

Earthbound Expeditions

Manaslu And Tsum Valley Trek

24 days, from US$2,287 per person

Duration	Group size	Country
24 days	**10 People**	**Nepal**

Manaslu And Tsum Valley Trek Overview

Manaslu and Tsum valley trek has been newly developed as a tea house trek in Nepal. The Manaslu lodge to lodge circuit trek considered by many people as an alternative trek to fabled Annapurna circuit trek.

Manaslu and Tsum Valley Trek Nepal :

Trekking around Mount Manaslu also known as Manaslu circuit trek or also called round manaslu trek is getting famous in recent days.

The trek towards the base of Mt. Manaslu is Eighth highest mountain in the world with the elevation of 8163 m/26781 ft above sea level, offers a unique opportunity to experience a reasonably “untouched” region of Nepal which is getting well-liked in recent years, through its circular trek going over the Larkya La at 5135 m/16847 ft. Manaslu and Tsum valley trek has been newly developed as a tea house trek or lodge to lodge trek in Nepal and many people consider this as an alternative trek to fabled Annapurna circuit trek which is another popular trek in Nepal.

Trekking the Manaslu Circuit via Tsum valley trails pass through the cascading rivers, remote monasteries with monks, many suspension bridges, and Himalayan remote Tibetan villages with dramatic scenery of green valleys and close up view of high snow capped mountains.

While on Manaslu trek the Larkya ka La Pass is the highest pass of Manaslu Tsum Valley Trek route followed by Mu Gompa monastery, having an altitude of 5106m and 3700m, respectively. Tsum valley and Manaslu trek from Budhi Gandaki valley is full of terraced fields, hilly villages and dense forest, becoming a popular trek in Nepal now.

Mount Manaslu was attempted by Japanese mountaineers every year from 1950 until 1956. The first ascent of Manaslu was scaled by Japanese mountaineers in 1956. However, this area has been opened to trekkers only since 1991.

The trekking in Manaslu and Tsum valley region provides spectacular beauty along the border of Nepal and Tibet and is now a controlled trekking route, allowing organized trekking groups with special permits to gain entry into Manaslu region to venture round its spectacular circuit. As much of the information about the Manaslu area is available only with the Japanese people, so people also call Manaslu, the Japanese Mountain.

Manaslu trek route is remote and rescue facilities are limited. In many places the walls of Budi Gandaki valley are steep, so we can walk along the bottom of the valley. The trek trail in Manaslu is rough and it often literally hangs on a bluff high above the river. The Manaslu and Tsum valley trek is geographically spectacular, culturally fascinating and traverses a strong living Tibetan cultural environment and spectacular wilderness. Moreover, Larke La at 5135 meters is certainly an unforgettable pass crossing within the Himalayas of Nepal. This trek starts either from Trishuli, Arughat or Gorkha and ends at Besisahar.

Manaslu area has a unique environment, which is exceptionally rich in biodiversity that has made this region one of the finest tourist destinations of Nepal for many years. The majestic Himalayan ranges in this area consist of cultural diversities and natural scenery with high altitude romantic glacial lakes and fascinating flora and fauna. All these features have made it one of the most well-liked places in Nepal.

The inhabitants of the upper Budhi Gandaki are direct descendants of the Tibetan immigrants. Their speech, dress, and customs are almost similar to the Tibetan people. There is still continuous trade between Nupri in Tibet and the inhabitants living in the upper Budi Gandaki region. In lower regions, there are many other castes of peoples like Brahmans, Chhetries, Newars, Ghales, Gurungs, and Tamangs. The area is diverse and there are other so-called untouchable groups in large number who are called (Kami: – Blacksmiths, Sarki: – Cobblers and Damai: – tailors.). But Nepal law does no discriminations now.

Because of the Tibetan influence, most of the places in these regions have Tibetan names and the ranges are even closer in the borderline in these Mansalu Tsum valley regions.

Earthbound Expeditions is one of the pioneer on promoting Manaslu trek and also the Tsum valley trek. We have even helped many travel writers to explore the treks in Nepal.

Our friend and a travel writer and TV host Bradley Mayhew (writer of Lonely planet guide book) explored the Manaslu and Tsum region with us in the year 2011 and wrote a wonderful article about Trekking in Manaslu Circuit region. You can read his article in the link below. http://bradleymayhew.blogspot.com/search/label/Manaslu

Our friend and guest Jeremy Pendrey and team trekked with us in Manaslu region recently, Jeremy host a Podcast show called Trails Worth Hiking and on episode no. 14 and 15 we have talked a lot about trekking in nepal and trekking manaslu circuit, if you wish to listen kindly follow this link here .

Note: The Manaslu trek also can be done in about 14 or 15 days if we don't combine with Tsum Valley, please let us know if you wish to customize the Manaslu trek itinerary. Also mansalu larke la pass can be combined with Nar Phu valley trek to Kang la pass and then to annapurna circuit Thorong la pass if you want to make 3 high pass trek in Manasalu and Annapurna region.

Earthbound Expeditions is recommended by Lonely Planet, Trip Advisor, Newyork Times, The Guardian, and many other national and international newspapers and magazines for our good services. Explore "Manasalu and Tasum Valley Trek with Earthbound Expedition" at best price, the 15 days Manaslu trek cost starts from $1687 per person.

For more information on Nepal Trekking, Hiking and Travelling, feel free to get in touch with us. Namaste!

Listen on Apple Podcasts - Trails Worth Hiking Ep. 15: Manaslu Circuit and Tsum Valley

Our good friend and client Jeremy and Rajan Simkhada talked about Nepal and the Himalayas : Jeremy and Tony took their adventure hiking trip with us the Manaslu Circuit trek in Nepal. This trip had everything: chaotic Kathmandu, wild jeep rides, deep river gorges, monkeys, remote villages, monasteries, high waterfalls, momos (Nepali dumplings), teahouses, suspension bridges, yaks, a snowy mountain pass, views of one of the tallest mountains in the world, and even a solo trekking dog. Listen all the way to the end of the episode to hear some of the sounds of the adventure in Nepal.

Cost Includes/ Excludes

Includes

- Accommodation in a 3-star hotel in the cities and basic Guesthouse on the trek.
- Ground transportations provided (By Public bus or private Jeep as per request)
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the trek.
- Government trained guides and needed no. of porters (we provide 1 porter between 2 trekkers) with their insurance, salary, and meals will be provided.
- Farewell dinner along with one cultural show.
- All necessary special trek permits
- Sleeping bags and down jackets for the trek will be provided.

Itinerary

Day 1

Arrival in Kathmandu, Nepal

Our representative of Earthbound Expeditions will receive you at Tribhuvan International Airport, Kathmandu and he will be displaying an Earthbound Expeditions signboard. You will then be transferred to your hotel and the remaining day shall be a rest day. Overnight at hotel

Day 2

Sightseeing tour

After a delicious breakfast, we head for sightseeing in the UNESCO World Heritage Sites in the Kathmandu Valley. The excursion starts at 9 am, and we will provide a private vehicle and professional guide. • Swayambhunath Stupa : A journey up to this monumental stupa with glittering golden spires provides the travelers with a picturesque view of the Kathmandu Valley and it is a must visit for those who wish to dive in the knowledge of Buddhism. The word Swayambhunath means self-existent one and history dictates that it was made in the 13th century. At Swoyambhu, immerse yourself in the devotion of God by spinning the prayer wheels, with a backdrop of religious prayer 'Om Mani Padme Hum' and the beautiful fragrance of incense. • Boudhanath: The Boudhanath Stupa takes its place among the largest stupas in South Asia. The gigantic white mound spreads 36 meters, and on top of it, there's a square tower consisting of the holy Buddha eyes facing all four directions. As Tibetans inhabited the area in the 1950s, you can see the remains of Tibetan culture to this day too and enquire with them to get in-depth knowledge about their culture. Turn the prayer wheels and circle the stupa as you say your prayers amidst the crowd and pleasant yet strong fragrance of incense. • Pashupatinath: One of the most revered Hindu pilgrimages in the world is 'Pashupatinath.' A small temple dedicated to Lord Shiva was built here in 879 AD, but the temple stood in its current format 1697 AD when King Bhupatindra Malla made it. This temple is an example of architectural magnificence as the gold-plated roof, silver roofs and woodcarvings of the highest caliber soothe and simultaneously amaze you. The temple comprises of Linga images of Lord Shiva along with numerous statues and shrines. A walk in this temple shows you the true meaning of life as in the yards you'll see young boys doing 'Bratabandha' which starts their journey to adulthood and on the other hand you'll witness the deceased being cremated in the banks of the holy river Bagmati, indicating that life is short. Talk with the sages residing there and expand your knowledge on Hinduism. A pre-trek briefing will let you know more about the trek. Overnight in hotel. B , L, D

Day 3

Drive from Kathmandu to Soti Khola

After a delicious breakfast, we drive towards the rural village of Arughat. The journey takes about 5 hours, and the road is home to the wilderness of Nepal which takes place in the form of rugged terrain, clear rivers, and high suspension bridges. The route is rough but provides an exhilarating experience. Aarughat is a town located on the banks of the majestic Budi Gandaki River. From there, we head towards the trekking trail of Solti Khola. To reach Solti Khola, you can use a bus or jeep. B, L, D

Day 4

Soti Khola to Maccha Khola

We ascent through the trail of the Budi Gandaki and cross beautiful Sal forests then climb onto a ridge. Our journey takes us past tropical waterfalls, some rice terraces and then leads to the Gurung Village Labubesi. We walk behind a rocky outcrop that provides a beautiful view of the valley and the Budi Gandaki. Walking across sandy river beds, ridges and crossing a suspension bridge leads us to the village of Machha Khola. Stay in a simple tea house. B, L, D

Day 5

Head towards Jagat

The trail shows you its uniqueness as it heads up and down, testing your strength and determination. The trail descends on a hot spring in Tatopani, and from there it is another ridge climbing and bridge crossing. Traversing the gorge and lush greenery leads you to the stone stairs which head to Tharo Bharyang. By crossing the west bank of Budi Gandaki and trekking along the river, we reach the primitive village of Jagat which still upholds its traditional lifestyles and ways. B, L, D.

Day 6

Trek from Jagat to Lokpa

We'll make an entry into the restricted region of Manaslu and Tsum Valley. The guide will register your permit in the checkpoint at Jagat. We will trek alongside the riverbank, go up and down the trail and cross the suspension bridge above the Budhi Gandaki River to reach Philim village. Trek towards Gumbal and climb a steep path for 45 minutes to reach Lokpa. At Lokpa, you'll feel isolated as there is nothing but wilderness. B, L, D.

Day 7

Trek from Lokpa to Chumling

The Chumling village is a small Buddhist village and comprises of maximum 50 houses. The village is famous as there is a monastery and it provides a picturesque view of the majestic Ganesh Himal. To reach Chumling, we descend through green forests, cross bridges and climb strong but scary stairs. We ascend north through pine forests and steep slopes. With each step, the Tsum valley reveals itself. Be careful while crossing the wooden bridge of Shiar Khola as the bridge has killed many people. B, L, D

Day 8

Trek from Chumling to Lamagaun via Chhokangparo

Chhokangparo is the place where the famous Lama Kongchog dies after 26 years of meditation. A documentary was made based on his life. To reach this divine place, you need to cross suspension bridges and farmlands of potatoes. You'll pass through primitive Tibetan settlements whose houses do not contain flat roofs. You need to be careful as there may be small landslides on the route which makes the track slippery. The route provides a superb view of the icy Ganesh Himal, and after crossing the Serpu Khola and climbing for 2.5 hours, you'll reach the village of Chhokangparo. As you head further, Lama gaun looms in the horizon. As the elevation rises, you'll feel that the air is getting thinner .B, L, D

Day 9

Trek from Lamagaun to Mu Gompa

The trek from Lamagaun to Nile is relatively easy. You'll travel east through small villages and then cross a bridge to get to Nile. The Nile is an ancient Tibetan village which comprises of houses made of stone. The final destination is the huge Mu Gompa and to reach it. You need to go through wide mountain vistas and numerous chortens. The Gompa lies on the highest and at the most remote part of the Tsum Valley. At the monastery, you can see monks busy in their daily routine and the breath-taking view of the border of Tibet. B, L, D

Day 10

Trek from Mu Gumpa to Chhokangparo via Rachen Gompa

After witnessing the grandeur of Mu Gompa, we trek back to Chhokangparo. En route, we visit the pristine Rachen Gompa. You'll meet the locals there, but it would be quite difficult to communicate with them as they speak Tibetan and little to no Nepali. Pass over ridges, and you'll reach the huge courtyard of the Rachen Gompa. You can visit the Milarepa's Cave where it is believed that the bringer of Buddhism to Tibet had meditated. After visiting the Gompa, head south and cross a bridge to descend to Chhokangparo. B, L, D.

Day 11

Trek from Chhokangparo to Gumba Lungdang via Dumje

Descend below to the previous trial for approximately 2 hours, until a Gompa is at sight. Walk on the narrow trail to the left through the village and walk on the wooden bridge to cross the Shiar Khola. The bridge connects to Dhumje and is famed for its Herbal medicines. Climb on a steep track through pines,

rhododendrons and prayer flags. Make a steep zigzag climb to reach the Gumba Lungdang which sits on a ridge. The Gumba provides a stunning view of the surrounding landscape. B, L, D.

Day 12

Trek to Ganesh Himal Base Camp

You need to be extra careful in this trip as there is a high chance that you might lose yourself in this trip. Walk through dusty tracks and head up the valley on rocky trails. Cross rivers and climb steeply through pines and rhododendrons. Climb past seasonal huts and find a path that gives a dramatic view of the mountains. It takes about 4 hrs to reach the Ganesh Himal Base Camp. B, L, D.

Day 13

Trek back to Dumje

The route back to Dumje takes you across forests of pine, rhododendrons, and oak. The trail is rugged and rough and crosses suspension as well as wooden bridges.

Day 14

Trek from Dumje to Lokpa

The trek climbs some deep gorges and shaky bridges to the quaint Ripchet village. Enjoy the picturesque scenery to admire the fertile land blooming with potatoes, barley with a backdrop of pine forests. Head further and climb up and down on the hill through forests of pine and rhododendron to reach the Lokpa village.

Day 15

Trek from Lokpa to Ghap

To reach Ghap, we follow the trail upstream of Deng River. Ghap is a tiny village comprising of only four houses. We walk through a newly built rock tunnel and avoid the problematic steep climb. At Ghap, you'll witness the traditional culture and the trademark Mani stones and chortens. B, L, D.

Day 16

Trek to Lho

Cross the wooden bridge over Budhu Gandaki and follow the path that consists of houses with cultivated fields in their front. Namru consists of a police check post, and across it, the Hinan River originates from the Linda Glacier and continues to Sho. You can get a view of the snow-laden giants like Manaslu north and Manaslu. We camp near a spring at Lho Gaon. B, L, D.

Day 17

Trek to Samagompa

You will pass the stone gates and the long Mani stone wall of the village after Lho, and it provides a dramatic view of the Peak 29 that lies ahead. You can make a side excursion to Pungen Glacier to get a close view of Manaslu. To reach Sama, you follow the lateral moraine of Pungen glacier. From Sama, it takes an additional 20 minutes to reach Sama Gompa. B, L, D.

Day 18

Trek to Stone Hut / Samdo

Today we climb a terraced hill on the opposite bank of the Budhi Gandaki river. From there we head towards the most permanent settlement in that area- Samdo. Even among the most severe conditions, you can find people living there, and it consists of about 200 villagers. B, L, D

Day 19

Acclimatization and exploration day

Today we won\'t head any further but instead focus on adapting to the changing landscape and the thin air. Enjoy the rest day as you witness the majestic Himalayas, rough terrain, and the sapphire sky. B, L, D.

Day 20

Cross Larkya La and trek Bhimtang

We first climb towards the Cho Danda and slowly head forwards through the steep track towards the snowy Larkya La Pass. The Larkya La Pass offers the dazzling view of the enormous ice mountains like Mt. Manaslu and the peaks likeHimlung Himal, Cheo Himal, Gyagi Kung, Kang Kuru and the Annapurna II. The trail provides an opportunity to witness amazing biological diversity like birds, reptiles, and mammals. We descend through steep trails, moraines and head towards Bhimtang. B, L, D

Day 21

Trek to Tilje

The trekking route towards Tilje is a comparatively easy one. We walk across paddy fields towards the miniature Karcha La Pass and descend downwards through the fig forests and red rhododendron forests towards Tilje. B, L, D.

Day 22

Trek to Tal

We follow the trail downstream of the Marshyangdi River and cross through the scattered villages to reach the Tal village for an overnight stay. B, L, D.

Day 23

Take a jeep/bus to Kathmandu

The long journey is finally coming to an end as you get on a jeep and head towards Kathmandu. After reaching Kathmandu, enjoy a cultural show and enjoy the delicious Nepali cuisine. B, D.

Day 24

Transfer to international airport for your final departure

The trip ends, and our airport representative will drop you at the Tribhuvan International Airport for your final departure from Nepal.

What's included

- Accommodation in a 3-star hotel in the cities and basic Guesthouse on the trek.
- Ground transportations provided (By Public bus or private Jeep as per request)
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the trek.
- Government trained guides and needed no. of porters (we provide 1 porter between 2 trekkers) with their insurance, salary, and meals will be provided.
- Farewell dinner along with one cultural show.
- All necessary special trek permits
- Sleeping bags and down jackets for the trek will be provided.

Not included

- International airfare,
- Bar bills (coca cola, mineral, beer, water etc), food in Kathmandu, while not mentioned
- Personal Insurance & emergency rescue charges if necessary
- Extra porter & transport charges in the event of landslides
- Other personal expenses, Kathmandu city entrance fees
- Personal, medical and evacuation insurance Laundry, cost raised by re-routing, cancellation, political disturbance etc
- Tips any other expenses, which are not mentioned above.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/manaslu-and-tsum-valley-trek