

Manaslu Tsum Valley Trek

URL: <https://himalayan360.com/trip/manaslu-tsum-valley-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu/Kathmandu

Duration

20

Destination

Nepal, Manaslu Region

Language

Nepal, Manaslu Region

Per Person From

USD 1,330

Region

Manaslu Region Trek

Max. Altitude

5,106m/16,752ft

Group Size

1 - 30

Best Season

Mar, Apr, May, Sep, Oct, Nov

Activities

6 hrs

Transportation

Bus, Car, Jeep

Accommodation

Tea house

Meals

Breakfast, Lunch, Dinner

Difficulty

Strenuous

Major highlights of Manaslu Tsum Valley Trek

- Follow an old path that was once used for trading with Tibet.
- Explore Milarepa Piren Phu Cave, a very holy cave in Tsum Valley.
- Cross the high Larkya La Pass, one of the longest passes in the Himalayas.
- Experience the interesting mix of Tibetan Nupri and Gurung cultures.
- See amazing views of glaciers, lakes, rocks, and mountains like Manaslu, Himchuli, and Ganesh near the Tibet border.
- Walk on trails that are not too crowded.
- Walk around the base of Mount Manaslu, the eighth-highest mountain in the world.
- Take optional day trips to Birendra Lake, Punhyen Glacier, or Manaslu Base Camp from Samagaun.

- See Dephyudonma and Rachen monasteries, the oldest ones in the Tsum Valley.
- Discover old Buddhist stupas, monasteries, and the traditional Tibetan way of life.
- Enjoy a beautiful drive from Kathmandu to the starting point at Soti Khola.
- Visit the Mu and Lungdang Gompa, essential monasteries in the Tsum Valley.

20 Days Manalsu Tsum Valley Trek day by day Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and transfer to hotel (1,400m/4,593ft)

Place: Thamel

On the first day of the Manaslu and Tsum Valley Trek, you will arrive in Kathmandu. Our representative will meet you at the airport and take you to the hotel. In the evening, they will explain the plan for your stay and introduce you to the crew. You will spend the night at the hotel in Thamel.

Highest Altitude:

1,400m/4,593ft

Accommodations:

3 Star Hotel

Day 02: Trek Briefing and Preparation of Manaslu Restricted Area Permit

Place: Thamel

Day two of the Manaslu Tsum Valley Trek is dedicated to crucial pre-trek arrangements in Kathmandu. Your trekking agency and guide will give you a comprehensive briefing, during which the itinerary, safety guidelines, local customs, and essential information about the trek will be thoroughly explained. This will allow you to ask any questions and feel well-prepared.

Our trekking agency will also complete the paperwork for your Manaslu Restricted Area Permit (MRAP) and the Tsum Valley Restricted Area Permit. To get these permits, you need to provide your original passport, visa details, passport-sized photos, and proof of travel insurance. These permits are required to enter these protected areas and can only be obtained through a registered trekking company.

Meals:

Breakfast

Accommodations:

3 Star Hotel

Day 03: Drive from Kathmandu to Machha Khola (930m/3,051ft)

Place: Machha Khola

The third day of the Manaslu circuit and Tsum Valley trek begins with breakfast in Kathmandu. Today, we will leave the capital and reach Maccha Khola. The journey to Maccha Khola is long and can be

uncomfortable due to bumpy roads. The jeep offers more comfort and flexibility, while the bus is a cheaper option, although it is less restful.

Depending on your chosen vehicle, reaching the first overnight stop takes about 7 to 9 hours. The last few hours will be over a rough road. After reaching Maccha Khola, you will enter your hotel for dinner and overnight stay.

Highest Altitude:

1,400m/4,593ft (Kathmandu)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Day 04: Trek from Machha Khola to Jagat (1,410m/4,626ft)

Place: Jagat

Today's Manaslu Tsum Valley journey begins by following the Budhi Gandaki River upstream. After crossing the Tharo Khola, you walk alongside steep cliffs, waterfalls, and rocky gorges. You will also walk through occasional landslide-prone areas. You will then pass through the small settlement of Kholabesi before reaching Tatopani, a natural hot spring where you can dip your feet or relax for a moment.

Continuing onward, you will cross a suspension bridge over the Budhi Gandaki, pass through the village of Dobhan, and climb up a stone staircase to Thado Bharyang. From here, the final stretch takes us uphill to Jagat. Jagat is a beautiful stone-paved village and the official gateway to the Manaslu Conservation Area. We'll register our permits at the checkpoint here. Overnight stay at a teahouse in Jagat.

Distance:

7 hours

Ascent:

540m/1,772ft

Descend:

60m/197ft

Highest Altitude:

1,410m/4,626ft (Jagat)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

22km/13.6 miles

Day 05: Trek from Jagat to Lokpa (2,240m/7,349ft)

Place: Lokpa

Today marks our entry into the restricted Tsum Valley region. After a short climb up to Salleri, you'll walk along scenic riverbanks and cross the Budhi Gandaki on a long suspension bridge. The trail gradually opens up as we head toward Philim.

At Ekle Bhatti, the trekking route splits. One continues along the Manaslu Circuit, and the other diverts to Tsum Valley. We take the right-hand trail that ascends through dense forest and narrow gorges toward Lokpa, the first village in Tsum Valley. Lokpa offers some of the first wide-angle views of Himalchuli and Boudha Himal. This hidden valley is said to have been blessed by Padmasambhava, the great tantric master who introduced Buddhism to Tibet. Overnight stay at a lodge in Lokpa.

Distance:

7 hours

Ascent:

900m/2,953ft

Descend:

70m/230ft

Highest Altitude:

2,240m/7,349ft (Lokpa)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17km/10.6 miles

Day 06: Trek from Lokpa to Chumling (2,386m/7,828ft)**Place: Chumling**

The trek ahead starts getting tougher from the sixth day of your Manaslu Tsum Valley trek. As you move forward, you will see beautiful sights like a deep gorge, the Lungwa River valley, and forests of rhododendron, pine, and juniper. Ganesh Himal stands out as the tallest mountain. Also, there are no villages along the route, so you'll be surrounded by untouched nature and its mesmerizing beauty throughout the trek.

After a final uphill push through thick pine and rhododendron forest, you will arrive at Chumling. Chumling is the first major village in the lower Tsum Valley area and is the gateway to the Upper Tsum Valley. Upon arrival, we can also visit two nearby Buddhist monasteries: Panago Gumpa and Gurwa Gumpa. Chumling has only a few simple houses, and since you will get here by lunchtime, it's a great idea to explore these monasteries before settling down for the evening. Overnight stay at a local lodge in Chumling.

Distance:

5 hours

Ascent:

186m/610ft

Descend:

40m/131ft

Highest Altitude:

2,386m/7,828ft (Chumling)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

6.3km/3.9 miles

Day 07: Trek from Chumling to Rachen Gomba (3,240m/10,630ft)

Place: Rachen Gomba

Starting from Chumling (2,386m/7,828ft), the trek to Rachen Gomba (3,240m/10,630ft) takes about 6-7 hours and involves a gradual climb. Along the way, you'll enjoy beautiful views of the Himalayas, including the Ganesh Himal range. The trail passes through small villages, allowing you to see the culture and way of life of the Tsumba people, who are closely connected to Tibetan Buddhism.

When you reach Rachen Gomba, a significant Buddhist nunnery established in 1936, you can explore its detailed murals, ancient Buddhist texts, and the calm spiritual environment created by the locals.

Distance:

6 hours

Ascent:

854m/2,802ft

Descend:

0m/0ft

Highest Altitude:

3,240m/10,630ft (Rachen Gomba)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.5km/6.5 miles

Day 08: Trek from Rachen Gomba to Nile (3,360m/11,024ft) and hike to Mu Gomba (3,700m/12,139ft), then back to Nile

Place: Nile

On your eighth day of your Manaslu Tsum Valley trek, the trek takes place from the peaceful Rachen Gomba and descends to Nile village. Nile is the last village in the Upper Tsum Valley. It sits on the west side of the Shiar Khola River. You will stop here for a bit to rest and enjoy the beautiful views.

After that, you will continue your hike towards Mu Gomba. Mu Gomba is one of the most sacred points of the Tsum Valley Trek. It offers a glimpse into the rich Buddhist heritage of the area and breathtaking views of the mountains. After exploring Mu Gomba and the surrounding region, you will return to the Nile for the night. This day will be filled with cultural experiences and a sense of awe for the spiritual hub of the upper Tsum Valley.

Distance:

7 hours

Ascent:

460m/1,509ft

Descend:

340m/1,115ft

Highest Altitude:

3,700m/12,139ft (Mu Gomba)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.4km/7.7 miles

Day 09: Trek from Nile to Chumling (2,386m/7,828ft)**Place: Chumling**

You will hike down from the Nile, the last village in the upper Tsum Valley, to Chumling in the lower Tsum Valley today. This trek usually takes about 6 to 7 hours and covers around 12 kilometers. Walking down, you will see the plants becoming greener and more varied.

You will leave behind the dry landscapes of the higher altitudes. The trail goes through forests and along the Siyar Khola river, giving you enjoyable views as you enter the lower Tsum region and reach the friendly village of Chumling, where you will stay overnight.

Distance:

6 hours

Ascent:

60m/197ft

Descend:

1,034m/3,392ft

Highest Altitude:

3,360m/11,024ft (Nile)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

15km/9.3 miles

Day 10: Trek from Chumling to Deng (1,860m/6,102ft)**Place: Deng**

After leaving Chumling, you will have a long downhill walk to Lokpa village. The day 10 Manaslu Tsum Trek begins on a boulder hill where you can catch a glimpse of Sringi Himal in the distance. You will walk alongside the Shair Khola River, and the path will treat you to glorious views of Ganesh Himal, Manaslu, and other snow peaks surrounding the region.

Along the way, you will also pass over Ghatta Khola and trek through maize, millet, potato, and vegetable fields. Following the trek in a dry canyon, you will pass over a spot of bamboo forest to reach the Deng River and continue trekking along the bank of the Budhi Gandaki River to finally reach Deng village.

Distance:

7 hours

Ascent:

40m/131ft

Descend:

626m/2,054ft

Highest Altitude:

2,386m/7,828ft (Chumling)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12km/7.5 miles

Day 11: Trek from Deng to Namrung (2,660m/8,727ft)**Place: Namrung**

The eleventh day of the Manaslu Tsum Valley Trek is again exciting as you continue to go downhill. Today, you are on the Manaslu Trekking trail again. You begin the day by climbing up and then descending to the Budhi Gandaki River. You'll walk through several small villages like Gaap, Rana Gaon, and Bhiphedi.

One of the main highlights on this day will be the stunning view of Shyaula Peak. After several hours of walking, you will reach Namrung, which has the best tea shops and hotels. The village is beautiful and offers a magnificent view of hills and valleys.

Distance:

7 hours

Ascent:

860m/2,822ft

Descend:

0m/0ft

Highest Altitude:

2,660m/8,727ft (Namrung)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

19km/11.8 miles

Day 12: Trek from Namrung to Lho (3,180m/10,433ft)**Place: Lhogaon**

Today we will trek from Namrung to Lho. The trail climbs through a forest and passes barley fields and small villages like Lihi. From Lihi, you'll get amazing views of Himal Chuli and Ganesh Himal. The trail then goes downhill to the Simnang Valley and crosses the Hinang River, where you can see the peak of Ngadi Chuli. After passing the village of Sho, the path climbs again through prayer wheels and forest trails. Finally, you will reach Lho.

Lho is a large and peaceful village on a ridge with stunning views of Manaslu mountain and the Naike Himal. In the evening, you can hike to a nearby viewpoint called Kani to watch the sunset over the mountains. The village also has a beautiful monastery called Ribung Monastery. If you wake up early, you can also enjoy the sunrise from Lho.

Distance:

6 hours

Ascent:

520m/1,706ft

Highest Altitude:

3,180m/10,433ft (Lho)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.2km/6.9 miles

Day 13: Trek from Lho to Samagaon (3,530m/11,581ft)**Place: Samagaon**

Today's trek from Lho to Samagaon is short and scenic. At first, you will pass through the peaceful village of Shyala. The views of Mount Manaslu are stunning throughout, which appear even more majestic as you get closer to Samagaon. You'll reach the Samagaon village by lunchtime, giving you plenty of time to rest or explore.

In the afternoon, you can climb to the Ribung Gompa and its surroundings. You can also hike to Pungyen Gompa, which lies below the eastern face of Manaslu and offers a closer view of the glacier and surrounding peaks. You can also visit the nearby glacial moraine or explore a small cave near the monastery. If you're tired, relaxing in Samagaon and soaking in the mountain atmosphere is just as rewarding.

Distance:

4 hours

Ascent:

350m/1,148ft

Highest Altitude:

3,530m/11,581ft Samagaon

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7km/4.3 miles

Day 14: Rest day in Samagaon: Hiking to Birendra Lake or Manaslu base camp**Place: Samagaon**

The 14th day of the Manaslu Tsum Valley Trek is an acclimatization day at Samagaon. Although it's a rest day, you have a few great options for light exploration. You can go on a short hike to Birendra Tal, taking just a couple of hours, or a more strenuous hike to Birendra Lake, which takes 5 to 6 hours. Birendra Lake offers stunning views and great photo opportunities.

For a challenging option, you can hike to Manaslu Base Camp (4,880m / 15,748 feet) in about 7 hours to witness the amazing views of Manaslu Glacier and the surrounding peaks.

Distance:

3 hours

Ascent:

250m/820ft

Descend:

250m/820ft

Highest Altitude:

3,530m/11,581ft, Samagaon

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

5km/4.5 miles

Day 15: Trek from Samagaon to Samdo (3,690m/12,106ft)**Place: Samdo**

Today, you will move from Samagaon after spending a day adjusting. From Sama Gaun, it's a short hike to Samdo. Further, the trail doesn't have a steep uphill section. Samdo is an interesting village mainly inhabited by a Bhotia community that follows Buddhism. Once in Samdo, you can visit Samdo Peak or the nearby area from Samdo town. If you visit the peak, you will walk through the valley with grazing yaks and cross the Budhi Gandaki River to reach White Kani village.

Distance:

4 hours

Ascent:

230m/755ft

Descend:

70m/230ft

Highest Altitude:

3,690m/12,106ft (Samdo)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.5km/5.2 miles

Day 16: Trek from Samdo to Larkya Phedi (4,470m/14,665ft)**Place: Larkya Phedi**

After a good breakfast at Samdo, you will begin your trek towards Larkya Phedi, commonly referred to as Dharamsala. This section of the trek acclimatises you to the challenging Larkya La pass. The climb becomes steeper as we head toward the base of the Larkya La Pass. Along the way, we pass two streams and get our first close views of the Larkya Glacier. The path curves around the Salka Khola Valley and gradually ascends to Larkya La Phedi, also known as Dharamsala. This is a basic resting point with a stone shelter, not a full lodge.

At Dharamsala (4,470m), we rest for the night and prepare ourselves for the challenging Larkya La Pass

crossing the next day. You'll enjoy breathtaking views of the glacier and the mighty Manaslu along the way.

Distance:

4 hours

Ascent:

870m/2,854ft

Descend:

90m/295ft

Highest Altitude:

4,470m/14,665ft Larkya Phedi

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

6km/3.7 miles

Day 17: Trek from Larkya Phedi to Bimthang (3,720m/12,205ft) via Larkya La Pass (5,106m/16,752ft)

Place: Bimthang

This is one of the longest and most challenging days of the trek. We start early in the morning to take advantage of good weather conditions and avoid afternoon winds at the high pass. The trail climbs gradually over rocky terrain as we make our way to Larkya La Pass, the highest point of the Tsum Valley trek at 5,106 meters.

From the top of the pass, you'll enjoy breathtaking panoramic views of mountains like Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II. After soaking in the views, we begin a steep and sometimes slippery descent toward Bimthang. We trek through glacial moraines and eventually reach greener pastures as we descend. After a long day, we finally arrive at Bimthang, where we rest and spend the night in a cozy teahouse or lodge.

Distance:

9 hours

Ascent:

636m/2,087ft

Descend:

1,386m/4,547ft

Highest Altitude:

5,106m/16,752ft (Larkya La Pass)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

24.8km/15.4 miles

Day 18: Trek from Bhimtang to Dharapani (1,820m / 5,971ft)

Place: Dharapani

The eighteenth day of the Manaslu Tsum Valley Trek involves trekking from Bhimtang to Dharapani, starting the day with a rich breakfast at an elevation of 3,720m. You will descend by about 1,900m as you trek about 21km in about 8 hours. The trek begins with views of wide meadows and then follows along the Budhi Khola river. You will hike through the river and trek through beautiful rhododendron forests. In a few hours, you'll arrive at Tije, also renowned for its apple orchards and local wine. It's another hour's trek from Tije to Dharapani, where you stay overnight in a tea house or a lodge.

Distance:

8 hours

Descend:

1900m/6,234ft

Highest Altitude:

3,720m/12,205ft (Bimthang)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

21km/13 miles

Day 19: From Dharapani, drive to Besisahar (760m / 2,493ft), then back to Kathmandu/Pokhara.

Place: Thamel

On this day of the Manaslu circuit Tsum Valley trek, we will drive all the way. We start from Dharapani (1,820m) to Besisahar (760m) on a jeep covering about 220 km. From Besisahar, we will switch to a bus for the return trip to Kathmandu or Pokhara, which takes approximately 9 hours. We'll stop for lunch along the way at a local roadside restaurant. Upon arrival in Kathmandu, you will check into a comfortable 3-star hotel in the lively Thamel area for an overnight stay. In the evening, enjoy a farewell dinner at a traditional Nepali restaurant, complete with a cultural dance performance to celebrate the completion of your trek.

Highest Altitude:

1,820m / 5,971ft (Dharapani)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

3-star hotel

Day 20: Transfer to the International Airport for your Final Departure

The final day of the Manaslu Tsum Valley trek starts with breakfast. After breakfast, depending on your flight schedule, our team will arrange your transfer to Tribhuvan International Airport for your journey home. We hope you had an unforgettable experience exploring the Manaslu Circuit and Tsum Valley, and we look forward to welcoming you back to Nepal again.

Meals:

Breakfast

Manaslu Tsum Valley Trek Includes/Excludes

Includes

- Airport transfer
- Kathmandu to Machha Khola local transport
- Dharapani to Kathmandu local transport
- 3 Night Kathmandu in a 3-star hotel (sharing basis)
- 16 nights in the mountain tea house (on a shared basis)
- **Food:** 19 Breakfast, 17 Lunch, 17 Dinner
- Government-licensed English-speaking local trek leader
- Manaslu conservation area permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)
- Manaslu restricted area permit (Manaslu RAP)
- Tsum valley special permit
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excludes

- International flight
- Private transfer during the trek
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking

- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 2,035
2 - 3	USD 1,540
4 - 6	USD 1,415
7 - 12	USD 1,405
13 - 20	USD 1,355
21 - 30	USD 1,330

Manaslu Tsum Valley Trek FAQ's

1. How difficult is the Manaslu Tsum Valley Trek?

Manaslu Circuit Trek is a challenging and strenuous trek. It includes long walking hours, up and down steep hills, and high altitude. Before going on this trek, you should exercise regularly. The trekkers must exercise to develop their cardio and raise their stamina level.

Is a Solo Trek to Manaslu Tsum Valley the Best Choice?

The Tsum Valley and Manaslu trip is unsafe for solo trekkers due to the many challenging routes. Trekkers may get lost or injured on this difficult journey. The Manaslu Tsum Valley is a remote area in Nepal. Therefore, having a professional guide and traveling with at least one other person on this trek is essential.

What Documents do the trekkers require for the Manaslu Tsum Valley Trek?

For the Tsum Valley trek, the trekkers must carry a few permits, such as the Manaslu Conservation Area Permit, the Annapurna Conservation Area Permit, and the Tsum Valley Restricted Permit. They must also submit some documents, such as a passport, a visa, and passport-size photos.

What is the temperature of Larkya La Pass in winter?

During the daytime, the temperature of Larkya La pass in winter is 15 degrees. But at night, it decreases to way below freezing, around -15 to sometimes even -25 degrees.

Is the Tsum Valley Trek worth it?

Yes, the Tsum Valley Trek is largely considered to be worth it for people who want a trek off the beaten track in Nepal. The trek offers quite a unique set of dramatic and varied scenery, ranging from rolling forest to alpine meadows, rich Tibetan Buddhist culture with old monasteries and villages, and a less crowded trekking experience than on most other trails.

Is the Water during the Tsum Valley Trek safe enough to drink?

During the Tsum Valley Trek, bottled or mineral water is available in the lower city areas. Drinking water from pumps or taps is unsafe in remote regions, so you need to boil the water. You can ask for drinking water in the teahouses where you are staying.

Is there an age restriction for the Manaslu Tsum Valley Trek?

There is no age restriction for the Tsum Valley Trek. However, it is advisable for trekkers to be in good physical condition before embarking on the trek. Trekkers above 15 and with a decent stamina level can complete this trek.

How to eat healthy food during the Tsum Valley Trek?

The Tsum Valley Trek is a high-altitude, remote region trek lacking services like good restaurants, hotels, etc. You can always eat healthy foods in the teahouses as foods are made from the local organic products, but avoid the meat products that might not be well-cooked.

Which Trek is more complex: the Manaslu Tsum Valley or the Annapurna Circuit Trek?

The Manaslu Circuit Trek is more challenging than the Annapurna Circuit Trek. It leads you through quiet, remote trails in the Himalayas. The Manaslu trails have more ups and downs and twists and turns than those on the Annapurna Circuit.

How to prevent altitude sickness during the Manaslu Tsum Valley Trek?

You can prevent altitude sickness during the Tsum trek by following the proper acclimatization process and staying hydrated. You can also take medicines that relieve the illness, such as Diamox, Nifedipine, and Dexamethasone.

Manaslu Tsum Valley Trek Trek Altitude (in Table)

Day	Location	Highest Altitude (m)	Highest Altitude (ft)
1	Kathmandu	1,400	4,593
2	Kathmandu	1,400	4,593
3	Machha Khola	1,400	4,593
4	Jagat	1,410	4,626
5	Lokpa	2,240	7,349

6	Chumling	2,386	7,828
7	Rachen Gompa	3,240	10,630
8	Mu Gompa	3,700	12,139
9	Nile	3,360	11,024
10	Deng	2,386	7,828
11	Namrung	2,660	8,727
12	Lho	3,180	10,433
13	Samagaon	3,530	11,581
14	Samagaon	3,530	11,581
15	Samdo	3,690	12,106
16	Larkya Phedi	4,470	14,665
17	Larkya La Pass	5,106	16,752
18	Bimthang	3,720	12,205
19	Dharapani	1,820	5,971
20	Kathmandu	1,400	4,593

Best Time for Manaslu Tsum Valley Trek

The best times to trek the Manaslu Tsum Valley are from early October to November (Autumn) and from March to May (Spring). These months are ideal for trekking in Nepal. During this period, you will see blooming rhododendrons, clear skies, the best mountain views, a pleasant atmosphere, and mild temperatures. The average temperature ranges from 10 to 20 degrees, but nights can still be cold, sometimes reaching freezing point.

Likewise, December to mid-February (Winter) brings harsh conditions for trekking in the upper Himalayan region. Heavy snowfall and extreme cold can make travel difficult. Many villagers move to lower areas during this time. While you can still trek, you must be well prepared with food, camping tents, and essential gear. At night, the temperature drops below the freezing point, sometimes even to -25 degrees.

Further, June to September (Rainy + Summer) brings heavy rain and extreme heat, especially in the lower areas. Continuous rain can make trekking challenging and may obstruct views of the Himalayas. Further, extreme heat makes it difficult to walk. While the Tsum Valley lies in a partial rain-shadow, conditions can still be wet and humid in the early parts of the trail. Most trekkers avoid this time due to the difficult trail conditions.

A typical day on the Manaslu Tsum Valley Trek

A typical day on the Tsum Valley trek begins early in the morning, between 5 a.m. to 6 a.m. You will wake up, enjoy a nice local breakfast as you take in the pleasant views of the mountains and the valleys. After that, you will begin trekking.

Early Morning

7 AM - 8 AM:

After breakfast, get ready for the trek. Pack the essentials you need and wear layers to accommodate the altitude. Keep a separate bag for items you use often, like snacks, chocolate, water bottles, and sunglasses.

8 AM to 12 or 1 PM:

Start the trek around 8 or 9 AM, depending on when you wake up. This first part lasts about 4-5 hours. You can cover more distance since you will feel fresh after your morning sleep. After trekking for 4-5 hours, you will stop for lunch based on your plan.

Afternoon

12 PM to 1 PM:

Take a one-hour lunch break to rest. Your guide will take you to a teahouse where you can enjoy local dishes like Dal Bhat. Some teahouses also have Western food options like pizza, burgers, and spaghetti.

1 PM to 4 PM:

After lunch, start your afternoon trek. This usually takes about 4 to 5 hours. Since you might feel tired, take your time and travel more slowly. You will visit local villages, see beautiful scenery, and explore ancient temples or monasteries. As evening approaches, the light changes, creating long shadows on the mountains.

Evening

4 PM to 7 PM:

During the 4 PM to 5 PM window on a typical Manaslu Tsum Valley trek day, you will have reached the day's destination. After that, you will begin to settle into the teahouses, freshen up after the day's walk, and often socialize with fellow trekkers and the local hosts. This is also the time to order dinner from the teahouse menu, perhaps enjoying a warm beverage while recounting the day's experiences and taking in the surrounding mountain views before the evening sets in.

Night

7 PM to 8 PM:

A calm atmosphere takes over as evening falls in the Manaslu Tsum Valley. Between 7 PM and 8 PM, the smell of dinner fills the air. You'll find a mix of local Nepali dishes and possibly some familiar Western food at the teahouse. Mealtime becomes a chance for trekkers to come together, share stories about their day, and connect while enjoying the beautiful Himalayan scenery.

8 PM to 10 PM:

Following a hearty dinner, 8 PM and 10 PM are a precious window for rest and recovery. Knowing that another day of rewarding yet challenging trekking lies ahead, an early bedtime is necessary. You'll bid goodnight to your dedicated crew, appreciating their hard work, and then settle into your sleeping bag,

allowing your body and mind to recharge fully.

Foods And Accommodations Available During Manaslu Tsum Valley Trek

The Tsum Valley Trek occurs at high altitudes near the world's 8th-highest peak. Because of this, your body needs enough carbohydrates, protein, and other nutrients. You will find nutritious food in the trekking areas, but your choices will be limited. Our Manaslu Tsum Valley trek package includes 19 breakfasts, 19 lunches, and 18 dinners. All meals in the trekking regions are provided on a full-board basis, which means you get breakfast, lunch, and dinner.

For Breakfast – Tibetan Tsampa Porridge, Pancakes, Eggs, Fruits, Oatmeal, French Toast with Jam, Butter, Cheese, Muesli Breads, Corn Flakes, Vegetables, and Hot Drinks.

For Lunch and Dinner:

- Macaroni
- Pasta with cheese and tomato sauce
- Prawn crackers and papad
- Puffcorn
- Non-veg Momo (Mainly Chicken or Buff)
- Spaghetti with either cheese, tomato, or both
- Sandwich (optional egg) served with chips
- Boiled Noodles, Mixed Fried Noodles
- Fried potatoes with fresh vegetables, an egg, or cheese.
- Rice with chicken curry or vegetable curry
- Roast, mash, or hash brown potatoes.
- Chowmein, Tentuk, and Thukpa
- Veggie Spaghetti with tomato ketchup
- Veg, egg, or cheese fried rice
- Fried noodles with cheese add-on
- Veg-fried pasta, cheese-fried pasta
- Vegetable and potato momo, either grilled or steamed
- Finger Chips (eggs optional)
- Sherpa Stews
- Dal Bhat (vegetable, non-veg)
- Sandwich with either grilled tomato or grilled cheese, or both
- Spaghetti with tuna, cheese, and tomato sauce
- Cheese Momo
- Spring rolls, Pakauda, sizzlers, etc.
- Tomato Sandwich with grilled tuna, Club Sandwich
- Boiled potatoes
- Fried noodles (vegetable or egg)

Apart from these foods, trekkers are advised to carry energy drinks and snack bars, which they can take in their side bag and have during the trek.

Accommodation

Accommodation on the Manaslu Tsum Valley Trek varies depending on the location. In the city areas

(Kathmandu), there are options to choose from three—to five-star hotels or budget lodges, whereas in the higher, remote altitudes, you will have options of a teahouse or camping in a barren field.

Tea houses, or guest houses, are the main lodging options on the Tsum Valley and Manaslu Circuit. They provide cozy spaces for trekkers to eat, relax, and connect. Key stops like Jagat, Lho, Shyala, Samagaun, and Samdo offer excellent facilities, while others provide basic accommodations with essentials like beds, blankets, and dining areas. Staying in these lodges immerses you in local culture and the warm hospitality of the Nepalese people.

Likewise, camping on the Manaslu Tsum Valley Trek is a great way to experience the wild and remote beauty of the region. In some areas where teahouses are limited or unavailable, trekkers set up tents in open fields and spend the night under the stars. This option is now less common and more expensive than staying in teahouses. Camping requires extra gear such as tents, cooking equipment, and a support team to carry everything.

Manaslu Tsum Valley Trek difficulty

The Manaslu Tsum Valley Trek is a **difficult** trek in Nepal. Physical fitness and strong determination are required. Despite the challenge, many trekkers go to the Manaslu area during each season. Several factors influence the level of difficulty of the trek, which we will talk about later. Nonetheless, with proper planning and preparation, even someone who has done the trek once can undertake the Manaslu trek. The trek is popular among experienced trekkers who have done other popular treks in Nepal. Thus, let's discuss some of the elements of difficulty in the trek.

High Altitude

One of the [Manaslu Circuit Trek fact](#) is that it's a high-altitude trek, and goes from 600 meters to 5,106 meters at Manaslu Larke La Pass. This trek can increase the risk of altitude sickness, also called Acute Mountain Sickness (**AMS**). Anyone, no matter their age or fitness level, can get altitude sickness when they go above 3,000 meters. Early signs of AMS include headaches, dizziness, nausea, vomiting, a faster heartbeat, and trouble sleeping. You can manage mild symptoms by adjusting to the altitude, drinking plenty of water, and resting enough. However, if symptoms worsen, the person should move to a lower altitude or may need to be flown to Kathmandu if the condition is serious.

Rugged Terrain

The Manaslu Tsum Valley Trek is quite challenging because of its rough terrain and topography. You'll be hiking in the foothills of the massive Himalayas. The trek is both physically and mentally demanding due to its steep paths, large rocks, and cliffs. The trail is extremely challenging, with numerous ups and downs. The trek passes through uncharted areas, making it even harder. You'll be faced with natural obstacles, river crossings, and difficult terrain that will push you to the limit. You'll need to be in top endurance and fitness to undertake this high-altitude trek. Therefore, it's extremely important to prepare well for this trek.

Remote Area

The remote location of the Manaslu Tsum Valley Trek significantly contributes to its difficulty due to **limited infrastructure and accessibility**. Unlike more popular trekking regions with well-established facilities, this area has basic teahouses for accommodation and food, and transportation to the trek's

starting point often involves long, bumpy rides on unpaved roads. The remoteness means there are few ways to communicate and limited access to medical facilities. This requires trekkers to be self-sufficient and well-prepared for unexpected situations.

Manaslu Tsum Valley Trek permits

There are several permits that trekkers need to obtain for the Manaslu Tsum Valley Trek. They are listed below:

1. Manaslu Restricted Area Permit (RAP): This Manaslu special permit is mandatory for trekking in the Manaslu region. The cost varies depending on the season and duration of your trek. From September to November, it's USD 100 for the first week and USD 15 per day afterward. From December to August, it's USD 75 for the first week and USD 10 per day afterward.

2. Tsum Valley Restricted Permit: If you plan to explore Tsum Valley, you'll need this additional permit. The cost is USD 40 for the first week and USD 7 per day thereafter. Since the Tsum Valley is also in a restricted area, it requires a restricted area permit.

3. Annapurna Conservation Area Permit (ACAP): This permit is required if you plan to trek to or from the Annapurna region, which is a standard route for the Manaslu Tsum Valley trek. The Trek passes through the Annapurna Sanctuary. It costs USD 30 per person.

4. Manaslu Conservation Area Permit (MCAP): This permit is also required and costs USD 30 per person for tourists from other countries and approximately \$10 per person for tourists from the SAARC nations.

Major Attractions of Manaslu Tsum Valley Trek

The Manaslu Tsum Valley Trek is among the most underrated treks because of its stunning mountain views, strolling in the remote settlements, and the chance to immerse oneself in unique culture and traditions. Here are some reasons you should experience the Tsum Valley Trek.

Manaslu Base Camp

One of the main reasons to undertake the Manaslu Tsum Valley Trek is the chance to explore the Manaslu Base Camp. From the base camp, you can see the eighth-tallest mountain in the world, Mount Manaslu. You will see the majestic mountains and the stunning Tsum Valley filled with snowy mountains and glacial moraines.

Birendra Lake

Birendra Lake is the major attraction of the Tsum Valley Trek. This freshwater lake is in the Manaslu Glacier in Gorkha District, northern-central Nepal. It is named after the late King Birendra Shah. The lake is close to the Punhyen Glacier and the Gompa in Samagaun. Trekkers traveling from Sama Gaun to Manaslu Base Camp can visit this lake in Gandaki Province. Birendra Lake became popular as more people chose to trek the Manaslu Circuit.

Larkya La Pass

Larkya La Pass is another major [attraction of the Manaslu](#) & Tsum Valley Trek. Its altitude is approximately 5100m, making it one of the highest passes. It is a starting point for treks to Manaslu Base Camp and Bhimtang Valley. The pass is named after Larkya Peak, 6249 meters in the Annapurna region. The trail leads to the right sub-peak of Manaslu. One of the significant reasons that trekkers like to reach this pass is to click photos of majestic mountain views and the entire Tsum Valley.

Majestic Mountain Views

Trekkers will also get to see the amazing mountain views throughout the trek. Some of the views you will see during this expedition are Sringi Himal, Ganesh Himal, Boudha Himal, Annapurna, Dhaulagiri, Fishtail, Himalchuli, and Nilgiri. The trekkers who love mountain climbing and adventure in the Himalayas are the most enthusiastic about this trek.

Remote villages & off the beaten Trail

Many trekking spots in Nepal are highly commercialized and often crowded. However, Tsum Valley is different as it is the least crowded trek. The trekkers will pass through various remote villages, including Chumling, Mu Gompa, Lokpa, Rachen Gompa, and Nile. The trail of this trek is mainly off the beaten path and often ends in the wilderness. The atmosphere is so pleasant during the ideal seasons that trekkers often prefer to camp outside.

Communication, Internet, and Battery Charging

The Manaslu Tsum River Valley Trek lies in remote areas. The off-beaten trails, remote villages, and lack of infrastructure make it challenging to access simple services like communication, electricity, and internet connections. However, you can still stay connected and keep your devices charged with a little planning.

Communication and Internet

Mobile networks are available in some sections of the trail. It's best to buy a local SIM card before starting the trek. NTC and Ncell are the two main providers. NTC generally offers better mobile coverage in the mountains, while Ncell is more useful for mobile data in lower areas.

Furthermore, some tea houses in villages like Namrung, Samagaun, and Dharapani offer Wi-Fi, but it can be slow and unreliable. Wi-Fi access is usually not free and may cost between \$2 to \$10 per device per day, depending on the location.

Battery Charging

At lower altitudes and bigger villages, you can easily charge your devices in tea houses. But as you go higher, charging points become limited and electricity may be unreliable due to solar power or power cuts. In remote areas, you'll likely need to pay a small fee to charge your phone or camera.

Tip: Carrying a power bank or solar charger is highly recommended to keep your devices running throughout the trek.

Transportation Facilities on Manaslu Tsum Valley Trek

Since the trek to Manaslu Tsum Valley is long, the trekkers must use certain modes of transportation to travel from one place to another. Here are a few modes of transportation that the trekkers can use.

Bus

The local bus is the most common mode of transport from Kathmandu to Machha Khola or Soti Khola. **Local buses leave daily from Gongabu Bus Park in Kathmandu**, usually between 6:00-7:00 AM. The bus fare costs NPR 1500-2000 per person.

Route Profile:

Kathmandu → Malekhu → Mugling → Gorkha Bazaar → Arughat → Soti Khola → Machha Khola

You will also take a bus from Besisahar to Kathmandu/Pokhara.

Jeep

Jeeps are a great option for traveling on the rough roads leading to Machha Khola, especially for treks like the Tsum Valley and Manaslu Circuit. Compared to buses, jeeps are faster, more flexible, and can handle the bumpy, off-road sections better. A private jeep from Kathmandu to Machha Khola costs around \$180 to \$250, depending on the season. A jeep can fit 6 to 7 people, so it's ideal for groups. Likewise, a shared jeep costs about \$20 to \$30 per person. You'll also take a jeep from Dharapani to Besisahar.

Flight

Trekkers can board a flight from Kathmandu to Pokhara. The flight is the most expensive mode of transportation, costing from \$100 to \$200 per person. It is also the most comfortable or the quickest way of travelling, as you can reach Pokhara within 25 to 30 minutes.

Reasons to Choose Himalaya 360 for Manaslu Tsum Valley Trek?

At Himalaya 360, we believe that trekking in Nepal should be safe, exciting, and personal. That's why we offer well-planned treks with friendly guides, custom options, and clear pricing. We're a registered trekking company in Nepal, and we work closely with trusted organizations like TAAN, NMA, and ATTA. Here's why so many trekkers choose us for the Manaslu Tsum Valley Trek:

- **Customizable itineraries:** Everyone has different needs, and we get that. With Himalaya 360, you can adjust your trek based on your fitness level, schedule, and interests. Want to add Tsum Valley? Need more acclimatization days? No problem. We'll plan a route that suits you best, so your trek is both comfortable and unforgettable.
- **Expert guides:** Our local guides have years of experience in the Manaslu region. They're not just trained in safety, they know the trails, the teahouses, and the mountain culture. Most importantly, they're warm, helpful, and always ready to support you throughout your journey.
- **Last-minute booking:** We can arrange last-minute treks (up to 1-2 days before) depending on permit availability. Just reach out to us. We're always ready to help you hit the trail.
- **Clear Prices & 24/7 Support:** We keep things simple and transparent. Everything you need: permits, transport, food, and accommodation are clearly listed in our package. And if you ever need help or

have questions, our team is available 24/7, before and during your trek.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal