

Tsum Valley and Manaslu Trek



Trip Overview

Tsum Valley Manaslu Trek is one of the world's remotest and delightful journeys in the Himalayan valley that lets us walk along the Nepal-Tibet border, which was recently opened as a route for trekkers, and that has gained the attraction of many travel lovers. Travelers in the region are very less owing to its difficult terrain and very simple accommodation facilities however there have been some simple guest houses and homestay accommodations on the trail. Manaslu has a unique environment, which is exceptionally rich in biodiversity, dense forest of the region is home to many rare and endangered animals that have made this region one of the finest tourist destinations of Nepal. The majestic Himalayan ranges in this area consist of cultural diversities and natural scenery with high-altitude romantic glacier lakes and fascinating flora and fauna, all features of this region, have made it one of the most attractive places in Nepal.

The biggest achievement of the Tsum Valley and Manaslu Trek is a climb up to Larkya La Pass (5213 Mtrs) which is the highest point of our trek. From here, we can get some fascinating views of mountains like Kang Guru, Himlung Himal, and Cheo Himal, along with some rare views of the Annapurna massif. Visiting Mu Gompa, Rachen Gompa, and Nunnery temple to get some insights into Tibetan Buddhist culture. The prayer flags, Chortens, Mani walls; and everything we encounter on our trail during our journey gives a resemblance of Tibetan Buddhist

culture. The lifestyle and traditions of the people residing in the valley are unique and traditional. The people in the region have been able to preserve their uniqueness intact without any influence of the outer world.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Preparation for trek and sightseeing in Kathmandu
- Day 3 - Drive to Arughat and trek to Soti Khola (710 Mtr/2329 Ft)
- Day 4 - Trek to Machha Khola (900 Mtr/2952 Ft)
- Day 5 - Trek to Philim (1590 Mtr/5215 Ft)
- Day 6 - Trek to Ripche (2470 Mtr/8101 Ft)
- Day 7 - Trek to Nile/Chhule (3360 Mtr/11020 Ft), visit Milarepa Piren Phu Cave
- Day 8 - Trek to Mu Gompa (3700 Mtr/12136 Ft), visit Dephyudonma Gompa
- Day 9 - Trek to Rachen Gompa (3240 Mtr/10627 Ft)
- Day 10 - Trek to Deng (1860 Mtr/1600 Ft)
- Day 11 - Trek to Namrung (2900 Mtr/9512 Ft)
- Day 12 - Trek to Lho Gham (3180 Mtr/10430 Ft)
- Day 13 - Trek to Samagaon (3500 Mtr/11480 Ft)
- Day 14 - Acclimatization and Rest Day at SamaGaun
- Day 15 - Trek to Samdo (3860 Mtr/12660 Ft) and exploration day
- Day 16 - Trek to Larke Phedi (5215 Mtr/17105 Ft)
- Day 17 - Cross Larke La (5213 Mtr/17099 Ft) and Trek to Bhimtang (3720 Mtr/12200 Ft)
- Day 18 - Trek to Tilije (2300 Mtr/7544 Ft)
- Day 19 - Trek to Taal (1700 Mtr/5576 Ft)
- Day 20 - Trek to Baundanda (1275 Mtr/4182 Ft)
- Day 21 - Trek to Beshisahar (1600 Mtr/5248 Ft)
- Day 22 - Drive back to Kathmandu
- Day 23 - Rest day and shopping time in Kathmandu
- Day 24 - Transfer to international airport for your final departure

Cost Includes & Excludes

Includes

- Insurance for Nepali Staffs
- Medical kit incase of Emergency
- Porter Services(2 Trekkers : 1 Porter)
- An experienced English speaking and government licensed trekking guide
- All ground transportation on a comfortable vehicle as per the itenerary
- Flight Fare for both way (KTM-LUA-KTM)
- All Meals (Breakfast , Lunch and Dinner) During the trek
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments
- Welcome and farewell dinner

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Trekking gears
- International Flight fare
- Personal Travel and rescue insurance
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

Gears and equipment

- Head

Warm Hat
Cap
Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermol
T-shirts
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)
Underwear
Wind stopper/waterproof Pant
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for Camera and Flash Light
Hand Towel
Head lamp with extra Batteries
Sun Glasses with UV protection
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

Faqs

1. Why to go trekking in Tsum valley and Manaslu Circuit Trek ?

Mount Manaslu is the 8th highest mountain in the world. We can see the great view of Mount Manaslu from very near. Every year many climbers come to conquer the summit of Mount Manaslu. The Manaslu region is popular for mountains as well as its people, unique geographical structure, traditional culture, customs, historical monasteries.

2. What is the best season to trekking in Tsum Valley and Manaslu Trek?

In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might differ as per your purpose and your suitable time for travelling in Nepal.

3. What permit do I need for the Tsum valley and Manaslu Circuit trek?

To enter in the Manaslu region, we have to take several permits as the Manaslu conservation project permit, Annapurna conservation project permit and TIMS.

Gorkha Manaslu Area

a. Chumleubri Rural Municipality (All areas of ward nos. 1, 2, 3 and 4)

September – November

USD 100 per person / week

USD 15 per person / day (beyond 1 week)

December – August

USD 75 per person / week

USD 10 per person / day (beyond 1 week)

4. How safe is Tsum valley and Manaslu trek ?

Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid, friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag in case of any injury and emergency. We make the proper decision according to the regular updated weather report, if there are any chances of big snowfalls or storms, we decide and do the action as per the situation.

5. How are the lodging and fooding facilities in Manaslu Circuit Trek?

This route is recently opened for trekkers and mountaineers, so the lodging are not developed well yet, Lodging and fooding are all very basic.

6. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?

You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmandu, so we recommand you to exchage the money in kathmandu and take a nepalese Rupees. Credit cards facilities are not available in this region.

7. What is the normal tempreture in spring and Autumn season?

Spring season starts from March, but until third week of march tempreture will still be cold even in day time. But actually tempreture depends on weather, if weatheris mild tempreture ranges from 10-15 Degree Centigrate.If the weather is clear, days will be warm.After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

Autumn season starts from September, September will still be warm even the weather is not good. From october normally in morning and everning will be cold.