



Manaslu Guides Nepal
A Local Guides-owned company
Explore Manaslu With Trusted Local Experts!

Tsum Valley and Manaslu Trek-21 Days

Organized By: "Manaslu Guides Nepal"

Short Overview

The Tsum Valley and Manaslu Circuit Trek is a breathtaking combination of natural beauty and Cultural heritage. This route offers lush forests, Buddhist monasteries, and the traditional Gurung And Tibetan villages. Trekkers cross the Larkya La Pass (5,106m) and enjoy panoramic mountain views with a journey through Nepal's remote Himalayan Wilderness, offering a blend of raw Natural beauty and rich cultural heritage. Starting from the lowlands of Machha Khola, the trail winds through lush Forests, traditional Gurung villages, and ancient Buddhist monasteries. The sacred Tsum Valley, once a restricted area, is a hidden gem with strong Tibetan influences. As the Trek continues around the majestic Manaslu (8,163m), the eighth-highest mountain in the world, trekkers cross the challenging Larke La Pass (5,106m), rewarded with panoramic views and a true sense of Himalayan adventure.

Cities: Machhakhola, Jagat, Chhekumparo, Mu-Gumpa, Namrung, Samagaun, Samdo, Bhimthang, Dharapani, Besisahar

21 Days Tsum Valley-Manaslu Trek Outline Itinerary

Day 01: Kathmandu to Machhakhola 6-7 hrs. Drive by a Private Jeep. (930m / 3,051ft)

DAY-01: TRIP FACT	
Driving Distance	160 KM.
Duration	6-7 Hours' Drive
Elevation Change	-496m/-1627ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Overnight in a Machhakhola Hotel. Machhakhola is a small riverside town, popular

among locals from upper Tsum and Manaslu regions for trade and supplies, located on the banks of the Budhi Gandaki River, most residents here follow Hinduism and Buddhism.

Day 02: Machhakhola to Dobhan (1,070m / 3,510ft)

DAY-02: TRIP FACT	
Trek Distance	13 KM.
Duration	5-6 Hours Trek
Elevation Change	+140 m/459ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A short and scenic walk today, passing through forests and villages. Tatopani (hot spring) lies nearby, but we'll stop early to balance the next day. Waterfalls, small tea shops, and river views accompany the trail.

Day 03: Dobhan to Philim (1,570m / 5,151ft)

DAY-03: TRIP FACT	
Trek Distance	16 KM.
Duration	6-7 Hours Trek
Elevation Change	+500 m/1,641ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Today's trail includes multiple suspension bridges and river crossings. We pass Jagat and register at the MCAP checkpoint. Philim is a large village with schools, agricultural fields, and amazing mountain backdrops.

Day 04: Philim to Lokpa (2,240m / 7,350ft)

DAY-04: TRIP FACT	
Trek Distance	10 KM.
Duration	5-6 Hours Trek
Elevation Change	+670 m/2,199ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Today marks the beginning of the Tsum Valley route. Beautiful pine forests, narrow gorges, and cascading waterfalls make the walk enjoyable. Lokpa is a small village with Tibetan influences and simple homestays.

Day 05: Lokpa to Chumling (2,386m / 7,828ft)

DAY-05: TRIP FACT	
Trek Distance	10 KM.
Duration	5-6 Hours Trek
Elevation Change	+146 m/478ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Entering the mystical Tsum Valley, also known as the “Hidden Valley.” The trail includes river crossings, uphill climbs, and ancient prayer walls. Chumling offers beautiful views of Ganesh Himal and old Tibetan-style houses.

Day 06: Chumling to Chhokang Paro (3031m/9944 ft.)

DAY-06: TRIP FACT	
Trek Distance	12 KM.
Duration	6-7 Hours Trek
Elevation Change	+645 m/2,116ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A culturally rich day with Buddhist chortens, mani walls, and traditional stone houses. Chhokang Paro is made up of two villages and provides fantastic views and warm hospitality.

Day 07: Chhokang Paro to Nile (3,360m / 11,023ft), visit Rachen Gompa.

DAY-07: TRIP FACT	
Trek Distance	5 KM.
Duration	3-4 Hours Trek
Elevation Change	+329 m/1079ft.
Meals	Breakfast/Lunch/Dinner

Accommodation	Guest House/ Lodge
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We explore Rachen Nunnery before heading to Nile, the last village before Mu Gompa. The route is dotted with prayer flags, spinning wheels, and highland farming areas.

Day 08: Hike to Mu Gompa (3,700m / 12,139ft), explore, and return to Lamagaon (3,302m/10,833ft)

DAY-09: TRIP FACT	
Trek Distance	10-12 KM.
Duration	6-7 Hours Trek
Elevation Change	-58 m/-190ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A spiritual highlight of the trek. Visit Mu Gompa, the largest monastery in the region, And enjoy mountain views. Return to Lamagaon for an overnight stay.

Day 09: Lamagaon to Chumling (2,386m / 7,828ft)

DAY-09: TRIP FACT	
Trek Distance	18 KM.
Duration	6-7 Hours Trek
Elevation Change	-916 m/-3,005ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Retrace our steps back through Chhokang Paro and Gho, soaking in different Perspectives of the valley and Himalayan scenery.

Day 10: Chumling to Lokpa (2,240m / 7,350ft)

DAY-10: TRIP FACT	
Trek Distance	10 KM.
Duration	5-6 Hours Trek
Elevation Change	-146 m/-478ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Descend back through forests and cross suspension bridges. We exit Tsum Valley today. Lokpa welcomes us once again before we rejoin the Manaslu trail.

Day 11: Lokpa to Deng (1,860m / 6,102ft)

DAY-11: TRIP FACT	
Trek Distance	13 KM.
Duration	6-7 Hours Trek
Elevation Change	-380 m/-1,248ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A pleasant walkthrough forests and remote villages. The landscape gradually shifts from Tsum's Tibetan influence to Manaslu's mixed culture.

Day 12: Deng to Ghap (2,160m / 7,086ft)

DAY-12: TRIP FACT	
Trek Distance	10 KM.
Duration	5-6 Hours Trek
Elevation Change	+300 m/+948ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

The trail leads through dense forest, stone stairways, and river crossings. Ghap has rich Buddhist culture and stone-carved mani walls.

Day 13: Ghap to Namrung (2,630m / 8,629ft)

DAY-13: TRIP FACT	
Trek Distance	13 KM.
Duration	5-6 Hours Trek
Elevation Change	+470 m/+1,541ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Gain altitude today while walking through pine and rhododendron forests. Namrung is

a charming village with monasteries, a police checkpoint, and beautiful mountain views.

Day 14: Namrung to Lho (3,180m / 10,433ft)

DAY-14: TRIP FACT	
Trek Distance	10 KM.
Duration	4-5 Hours Trek
Elevation Change	+550 m/+1,804ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A culturally enriching day. Lho village has a strong Tibetan Buddhist feel and offers the first clear views of Mt. Manaslu. Explore Ribung Gompa.

Day 15: Lho to Sama Gaun (3,530m / 11,581ft)

DAY-15: TRIP FACT	
Trek Distance	9 KM.
Duration	5-6 Hours Trek
Elevation Change	+350 m/+1,148ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Trek through forested trails and alpine meadows. Sama Gaun is the largest village in the Manaslu region, with traditional houses, a monastery (Kargyu Chholing Gompa), and Yak pastures.

Day 16: Acclimatization day in Sama Gaun – visit Pung Gyen Gompa.

DAY-16: TRIP FACT	
Trek Distance	5 KM
Duration	Rest Day
Elevation Change	None
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A rest and exploration day. Hike to Pung Gyen Gompa or manaslu Basecamp with

panoramic views of Mt. Manaslu and explore yak herder settlements.

Day 17: Sama Gaun to Samdo (3,860m / 12,660ft)

DAY-17: TRIP FACT	
Trek Distance	8 KM.
Duration	3-4 Hours Trek
Elevation Change	+330 m/+1,082ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A gradual walk above the tree line to the village of Samdo, located near the Tibetan border. Rich in culture and mountain charm. Optional hike to Samdo Peak or explore the village. Important for better acclimatization.

Day 18: Samdo to Dharamsala/Larkya Phedi (4,460m / 14,632ft)

DAY-18: TRIP FACT	
Trek Distance	7 KM.
Duration	4-5 Hours Trek
Elevation Change	+600 m/+1,968ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A short but high-altitude walk to the last stop before the big pass. Stay in a simple lodge near the base of the Larkya La.

Day 19: Cross Larkya La Pass (5,106m / 16,752ft) and trek to Bimthang ((3,720m / 12,204ft)

DAY-22:TRIP FACT	
Trek Distance	17 KM.
Duration	8-9 Hours Trek
Elevation Change	-740 m/-2427ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

The most challenging and rewarding day! Cross the snow-covered Larkya La Pass with jaw-dropping views of Himlung, Cheo Himal, and Annapurna II. Descend to the beautiful valley of Bimthang.

Day 20: Bimthang to Tilje (2,300m/7,546ft)

DAY-20: TRIP FACT	
Trek Distance	20 KM.
Duration	6-7 Hours Trek
Elevation Change	-1,420 m/-4,657ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Trek through lush forests and rhododendron groves. Goa is a peaceful village, perfect For resting after the long pass.

Day 21: Trek from Tilje to Dharapani (1,963m / 6,440ft), Then drive to Kathmandu

DAY-21: TRIP FACT	
Distance	5 KM walk, 231 KM. Drive
Duration	8-9 Hours
Elevation Change	-900 m/-2,952ft.
Meals	Breakfast/Lunch
Accommodation	Hotel

This is your last day of the massive Manaslu circuit trek. After breakfast in Tilje, we will trek down to Dharapani for about 1.5 hours. The trail becomes more populated as we descend into the lower Annapurna region. Dharapani is a junction point of the Annapurna Circuit. From where Sharing jeep are available, in Dharapani, Guide will arrange a jeep to take you to Besisahar, a Scenic off-road drive through beautiful villages, farmlands, and waterfalls along the Marsyangdi River. The road leads through pine forests and several small villages. The drive takes approximately 2-3 hours. Arrive in Besisahar, have your lunch, After Lunch you will be driven to your destination, Kathmandu or Pokhara.



21 Days Tsum Valley-Manaslu Circuit Trek Cost

1 Trekker	USD 1425
2-3 Trekkers	USD 1350
4-5 Trekkers	USD 1265
6-9 Trekkers	USD 1199
10-15 Trekkers	USD 1170
16-20 Trekkers	USD 1150

Cost Included

- ✓ Ground Transportation from airport pickup/drop-off by car/Jeep/Van or bus depends on the numbers of arrives.
- ✓ Transport from Kathmandu to Machha-Khola (trekking starting point) by Bus, & Dharapani to Besisahar (trekking ending point to town) by Local Shared Jeep. From Besisahar to Kathmandu or Pokhara (the road is nice) by bus.
- ✓ Three Meals a day (Breakfast, Lunch, and Dinner) during the trek as indicated by the itinerary.
- ✓ All Accommodation during the trek in local lodges/guesthouses.
- ✓ All trekking and restricted area permits & fees (Entry Permit, Manaslu conservation area permit, Annapurna conservation permit, Tsum Valley restricted area permit, Manaslu Restricted area special permit and Manaslu Local government fees).
- ✓ A Professional Government license, Local Personal Trekking guide.
- ✓ A Strong personal Porter during the trek (2 Trekkers 1 porter)
- ✓ A comprehensive medical kit.
- ✓ All government and local taxes for Trekking
- ✓ Insurance of trekking staff (guide and porter) theirs salary, food, and accommodation.
- ✓ Welcome or farewell Dinner in kathmandu, before or after the trek

Cost Exclude:

- ✗ Foods and Accommodation in Kathmandu.
- ✗ Insurance which covers medical, emergency evacuation, lost, theft expenses.
- ✗ Drinks: both alcoholic and bottled, other than normal drinking water in mountain.
- ✗ Laundry fees,
- ✗ Personal gear and expenses.
- ✗ Tips and gratuities for the trekking Guide and porter.
- ✗ Extra expenses due to flight delays, strikes, weather conditions, or any event out of our control

Note: For solo trekkers, porter service is optional and not included in the base price. It can be added upon request with an additional fee.

Suggested Equipment list for this trip

- Duffel/Rucksack bag/Suitcase (if needed, we provide one complimentary duffel bag that is to be returned after the trip)
- Day pack
- Trekking shoes
- Sports shoes or sandals
- Sun Hat/cap

- Warm woolen cap
- Warm fleece jacket or puffy jacket
- Waterproof Gore-Tex layer
- Pullover or warm sweater
- Raincoat
- 4-5 pairs of good-quality socks
- Hand gloves
- 2-3 pairs of trekking rousers
- Crampons
- Travel insurance: Carry a copy of your passport, emergency contacts, and insurance with you. Also, ensure you have provided the insurance company and policy number. Your insurance should cover an altitude of above 4,000 m and must include emergency evacuation.
- Electrical socket: In Nepal, the power sockets are of type C (Euro), D, and M.
- Mobile Network: The network will be poor throughout the trek. Paid Wi-Fi can be availed from tea lodges at 4-5 USD. Video calling may not be feasible, however, messages can be sent every day.
- 3-4 pairs of trekking shirts
- 3-4 pairs of underwear (non-cotton preferred)
- Sunglasses
- Water bottle
- 4-season sleeping bag
- Flash or Torch light
- Camera and batteries



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