

Tsum Valley Manaslu Trek



Introduction

Tsum Valley Manaslu trek is a hidden treasure trekking destination in Nepal. This trekking region is culturally rich and extremely beautiful Himalayan scenery can be seen. It is a sacred Himalayan pilgrimage and untouched valley situated in northern Gorkha district of Nepal. The trek ascends follow Buri Gandaki River. Tsum valley (part of the Inner Himalaya) opens from Chhokangparo, where hospitable local people (Tibetan group "Tsombo") welcome you with traditional Tibetan Chiya (butter tea) and local meal. The Tsum Valley is extremely rich in cultural assets. The valley is dotted with gompas (Buddhist monasteries), chortens and mani walls. The longest mani walls (over 250m) are at Dzong and Phurpe. The valley preserves steps of the great Buddhist Yogi Chyuchin Milarepa and story about Guru Padmasambhava circumbulation. The people here never slaughter animals, even as sacrifice to the gods. The Tsum Valley is surrounded by the Buddha Himal and Himal Chuli to the west, Ganesh Himal to the south, and Sringi Himal to the North. The Tsum valley trekking lies in Manaslu region. This trek can be combined with Larkya La pass, The attractive views of Himalchuli (7893m.), Manaslu 8163m, Ganesh Himal, Ngadi Chuli (7879m.) or (peak 29) and other mountains, beautiful varied landscape and different flora and fauna and wonderful. This part is also incomparable beauty and rich blend of Tibetan and Nepalese culture offer a true adventure for visitors to Nepal. Here you will find the mountains and valleys covered with diverse and pristine eco-systems. Fantastic Mountain views, rich culture. Many trekkers would like to trek this part. Tea house or Lodge has been build. You can do camping trek as well as tea house trek. If you do tea house trekking, there is simple accommodation and foods are Nepalese dishes.

Trip Facts

Trip Duration	24 Days
Trip Grade:	Moderate
Best Season	March to May & September to October
Per Day Hiking:	4-8
Elevation	Minimum 608m-Maximum 5113
Accommodation	Lodge
Transportation	Jeep/Bus

Cost Includes

What are included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 3 Nights Hotel in Kathmandu on BB Plan.
3. All meal during trekking with Lodge and home stay accommodation during the trek.
4. One English speaking government certificate holder trekking guide and trekkers 2:1 porters, their food, accommodation, salary, insurance, equipment, medicine.
5. Manaslu restricted trekking permit and Tsum valley restricted permit.
6. Manaslu / Annapurna Conservation area (MCAP) and (ACAP) permit fee.
7. Kathmandu-Arughat and Dharapani -Besishahar-Kathmandu by Public Bus or Jeep.
8. First Aids Kit.
9. Duffel Bag.
10. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk).
11. Nepal Hidden Treks and Expedition T-short.
12. Local seasonal fresh fruit like orange, banana, apple, grape etc.
13. 13% Government VAT and Official charge.

What are excluded?

- International airfare and visa fee((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu.
- Your Trekking gears.
- All the drinks such as: coke, beer, mineral water etc.
- Your travel insurance which should include the emergency rescue.
- Tips for the staffs.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Tsum Valley & Manaslu Permit and trekking gears preparation day

Day 03: Drive to Arughat,

Day 04-22: Trekking

Day 23: Drive to Kathmandu

Day 24: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Restricted Area Permit preparation

Tsum Valley and Manaslu Restricted area Permit and trekking gears Preparation.

3. Kathmandu - Arkhet Bazaar

Drive from Kathmandu to Arkhet by public bus (620m, 9 hours driving), overnight at Lodge.

4. Arkhet Bazar - Machha Khola

Trek from Arkhet Bazar to Machha Khola (869m, 6-7 hours walking) , overnight at Lodge.

5. Machha Khola - Jagat

Trek from Machha Khola to Jagat (checkpoint), (1340m, 7 hours walking) , overnight at Lodge

6. Jagat - Lokpa

Trek from Jagat to Lokpa (2240m,6/7 hours walking) and then overnight at Lodge.

7. Lokpa - Chumling

Trek from Lokpa to Chumling (2386m, 6-7 hours walking) and then overnight at Lodge.

8. Chumling - Chhekampar

Trek from Chumling to Chhekampar (3030m, 5-6 hours walking) and then overnight at Home Stay.

9. Chhekampar - Mu Gomba

Trek from Chhekampar to Mu Gomba (3700m, 6-7 hours walking) and then overnight at Monastery.

10. Mu Gomba - Chhekampar

Trek from Mu Gompa to Chhekampar (3030m, 5/6 hours walking) and then overnight at Home Stay.

11. Chhekampar - Gumba Lungdang

Chhekampar to Gumpa Lungdang (3200m, 6/7 hours walking) and then overnight at Home Stay.

12. Hike to Ganesh Himal Base Camp

Hike to Ganesh Himal Base Camp (6 hours walking) and overnight at same place.

13. Gumba Lungdang - Ripchet

Trek from Gumba Lungdang to Ripchet (2470m, 6 hours walking) and then overnight at Lodge.

14. Ripchet - Deng

Trek from Ripchet to Deng (1860m, 6 hours walking) and then overnight at Lodge.

15. Deng - Namrung

Trek from Deng to Namrung (2630m, 6-7 hours walking) and then overnight at Lodge.

16. Namrung - Samagaon

Trek from Namrung to Samagaon (3520m, 6 hours walking) and then overnight at Lodge.

17. Acclimatization day in Samagoan

Trip to Pungyen Gompa
Way to Manaslu Basecamp
Birendra Tal

18. Samagaon - Samdo

Trek from Samagaon to Samdo (3875m, 3-4 hours walking) and then overnight at Lodge.

19. Samdo - Dharmasala

Trek from Samdo to Dharmasala or Larkya La Rest house (4460m, 4-5 hours walking) and then overnight at Lodge.

20. Dhamasala - Bimtang

Trek from Dharmasala to Bimtang (3590m, 7-8 hours walking) via Larkya la Pass (5160m.) and then overnight at Lodge.

21. Bimtang - Gho

Trek from Bimtang to Gho (2515m, 6 hours walking) and then overnight at Lodge.

22. Gho - Dharapani - Besishahar

Gho trek to Dharapani (2 hours walking) and drive to Besishahar (830m, 5-6 hours driving) and then overnight at Lodge.

23. Besishahar - Kathmandu

Drive from Besishahar to Kathmandu (6 hours driving) and then overnight at selected Hotel.

24. Departure to your Home.

Final departure to international airport to fly your home country.