

Tsum Valley Manaslu Circuit Trekking

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: Fall & Spring

Max Elevation: 5167 m

Tsum Valley Manaslu Circuit Trek Highlights

- Scenic drive to Sotikhola from Kathmandu
- Magnificent mountain views, waterfalls, and landscape
- Kathmandu valley sightseeing
- Explore the ancient monasteries and Gumpa in Narphu and Manaslu Valley
- Larke- La passes (5160 M)
- Spectacular mountain views of Manaslu, Ganesh Himal, and Annapurna range.
- Beautiful typical local villages, traditional and hospitality

Benefits of this Tsum Valley Manaslu trek with ART

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communication during

the trek

Tsum Valley Manaslu Circuit trek is one of the most popular off-the-beaten- treks in Nepal. This trek is considered to be the finest tea house trek with limited trekkers and the area is known as a less-crowded trekkers destination in the Himalayas of Nepal. If you're a seasoned trekker, accustomed to roughing it, and seek isolation on the trail, the Manaslu Tsum Valley trek is the choice for you.

Though it's a bit more challenging, longer, and has less luxurious accommodations than the more popular treks, the sights will exceed your expectations.

On this high-altitude Tsum Valley Manaslu trek, the locals will treat you extremely well, welcoming you with some of the best hospitality on the planet. As they are ethnically Tibetan, locals practice Tibetan Buddhism, and their culture has remained relatively unchanged for centuries.

What is the trail like?

A map of the trail shows that we circumnavigate Mount Manaslu (8163) and through Tsum Valley, also known as the Hidden Valley. Just opened to foreigners in 1995, the Manaslu region has few trekkers, giving it a peaceful vibe.

Even more interesting is that Tsum Valley was just opened in 2008. Very few visitors to Nepal have even heard of this mysterious, magical place.

It is a mix of lush, green, flat land and dry grazing pasture, encompassed by massive, godly mountains.

You find yourself staring up at the Ganesh Himal, Sringi Himal, and Boudha Himal Ranges, all unique and amazing in their own way.

In the initial days of the trek, we trek through the Budhi Gandaki Valley, comprised of

dense forests, terraced fields, and pleasant villages. As we leave the main Manaslu Trail to Tsum Valley, we realize we are entering a truly hidden valley.

Throughout the journey, we pass alpine landscapes and glacial rivers and enjoy the kind hospitality of the village residents. We can also visit the ancient Buddhist Gombas of the region, including the Milarepa's Cave, Rachen Gompa, and Mu Gompa, among others.

It is said that the Buddhist saint Milarepa used to meditate in the caves of these mountains.

This 25-day-long Tsum Valley Manaslu Trek is a piece of cake for those who would love to experience miscellaneous landscapes and cultures over the portion of one trip.

However, the trekkers should have a good amount of Stamina as it is required to complete the trek successfully.

Every step of our trek into the valley is rewarded by striking views of snow-capped mountains and an epic experience that will remain for the long-lasting.

Best Time to Trek

The best time to do the Tsum Valley Manaslu Circuit Trek is between the months of October and December, as they provide the clearest skies.

The next best is from March to May. It is possible to do the trek in other months, but ask us, and we'll give you advice and information regarding those times.

Tsum Valley Manaslu Circuit Trek Cost for 2024 and 2025

Cost of the **Tsum Valley Manaslu Circuit Treking** with Alpine Ramble Treks is quite

reasonable as it includes food, accommodation, and transportation, as well as permit fees and other expenses. The total cost depends on your specific requirements. Any additional services not included in the standard program may incur extra charges, but we are very flexible and can accommodate any additional needs to make your Upper Mustang trek a more enjoyable and memorable experience for you!

NUMBER OF PEOPLE	COST/ PRICE	INQUIRY NOW
1-1	USD 1899 PER PERSON	Inquiry /Book Now
2-5	USD 1599 PER PERSON	Inquiry /Book Now
6-10	USD 1399 PER PERSON	Inquiry /Book Now
11-20	SD 1399 PER PERSON	Inquiry /Book Now

The Tsum Valley Manaslu Circuit Trek itinerary provided below is suitable for both novice and experienced hikers. The time mentioned for this Upper Mustang trip itinerary is approximate; stating this only as a guideline. The actual duration could be more or less, depending on our hiking pace. Nonetheless, our guides will ensure a leisurely pace, allowing us to savor every moment of our hiking journey!

Day to Day Itinerary

Day 1: Arrival in Kathmandu

Day 2: Kathmandu valley Tour

Day 3: Drive from Kathmandu to Soti Khola

Day 4: Trek to Machhi Khola

Day 5: Macchha Khola - Jagat

Day 6: Jagat -Lakuwa

Day 7: Lakuwa - Chumling

Day 8: Chumling- Chokhan-paro

Day 9: C. Paro - Nele via Milereppa cave

- Day 10: Nele- Mu Gompa
- Day 11: Rest day
- Day 12: Mu Gompa - Rachen Gompa
- Day 13: Rachen Gompa- Philim
- Day 14: Rachen Gompa Philim- Chumling
- Day 15: Chumling - Deng
- Day 16: Dend - Namrung
- Day 17: Namrug - Lho
- Day 18: Lho- Samagaun
- Day 19: Acclimatizing day
- Day 20: Samagaun - Samdo
- Day 21: Samdo - Dharmasala
- Day 22: Dharmasala- Larke pass (5213m) - Bimtang
- Day 23: Bimtang- Tilije
- Day 24: Tilije- Dharapani -Besishar
- Day 25: Drive back to Kathmandu

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** are on a full-board basis (Breakfast, lunch, and dinner/ **the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers, including Manaslu conservation area **permit** and **TIMS card** (Trekking Information Management System) fee.
- special Manaslu permits
- **Trekking equipment**, such as the Sleeping bag and down jacket on request (optional)

- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 8 or above
- Kathmandu- Soti Khola- Kathmandu by bus/ jeep
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruit dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/VAT and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional costs are out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, physical conditions, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from high-altitude
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html)

for this trek

- Tips for guide and staff (Tipping is expected)
- Extra porter, if required, \$380
- Any other expenses that are not mentioned in the Price Include section of this trek.