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Manaslu with Tsum valley

Trip Facts

Difficulty Strenuous / Challenging	**Max Altitude** 5,106m/16,752ft	**Accommodation**	**Meals**
Activity Trekking	**Best Season** Autumn (Sept–Nov) & Spring (Mar–May)	**Start / End Point**	**Duration** 20-22 Days

Trip Overview

The Manaslu Circuit with Tsum Valley Trek is Nepal's premier grand-loop wilderness expedition, pairing an extended cultural journey with high-altitude alpine thrills. Located inside a pristine restricted area bordering Tibet, this strenuous-grade circuit requires a minimum of two travelers plus a licensed guide. It stands as the ultimate choice for adventurers looking to explore deeply preserved Buddhist sanctuaries and massive mountain landscapes completely free from mass commercial tourism.

Spanning 18 to 22 days and covering roughly 220 to 230 km (137–143 miles), the route begins by branching off the main canyon into the mystical Tsum Valley—a hidden sacred sanctuary where ancient Tibetan traditions and century-old monasteries like Mu Gompa (3,700m) remain entirely frozen in time. After rejoining the main loop, the trail ascends to the traditional stone village of Samagaon (3,530m) for crucial acclimatization directly beneath the sprawling glaciers of Mount Manaslu (8,163m), the eighth-highest mountain on Earth. The ultimate physical test of the journey is conquering the majestic Larkya La Pass at 5,160 meters (16,929 feet), rewarding your endurance with boundless panoramas of Himlung Himal and the Annapurna massifs.

The trail descends past the scenic alpine pastures of Bhimthang to finish seamlessly at Dharapani, allowing for a direct overland 4x4 jeep transfer back to Kathmandu. Supported by cozy local teahouses, Himal Trek Nepal manages all complex logistics, including your dual-zone restricted area permits (RAPs), National Park entry cards, and expert mountain guides

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation**	**Meals**

Day 2 - Free for self exploration

Day 3 - Kathmandu to Machha Khola

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Difficulty	Max altitude 900m/2,953ft	Accommodation	Meals

Day 4 - Machha Khola to Jagat

Difficulty	Max altitude 1,340m/4,396ft	Accommodation	Meals

Day 5 - Jagat to Lokpa (The Gateway)

Difficulty	Max altitude 2,240m/7,349ft	Accommodation	Meals

Day 6 - Lokpa to Chumling

Difficulty	Max altitude 2,385m/7,825ft	Accommodation	Meals

Day 7 - Chumling to Chhekampar

Difficulty	Max altitude 3,030m/9,941ft	Accommodation	Meals

Day 8 - Chhekampar to Nile via Milarepa Caves

Day 9 - Nile to Mu Gompa & down to Rachen Gompa

Difficulty	Max altitude 3,700m/12,139ft	Accommodation	Meals

Day 10 - Rachen Gompa to Lokpa

Difficulty	Max altitude 2,240m/7,349ft	Accommodation	Meals

Day 11 - Lokpa to Deng

Difficulty	Max altitude 1,860m/6,102ft	Accommodation	Meals

Day 12 - Deng to Namrung

Difficulty	Max altitude 2,630m/8,629ft	Accommodation	Meals

Day 13 - Namrung to Lho

Difficulty	Max altitude 3,180m/10,433ft	Accommodation	Meals

Day 14 - Lho to Samagaun

Difficulty	Max altitude	Accommodation	Meals
	3,530m/11,581ft		

Day 15 - Acclimatization Day at Samagaun

Difficulty	Max altitude	Accommodation	Meals
	3,530m/11,581ft		

Day 16 - Samagaun to Samdo

Difficulty	Max altitude	Accommodation	Meals
	3,875m/12,713ft		

Day 17 - Samdo to Dharmasala (Larke Phedi)

Difficulty	Max altitude	Accommodation	Meals
	4,460m/14,633ft		

Day 18 - Dharmasala to Bhimtang via Larkya La Pass

Difficulty	Max altitude	Accommodation	Meals
	5,106m/16,752ft		

Day 19 - Bhimtang to Dharapani (The Combo Descent)

Difficulty	Max altitude	Accommodation	Meals
	1,860m/6,102ft		

Day 20 - Dharapani to Kathmandu via Besisahar

Difficulty	Max altitude	Accommodation	Meals
	1,400m/4,593ft		

Day 21 - Free day for self exploration.

Day 22 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 4 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Ground Transfer by public or private vehicle as per request.
- Required Permits & Fees: • Manaslu conservation Area Permit (MCAP) along with Annapurna Conservation Area Permit (ACAP). • Manaslu Restricted Area Permit (RAP) • Tsum Valley Restricted Area Permit (RAP). • Chunumbri Rural Municipality Local Permit. • TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the TrailStandard twin-sharing rooms in local tea houses or mountain lodges for 11 nights.

- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: • International airfare to and from Kathmandu. • Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: • Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea-house Add-on): • Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). • Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. • Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. • Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: • Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: • Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and various items or trail cafes.
- Tips & Gratitude: • Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening

FAQs

Booking, Permits & Logistics with Himal Trek Nepal

• Mandatory Guide Policy: Independent trekking is illegal here; Himal Trek Nepal provides fully licensed, English-speaking local guides required to enter this restricted region. • New Solo Trekking Rules: The Department of Immigration allows solo applications, but you must book through a registered agency like ours and trek with a guide. • All Permits Handled: We secure your Manaslu Restricted Area Permit (RAP), MCAP, ACAP, and the Chumnubri Municipality fee seamlessly. • Permit Cost Breakdown: Expect roughly USD $215 in peak season (Autumn) and USD $175 in off-peak (Spring) for a standard 14-day itinerary. • Best Trekking Seasons: October to November gives impeccable mountain clarity, while March to May brings warmer weather and blooming rhododendrons. • No Domestic Flights: Accessing Manaslu is straightforward; we arrange private overland jeep or local bus transport directly from Kathmandu to the trailhead at Machha Khola

On the Trail: Accommodation & Culture

• Teahouse Lodging: Rest in quaint, basic local tea houses featuring cozy twin-sharing rooms and traditional wood-stove communal dining areas. • Connectivity & Wi-Fi: Internet is rare, slow, and highly volatile; prepare to be offline through most of the upper valley stretches. • Power & Charging: Electricity is mainly solar-reliant at higher altitudes; teahouses charge a small fee to plug in your devices or power banks. • Safe Drinking Water: We prioritize safety by providing filtered, boiled, or chemically treated water; single-use plastic bottles are heavily discouraged. • Authentic Cultural Immersion: Experience untouched Tibetan-Buddhist and local Gurung cultures far away from the massive commercial crowds of other circuits

Health, Safety & Challenge

• Highest Trekking Point: Prepare to conquer the majestic Larkya La Pass sitting at 5,160 meters (16,929 feet) above sea level. • Trek Difficulty Level: Manaslu is physically demanding and remote; it is highly recommended for experienced hikers or those with excellent cardio fitness. • Altitude Sickness Mitigation: Our professional guides carry oximeters to monitor your oxygen saturation levels daily ensuring safe, gradual acclimatization. • Mandatory Travel Insurance: Your insurance policy must explicitly cover high-altitude helicopter evacuation up to 6,000 meters to clear our trip safety protocols. • Essential Packing List:

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Bring a -15°C rated down jacket, 4-season sleeping bag, broken-in trekking boots, and premium UV-protection sunglasses.