

# Tsum Valley Combine Manaslu Round Trekking

Url: <https://www.glorioushimalaya.com/trip/tsum-valley-combine-manaslu-round-trekking/>

**Duration**

24

**Max. Altitude**

5,106m

**Difficulty**

Strenuous

**Group Size**

Min 2 People

**Transport**

Bus, Jeep, Car

**Meals**

Breakfast, Lunch & Dinner

**Accommodation**

Hotel And Lodges

**Starts At**

Kathmandu

**Ends At**

Kathmandu

## Highlights

- Trek to the remote region of Nepal with its cultural and natural beauty.
- Beautiful landscapes, waterfalls, flora and fauna
- Explore Tibetan culture and traditions
- Visit most sacred places such as Mu gumpa, Rachhen Gompa, Melaripa cave,
- Picturesque mountain views of Mt Sringi, Himalchuli, Ganesh Himal & Manaslu
- Larkya La (5,160m) pass which is the challenging pass of Manaslu region.
- Visit cultural world heritage sites in Kathmandu city.

## Overview

**Tsum Valley Combine Manaslu Round Trekking** is a famous trekking route to enjoy the beauty of the both Manaslu circuit and the hidden valley called - Tsum valley. Tsum valley is known as the hidden

valley of Nepal and was restricted from visiting up to 2008. Since it has only been a few years, most of the regions of this valley are still virgin and unbeaten and only about 200 trekkers are recorded to visit this valley. The people of this valley belong to Tibetan origin, hence this region is highly influenced by Tibetan culture. Therefore this valley gives you different feelings as you are in Tibet.

Enriched with natural beauties and cultural norms, Tsum valley provided you probably the best moments of trekking in remote Nepal. On the other hand, walk in the Manaslu region provides you the finest view of the mountains of the Manaslu range. The popular and most famous Dhajyang festival- a festival of harvesting, which usually falls in the month of November can be a great attraction and a new experience for the visitors who visit this region.

The beauty of *Tsum valley combine Manaslu round trekking* route can be felt from the very day we start our trek. The trail takes you through the beauty of natural Nepal. It goes through numerous waterfalls, beautiful forests, dozens of monasteries, many attractive and hospitable villages, ups and downs of Nepalese topography with the view of impressive mountain peaks on your background. You can witness the stunning view of Boudha Himal (6,672m) and Himalchuli (7,893m) to the west, Ganesh Himal (7,422m) to the south and Sringi Himal(7,187m). This region not only offers you natural beauty but also the cultural beauty. You can visit many monasteries, Chortens and Mani walls. A complete package of natural and cultural beauties, we need special permits to enter this region.

The favorable season for this trek is spring and autumn season. Check out our fixed itinerary for Tsum Valley combining Manaslu round trekking or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 01: Arrival in Kathmandu (1,400m)**

You will be warmly welcomed at the airport by our office representative and then transfer to the hotel. Our trekking guide will give a brief explanation about tomorrow's program. This day you can stay within the hotel or enjoy a night at Thamel, especially famous for clubs, bars, and typical Nepal stuffs. Overnight at hotel inclusive of breakfast.

### **Day 02: Sightseeing in Kathmandu Valley**

This day, you will visit many cultural heritages, which include some of the famous world's heritage which are Pashupatinath, Swyambhunath, Kathmandu Durbar Square, and Bouddhanath stupa. You can do shopping for various Nepalese cultural stuff on this day. Overnight at hotel on bed and breakfast plan.

### **Day 03: Drive to Arughat (5,35m) - 7 hrs Drive**

After our breakfast, we will leave for Aarughat via Dhading Bensi. Dhading Bensi is about 3 hours bus ride. Arughat is more 3 hours journey from Dhading Bensi. The road is well-pitched up to Hanuman Danda whereas the road is a little rough after you cross Hanuman Danda. The journey to Aarughat goes

through scenic villages, rivers and even the sight of Ganesh Himal & Manaslu are visible. Overnight at lodge on full board meals.

#### **Day 04: Trek to Labubesi (880m) - 6hrs Trek**

It is the first day of our trek and we follow the bank Budi Gandaki river through classic Gurung villages & farming field. It could be a hot day because of low elevation. Trails lead gradually ascending, Trek via Arkhet, Sotikhola, Khursani then cliff some part of at the last hour. Overnight at a local lodge on full board meals.

#### **Day 05: Trek to Dovan - (1,000m) - 6 hrs Trek**

Following the same river, we will head towards Dovan following the same Budi Gandaki River passing some gorges and comparatively lesser cultivated land. On the way, we pass through a hot spring (Tatopani) where you can take a bath if you want to. After then, we need to cross the river by a suspension bridge. Walking for about 6 hours, we will be at Dovan. Overnight at local lodge on full board meals.

#### **Day 06: Trek to Philim (1,590m) - 5 hrs Trek**

After having our hot breakfast, we will start our journey to Philim which is about 5 hours walking from Dovan. Today also we will follow the same Budi Gandaki River and pass some gorgers of the river. Going ahead we will cross the river twice. The trail then gradually goes upwards. From today we enter the restricted area. Overnight at a local lodge on full board meals.

#### **Day 07: Trek to Chumling (2,390m) - 6 hrs Trek**

Commencing our journey and walking mostly through the forest for about 2 hours, we will reach a point where our path separates in two directions: one toward the Manaslu circuit and another towards Tsum valley. We will follow the way towards Tsum Valley. We want to inform you that we won't get any lodges on except on Lokpa. So if you are doing lodge trekking then you need to have lunch at Lokpa. And also you need to carry the necessary materials which can resist up to three hours as we won't get any lodges ahead. The trial then goes ups and downs through forest and high cliffs, and then we reach to Chumling. Overnight at a local lodge on full board meals.

#### **Day 08: Trek to Chhekampar (3,010m) - 4 hrs Trek**

After having breakfast, we will start our journey. The trial goes normally flat and gentle through Alder & pine forest up to one and a half hours. Then the trail gradually climbs across mane walls to Chhekampar. The trial then goes between the ranges of Ganesh Himal. This region is distinct regarding the biological aspect and is strictly prohibits any kind of pollution. Overnight at a local lodge on full board meals.

### **Day 09: Trek to Nile (3,361m) - 4 hrs Trek**

Today is a short and gentle walking of about 4 hours up to the Nile. The trail starts with little climbing of hill passing some beautiful mane walls for about the first twenty minutes. Then onwards, the trail goes flat villages and wider cultivated land and some little juniper forests. You can even visit Milarepa Cave on the way to the Nile. Furthermore about one and a half an hour walk, we will reach our campsite. Overnight at a local lodge on full board meals.

### **Day 10: Trek to Mu Gumpa (3,700m) then back to Rachen Gumpa (3,240m) - 5 hrs Trek**

Today we will head to explore the Mu Gumpa at the height of 3,700 meters. After having our breakfast, we will leave Nile and head to Mu Gumpa. Mu Gumpa is the last settlement of Tsum valley and the trees are found lesser due to height. We will have some good time at Mu Gumpa, have some visits around it and then come back to Rachen Gumpa as there are no lodges or hotels at Mu Gumpa. Overnight at a local lodge on full board meals.

### **Day 11: Trek to Lundang Gumpa (3,200m) - 3 hrs Trek**

Today also we will visit another ancient Gumpa of Tsum valley. After having our hot breakfast, we will leave for Lundang Gumpa which is about 6 hours walking from Rachen Gumpa. The trekking goes towards the Ganesh Himal. We have to cross Siyar Khola on the way and then we will be at Domje. And then the trail goes ascending through the forest till we reach Lundang Gumpa. Overnight at a local lodge on full board meals.

### **Day 12: Side trip to Ganesh Himal Base Camp (4,200m) - 8 hrs Trek**

Today the trek maybe a little exhausted as we have to walk for about 8 hours- 4 hours to reach and 4 hours to return. We will have our breakfast; take some rest and move towards Ganesh Himal Base camp which takes about 4 hours to reach there. Since we won't get any lodges on the way, we suggest you carry enough water and lunches. The trail goes through mostly goes through the forest where you can enjoy the wildness of the Nepalese forest. After we reach Ganesh Himal Base Camp, you can have the finest view of many mountain peaks of the Ganesh Himal range-, mostly of 7,000 and above. After spending some amazing moments and having some photo clicks, we have to walk more 4 hours back to Lundang Gumpa. Overnight at a local lodge on full board meals.

### **Day 13: Trek to Lokpa (2,240m) - 7 hrs Trek**

Next 7 hours journey to reach our next campsite i.e. Lokpa. As we have to walk mostly downhill, we have to start our journey early in the morning if possible so that we can cover most of the path before it's too hot. After we reach Domje, we need to turn left after we cross the suspension bridge which takes us to Lokpa via Ripchet. The trail goes through some cultivated land and mostly pine forest along steep slopes. Overnight at a local lodge on full board meals.

### **Day 14: Trek to Ghap (2,160m) - 7 hrs Trek**

The trail today goes down to the bank of Budi Gandaki River for about an hour in the beginning. The trail will be familiar to you as we had gone through the same route in our starting days. The elevation gradually goes on decreasing. We have to pass Deng, Rana and Bhi Phedi villages, inhabited by Gurungs to reach Ghap. Overnight at a local lodge on full board meals.

### **Day 15: Trek to Lho (3,180m) - 5/6 hrs Trek**

In the early morning, we will start our journey enjoying the fresh environment through the beautiful forest of Rhododendron and Fir, listening to the songs of birds. The trail offers you the striking view of Mt. Manaslu and North Manaslu if the weather favors us. After a walk of about 5-6 hours, we will be at Lho. Overnight at a local lodge on full board meals.

### **Day 16: Trek to Samagaon (3,530m) 2-3 hrs Trek**

Today our journey goes untiring, unexhausted, and gentle as we have to walk for only about 2-3 hours. You can enjoy the beauty of pine and rhododendron, and the 360-degree view of Mt. Manaslu. You can even take some rest on the way and enjoy the beauty fullest. Overnight at a local lodge on full board meals.

### **Day 17: Excursion day**

To get rid of walking and walking all the time, today we will have a rest day at Samagaon and have some excursion in and around the village. After having our breakfast, we can head towards Manaslu Base Camp to have a closer view of mountain peaks. Similarly, a hike to Birendra Lake can also be included in the routine. After having visited, we will return to Samagaon. Overnight at a local lodge on full board meals.

### **Day 18: Trek to Samdo (3,860m) - 2/3 hrs Trek**

Today is also a short walk about 203 hours to reach to Samdo. The trail goes higher with yak grazing Kharkha. We can have short walking around the villages as well as have a quick visit to the Tibetan border. We can find many things kept for selling which are brought from Tibet in Samdo. Overnight at a local lodge on full board meals.

### **Day 19: Trek to Dharmashala (4,480m) - 2/3 hrs Trek**

Today is the last camping for this site, and the trail still touches Budi Gandaki River. The path goes ascending little by little to Dharmashala. You can have a marvelous view on the way, and blue sheep can be a major attraction. Overnight at a local lodge on full board meals.

## **Day 20: Trek to Bhimtang (3,720m) via Larkya La pass (5,106m) - 7/9 hrs Trek**

The longest and most tiring trek goes for about 7 to 9 hours through Larkya La Pass (5106 m). Though tiring, but the trek offers you the beautiful sceneries on the way and even the real experience on walking on the snow. After having our breakfast, we will set off early in the morning. At the beginning, the trail goes upwards along the ridge of Dharmasala, and then through large moraine of the Larkya Glacier. We need to follow the steel poles if the way is covered with snow, hence this can be the toughest trek of the day. Finally after we reach at the height of 5106 meters, we can have the closer view of snow massifs. After then the trail drops down to Bhimtang. Overnight at a local lodge on full board meals.

## **Day 21: Trek to Tilche (2,300m) - 5/6 hrs Trek**

We still have some moraines left to cover, and for this, we need to walk off early in the morning because there may be stone falls on the way. After then, the trail goes through a beautiful forest of fig and rhododendron with a superb view back of Mt Manaslu, and more views of Himling Himal, Cheo Himal, and Annapurna II. You can see the paddy planted on the way. Overnight at a local lodge on full board meals.

## **Day 22: Trek to Dharapani (1,860m) and drive to Besisahar (760m) - 1/2 hrs Trek, 5 hrs drive**

Probably the shortest trek, we need to walk only for 1-2 hours. The trail meets with the junction for the Annapurna Circuit at Dharapani. After we reached Dharapani, we take a local jeep drive down to Besisahar along the Marshyangdi River. Overnight at the lodge on full board of meals.

## **Day 23: Drive back to Kathmandu (1400m) - 6 hrs drive**

This is an approximately 6 hour's scenic drive to Kathmandu from Besisahar. We lunch out A la carte at a good roadside restaurant. After so long, we will drive back to Kathmandu by bus goes through Marshyangdi and Trishuli River. You can observe the people and their lifestyles staying beside the highway. After we reach Kathmandu, you will be taken to your hotel. You can freshen up and enjoy an evening walk around Thamel. Overnight at the hotel inclusive breakfast.

## **Day 24: Departure from Nepal**

We will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

# Trip Includes

- Airport pick-ups and drop-offs by private vehicle.
- Nepalese cuisine welcomes dinner program at a typical restaurant with a cultural show.
- 3 nights of 3-star standard hotel accommodation in Kathmandu city inclusive breakfast.
- 20 nights of twin sharing local lodges accommodation while on the trek.
- 1 day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- All the essential trekking permits and official paperwork for the trek.
- An experienced and government certified trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 guests)
- All the required ground transport by local jeeps and buses.
- Waterproof duffel bag and sleeping bag to use for the trek. (provided on request)
- First aid medicine with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- All government taxes and company service charges.

# Trip Exclude

- Nepal entry visa and international flights
- Your travel insurance.
- Your personal expenses such as hot shower, charging, use of WIFI while on the trek.
- Any kind of beverage. (alcohol, mineral bottled water, cold and hot drinks)
- Entrance fees for Kathmandu sightseeing.
- Tips to the guide and porters.

# Checklist

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)

- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

## **Hands**

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine



- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

### **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

### **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## Contact Us, Head Office

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