Tsum valley, Manaslu and Annapurna Circuit Trek – 28 Days

URL: https://nepalalternativetreks.com/trip/tsum-valley-manaslu-and-annapurna-circuit-trek/

Tsum Valley, Manaslu & Annapurna Circuit Trek Quick Information

Weather
-20°C to 25°C

Duration
28 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
Tibetan, Gurung, Tamang, Thakali, Manange

Region of Nepal
Manaslu Region, Annapurna Region

Max Altitude
5416m./17872ft.

Per Person Cost
USD 1650

Best Season
March, April, May, Sept, Oct, Nov

Geographic Terrain
Mountain, Village, Hills, Forest, Lakes, Glaciers

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD $1,650.00
Group Of 5 - 8	USD $1,620.00
Group Of 9 - 12	USD $1,590.00

No. of Persons	Price per Person
Group Of 13 - 18	USD $1,560.00

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.

28 Days Tsum Valley, Manaslu and Annapurna Circuit Trek Overview

The Tsum Valley, Manaslu, And Annapurna Circuit Trekking begins with one of the most untouched, mysterious, and magnificent valleys, the scenic towns resided by various ethnic communities, their unique rituals, culture, and lifestyles, and many more in the Tsum Valley area. Then, you will meet local people and native Tibetans and learn about their distinctive dialect. Trails are adorned with artistic Chhortens and lined with mani walls of thousands of stone slabs carved with deities and prayers.

After exploring stunning ethnic villages and Buddhist monasteries, you will be taken to Larke La Pass and joined by the Annapurna region. It will take you to explore the highest elevated Tilicho Lake, Thorong la Pass, and the sacred Hindu temple “Muktinath.” You will get excellent views of the Tibetan plateau, Kaligandaki River, and Kagbeni village.

Manaslu Circuit & Tsum Valley Trek Video:

Highlights of the 28 Days Tsum Valley, Manaslu and Annapurna Circuit Trekking

- Hike with the majestic backdrop of the Ganesh Himal, Sringi Himal, and Baudha Himal ranges in Tsum Valley.

Visit Ganesh Himal Base Camp.

- Trek around the foothills of Mt. Manaslu (8163 m), the eighth-highest mountain in the world.
- Cross the Larkya La Pass, the longest mountain pass in Nepal.
- Visit ancient Buddhist Gompas (monasteries), including Rachen Gompa.
- Understand the unique lifestyle and culture of the Tibetan and Gurung people.
- Explore the dramatic landscapes and natural beauty of the Manaslu and Annapurna Circuit.
- Cross the Thorong La Pass (5416m), one of the most significant passes in the world.
- Enjoy the panorama of the mountains in the Annapurna, Dhaulagiri, and Nilgiri ranges.
- Experience the Manangi and Thakali culture and traditions.
- Trek across the Annapurna Conservation Area and relish its biodiversity.

Weather

Best Time for Manaslu, Tsum Valley, and Annapurna Circuit Trekking

Spring and autumn are the best times to visit Tsum Valley, Manaslu, and Annapurna Circuit Trekking adventure. At this time of the year, the temperature of Nepal is moderate. Similarly, the weather and climate are also stable and suitable. If you travel here during this time, you can travel in a clear sky. Similarly, you can get a panoramic view of mountains like Annapurna, Dhaulagiri, and Nilgiri ranges, including others.

So, make sure you plan your trek during this time. The days are clear and perfect for trekking. But the choice between spring and autumn depends on your preferences regarding scenery, weather, and cultural experiences.

January	**February**	**March**
-20°C to 5°C	-20°C to 5°C	-15°C to 0°C
April	**May**	**June**
-10°C to 10°C	-5°C to 15°C	0°C to 20°C

July	August	September
5°C to 24°C	5°C to 25°C	0°C to 19°C
October	**November**	**December**
-5°C to 15°C	-15°C to 5°C	-20°C to -5°C

Difficulty

The Difficulty of Manaslu, Tsum Valley & Annapurna Circuit Trek

During Tsum Valley, Manaslu, and Annapurna Circuit Trek, you will trek through some of Nepal’s problematic trekking routes. Furthermore, with this combination, the trek is very long. You must hike for 5-6 hours in challenging terrain and high altitude. So, it might get difficult for new trekkers with very little experience. In addition, when you travel through high altitudes, there is always a risk of high-altitude sickness. Besides, this sickness is common among high-altitude trekkers.

Our trip’s highest altitude trek will be Larkya La Pass, 5,106 meters, and Thorong La Pass, 5,416 meters. This trek can be challenging for a rookie trekker because of its landscape and location. So, it would help if you trekked in some minor peaks before starting this trip. But, if you decide to trek here despite your lack of trekking experience, we highly recommend hiring a guide. Likewise, this trek is long, so your body is ready for this challenge.

28 Days Tsum Valley, Manaslu & Annapurna Circuit 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 drove for two 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:
180km Drive to Machhakhola (Average 10 hours)	Larke Peak Hotel or Everest View 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 Stay at Jagat.

Destination:	Accommodation	Altitude:
22km Hills trekking (Average 08 hours)	New Monglolian Cottage or Similar category	(1340m. /4422ft.)

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 stay at Lokpa.

Destination:	**Accommodation**	**Altitude:**
14km Hills trekking (Average 06 hours)	Lokpa Guest House or Similar category	(2240m. /6339ft.)

Meals
Breakfast, Lunch, Dinner

Day 4: Trek to Chhokangparo

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 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 Gompa are impressive monasteries in Chumling that draw the attention of every trekker. From Chumling, you continue your trek to Chhokang Paro as you cross several streams. Chhokang, a part of the upper Tsum Valley, offers an excellent Shringi view.

Himal (7161 m). The warm hospitality of local people with Tibetan tea will be a memorable experience.

Destination:	**Accommodation**	**Altitude:**
14km Uphills trekking (Average 06 hours)	New Milarepa Hotel or Similar category	(3010m. /9933ft.)

Meals
Breakfast, Lunch, Dinner

Day 5: Trek to Mu Gompa

The trail scales up from Chhokangparo along the side of Shiar Khola to Rachen Gompa, an ancient nunnery of Tsum Valley. As you continue your trek, you see people busy on their farms. After passing Lamagaon, you encounter a Piren Phu/ Milarepa cave adorned with colorful prayer flags. The walls of this cave have ancient Buddhist paintings and arcane scripts that mark the socio-religious importance of this cave.

After exploring the cave, you continue walking past the Nile and Chule villages and finally reach Mu Gompa. Mu Gompa is the largest monastery in the area, and a hundred monks live there. The evening prayer at the Mu Gompa monastery is something sure to delight. Overnight stay at Mu Gompa.

Destination:	**Accommodation**	**Altitude:**
16km Uphill trekking (Average 06 hours)	Gumpa Lodge or Similar category	(3800 m. /10754ft.)

Meals
Breakfast, Lunch, Dinner

Day 6: Excursion day

Today, you 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 helps you to adapt to the high altitude and thin air. Overnight stay at Mu Gompa.

Destination:	**Accommodation**	**Altitude:**
Excursion around	Gumpa Lodge or Similar category	(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.

Destination:	Accommodation	Altitude:
16km Downhills trekking (Average 06 hours)	New Milarepa Hotel or similar category	(2240m. /6339ft.)

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 stop at Lokpa for an overnight stay.

Destination:	Accommodation	Altitude:
14km Hills trekking (Average 06hours)	Lokpa Guest House or Similar category	(2240m. /6339ft.)

Meals
Breakfast, Lunch, Dinner

Day 9: Trek to Ghap

After breakfast, you leave Lokpa and cross a bridge over the Budhi Gandaki River to reach Nyak. Then, you enter a narrow gorge. After a series of ascent and descent, you cross a suspension bridge again to reach Nupri. 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. Finally, you stop at Ghap for an overnight stay.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 06 hours)	Gap Cottage Guest House or Similar category	(2380m. /7808ft.)

Meals
Breakfast, Lunch, Dinner

Day 10: Trek to Lho

As you leave Ghap, you walk on a steep trail through the bamboo and rhododendron forest, cross streams several times and then reach Namrung. From Namrung, you continue to walk past the village of Sho, several Mani walls, and a landslide area to get to the attractive village of Lho.

The village of Lho affords you the stunning views of Manaslu (8163 m), Himal Chuli (7983 m), Ngadi Chuli (7971 m), and other surrounding mountain peaks. Overnight stay at Ghap.

Destination:	Accommodation	Altitude:
12km Uphills trekking (Average 06 hours)	Majestic Guest House or Similar category	(3180m. /10494ft.)

Meals
Breakfast, Lunch, Dinner

Day 11: Trek to Sama Gaun

After breakfast, you follow the ascending trail 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, and walk past the small settlements to reach Sama village. Overnight Stay in Sama Gaun.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 05 hours)	Mount Manaslu Hotel or Similar category	(3360m. /11024ft.)

Meals
Breakfast, Lunch, Dinner

Day 12: Acclimatization day / Exploring around

The rest 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. 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 at Sama Gaun.

Destination:	Accommodation	Altitude:
Excursion around	Mount Manaslu Hotel or Similar category	(3360m. /11024ft.)

Meals
Breakfast, Lunch, Dinner

Day 13: Trek to Samdo

After breakfast, you descend to the Budhi Gandaki River and climb up the trail leading 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 stay at Samdo.

Destination:	**Accommodation**	**Altitude:**
10km Uphills trekking (Average 04 hours)	Zambala Guest House or Similar category	(3780m. /12402ft.)

Meals
Breakfast, Lunch, Dinner

Optional Day Hike to Samdo Ri and Rui La Pass:

During your stay in Samdo, you can add an extra acclimatization day with a hike to Samdo Ri or Rui La Pass. These routes offer wider views of Manaslu, old Himalayan trade paths, and remote border landscapes near Tibet.

Read details about the Samdo Ri and Rui La Pass add-ons to learn how these optional hikes fit into the 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 to walk until you reach Dharmashala, where you can relish the charming views of Larke Peak (6249 m) and Naike Peak (6211 m). Overnight stay at Samdo.

Destination:	**Accommodation**	**Altitude:**
08km Up/Downhills trekking(Average 04 hours)	Larke Peak Guest House or Similar lodge	(4200m. /13780ft.)

Meals
Breakfast, Lunch, Dinner

Day 15: Trek to Larkya La /Bimtang

The most challenging section of the Manaslu trek is ahead of you. 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 huge 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 Stay at Bimthang.

Destination:	**Accommodation**	**Altitude:**
15km Uphills trekking (Average 08 hours)	Punker Cottage House or Similar category	(3720 m./12,205 ft.)

Meals
Breakfast, Lunch, Dinner

Optional Day Hike to Ponkar Lake:

Trekkers with additional time can stay another night in Bhimtang and hike to Ponkar Lake. The trail leads through glacial terrain and peaceful alpine scenery with rewarding views of surrounding Himalayan peaks.

Read details about the Ponkar Lake add-on to see how this side hike enhances the trekking experience.

Day 16: Trek to Dharapani

After breakfast, you walk through the icy glaciers and then finally descend to an easier trail along the forested hills of rhododendron, oak, and pines. The trail slopes down further to reach Kharche via Hampuk and Sangure Khare. Then, you walk past the Gurung settlements of Tilije and then climb down to Marsayangdi valley through the forest. You cross the Marsayangdi River at Thonje and reach Dharapani. Overnight stay at Dharapani.

Destination:	**Accommodation**	**Altitude:**
18km Hills trekking (Average 07 hours)	Hotel Gurkha’s Inn or Similar category	(1860m. /5263ft.)

Meals
Breakfast, Lunch, Dinner

Day 17: Trek to Chame

Leaving Dharapani, the pristine mountainous river takes you through lush forests towards Danaque. The trail continues towards Koto village, where you’ll enjoy your lunch. Afterward, you’ll continue walking upstream towards Chame village. Chame is the headquarters of Manang District, where you can enjoy the majestic sight of Lamjung Himal (6983m) in the distance. Overnight in Chame.

Destination:	**Accommodation**	**Altitude:**
14km Hills trekking (Average 05 hours)	Royal Garden Hotel or Similar category	(2710m/8943ft.)

Meals
Breakfast, Lunch, Dinner

Day 18: Trek to Upper Pisang

Enjoy a delicious breakfast and then embark on the first day of the trek. Leaving Chame, you'll begin trekking upstream along the Marsayangdi River towards Telekhu village. The trail starts to climb through lush forested ridges towards Bhratang. A short hike will bring you to Dhukur Pokhari, where you'll begin climbing along the Marsayangdi River and towards Lower Pisang village. A short climb above Lower Pisang will bring you to Upper Pisang village. Overnight in Upper Pisang.

Destination:	Accommodation	Altitude:
14km Hills trekking (Average 06 hours)	Mandala Hotel or Similar category	(3400m./11220ft.)

Meals
Breakfast, Lunch, Dinner

Day 19: Trek to Manang

Enjoy breakfast at Upper Pisang while enjoying the beautiful view of Marsayangdi Valley. Leaving Upper Pisang, you'll begin to cling uphill through Manang Sadak towards Ngawal village. You can enjoy your lunch and then explore the Tibetan-style settlements in Ngawal. The trail continues through Ghyaru, Humde, and Braga villages towards Manang. Overnight in Manang.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 06hours)	Hotel Tilicho or Similar category	(3500m./11550ft.)

Meals
Breakfast, Lunch, Dinner

Day 20: Acclimatization/Exploring around

Manang is a town in Manang District surrounded by Annapurna III (7555m) and Gangapurna (6454m). It is home to the ethnic tribes of Tibetan and Magar people. You can spend the day exploring the scenic town and nearby destinations. If you're up for an adventurous hike, you can head to the Gangapurna Lake and Ice Lake in the glaciated region amidst Annapurna massif and Chulu East Peak. Catch the beautiful panoramic sight of Annapurna and Gangapurna ranges on the way. Overnight in Manang.

Destination:	Accommodation	Altitude:
Excursion around	Hotel Tilicho or similar category	(3500m./11550ft.)

Meals
Breakfast, Lunch, Dinner

Day 21: Trek to Tilicho base camp

The trek resumes after a hearty breakfast. From Manang, you head west towards Khangsar Khola. The trail gets steeper as you start gaining altitude. Once you cross the river, you reach Khangsar. Then, you ascend again to reach Shree Kharka. En route, you can see fantastic views of mountains like Annapurna and Gangapurna. The trail is accessible from here onwards, and you arrive at Tilicho Base Camp. Overnight at Tilicho Base Camp.

Destination:	Accommodation	Altitude:
14km Uphills trekking (Average 07 hours)	New Himalayan Hotel or Similar category	(4,150 m./13645ft.)

Meals
Breakfast, Lunch, Dinner

Day 22: Visit Tilicho Lake - Reverse to Base camp - Shree Kharka

You wake up to the picturesque views of Tilicho Peak and have breakfast. You ascend to a steep slope and head to explore the Tilicho Lake. The trail continues along the pastureland, where you can see yaks and deer. After crossing the pastureland, you arrive at the breathtaking Tilicho Lake with Tilicho Peak in the backdrop. After exploring the lake area, you return to the base camp and descend to Shree Kharka overnight.

Destination:	Accommodation	Altitude:
6km Uphills trekking (Average 03 hours)	Himalayan hotel or Similar category	(4,060m./13398ft.)

Meals
Breakfast, Lunch, Dinner

Day 23: Trek to Ledar

After cleaning up and having breakfast, you descend back through the trail you took to ascend. As you descend, you arrive at Tare Gumba, an ancient monastery. You can do a quick tour of the place if you want. Then, you head towards Khangsar village, and from there, you head towards Thorong Khola Valley. You ascend to a plateau after crossing Thorong Khola, leading you to Yak Kharka. Overnight in Yak Kharka.

Destination:	Accommodation	Altitude:
10kmUphills trekking (Average 05 hours)	Dhading laxmi lodge or similar category	(4,220 m./1996ft.)

Meals
Breakfast, Lunch, Dinner

Day 24: Trek to Throng Phedi

Leaving Yak Kharka, you'll climb uphill through Chauri Ledar village and make your way toward Thorong Phedi. The steep trail goes upstream along the Kone River and climbs through the rocky ridges towards Thorong Phedi. Enjoy the scenic sights of Annapurna Massif and Thorong Peak (6144m) as you approach Thorong Phedi High Camp. Spend the rest of the day acclimatizing for the upcoming climb of Thorong La Pass.

Destination:	Accommodation	Altitude:
06km Uphills trekking (Average 04 hours)	Thorong Phedi Base Camp Lodge or Similar category	(4600m./15180ft.)

Meals
Breakfast, Lunch, Dinner

Day 25: Trek to Muktinath via Thorong La pass (5416m.)

Leaving Thorong Phedi, the trail begins to climb upstream along the Marsayangdi stream. You'll encounter thick snow as you approach the top of the pass. Once at Thorong La Pass (5,416 m), you can enjoy the majestic view of the surrounding mountains in the Annapurna and Gangapurna ranges, along with the desert-like landscape of Mustang. Mountains as far as Tibet will also be visible from the top. You'll begin descending to the other side and climb down the rocky ridges to reach the monastic destination of Muktinath Temple. Overnight in Muktinath.

Destination:	Accommodation	Altitude:
18km Uphills trekking (Average 10 hours)	Town House or Similar category	(3800m./12540ft.)

Meals
Breakfast, Lunch, Dinner

Day 26: Trek to Marpha

Muktinath, you'll begin climbing downhill with the company of Nilgiri and Dhaulagiri peaks in the distance. You can enjoy your lunch upon reaching Kagbeni village. The trek continues over the dried beds of Kali Gandaki River and goes towards Jomsom, the headquarters of Mustang District. Overnight in Marpha

Destination:	Accommodation	Altitude:
15km Uphills trekking (Average 06 hours)	Hotel Paradise or Similar category	(2713m./8952ft.)

Meals
Breakfast, Lunch, Dinner

Day 27: Drive to Pokhara

In the early morning, jump on the bus, which will take you to Pokhara via Tatopani – Beni and Nayapul. Upon arrival, you will be transferred to the hotel. Overnight in Pokhara.

Destination:	Accommodation	Altitude:
156km. drive to Pokhara (Average 08 hours)	Hotel Kausi	(820m./2706ft.)

Meals
Breakfast, Lunch

Day 28: Drive to Kathmandu

Enjoy your breakfast overlooking the beautiful Phewa Lake. Afterward, you'll embark on a half-day journey back to Kathmandu by tourist bus. The scenic journey goes along the massive Trishuli River and crosses numerous colorful towns en route. Upon reaching Kathmandu, you can explore the nearby Town of Thamel and shop for souvenirs. Overnight in Kathmandu.

Destination:	**Altitude:**	**Meals**
200km Drive to Kathmandu(Average 06 hours)	(1295m./4273ft.)	Breakfast

What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Hotel accommodation (Hotel Kausi) in Pokhara with breakfast.
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation 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 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.
- Public Liability Insurance.
- Government tax and service charge.

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 for Tsum valley, Manaslu and Annapurna Circuit Trek

Clothing & layering:

- Moisture-wicking thermal tops and bottoms
- Lightweight, quick-drying hiking trousers
- Moisture-wicking hiking shirts
- Long-sleeve T-shirts
- Fleece jacket or warm pullover
- Windproof and waterproof outer jacket/rain jacket
- Down jacket or synthetic insulated jacket
- Quick-drying athletic underwear
- Merino wool or synthetic hiking socks
- Cozy wear for teahouses

Footwear:

- Broken-in waterproof hiking boots
- Lightweight sandals or camp shoes
- Gaiters (optional, useful for snow or rain/mud)

Headwear & handwear:

- Sun hat or baseball cap
- Warm beanie or wool hat
- Neck gaiter or buff
- Lightweight windproof/thermal gloves

Gear & equipment:

- Daypack (30L – 40L)
- Rain cover or dry bags
- Lightweight sleeping bag (rated to 0°C to -5°C)
- Sleeping bag liner (for extra warmth and teahouse hygiene)
- Trekking poles
- Headlamp with extra batteries or charging cable
- Water bottle or hydration bladder (2-3L capacity)
- Water purification tablets or filtered bottle

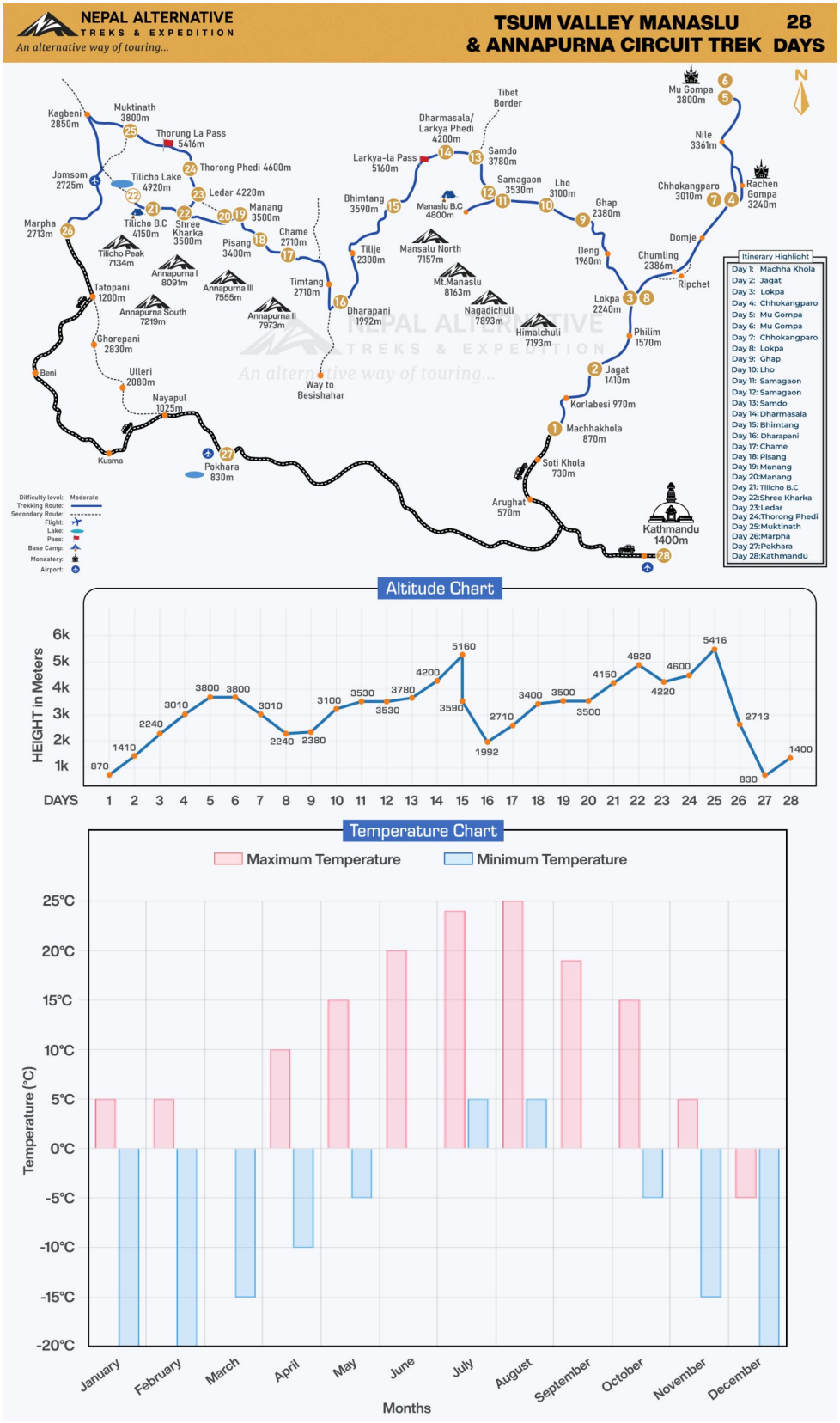
Personal items & toiletries:

- High-SPF sunscreen and lip balm
- UV-protection sunglasses
- First aid kit (blister care, personal medications, painkillers)
- Wet wipes and hand sanitizer
- Toothbrush, travel toothpaste, and biodegradable toilet paper
- Quick-dry travel towel
- Feminine hygiene supplies

Documents & money:

- Passport and trekking permits
- Nepalese Rupees in cash
- Travel insurance documents
- Passport-sized photos

Tsum Valley, Manaslu & Annapurna Circuit Trek Route Map



Additional Trip Information

Optional Day Hike During Tsum Valley, Manaslu and Annapurna Circuit Trek

The trek can be extended with optional day hikes at Samdo and Bhimtang. These acclimatization hikes provide additional mountain views, quieter landscapes, and a more complete experience of the Manaslu region.

An Extra Day in Bhimtang for Ponkar Lake Hike

After crossing Larkya La Pass, you can spend another day exploring the glacial landscapes around Bhimtang instead of descending directly toward Dharapani. The hike to Ponkar Lake follows alpine terrain beneath glaciers and rocky mountain slopes. The lake itself is calm and scenic, sitting below hanging glaciers and snow-covered ridges. It is a rewarding side trip for trekkers who enjoy slower travel and quieter mountain scenery.



Group Of Trekkers Near Ponkar Lake



Trekker Group 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**: Moraine and alpine route
- **Facilities**: No teahouses along the trail
- **Starting point**: Bhimtang
- **Best for:** Landscape lovers and photographers

A glimpse of your Ponkar Lake day:

- Begin hiking from Bhimtang after breakfast
- Walk through glacial valleys and alpine meadows
- Reach Ponkar Lake and nearby viewpoints
- Return to Bhimtang for overnight stay



Ponkar Lake View

An Extra Day in Samdo for Rui La Pass Day Hike

The Rui La hike follows historic trade routes that once linked local Himalayan communities with Tibet. The route climbs gradually above Samdo into wide-open high-altitude terrain. As the landscape changes, you gain broader mountain views and a better sense of the remote Himalayan border region. The hike also supports proper acclimatization before crossing Larkya La Pass.



Rui La Pass Trekker



Trekker Enjoying Snowy Rui La Pass View

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:** High-altitude trade route
- **Facilities:** No shops or lodges
- **Starting point:** Samdo
- **Best for:** Acclimatization and remote mountain scenery

A glimpse of your Rui La Pass day:

- Start from Samdo after breakfast
- Follow the trade trail toward the Tibetan border
- Enjoy mountain and valley views
- Reach viewpoints near Rui La
- Descend back to Samdo for overnight



Extra Day Hike To Rui La Pass

An Extra Day in Samdo for Samdo Ri Hike

Samdo Ri is one of the best short acclimatization hikes on the Manaslu trail. The route climbs directly above Samdo village and offers broad views across the surrounding Himalayan landscape. From the top, trekkers can see Manaslu, nearby snowy ridges, and valleys stretching toward Tibet. The return to Samdo helps with acclimatization before continuing higher into the trek.



Trekker Enjoying Samdo Ri View



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 path
- **Starting point:** Samdo village
- **Best for:** Acclimatization and mountain panoramas

A glimpse of your Samdo Ri day:

- Climb gradually above Samdo village
- Enjoy increasingly wider mountain views
- Spend time at the summit viewpoint
- Return to Samdo lodge for overnight stay



Livestock In Samdo Ri

Major Acclimatization Points During Tsum Valley, Manaslu & Annapurna Circuit Trek

Acclimatization is a crucial part of every hiking journey. We'll rest to adjust to the high altitude and deal with thin air in Sama Gaun. In addition, you'll have the opportunity to discover Sama Gaun's natural and cultural beauties. A visit to Birendra Lake or Pungyen Gompa might be fascinating. You can also experience the evening prayers at a neighboring gompa.

We'll take another rest day in Manang. You may spend the day touring the beautiful brown and surrounding areas. If you're looking for an exciting walk, travel to Gangapurna Lake and Ice Lake in the glaciated region between Annapurna Massif and Chulu East Peak. Along the trip, you will see the stunning panoramic views of the Annapurna and Gangapurna peaks.

Another critical aspect of acclimatization is constant drinking since dehydration is the leading cause of altitude sickness along these routes. You have to avoid drinking alcohol as these products lead to altitude sickness. As a result, acclimatization is crucial for preventing altitude sickness on these treks.

Tsum Valley, Manaslu & Annapurna Circuit Trek Meals & Accomodation

We provide you with quality service during your trek with us. Similarly, we provide lodge twin share basis accommodation during the trekking. All meals, breakfast, lunch, and dinner during the trek. So you don't have to worry about Meals and Accommodation. But we don't provide hotel accommodation and meals in Kathmandu.

Hard and soft table drinks such as tea/coffee, mineral water, Coke, Fanta, alcoholic beverages, hot shower, laundry, phone bill, bar bill, hot water, etc are not provided. But, it can be adjusted according to our consumers' wishes. Similarly, you will get local Nepali and Western foods. However, western foods are slightly more expensive than local foods because local foods are produced from local products and spices.

Fitness and Experience Requirements For Manaslu, Tsum Valley & Annapurna Circuit Trek

Tsum Valley, Manaslu Circuit Trek, and Annapurna Circuit Trekking is a long trek. Similarly, this trek will be fruitful if you walk for 5-6 hours with a light backpack. This trek is for around 29 days, suitable for passionate people. Similarly, you should not have any health issues. Therefore, you should not attempt this trek if you have any health issues. If you are unsure if you want to combine these two routes you can also checkout Manaslu Circuit Trek Vs Annapurna Circuit Trek Blog to understand the difference among trails and choose right option if you prefer one individual trail option.

Your heart and lungs should be fantastic if you want to enjoy and complete this trek. Similarly, you should not have any blood-related diseases. In addition, walking and running initially before the trek is helpful. However, it would help if you were not that experienced for the trek. But you should have a little knowledge about the trek.

Preparation for Manaslu & Annapurna Region Trekking Combination

This trek will take you over two high passes: Larkya La Pass (5,106 meters) and Thorong La Pass (5,416 meters). Carrying a backpack requires 5-6 hours of walking every day. You'll need a lot of power and energy to complete this journey. You must commit enough time to physical

preparation and training to improve physical endurance and core muscular strength.

It would help if you prioritized cardiovascular activities such as jogging, cycling, running, and squat jumps to strengthen your joint muscles. Aerobic training may be added to a fitness schedule to enhance balance and give a stronger basis for crossing uneven terrain. To complete this journey, you must be physically fit and capable of navigating various terrain. You should also be mentally prepared since a lack of confidence may lead to fear and anxiety. Before planning your trek, you must research the weather and itinerary. It will assist in preparing for the travel and advise on handling the issue.

What Are The Trekking Permits Required For Tsum Valley, Manaslu & Annapurna Circuit Trek

Annapurna Conservation Area Permit (ACAP)

The Annapurna Circuit Trek lies in the Annapurna Conservation area. This conservation area was established by the government of Nepal in 1992. You also need this permit for the Tsum Valley and Manaslu trek. While trekking in this region, obtaining the Annapurna Conservation Area Permit (ACAP) is essential. This permit is created to promote sustainable economic and social development in the region, focusing on improving the local communities and preserving the environment and wildlife. It costs NPR 3000 for foreigners and NPR 1000 for SAARC.

Manaslu Conservation Area Permit (MCAP)

The Conservation area in the Manaslu region is a real gem, offering a variety of unspoiled natural and cultural adventures. To enter this area, you must have a Manaslu Conservation Area Permit (MCAP) and other legal documents. You can get this permit at Philim, which is the beginning point of the conservation area. It costs NPR 3000 for foreigners and NPR 1000 for SAARC.

Manaslu Special Permit

The Manaslu Circuit area is a restricted zone, and you cannot travel freely. You must pay fees associated with the Manaslu Restricted Area Permit to explore the region of Manaslu. It is important to obtain these permits while traveling from Jagat to Sama Gaun through an area with multiple villages. The costs of the Manaslu special permit are:

- USD 100 Sept – Nov for 1 week and USD 15 per day for extra days.
- USD 75 Dec-Aug for 1 week and USD 10 per day for extra days.

Tsum Valley Special Permit

You must have a Tsum Valley special permit to trek and enter the Tsum Valley (hidden valley), which is situated inside the Manaslu area. This tranquil and culturally rich valley in the Himalayas offers a unique hiking experience. Costs for the Tsum Valley special permit are:

- USD 40 Sept – Nov for 1 week and USD 7 per day for extra days.
- USD 30 Dec – Aug for 1 week and USD 7 per day for extra days.

Note: Children below 10 years are free

Addressing Safety and Security Concerns For Annapurna & Manaslu Trekking Combination

The safety and security of our trekkers are of utmost priority to us. You can feel free and travel with us. We are cautious in that case. Similarly, we ensure that our trekkers have no problems during their trek. Likewise, we carefully check our trail before our departure to the trek. So, don’t worry, and thoroughly enjoy your trek. We make sure that our trekkers are enjoying themselves as well.

Frequently Asked Questions

What is the role of your guides ?

Our licensed guides speak fluent English, and most of them even speak additional local languages like Sherpa, Tamang or Gurung. They are extensively trained in handling any crisis and accidents along with managing accommodation and have good experience in the safe operation of treks.

Our guides have ample knowledge about the Himalayas, altitude sickness, geography, local culture, and customs, as well as the biodiversity of the area. Their primary concern is your safety and satisfaction throughout the trek. Therefore, they will make your journey easier, exciting, and enriching.

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

You can change money in Manang and Jomsom but you may not get a good rate as Kathmandu. We recommend to change money at Thamel. Credit card and foreign currency is not accepted along the route. You will find cash machines (ATM) in Jomsom and Manang but you are better to 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.

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. You can fill up safe drinking water stationed in Annapurna Conservation Area.

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

Lodges and teahouses on the Annapurna Circuit has excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. As you start hike from Tsum and Manaslu, 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.

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

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in Annapurna, Manaslu and Tsum valley. They also have electricity and recharging facilities available for a minimal service charge.

However, to be on a 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 Annapurna, and you can connect to your friends and family back home. But Tsum valley and Manaslu has 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.

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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