move down valley into the sun, through forested hillsides to Tilje, at the end of our lost world. Here the inhabitants are a mix of Manangis (of Tibetan descent) and Chettris (Hindus), so eat a mix of dal bhaat, buckwheat dhiro, tsampa and Tibetan tea. The gorge ahead marks the land of apple pie, cold beers and hot showers "the Annapurna Circuit. Overnight mountain lodge.

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**Day 24:Dharapani - Ghermu (1100m/3608ft): 7 hrs**

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Follow the trail downstream of Marshyangdi River, passing through the scattered villages to reach Tal village for overnight stay. O/N at mountain lodge. Ascending gently for 30 minutes and the trail runs gently down to Sanjee village, then trail goes up for 15 minutes to Gharmu Phant.

**Day 25:Dharapani - Ghermu (1100m/3608ft): 7 hrs**

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The last day of the trek, and a hot, five hour walk through gentle, muted hills and colorful villages to Bhulbhule and Khudi, where we will meet our transport back to Besi Sahar. If the road isn't passable, we continue walk to Besi Sahar to start the five-hour drive back to Kathmandu following morning O/N at mountain lodge.

**Day 26:Drive Besi Sahar to Kathmandu by bus: 7/8 hrs. Farewell dinner with guide or office represent and overnight at Hotel.**

**Day 27:Departure day.**

Final departure to your onward destination.

## Cost Includes

- => Transfer to and from the international airport (Airport-Hotel-Airport) in Kathmandu.
- => Accommodation in Kathmandu with B/B basis.
- => All necessary domestic transportation as per mentioned in itinerary.
- => Insurance for all trekking staff such as : guides, porters and cooks during your whole trek.
- => All-inclusive trekking activities with standard accommodation, breakfast, lunch and dinners during in the trekking period.
- => Food and accommodation for staffs during the trek.
- => All special trekking permits for restriction zones such as Manasulu or Lower/upper Dolpo and Mustang.
- => Provide experienced and license holder trekking guides, Sherpas, trail helper, cook and kitchen boys.  
(Posted guide will be well spoken of English, Japanese, Italian, and French etc.)
- => Government and local taxes.
- => Insurance for all staffs.
- => Trekking map.
- => T-shirt from company.
- => Trip completion certificate.

## Cost Excludes

- => Accommodation and foods during your stay inside Kathmandu city before or after trekking.
- => International airport tax at the international airport in Kathmandu.
- => Personal expenses/insurance.
- => Nepal entry visa.
- => Sightseeing around Kathmandu valley that can be arranged by our city-guide upon the request of guests.
- => Helicopter rescue flight in case of emergency during your trekking period. Political evacuations, land Slides etc.