

Tsum Valley and Manaslu Circuit Trek - 17 Days

URL: <https://nepalalternativetreks.com/trip/17-days-tsum-valley-and-manaslu-trek/>

Tsum Valley and Manaslu Circuit Trek Quick Information

Weather

-10°C to 20°C

Duration

17 Days

Difficulty

Moderate

Accommodation

Lodges/Home Stay

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Gurung, Tibetan, Tamang

Region of Nepal

Manaslu Region, Gorkha

Max Altitude

5106m./16849ft.

Per Person Cost

USD 1100

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village,
Lake, Terrace, Hills, Waterfall

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,100.00
Group Of 5 - 8	USD \$1,080.00
Group Of 9 - 12	USD \$1,060.00
Group Of 13 - 18	USD \$1,040.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

17 Days Tsum Valley and Manaslu Trek Overview

17 Days Tsum Valley and Manaslu trekking will offer you chances to immerse yourself in Mother Nature's splendor. The 17-days Tsum Valley and Manaslu trek starts with a picturesque drive from Kathmandu to Machhakhola. Then, a series of ascents and descents along the bank of the Budhi Gandaki takes you to Chhokangparo via Jagat, Lokpa, and Chumling. At Chhokangparo, you visit the ancient nunnery of Rachen Gumpa and explore the sacred cave of Milarepa before you reach Mu Gumpa. The trail traces back to Lokpa from Mu Gumpa to join the Manaslu circuit.

You walk past various ethnic settlements like Ghap and Dharmashala to reach Larkya La Pass. The Larkya La Pass (5160 m) is the highest point of this trek and affords you an astounding view of the glittering peaks of Annapurna, Manaslu, Ganesh, Him Chuli, and many others. Finally, the trail descends from Larkya La and passes along the Marsyandi River to Dharapani, where you drive to Kathmandu via Besisahar.

Tsum Valley and Manaslu Trekking are strenuous, but acclimatization days help make your Trip comfortable. You require the restricted area permits for Manaslu and Tsum, along with the Manaslu Conservation Area Project (MCAP) permit and Annapurna Conservation Area Project (ACAP) permit.

In 17 Days, Trekkers will venture into the secluded Tsum Valley, an area rich in Buddhist culture and heritage, and interact with the Indigenous Tumba community. Along with cultural and heritage interactions, this trek offers a physical challenge, with its high altitudes and rugged terrain in the Manaslu Region.

Manaslu Circuit & Tsum Valley Trek Video:

Highlight Of 17 Days Tsum Valley and Manaslu Trekking

- Majestic views of Manaslu (8,163m)
- Breathtaking landscapes: lush forests, terraced fields, alpine meadows.
- Exploration of Tsum Valley: ancient Buddhist monasteries, traditional Tibetan villages.
- Interaction with hospitable locals preserving conventional Tibetan culture.
- Visits to historic Mu Gumpa and Rachen Gumpa monasteries.
- Crossing Larkya La Pass (5,106m) with panoramic mountain views.
- Diverse flora and fauna in the Manaslu Conservation Area, including snow leopards and red pandas.
- Traditional villages: Jagat, Deng, Namrung, Samagaon
- Optional side trip to Manaslu Base Camp.
- Trek around the foothills of Mt. Manaslu (8163 m), the eighth-highest mountain in the world.
- Amazing backdrop view of Ganesh Himal, Sringi Himal, and Boudha Himal.
- Cross the Larkya La Pass, the longest mountain pass in Nepal.
- Visit ancient Buddhist Gompas (monasteries), including Rachen Gumpa.
- Understand the unique lifestyle and culture of the Tibetan and Gurung people.
- Explore the dramatic landscapes and natural beauty of the Tsum Valley.

Weather

Best time for the Tsum Valley and Manaslu Circuit Trek

Spring (March to May)

Spring is a vibrant and colorful time in the [Manaslu Circuit Trek](#) and Tsum Valley, with temperatures ranging from -5°C to 18°C. The weather is mild and pleasant. However, as one of the more popular seasons for trekking, especially in late April and May, expect some crowds along the way.

Summer (June to August)

From June to August, summer in the region coincides with the monsoon season, bringing temperatures ranging from 7°C to 20°C. Landslides are also a concern during this time. While the lush greenery can be pretty beautiful, trekking during the monsoon season is challenging and not recommended due to the difficult trail conditions.

Autumn (September to November)

Autumn is the best time to trek in the Manaslu Circuit and Tsum Valley from September to November. The temperatures range from 5°C to 18°C. The weather is stable, with clear skies providing stunning views of the mountains. However, as one of the most popular trekking seasons, expect some crowds on the trails.

Winter (December to February)

The region experiences cold temperatures and snowfall from December to February, ranging from -10°C to 7°C. This season brings quieter trails, offering a more peaceful trekking experience. However, trekking in winter presents challenges due to the cold weather and the possibility of snow blocking the trails.

January

-10°C to 5°C

February

-8°C to 7°C

March

-5°C to 10°C

April

0°C to 15°C

May

5°C to 18°C

June

7°C to 19°C

July

8°C to 20°C

August

8°C to 19°C

September

5°C to 18°C

October

0°C to 15°C

November

-5°C to 10°C

December

-8°C to 5°C

Difficulty

Trek Difficulty in Manaslu Circuit and Tsum Valley Trek

- **High Altitude:** Trekking to over 5,000 meters (16,400 feet) can lead to altitude sickness, which requires proper acclimatization.
- **Long Duration:** The trek usually takes 17-18 days, requiring good physical fitness and stamina.
- **Rugged Terrain:** Includes steep ascents, descents, and rocky paths, demanding good trekking skills.
- **Remote Location:** Limited access to facilities and medical services, requiring self-sufficiency and preparation.
- **Weather Conditions:** Variability in weather, with cold temperatures and the possibility of snow, necessitates appropriate clothing and gear.
- **Altitude Effects:** Altitude can cause symptoms like headache, nausea, and fatigue, affecting trekking performance.
- **Limited Accommodations:** Basic teahouses along the route may have limited facilities, requiring flexibility and adaptation.
- **Permits and Regulations:** Requires obtaining necessary permits, adhering to local regulations, and adding logistical considerations.
- **Trekking Experience:** Recommended for experienced trekkers due to its difficulty and the need for trekking skills and experience.

17 Days Tsum Valley and Manaslu Trek Itinerary

Day 1: Drive to Machha Khola from Kathmandu

Your exciting journey starts with a bus drive along the Prithvi Highway from Kathmandu. A smooth drive on a black-topped road takes you to Dhading Bensi, where the road turns upward to Gola Bhanjyang and slopes down to Ankhu Khola. At Arughat, you cross the Budhi Gandaki River and drive further to reach Sotikhola. We went for two more hours and finally reached Machhakhola. This ten-hour drive rewards you with scenic villages, rivers, terraced farms, and a good view of Mount Manaslu and Ganesh. Overnight stay at Machhakhola.

Destination:	Accommodation	Altitude:
160km drive (Av.07 hours)	Everest View Hotel or Larke Peak hotel	(869m. /2867ft.)

Meals

Lunch, Dinner

Day 2: Trek to Jagat

After breakfast, you follow the upstream trail to the small village of Khola Bensi. As you continue further, you encounter the natural hot springs at Tatopani. Then, you cross a suspension bridge over the Budhi Gandaki River and walk past the landslide area to reach Dobhan. Again, you cross a suspension bridge over Yaru Khola and climb the stone stairs at Thado Bharyang. The ascending path finally leads you to the beautiful village of Jagat. You enter the Manaslu Conservation Area, requiring a special conservation area permit. Overnight in Jagat.

Destination:

20km Uphill hike
(Av.07 hours)

Accommodation

New Mongolian Cottage or
similar Category

Altitude:

(1410m. /3990ft)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Lokpa

Today, you'll walk through the protected territories of the Manaslu conservation area. Starting along the bank of the Budhi Gandaki, you walk past the attractive settlements of Salleri, Sirdibas, and Philim. As you trek further, the trail branches off into two at Ekle Bhatti, where you choose the trail to Tsum Valley. You keep climbing along the bank of Budhi Gandaki, encounter a waterfall on the way, and finally reach Lokpa. Lokpa is the first village in Tsum Valley that affords you a spectacular view of the Manaslu range, including Himalchuli and Boudha Himal. Overnight in Lokpa.

Destination:

14km Uphill hike
(Av.06 hours)

Accommodation

Lokpa Guest House or similar
category

Altitude:

(2240m. /6339ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Ranjam

From Lokpa, you follow the descending trail to the Lungwa River and walk uphill to Gumling through the dense rhododendrons and pine forests. Then, you will cross Syar Khola and reach the village of Chumling. On the way to Chumling, you can enjoy a clear view of Baudha Himal and Ganesh Himal.

Mani Dhungyur and Gurwa Gumpa are impressive monasteries in Chumling that draw every trekker's attention. From Chumling, you continue your trek to Ranjam passing Dumje.

Destination:

16km Uphill hike
(Av. 06 hours)

Accommodation

Ganesh Himal Guest House or
Similar category

Altitude:

(2480m. /8184ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Chuile/Nile

As the trail heads towards Chuile/Nile as you cross several streams. Chhokang, a part of the upper Tsum Valley, offers an excellent view of Shringi Himal (7161 m). The warm hospitality of local people with Tibetan tea will be a memorable experience.

The trail scales up from Chhokangparo along the side of Shiar Khola to Rachen Gumpa, an ancient nunnery of Tsum Valley. As you continue your trek, you see people busy on their farms. Stay overnight in

Chuile/Nile.

Destination:

15km Uphill hike
(Av.06 hours)

Accommodation

Norling Guest House or Similar
category

Altitude:

(3361 m. /11091 ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Mu Gompa and excursion around

After breakfast, you will finally reach Mu Gompa. Mu Gompa is the largest monastery in the area, with hundreds of monks living there. The evening prayer at the Mu Gompa monastery is sure to delight. Overnight in Mu Gompa.

Today, you will roam around the Mu Gompa area, exploring the natural beauty and experiencing the vibrant atmosphere and spiritual bliss. This place offers beautiful views of the mountain peaks and beautiful pastures. A day of acclimatization will help you adapt to the high altitude and thin air. Overnight in Mu Gompa.

Destination:

10km./04 hours walk

Accommodation

Gumpa Lodge or similar
category

Altitude:

(3800 m. /10754ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Chhokangparo

Today, you retrace the path back to Chhokangparo via Rachen Gompa. You walk past the monasteries, villages, and terraced farms and reach the Milarepa cave. From there, you continue to the monastery of Rachen Gompa. Then, you follow the trail along the bank of Sotikhola to reach Chhokangparo. Overnight in Chhokangparo.

Destination:

14km Down/Uphill hike
(Av.05 hours)

Accommodation

New Milarepa Hotel or similar
category

Altitude:

(3010m. /9933ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Lokpa

Today, you leave Chhokangparo to walk along the familiar trail to Lokpa. Bidding goodbye to the beautiful people of Chhokangparo and the impressive monasteries in the village, you walk on the downhill trail to reach Chumling. Chumling looks attractive at the backdrop of Baudha and Ganesh Himal. As you

leave Chumling, you cross Syar Khola and reach Gumling, from where the trail descends to the Lungwa River. Then, you walk along the ascending trail and reach Lokpa. Overnight in Lokpa.

Destination:	Accommodation	Altitude:
19 km Down/Uphill hike (Av.07 hours)	Lokpa Guest House or similar category	(2240m. /6339ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Bihi Village

After breakfast, you leave Lokpa and cross a bridge over the Budhi Gandaki River to reach Nyak Phedi. Then, you enter a narrow gorge. After a series of ascent and descent, you cross a suspension bridge again to reach Pewa. You tread through the bamboo forest to reach Deng, an attractive Gurung village. The Shringi Himal (7161 m) looks magnificent in the north as you walk past the Mani walls and cross the bridges over the Budhi Gandaki. You continue walk passing Rana village and finally, you stop at Bihi village for an overnight stay.

Destination:	Accommodation	Altitude:
16km Uphill hike (Av.06 hours)	Sonam Raja Hotel or similar category	(2130m. /7029ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Namrung

As you leave Bihi village, you will reach Buru village to stop for tea. You walk gradually climb to Ghap and Ghapsya village. You walk on a steep trail through the bamboo and rhododendron forest and stop at tea house Lunga Chhyuda. You will continue ascend to apple farm. After cross streams several times and then reach Namrung.

Destination:	Accommodation	Altitude:
16km Uphill hike (Av.06 hours)	Namrung Guest House or similar category	(2650m. /8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Sama Gaun

After breakfast, you will walk gradual climb to Barjam, you follow the ascending trail to reach Lhi and Shyo on the right side of the Budhi Gandaki River while enjoying the excellent view of Mt. Manaslu and other mountain peaks. You walk through the rhododendron forest and pass several small monasteries and Mani walls before you reach Shyala, an attractive village relying on yaks and potato farms. Then, you cross a bridge over Numla Khola, descend to the broad valley to reach Lho village, and walk past the

small settlements to reach Sama village. Overnight in Sama Gaun.

Destination:

16 km Uphill hike
(Av.06 hours)

Accommodation

Mount Manaslu Hotel or
similar category

Altitude:

(3520m. /11616ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Acclimatization day/ Exploring around/Manaslu Base Camp

The rest of the day allows you to adapt to the high altitude and cope with the thin air. Besides, you'll have time to explore the natural and cultural beauty of Sama Gaun. A side trip to Birendra Lake or Pungyen Gompa can be exciting or adventure walk to Manaslu Base Camp. The evening prayers at a nearby gompa can be a delightful experience that is enough to solace and make peace in your heart and mind. Overnight Stay in Sama Gaun.

Destination:

Excursion around

Accommodation

Mount Manaslu Hotel or
similar category

Altitude:

(3360m. /11024ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Trek to Samdo

After breakfast, descend to the Budhi Gandaki River and climb up the trail to Birendra Lake and Manaslu Base Camp. Then, you walk through the forested hills on a more accessible track to Kermo Kharka. The trail climbs further, and you cross a wooden bridge over the Budhi Gandaki before you reach Samdo. The Samdo peaks shine like a diamond on the northern horizon. Besides, the glacial basin to the east and Syacha Glacier to the north of Sama Valley make a spectacular view. Overnight in Samdo.

Destination:

10km Uphill hike
(Av.03 hours)

Accommodation

Zambala Guest House or
similar category

Altitude:

(3800m. /12540ft.)

Meals

Breakfast, Lunch, Dinner

Optional Day Hike to Samdo Ri and Rui La Pass:

Samdo is an excellent place to spend an extra acclimatization day before crossing Larkya La Pass. Optional hikes to Samdo Ri and Rui La Pass offer wider mountain panoramas, Tibetan-border landscapes, and old Himalayan trade routes.

Read details about the Samdo Ri and Rui La Pass add-ons to learn how these hikes fit into the trek

itinerary.

Day 14: Trek to Dharmasala

In the morning, you walk amid the green fields of Samdo village and cross the Budhi Gandaki for the last time at Larkya Bazaar. Then, the Syacha Glacier comes into sight. You climb the trail and enter the narrow gorge towards the Larkya Glacier. You continue walking until you reach Dharmashala, where you can relish the charming views of Larke Peak (6249 m) and Naike Peak (6211 m). Overnight in Dharmashala.

Destination:

10km Uphill hike
(Av.04 hours)

Accommodation

Larke Peak Guest
House/Zambala Guest House

Altitude:

(4,470m. /14,718ft.)

Meals

Breakfast, Lunch, Dinner

Day 15: Trek to Bimtang via Larke La pass

You leave Dharmashala early in the morning and climb up a ridge leading to the moraine of Larkya Glacier. As you trek further, you'll see arrays of beautiful frozen lakes shining like a giant diamond stone. Walking through Larkya La Glacier, you reach Larkya La Pass, the longest mountain Pass in Nepal. The top of the pass affords the most stunning view of Cheo Himal, Himlung, Gyaji Kung, Kangguru, and Annapurna II. From the pass, you descend to Dangboche Kharka and follow the trail to the attractive Bimthang valley via Salpudanda Glacier. Overnight in Bimthang.

Destination:

18km Up/downhill hike
(Av.08 hours)

Accommodation

Punker Cottage House or
similar category

Altitude:

(3,720m. /12,276ft.)

Meals

Breakfast, Lunch, Dinner

Optional Day Hike to Ponkar Lake:

If you want a quieter mountain experience after crossing Larkya La Pass, you can stay another night in Bhimtang and hike to Ponkar Lake. This scenic glacial lake sits above the village and rewards trekkers with peaceful alpine surroundings and excellent Himalayan views.

[Read details about the Ponkar Lake add-on](#) to understand how this side trip changes the itinerary.

Day 16: Trek to Tilje

After breakfast, you walk through the icy glaciers and descend to a more accessible trail along the forested hills of rhododendrons, oak, and pines. The trail slopes down further to reach Kharche via Hampuk Sangure Khare and Guha. Then, you walk past the Gurung settlements of Tilje. Overnight in Tilje.

Destination:

16km downhill hike
(Av.06 hours)

Accommodation

North Face Hotel or Similar
category

Altitude:

(2100m. /6930ft.)

Meals

Breakfast, Lunch, Dinner

Day 17: Drive to Kathmandu via Besisahar

After breakfast, you catch a jeep at Dharapani and drive along the bumpy road to Besisahar. The ride can be rough but rewards you with beautiful views of mountains, hilly settlements, cultivated fields, and fantastic landscapes. After driving for four hours, continue driving to Kathmandu to end your incredible journey by bus. This drive will be more comfortable than the drive bus from Dharapani to Besisahar, as you'll be driving on a smooth black-topped road today. After five hours, you'll reach Kathmandu and finally have some time to rest after a 17-day-long trek.

Destination:

210km./08 hours drive to
Kathmandu

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- All meals (Breakfast, Lunch, Dinner) during the trekking .
- Lodge accommodation (Twin share basis) during the trekking.
- One experienced, well trained, fluent English speaking, friendly, specialized in Tsum and Manaslu trekking region and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transport as per mentioned in the itinerary.
- Manaslu special permit, Tsum valley special permit, ACAP (Annapurna conservation area project) and MCAP (Manaslu conservation area project).
- A trekking map, duffel bag, Oxygen saturation check up everyday, Water purification, first aid medical, company t-shirt and trekking company certificate.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

What's Not Included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, battery charge, boiled water , phone bill and laundry. .
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and porters.(Highly suggested).

Trekking Gear List

Packing List

Clothing and Accessories

- **Moisture-Wicking Base Layers:** To keep you dry and comfortable.
- **Insulating Layers:** Fleece jacket or down jacket for warmth.
- **Trekking Pants:** Lightweight and quick-drying.
- **Waterproof Jacket and Pants:** For protection against rain and snow.
- **Trekking Shirts:** Lightweight and breathable.
- **Hiking Boots:** Sturdy, well-fitted, and broken-in to prevent blisters.
- **Socks:** Wool or synthetic for warmth and to prevent blisters.
- **Gloves/Beanie:** For warmth in cold weather.
- **Sun Hat:** With a wide brim to protect your face and neck from the sun.
- **Buff/Scarf:** This is for warmth and protection against dust.
- **Underwear:** Moisture-wicking and quick-drying.
- **Casual Clothing:** For wearing in teahouses and towns during the trek.
- **Towel:** Quick-drying and lightweight.

Footwear

- **Trekking Boots:** Sturdy and waterproof, with good ankle support.
- **Trekking Socks:** Wool or synthetic to wick away moisture and prevent blisters.

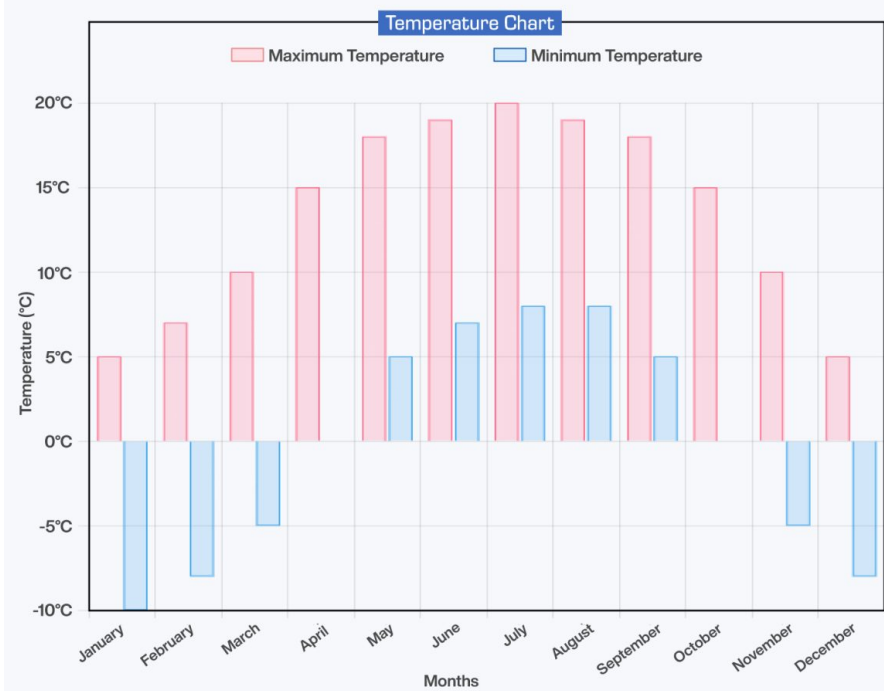
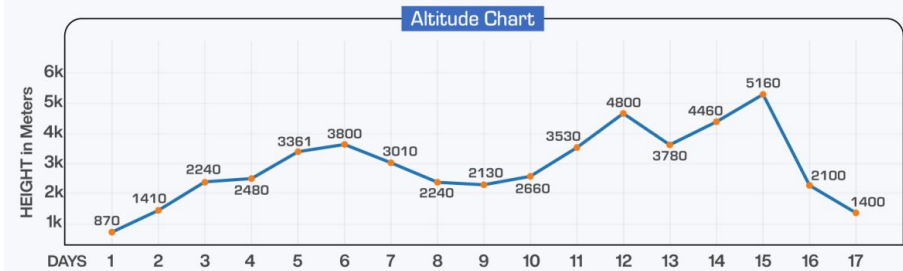
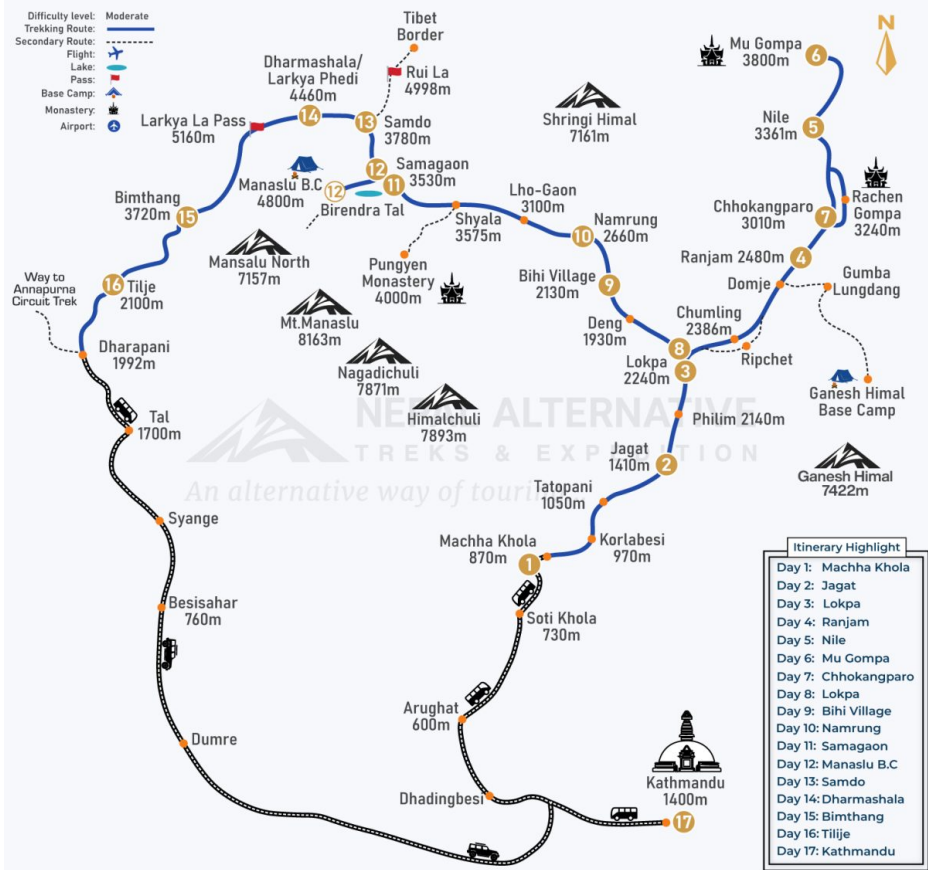
Trekking Gear

- **Backpack:** A sturdy and comfortable backpack (40-50 liters) to carry your essentials
- **Sleeping Bag:** A warm sleeping bag suitable for cold temperatures.
- **Trekking Poles:** Optional but highly recommended for stability and to reduce knee strain.
- **Headlamp/Flashlight:** This has extra batteries for early morning starts or in case of power outages.
- **Water Bottles/Hydration System:** Stay hydrated with at least two 1-liter water bottles or a hydration pack.
- **Sunglasses:** With UV protection to shield your eyes from the sun's glare at high altitudes.
- **Sunscreen:** With a high SPF to protect your skin from the intense mountain sun.
- **Personal First Aid Kit:** Including essential medications for altitude sickness, headaches, and other

common ailments.

- **Toiletries:** Toothbrush, toothpaste, biodegradable soap, and hand sanitizer.
- **Trekking Map/Guidebook:** This is for navigation and information about the trail.

Tsum Valley and Manaslu Trek Map



Traveler Reviews

What Made Tsum Valley & Manaslu Trek Enjoyable for Me

The 22 days I spent with Lea on the Manaslu/Tsum valley trek were a wonderful experience ! Thanks so much for the good advising by Tej to choose this route. For those who like to explore Nepal from its rice-fields to forests, steep valleys, long bridges, steep climbs and the beautiful mountains. You will love it !

And the monkeys, yaks, mules, eagles, mountain goats and various birds bring a lot of excitement to our journey . And last but not least : Thanks to Nauser for the wonderful time !

Rating: 5/5

Regula Rauscher

Scharenstrasse 17, 3014, Bern Switzerland

Real Happiness Found Me During Manaslu Tsum Valley Trek

A very special trip

This was just a great trip. We went to the Tsum valley, and then on to Manaslu. The trip was really well organized and the guides were a lot of fun. It was a day's travel to the start of the trip via land cruiser and the driver was really excellent because the roads were quite wild. Along the route we stayed in really good tea houses on the food was excellent. Highlight for us was one. The Tsum valley, this is because the Tibetan Buddhist culture is really alive in the valley. It feels very special and sacred to be there. It is known as a Bayul. 2. The area right around Manaslu King was especially beautiful. 3, The rivers in canyons on the walk-in to both areas was truly spectacular.

We highly recommend this trip and this company.

Rating: 5/5

Dheera

Hurricane, UT

Additional Trip Information

Optional Day Hike During Tsum Valley and Manaslu Trek

Optional day hikes at Samdo and Bhimtang add more depth to the Tsum Valley and Manaslu Trek. These hikes improve acclimatization and allow trekkers to experience quieter mountain landscapes away from the main trail.

An Extra Day in Bhimtang for Ponkar Lake Hike

Trekkers who prefer a slower pace can spend an additional day in Bhimtang and hike toward Ponkar Lake. The route crosses alpine meadows, glacial moraine, and rocky mountain terrain beneath the glaciers connected to the Larkya region. Ponkar Lake offers peaceful scenery with reflections of

surrounding peaks and hanging icefalls. It is one of the quieter side trips in the Manaslu area.



Trekker Exploring Ponkar Lake



Group Of Trekkers Near Ponkar Lake

Quick facts on this day hike:

- **Extra day required:** +1 day in Bhimtang
- **Maximum elevation:** Around 4,100 m
- **Walking time:** 5 to 7 hours
- **Difficulty:** Moderate
- **Trail:** Alpine and glacial terrain
- **Facilities:** No teahouses on the route
- **Starting point:** Bhimtang village
- **Best for:** Nature lovers and photographers

A glimpse of your Ponkar Lake day:

- Begin hiking after breakfast from Bhimtang
- Walk through glacial valleys and alpine landscapes
- Reach Ponkar Lake and enjoy mountain views
- Return to Bhimtang for overnight stay



Ponkar Lake View

An Extra Day in Samdo for Rui La Pass Day Hike

The Rui La side hike follows old Himalayan trade trails once used between Nepal and Tibet. The trail gradually climbs into broad high-altitude terrain with impressive views of Manaslu and nearby peaks. The hike also helps trekkers acclimatize properly before crossing Larkya La Pass.



Rui La Pass Trekker



Trekker Group In Rui La Pass

Quick facts on this day hike:

- **Extra day required:** +1 day in Samdo

- **Maximum elevation:** 4,900–5,000 m
- **Walking time:** 5 to 7 hours
- **Difficulty:** Moderate to challenging
- **Trail:** Exposed trade route trail
- **Facilities:** No lodges or shops
- **Starting point:** Samdo village
- **Best for:** Acclimatization and Tibetan-border landscapes

A glimpse of your Rui La Pass day:

- Start from Samdo with a light daypack
- Follow the old trade route uphill
- Enjoy wider mountain and valley views
- Reach viewpoints near Rui La
- Descend back to Samdo for overnight stay



Extra Day Hike To Rui La Pass

An Extra Day in Samdo for Samdo Ri Hike

Samdo Ri is a scenic acclimatization viewpoint above Samdo village. The trail climbs steadily along a ridge with broad views toward Manaslu, surrounding valleys, and the Tibetan side. Although shorter than the Rui La hike, it still reaches high altitude and helps prepare trekkers for Larkya La Pass.



Livestock In Samdo Ri



Animal Grazing In Samdo Ri Route

Quick facts on this day hike:

- **Extra day required:** +1 day in Samdo
- **Maximum elevation:** 4,800-5,000 m
- **Walking time:** 4 to 5 hours
- **Difficulty:** Moderate
- **Trail:** Rocky ridge climb
- **Starting point:** Samdo village
- **Best for:** Acclimatization and panoramic mountain scenery

A glimpse of your Samdo Ri day:

- Climb above Samdo after breakfast
- Enjoy expanding views of Manaslu and nearby valleys
- Reach the viewpoint and rest briefly
- Return to Samdo for overnight stay



Samdo Ri Route

What is the Cost for Manaslu Circuit and Tsum Valley Trek

The cost for the Manaslu Circuit and Tsum Valley Trek can vary widely depending on several factors, including the trek duration, the level of comfort desired, whether you hire a guide and porter, and the trekking season. Here is a general breakdown of the costs:

Required Permits & Their Costs

Manaslu Restricted Area Permit

- September to November: USD 100 for the first seven days, then USD 15 per day.
- December to August: USD 75 for the first seven days, then USD 10 per day.

Tsum Valley Restricted Area Permit

- September to November: USD 40 for the first seven days, then USD 7 per day.
- December to August: USD 30 for the first seven days, then USD 7 per day.

Manaslu Conservation Area Project (MCAP) Permit:

- NPR 3,000 for foreigners
- NPR 1,000 for SAARC nationals

Annapurna Conservation Area Project (ACAP) Permit:

- NPR 3,000 for foreigners
- NPR 1,000 for SAARC nationals

Note: Child below 10 years are free

Guide and Porter Costs

- **Guide:** USD 25-30 per day.
- **Porter:** USD 18-25 per day.

Accommodation and Food

- **Tea House Accommodation:** USD 5-10 per night
- **Meals:** USD 20-30 per day (three meals)

Transportation

- Kathmandu to Soti Khola (start of the trek): USD 10-20 by local bus, USD 150-200 for a private jeep (one way).
- Transportation from Dharapani (the end of the trek) to Besisahar is USD 10-15 by local bus or jeep.
- Besisahar to Kathmandu: USD 10-20 by local bus, USD 100-150 for a private jeep.

Miscellaneous

- **Travel Insurance:** USD 100-150, covering high-altitude trekking and emergency evacuation.
- **Trekking Gear:** Costs vary depending on whether you buy or rent.

Total Estimated Cost

- **Budget Trekker (Independent with minimal services):** USD 800-1,200.
- **Mid-range Trekker (With a guide, porter, and better accommodation):** USD 1,500-2,000.
- **Luxury Trekker (All-inclusive package from a trekking agency):** USD 2,000-3,000.

Note: Children below ten years are free.

Remember that these approximate costs vary based on your preferences and chosen services. Getting quotes from multiple trekking agencies and comparing what is included in their packages is always a good idea.

Travel insurance For Tsum Valley and Manaslu Trekking

Your travel insurance is one of the most important things you should carry for the Manaslu Circuit and Tsum Valley Trek, ensuring your safety and security in remote areas. Ensure your policy covers trekking above 4,000 meters, as the trek reaches 5,160 meters at Larkya La Pass. Your insurance should include medical expenses, hospital bills, emergency evacuation, and helicopter rescue. It's also wise to have coverage for trip cancellation or interruption and protection for your baggage and personal belongings. Consider reputable providers that offer policies tailored for high-altitude trekking. By having comprehensive travel insurance and knowing you're well-protected against any unforeseen circumstances, you can confidently tackle this challenging adventure,

Meals and Accommodation

During your trek, we provide all meals and accommodation. We offer various healthy local and Western food options, carefully prepared to meet high standards of hygiene and nutrition. Comfortable teahouses

and lodges along the trekking route provide accommodation, offering clean bedding and communal dining areas. Please note that we do not provide soft drinks, alcoholic beverages, or beers, as these can negatively impact your trekking experience and increase the risk of altitude sickness. We focus on maintaining your health and safety while you enjoy the trek to the fullest.

Fitness and Experience Requirement

The Manaslu Circuit and Tsum Valley Trek are incredibly challenging, demanding a high fitness level and trekking experience. The trek involves long, strenuous days with steep ascents and descents over rugged terrain, and even experienced trekkers can find parts of it difficult.

- **Physical Fitness:** Excellent cardiovascular endurance, muscular strength, and stamina are essential. Training should include hiking, running, cycling, and strength exercises.
- **Health Considerations:** A clean bill of health is crucial. Consult your doctor, especially if you have pre-existing health conditions. A full-body checkup is recommended.
- **Trekking Experience:** Prior high-altitude trekking experience is beneficial. Knowledge of trekking protocols and high-altitude challenges is crucial.
- **Mental Preparation:** Mental resilience is critical. Prepare for long hours on the trail and potentially harsh weather conditions.

Thorough physical, mental, and logistical preparation is crucial for a successful and enjoyable trek on the Manaslu Circuit and Tsum Valley route.

Safety Tips for Manaslu Circuit and Tsum Valley Trek

Safety is crucial during the Manaslu Circuit and Tsum Valley Trek due to the challenging terrain and remote location. Here are some safety tips to keep in mind:

- **Acclimatization:** Allow time for acclimatization to prevent altitude sickness. Follow a gradual ascent schedule and listen to your body.
- **Stay Hydrated:** Drink plenty of water, especially at higher altitudes.
- **Weather Awareness:** Be prepared for changing weather conditions. Carry appropriate clothing and gear.
- **Trekking Permits:** Obtain all necessary permits and always carry them before starting the trek.
- **Travel Insurance:** Purchase travel insurance that covers high-altitude trekking and medical evacuation.
- **Emergency Contacts:** Carry a list of emergency contacts, including local authorities and rescue services.
- **Stay on Designated Trails:** Follow marked trails and avoid shortcuts to prevent getting lost or encountering dangerous terrain.
- **Buddy System:** Trek with a partner or group and inform each other of your whereabouts.
- **Respect Local Culture:** Respect local customs, traditions, and beliefs. Dress modestly and ask permission before taking photos of people.
- **Wildlife Awareness:** Be aware of the wildlife in the area, such as yaks, and give them plenty of space.
- **Trekking Guide:** Consider hiring a local guide who knows the area well and can assist in emergencies.
- **Pack Light:** Carry only essentials to reduce fatigue and injury risk.
- **Emergency Supplies:** Carry a basic first aid kit, emergency shelter, and extra food and water.

- **Communication:** Have a reliable means of communication, such as a satellite phone or a personal locator beacon (PLB).
- **Know Your Limits:** Listen to your body and know when to rest or turn back if you're not feeling well.

These safety tips can help ensure a safer and more enjoyable trekking experience in the Manaslu Circuit and Tsum Valley.

Frequently Asked Questions

Is this trekking route safe for tourists ?

Yes, Tsum Valley and Manaslu Trekking is safe for tourists. This area has already recovered from the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation in different trekking trails for tourists.

What are the physical fitness and other criteria required for this trek ?

Although it is not a strenuous trek, some of the days the trails pass through the steep country lanes with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily for a month before their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

Is Travel Insurance compulsorily required ? Does your company pay for the Travel Insurance of guides and porters?

While booking a trek with us, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 5200m. altitudes for trekking members. You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is Acute Mountain Sickness? Is there any chances to catch AMS in this trek ? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion,

muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

You have some chances to get AMS on this trek as the trail ascends above 3000m in general. You may have chances to feel a bit while crossing to Larke La pass but it won't be high risk as you will have enough acclimatization.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

No, you won't be able to change money and even no cash machines (ATM) along the trek route . We recommend to change money at Thamel. Credit card and foreign currency is not accepted along the route. You should take enough cash from Kathmandu.

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

What kind of food will be provided during the trek?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of menu offered by the lodges.

Teahouses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter. However, we recommend you carry your own water bottles. You can fill them up with filtered water wherever possible and purify it using chlorine or iodine. We shall provide water, purification drops, and tablets.

How long will we have to hike each day ?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

Upon Arrival :

- We need an original passport with Nepal visa to obtain Tsum valley and Manaslu special permit .

What are the accommodation arrangements during the trek ?

In trekking trails, the accommodation options are teahouses and lodges only. Nepal Alternative Treks generally manages your accommodation in best available teahouses or lodges that provide single or double rooms, mostly in dormitory-style. The bed has a mattress, pillow, and blanket. Very few teahouses offer a room with a heater, and the blanket provided by the teahouse alone will not be enough to withstand the cold. So, it would be better to carry a warm sleeping bag. You can buy or hire one at the rental shops in Kathmandu.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain ?

You are most likely to find an Indian squat-styled toilet. Finding toilet paper is almost impossible in these areas, so we advise you to carry plenty of your own.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running shower and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money.

Can we hire trekking gears in Kathmandu ?

Yes, you can. There are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available and also have electricity and recharging facilities available for a minimal service charge.

However, to be on the safer side, we do recommend you carry solar chargers. Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

There are mobile networks, internet data, and Wi-Fi available in some area, and you can connect to your friends and family back home. But as you reach higher there is no Wi-Fi and poor mobile network but still can communicate through landlines.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend to buy **NAMASTE** sim for better network coverage and 4G uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights.

The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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