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Tsum Valley Larkya Pass Manaslu Trekking



Tour Overview

The **Tsum Valley and Manaslu Circuit Trek** are two of Nepal's most stunning trekking destinations, offering a blend of natural beauty and cultural richness.

- **Manaslu Circuit Trek:** This trek circles Mount Manaslu (8,163 meters), the eighth-highest peak in the world, and offers trekkers the chance to experience remote mountain landscapes, ancient Tibetan culture, and spectacular Himalayan views.
- **Tsum Valley:** Tsum is a sacred and remote valley located to the northeast of the Manaslu Circuit. It has remained relatively untouched by modern tourism and retains its authentic Tibetan culture and tradition.
- **Tibetan Influence:** The valley is steeped in Tibetan Buddhist culture, with numerous monasteries and stupas scattered across the landscape. The Tsumba people maintain a lifestyle largely unchanged for centuries.

- **Sacred Valley:** Tsum is considered a sacred valley by the locals, and the region is also known for the pilgrimage to the Gumba Lungdang Monastery.
- **Remote and Untouched:** Tsum Valley is relatively isolated and less developed, making it an ideal destination for trekkers looking for an authentic cultural experience in a serene environment.
- **Flora and Fauna:** The valley is home to diverse wildlife, including snow leopards, musk deer, Himalayan tahr, and various bird species.
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- **Best Time to Trek:**
 - **Spring (March to May)** and **Autumn (September to November)** are the best seasons for trekking the Manaslu Circuit and Tsum Valley, as the weather is stable and clear.
 - The **monsoon season** (June to August) should be avoided due to the heavy rainfall that can cause trail disruptions and landslides.

Difficulty Level:

- The trek is considered **moderate to challenging**, especially due to the high altitudes, particularly crossing the Larkya Pass.
- Trekkers should have a reasonable level of fitness and experience in high-altitude trekking.

Permits:

- Both the **Manaslu Circuit** and **Tsum Valley** require special permits, including the **Manaslu Restricted Area Permit**, **Tsum Valley Special Permit**, and the **Annapurna Conservation Area Permit (ACAP)**.
- These permits must be obtained through a registered trekking agency, as independent trekking is not allowed in these regions.

Detailed Itinerary

Day 1: Arrive in Trivuban internation Airport, Kathmandu

You will be greeted at the airport and picked up to go to the hotel. In the evening, you will be briefed about the next day's program and trekking, followed by a warm welcome dinner together. Overnight at Hotel

Day 2: Kathmandu Valley Sightseeing tours

The Kathmandu Valley, a UNESCO World Heritage Site, features seven significant locations that highlight its historical and cultural heritage. Visit the holy Hindu temple of Pashupatinath to experience its spiritual atmosphere and climb the steps of the Buddhist stupas at Boudhanath and Swayambhunath to appreciate Tibetan Buddhism. Overnight at Hotel. [Breakfast]

Day 3: Drive from Kathmandu to Machha khola(930m)- 7/8 hours

This morning, we'll begin our journey with a smooth drive along a paved highway to Dhading Besi, followed by a bumpy ride to Jyamire and then to Baseri (800 m), known for its organic farming and pristine atmosphere. We'll experience beautiful scenery during the trip, including charming villages, terraced hills, and sparkling rivers.

As we trek, we'll encounter rolling terrain through the woods, navigating elevated slopes and riverbeds alongside the Budhi Gandaki River. We'll follow the mountain trail past cascading waterfalls and the settlements of Khorsane, Lapubesi, Nauli Khola, and Khani Besi, ultimately reaching Machhekhola (930 m). Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 4: Macha Khola to Jagat (1340m/4396ft) - 7 hours

We will begin our journey with several ascents and descents, crossing the Tharo Khola to reach Khola Besi. From there, the trail will lead us to Tatopani. As we ascend from Tatopani, we will cross the Budhi Gandaki River via a thrilling bridge. After that, we will trek along a stone staircase, passing through a landslide area. Next, we will cross a suspension bridge over the Yaru Khola before ascending again on another stone staircase. Throughout our trek, we will experience multiple ascents and descents as we make our way across the west bank of the Budhi Gandaki. Eventually, we will climb a ridge, trek along a river, and reach the village of Jagat. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 5: Jagat to Lokpa (1830m/6003ft) - 6 hours

After breakfast, we will descend the stone steps before ascending along a terraced hillside to reach the small hamlets of Saguleri and Sirdibas. Along the way, we will enjoy beautiful views

of Shringi Himal, which stands at 7,187 meters. Next, we will pass through small villages as we continue trekking upstream. The trail will lead us to Philim. After crossing a bridge, we will trek for about two hours to reach Lokpa. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 6: Lokpa to Dumje (2460m/8070ft) - 6 hours

After leaving Lopka, we will cross a suspension bridge and trek through a forest. Along the way, we will enjoy views of Ganesh Himal. We will reach Rainjam before descending to Sarpu Khola. From there, we will ascend toward the Upper Tsum Valley and arrive in Dumje for an overnight stay. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 7: Dumje to Nile (3,361m/11026ft) - 6 hours

We will trek through small villages as we ascend to a ridge. Along the way, we will encounter several chortens. From Lamagaon, we will head towards Burji village and then travel north to Milarepa's Cave. After crossing the Siyar Khola river, we will arrive at the Nile and spend the night. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 8: Nile to Mu Gompa (3700m/12139ft) - 2/3 hours

Nile to Mu Gompa (3700m/12139ft) - 2/3 hours

Today, we will trek to the famous Mu Gompa monastery, one of the largest and most remote monasteries in the Tsum Valley. The monks dedicate their lives to retreat and puja activities at this ancient site. The monastery features beautiful wall paintings, including a statue of Guru Padmasambhava and Tara. From the monastery, there are stunning views of the valley and the surrounding border mountains. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 9: Exploration day around Mu Gompa (3700m/12139ft)

Mu Gompa is an ancient monastery that was built in 1895 AD. According to ancient

scriptures, it was established in the eighth century by Guru Rinpoche, an Indian saint known for spreading Buddhism throughout the Himalayas and Tibet. After breakfast, we will explore Mu Gompa and the surrounding area. We will trek to a nunnery and visit a small pond called Chosyang Tal, which is located a bit further from the nunnery. Additionally, we have the option to trek to Vajyo. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 10: Mu Gompa to Rachen Gompa (3300m/10791ft) - 5/6 hours

Today, we will trek back to Chhokang Paro. Along the way, we will visit Rachen Gompa, where we will have the opportunity to interact with the locals. Before reaching Rachen Gompa, we will cross a large courtyard. After our visit to the Gompa, we will head south, cross a bridge, and then descend to Chhokang Paro. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 11: Rachen Gumpa to Chumling (2360m/7717ft) - 6 hours

As we cross the river, we will pass by Chhokang Paro. From there, we will descend to Chumling. In about two hours, we will come across an old monastery before continuing our descent to Siyar Khola. We will reach Chumling and stay overnight. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 12: Chumling to Deng (1800m/5905ft) - 8 hours

Descend to Lokpa following the same trail. We will cross a suspension bridge and trek along a rocky ridge. Passing through Ghate Khola, we will come across millet, maize, and potato fields. Further, we will trek through a gorge, and walk along the Budhi Gandaki. The trail then passes by a dense bamboo forest and takes us to Deng. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 13: Deng to Namrung (2630m/8628ft) - 7 hours

After breakfast, you will cross the Budhi Gandaki River and ascend to Bhim. Next, you will trek through dense forests and charming villages until you reach Prok, where you can enjoy stunning views of the Siringi Himal. From Prok, you will cross the Budhi Gandaki again and trek upstream through a narrow gorge. After one last steep climb, you will arrive in Namrung, where you will spend the night. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 14: Namrung to Lho (2957m/9701ft) - 5 hours via Hinang Gompa (3200m)

Today, we will gradually ascend and trek through dense forests. Our journey will lead us to Lihi, a small village adorned with colorful prayer flags and several Chortens, as well as barley terraces. From Lihi, the trail will descend and cross the side valley of Simnag Himal, where we will pass by Sho village. Next, the trail will take us to Lho village, which offers fantastic views of Mt. Manaslu. While in Lho, we will also visit the famous ancient gompa, Ribung Gompa. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 15: Lho to Samagaun (3540m/11614ft) - 5 hours via Shyala viewpoint

After breakfast, we will start our trek to Shyala village. Shyala is a beautiful village nestled among towering mountains. On the left, you can see Himal Chuli and Ngadi Chuli, while on the right, there are stunning views of Mt. Manaslu, large glaciers, and other snow-capped peaks. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 16: Acclimatization Day at Samagaun - Hike to Manaslu Basecamp (4940m) or Birendra Lake

After many consecutive days of trekking, today is a rest day in Samagaun for acclimatization and exploration. We will take the opportunity to explore the village and visit Pungyen Gompa,

where we can enjoy stunning views of the mountains and glaciers. Additionally, we will see several mani stones featuring Buddhist texts and images. This is a great chance to observe the lifestyle, traditions, and culture of the locals who live in this remote area. Alternatively, if you're looking for a more challenging and rewarding experience, you can take a side trip to the base camp of Mt. Manaslu, the eighth-highest mountain in the world at 8,163 meters. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 17: Samagaun to Samdo (3865m/12680ft) - 3 hours

Today we will descend to the Budhi Gandaki River. We will cross a bridge and follow a trail that passes numerous mani walls and lush forests of birch and juniper. Continuing on, we will descend again and cross a wooden bridge over the Budhi Gandaki. From this point, we will ascend steeply between the two forks of the river. Eventually, we will reach Kani and then arrive at Samdo. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 18: Samdo to Dharamsala (4,480m/14698ft) - 4 hours

Today after breakfast, we will descend and cross a wooden bridge over the Budhi Gandaki River before beginning our ascent. Along the way, we will cross two streams and enjoy a stunning view of the Larkya Glacier. Continuing from the Salka Khola valley, we will ascend towards Dharamsala, also known as Larke Phedi. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 19: Cross the Larke pass (5,106m/16752ft) and Trek to Bimtang (3,720m) - 8/9 hours

This is the day we have been waiting for! After about three hours of ascending the north side of the Larke La valley, we will begin to see prayer flags and enjoy a spectacular view of Cho Danda and Larkya Peak. As we continue, we will trek across glacier moraines and ascend slowly. A fantastic viewpoint at the top of the glacier is waiting to welcome us. At last, we have made it! It's time to celebrate. We will be treated to magnificent views of Cheo Himal, Himlung Himal, Mt. Annapurna, Kanguru, and many other surrounding mountains. Just a 5-7 minute walk from the pass, there is another excellent viewpoint for taking pictures. From

here, the trail begins to descend to Bhimtang. This day will be exhausting due to long walking, a high pass, and a steep descent of around 1400 meters. If you have knee issues while descending, please use a knee brace. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 20: Bimtang to Tilije (2,300m/7545ft) - 6 hours

Today, our trail will offer scenic views of the mountains. We will start by descending and crossing a high pasture. After that, we will cross a bridge over the Dudh Khola River and pass through a beautiful rhododendron forest. Next, we will trek along a narrow valley trail until we reach the cultivated highlands of Karche. From there, we will pass through fields and ascend a steep path. This ascent will lead us down a ridge to the riverbank and the village of Gho. Finally, the trail will take us to Tilije, where we will spend the night. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 21: Tilije to Dharapani and drive to Besisahar (720m/2362ft) - 6/7 hours

Today is our last walking day. After breakfast, we will descend to Dharapani. The trail will be relatively easy and scenic. We will ascend a small ridge and enjoy the stone-paved path as it winds through a beautiful village. After crossing the Dudh Khola river, we will ascend again through a chorten-shaped arch and pass by mani walls. From Dharapani, we will drive to Besisahar along a dust road. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 22: Drive back to Kathmandu (1360m/ 4462ft) from Besisahar

After breakfast, we will drive back to Kathmandu. Following a route along the Marsyangdi and Trishuli rivers, we will pass by beautiful villages, green hills, and agricultural terraces before reaching Kathmandu. Upon reaching Kathmandu, we will head to our hotel and rest for the day. In the evening, we will stroll in the vibrant streets of Thamel and can also shopping. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 23: Departure Homeland/ Fly back

We genuinely trust that you have enjoyed your mountain getaway with our experienced local team, and we anticipate the opportunity to see you once more in the future. Have a safe flight back to your home destination. Drive to International airport. [Breakfast]

Pricing Information

Price Details

Group Size: minimum 2 People

Per Person : \$ 2350 Equivalent to Euro

3 Above person group

Per Person: \$ 2250 Equivalent to Euro

Price Includes

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