



Bridge Nepal Treks & Travels

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Manaslu Circuit Trek with Tsum Valley: 19 Nights and 20 Days

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| Price | 1800.00 |
| Duration | 19 Nights and 20 Days |
| Location | Nepal |

Tour Overview

20-Day Manaslu Circuit Trek with Tsum Valley - Hidden Himalayan Valley Adventure

The 20-Day Manaslu Circuit Trek with Tsum Valley is one of the most extraordinary and culturally rich trekking experiences in Nepal, combining two incredible Himalayan journeys into a single adventure. This route takes you deep into the remote Manaslu Conservation Area and the sacred, hidden Tsum Valley, often called the “Valley of Happiness,” where ancient Tibetan Buddhist culture remains untouched by modern development.

This trek is designed for adventure seekers who want more than just mountains—it offers a powerful blend of spiritual discovery, remote wilderness, dramatic landscapes, and authentic Himalayan lifestyle. Starting from Kathmandu, the journey follows the Budhi Gandaki River valley before branching into the isolated Tsum Valley, and later rejoining the main Manaslu Circuit trail to cross the legendary Larkya La Pass (5,160m).

Journey Through Two Worlds - Manaslu & Sacred Tsum Valley

The adventure begins with a scenic drive from Kathmandu to Machha Khola, where the trekking trail officially starts. As you move deeper into the Budhi Gandaki gorge, the landscape becomes wilder, more remote, and increasingly spiritual. After reaching Jagat, the trail diverges into the hidden world of Tsum Valley.

In Tsum Valley, you pass through ancient villages like Lokpa, Chumling, Chhokang Paro, and Nile, surrounded by towering peaks and sacred monasteries. This region is deeply influenced by Tibetan Buddhism, where time feels

frozen and traditions remain preserved for centuries. A special highlight is the visit to Mu Gumpa (3,700m), one of the most important monasteries in the region, offering peace, isolation, and breathtaking Himalayan views.

After exploring this sacred valley, the trail retraces back and reconnects with the main Manaslu Circuit route, continuing through Deng, Namrung, and higher Himalayan settlements like Samagaon and Samdo.

High Himalayas and the Ultimate Challenge:

From Samagaon, one of the most beautiful villages in the region, trekkers enjoy an essential acclimatization day surrounded by glaciers and towering peaks such as Mount Manaslu. Optional hikes to viewpoints and monasteries offer stunning panoramic views.

As the journey continues, the landscape becomes more alpine and dramatic, leading to Samdo and Dharmashala, the final stop before the ultimate challenge of the trek. The highlight of the entire journey is crossing the spectacular Larkya La Pass (5,160m)—a demanding yet rewarding ascent that offers unforgettable views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II.

After conquering the pass, the trail descends into the lush valley of Bimthang, marking the transition from high alpine wilderness back into forested landscapes and village life.

Return Through the Annapurna Connection

From Bimthang, the trail continues down to Dharapani, where the Manaslu Circuit meets the famous Annapurna region. A scenic drive then takes you back to Kathmandu, concluding this incredible Himalayan journey with unforgettable memories of mountains, culture, and spiritual discovery.

Why This Trek is Special?

This is not just a trekking route—it is a journey through time, culture, and untouched Himalayan beauty. The combination of Manaslu Circuit and Tsum Valley offers:

- * Two of Nepal's most remote and culturally preserved regions
- * Sacred Buddhist monasteries and ancient villages
- * Restricted areas with limited tourist access
- * Stunning views of Mount Manaslu and surrounding Himalayan ranges
- * The legendary Larkya La Pass crossing
- * A deep spiritual and cultural Himalayan experience

Final Experience:

At Bridge Nepal Treks and Travels, this trek is carefully designed with expert guides, proper acclimatization, and safe logistics to ensure a smooth and meaningful journey. Every step of this trek reveals a new layer of Nepal's hidden Himalayas—making it one of the most enriching long-distance trekking experiences in the world.

A journey to Manaslu and Tsum Valley is not just about reaching destinations—it is about discovering a completely different world within the Himalayas.

Trip Highlights

- Experience an extraordinary Himalayan journey combining the remote Tsum Valley Trek with the legendary Manaslu Circuit Trek.
- Discover the hidden Buddhist kingdom of Tsum Valley, one of Nepal's most secluded and culturally preserved regions.
- Enjoy a guided exploration of Kathmandu's UNESCO World Heritage Sites before the trek.
- Travel through diverse landscapes ranging from subtropical forests and deep river gorges to alpine meadows and high mountain deserts.
- Trek along ancient trade routes and traditional mountain villages untouched by modern development.
- Visit sacred Buddhist monasteries, mani walls, chortens, prayer wheels, and centuries-old cultural landmarks.
- Explore the revered Mu Gompa, the highest and most significant monastery in the Tsum Valley region.
- Immerse yourself in the unique traditions, Tibetan-influenced culture, and warm hospitality of local communities.
- Witness spectacular views of Mount Manaslu (8,163m), along with Himalchuli, Ngadi Chuli, Ganesh Himal, Shringi Himal, and other Himalayan giants.
- Spend an acclimatization day in Samagaon while enjoying breathtaking mountain scenery and high-altitude landscapes.
- Trek through the pristine villages of Samagaon and Samdo, offering authentic Himalayan cultural experiences.
- Cross the challenging and rewarding Larkya La Pass (5,160m), one of Nepal's most spectacular high mountain passes.
- Experience dramatic scenery changes from the hidden valleys of Tsum to the rugged landscapes of the Manaslu region and the lush forests of Bimthang.
- Explore the protected ecosystems of the Manaslu Conservation Area, rich in Himalayan flora and fauna.
- Stay in comfortable local teahouses while experiencing genuine mountain hospitality.
- Enjoy a less-crowded trekking route compared to Nepal's more commercialized trekking destinations.
- Witness unforgettable sunrise and sunset views over snow-capped Himalayan peaks.
- Perfect combination of cultural exploration, spiritual discovery, wilderness adventure, and high-altitude trekking.
- Complete one of Nepal's most rewarding off-the-beaten-path trekking adventures with expert support and guidance from Bridge Nepal Treks & Travels.

Detailed Itinerary

Arrive in Kathmandu (1,400m)

Welcome to Nepal, the gateway to the Himalayas. Upon your arrival at Tribhuvan International Airport in Kathmandu, a representative from Bridge Nepal Treks & Travels will warmly greet you and transfer you to your hotel. During the drive, catch your first glimpse of Nepal's bustling capital city, where ancient temples, colorful

prayer flags, and modern city life blend harmoniously.

After checking in, take some time to rest from your journey or explore the lively streets of Thamel, Kathmandu's famous tourist district filled with cafés, restaurants, trekking shops, and cultural attractions. In the evening, attend a trek briefing where your guide will provide important information about the adventure ahead.

Accommodation: Lodge/Resort in Kathmandu

Altitude: 1,400m

Kathmandu Exploration & Trek Preparation (1,400m)

Today is dedicated to discovering the cultural treasures of Kathmandu Valley while making final preparations for the trek. After breakfast, embark on a guided sightseeing tour of some of Nepal's most iconic UNESCO World Heritage Sites. Explore ancient temples, sacred Buddhist stupas, historic courtyards, and centuries-old palaces that showcase the country's rich spiritual and cultural heritage.

As you wander through the city's vibrant streets, you'll witness traditional Newari architecture, colorful markets, prayer ceremonies, and local daily life. During the afternoon, finalize trekking permits, check equipment, and meet your trekking crew. This day provides the perfect introduction to Nepal's fascinating history before venturing into the remote Himalayas.

Accommodation: Luxury hotel in Kathmandu

Altitude: 1,400m

Drive from Kathmandu to Machha Khola (900m)

Driving Distance: Approximately 160 km

Driving Duration: 8-10 Hours

Your Himalayan journey officially begins today with a scenic drive from Kathmandu to Machha Khola. Leaving the capital behind, the road follows the Trishuli River through beautiful countryside landscapes, terraced farms, traditional villages, and lush green hills.

As the drive continues, you'll gradually enter the remote Budhi Gandaki Valley, where dramatic river gorges, cascading waterfalls, and rugged mountain scenery begin to dominate the landscape. Along the way, witness rural Nepal at its most authentic as local farmers work their fields and villagers go about their daily lives. The final section of the drive follows a rugged mountain road before reaching the riverside settlement of Machha Khola.

Accommodation: Best available teahouse in Machha Khola

Altitude: 900m

Trek from Machha Khola to Jagat (1,340m)

Trek Distance: Approximately 22 km

Trek Duration: 6-7 Hours

Your first day on the trail follows the roaring Budhi Gandaki River through a spectacular landscape of forests, rocky cliffs, waterfalls, and traditional mountain villages. The trail passes through Khorlabesi and Tatopani, where natural hot springs can be found near the riverbank.

Cross several suspension bridges hanging high above the river and enjoy impressive views of deep gorges carved by the powerful Budhi Gandaki. Along the route, you'll encounter mule caravans transporting supplies to remote mountain settlements and pass through charming Gurung villages that offer insight into local Himalayan culture.

As you continue climbing gradually, the scenery becomes increasingly dramatic before arriving at Jagat, a picturesque stone-paved village that serves as the official entry point to the restricted Manaslu region.

Accommodation: Best available teahouse in Jagat

Altitude: 1,340m

Trek from Jagat to Lokpa (2,240m)

Trek Distance: Approximately 17 km

Trek Duration: 6-7 Hours

After breakfast, continue ascending through one of the most scenic sections of the lower Manaslu region. The trail passes through beautifully terraced hillsides, dense forests, and traditional villages decorated with prayer flags and stone mani walls.

Cross suspension bridges over deep river gorges and enjoy increasingly impressive views of Shringi Himal and surrounding snow-capped peaks. As you leave the main Manaslu Circuit route and enter the hidden Tsum Valley, the atmosphere becomes noticeably more peaceful and remote.

The trail winds through forests of pine, rhododendron, and juniper while offering glimpses of traditional Tibetan-influenced settlements scattered across the mountainsides. By late afternoon, arrive at Lokpa, the first village in

the sacred Tsum Valley, where stunning mountain scenery and centuries-old Buddhist traditions welcome trekkers into one of Nepal's most culturally preserved regions.

Accommodation: Best available teahouse in Lokpa

Altitude: 2,240m

Trek from Lokpa to Chumling (2,386m)

Trek Distance: Approximately 10 km

Trek Duration: 5-6 Hours

Today's journey takes you deeper into the mystical Tsum Valley, a hidden Himalayan sanctuary known for its preserved Tibetan Buddhist culture and breathtaking mountain scenery. Leaving Lokpa behind, the trail descends briefly through dense forests before crossing suspension bridges high above the Siyar Khola.

The route passes through peaceful pine and rhododendron forests, narrow gorges, and small settlements that remain largely untouched by modern development. Along the way, enjoy magnificent views of Ganesh Himal and surrounding snow-capped peaks rising above the valley. As the trail gradually ascends, you'll notice an increasing presence of Buddhist culture through prayer flags, mani stones, and chortens scattered along the route.

Upon reaching Chumling, explore one of Tsum Valley's most charming villages. The settlement offers stunning views of Ganesh Himal and Shringi Himal and is home to ancient monasteries that reflect the valley's deep spiritual heritage. The peaceful atmosphere and warm hospitality of the local people provide an unforgettable introduction to life in the upper Himalayas.

Accommodation: Best available teahouse in Chumling

Altitude: 2,386m

Trek from Chumling to Chhokang Paro (3,010m)

Trek Distance: Approximately 13 km

Trek Duration: 5-6 Hours

After breakfast, continue your ascent into the heart of Tsum Valley. The trail crosses fertile agricultural fields, traditional stone villages, and beautiful landscapes shaped by centuries of Himalayan culture. Throughout the day, you'll pass colorful prayer flags fluttering in the mountain breeze, intricately carved mani walls, and sacred chortens that line the ancient trade routes.

The route passes through villages such as Gho and Rainjam, where traditional stone houses and terraced farmlands offer fascinating insights into the lifestyle of the local Tsumba people. As the valley widens, spectacular views of Ganesh Himal, Himalchuli, and other surrounding peaks become increasingly prominent.

Arriving at Chhokang Paro, you'll find yourself surrounded by a dramatic mountain panorama. This beautiful village is one of the cultural highlights of the Tsum Valley, offering opportunities to interact with local families and experience authentic Himalayan traditions that have remained unchanged for generations.

Accommodation: Best available teahouse in Chhokang Paro

Altitude: 3,010m

Trek from Chhokang Paro to Nile (3,361m)

Trek Distance: Approximately 14 km

Trek Duration: 5-6 Hours

Today's trek leads further north toward the Tibetan border through landscapes rich in both spiritual significance and natural beauty. The trail traverses open valleys, ancient settlements, and sacred Buddhist sites while providing continuous views of the surrounding Himalayan ranges.

One of the day's highlights is passing Milarepa's Cave, an important pilgrimage site associated with the famous Tibetan Buddhist saint and poet. Along the route, you'll encounter traditional villages such as Phurbe and Chhule, where Tibetan culture remains deeply rooted in everyday life. Ancient monasteries, prayer wheels, and stone-built homes create an atmosphere unlike anywhere else in Nepal.

As you approach Nile, the scenery becomes increasingly dramatic with rugged mountain terrain and expansive valley views. Nile is the northernmost permanent settlement in Tsum Valley and serves as an important stopping point for pilgrims and trekkers exploring this remote region.

Accommodation: Best available teahouse in Nile

Altitude: 3,361m

Explore Mu Gompa (3,700m) & Return to Nile (3,361m)

Trek Distance: Approximately 12 km

Trek Duration: 5-6 Hours

Today is one of the cultural and spiritual highlights of the entire trek. Leaving Nile after breakfast, follow a

gradual uphill trail toward the sacred Mu Gompa, the largest and most important monastery in the Tsum Valley region.

The trail offers spectacular views of the Tibetan Plateau, surrounding Himalayan peaks, and vast high-altitude landscapes. As you ascend, the environment becomes increasingly remote and serene, reflecting the spiritual significance of this hidden valley. Upon reaching Mu Gompa, take time to explore the centuries-old monastery, observe Buddhist rituals, and learn about the unique traditions maintained by resident monks.

The monastery's peaceful setting amidst the towering mountains creates a truly unforgettable experience. After enjoying the panoramic scenery and spiritual atmosphere, retrace your steps back to Nile while soaking in the magnificent views of the upper Tsum Valley.

Accommodation: Best available teahouse in Nile

Altitude: 3,361m

Trek from Nile to Chumling (2,386m)

Trek Distance: Approximately 23 km

Trek Duration: 7-8 Hours

Today begins the journey back through the remarkable landscapes of Tsum Valley. Descending from Nile, revisit the culturally rich villages of Chhule, Phurbe, and Chhokang Paro while enjoying a completely different perspective of the valley's dramatic scenery.

As you trek through ancient settlements, you'll have another opportunity to appreciate the intricate mani walls, prayer flags, monasteries, and traditional stone architecture that define this sacred Himalayan region. The descent provides excellent views of Ganesh Himal, Shringi Himal, and the surrounding mountain ranges that dominate the skyline.

The trail passes through peaceful forests, cultivated farmlands, and remote villages where local life continues much as it has for centuries. By late afternoon, arrive back in Chumling, where you can relax and reflect on the incredible cultural experiences and natural beauty encountered during your exploration of the hidden Tsum Valley.

Accommodation: Best available teahouse in Chumling

Altitude: 2,386m

Trek from Chumling to Deng (1,860m)

Trek Distance: Approximately 17 km

Trek Duration: 6-7 Hours

After breakfast, bid farewell to the sacred Tsum Valley and retrace your route toward the main Manaslu Circuit trail. The day begins with a descent through beautiful forests of pine and rhododendron, crossing suspension bridges over deep river gorges and passing traditional mountain settlements.

As you leave the hidden valley behind, enjoy final views of the surrounding Himalayan peaks and the unique landscapes that make Tsum Valley one of Nepal's most culturally preserved regions. Rejoining the Manaslu Circuit route, the trail follows the Budhi Gandaki River through lush forests, narrow canyons, and small villages inhabited by Gurung and Tibetan-influenced communities.

The changing scenery reflects the transition from the secluded Tsum Valley to the broader Manaslu region. By afternoon, arrive at Deng, a peaceful settlement surrounded by forests and dramatic mountain terrain.

Accommodation: Best available teahouse in Deng

Altitude: 1,860m

Trek from Deng to Namrung (2,630m)

Trek Distance: Approximately 19 km

Trek Duration: 6-7 Hours

Today's trek takes you deeper into the upper Manaslu region as the landscape gradually transforms into a more alpine environment. The trail winds through bamboo forests, pine woodlands, and picturesque villages connected by suspension bridges spanning the Budhi Gandaki River.

Along the way, pass through traditional settlements adorned with prayer flags, mani walls, and intricately carved stones that reflect the region's strong Buddhist heritage. As the altitude increases, the surrounding mountains become more prominent, offering the first impressive views of Manaslu and neighboring Himalayan peaks.

The route provides a fascinating blend of natural beauty and cultural immersion, with opportunities to observe the daily lives of local villagers who have inhabited these remote mountains for generations. Arriving in Namrung, enjoy spectacular mountain views and a distinctly Tibetan atmosphere.

Accommodation: Best available teahouse in Namrung

Altitude: 2,630m

Trek from Namrung to Samagaon (3,530m)

Trek Distance: Approximately 18 km

Trek Duration: 6-7 Hours

This is one of the most scenic trekking days of the entire journey. Leaving Namrung, the trail ascends through beautiful forests and traditional villages while revealing increasingly spectacular views of the Himalayan giants.

Pass through the charming village of Lho, home to an impressive monastery and one of the finest viewpoints of Mount Manaslu. As you continue toward Shyala, the landscape opens dramatically, offering breathtaking panoramas of Manaslu, Himalchuli, Ngadi Chuli, Ganesh Himal, and numerous snow-covered peaks surrounding the valley.

The route traverses yak pastures, glacial valleys, and traditional Tibetan settlements before reaching Samagaon, the largest village in the upper Manaslu region. Surrounded by towering mountains and rich Buddhist culture, Samagaon provides an unforgettable Himalayan experience.

Accommodation: Best available teahouse in Samagaon

Altitude: 3,530m

Acclimatization Day in Samagaon

Trek Duration: Optional 3-6 Hours

Today is reserved for acclimatization, an essential part of preparing for higher elevations ahead. Rather than remaining inactive, you'll have the opportunity to explore the spectacular surroundings of Samagaon through optional day hikes.

Popular excursions include a visit to Birendra Lake, a stunning glacial lake located beneath the towering slopes of Manaslu, or a hike to Pungyen Gompa, a beautiful monastery situated in a dramatic alpine setting. These hikes provide magnificent views of glaciers, icefalls, rugged mountain ridges, and the majestic south face of Mount Manaslu.

The day also offers time to explore Samagaon's traditional stone houses, ancient monasteries, and local culture while enjoying one of the most impressive mountain settings in Nepal.

Accommodation: Best available teahouse in Samagaon

Altitude: 3,530m

Trek from Samagaon to Samdo (3,875m)

Trek Distance: Approximately 8 km

Trek Duration: 3-4 Hours

Today's shorter trekking day allows for gradual acclimatization while offering some of the trek's most dramatic mountain scenery. The trail follows a broad alpine valley lined with yak pastures, glacial streams, and rugged mountain landscapes.

As you gain altitude, enjoy stunning views of Manaslu, Samdo Peak, and surrounding snow-covered ridges. The route traverses high-altitude terrain where herds of yaks graze peacefully against a backdrop of towering Himalayan peaks.

Arriving in Samdo, a traditional Tibetan refugee village located near the Tibetan border, you'll experience a unique blend of culture and mountain life. The village's remote location and spectacular surroundings make it one of the most memorable stops along the Manaslu Circuit.

Accommodation: Best available teahouse in Samdo

Altitude: 3,875m

Trek from Samdo to Dharmashala (4,460m)

Trek Distance: Approximately 11 km

Trek Duration: 4-5 Hours

Leaving Samdo, the trail enters a rugged and sparsely populated high-altitude environment. The route follows ancient trading paths through barren landscapes, glacial moraines, and alpine meadows while steadily ascending toward the base of Larkya La Pass.

Along the way, enjoy magnificent views of Larkya Peak, Manaslu North, Naika Peak, and surrounding glaciers. The scenery becomes increasingly dramatic as vegetation disappears and towering mountains dominate the horizon.

After several hours of trekking through this breathtaking wilderness, arrive at Dharmashala, also known as Larkya Phedi. This small settlement serves as the final overnight stop before crossing the pass and offers

spectacular views of the surrounding Himalayan landscape.

Accommodation: Best available teahouse in Dharmashala

Altitude: 4,460m

Cross Larkya La Pass (5,160m) & Trek to Bimthang (3,590m)

Trek Distance: Approximately 24 km

Trek Duration: 8-10 Hours

Today marks the most challenging and rewarding day of the trek. An early morning start is essential as you begin the gradual ascent toward the legendary Larkya La Pass, one of Nepal's most spectacular high mountain crossings.

As the trail climbs above the glacier, breathtaking panoramas unfold in every direction. Upon reaching the summit of Larkya La Pass at 5,160 meters, you'll be rewarded with unforgettable views of Himlung Himal, Cheo Himal, Kang Guru, Larkya Peak, Annapurna II, and Mount Manaslu.

The sense of achievement at the pass is extraordinary, making this a true highlight of the journey. After celebrating the crossing, descend through glacial valleys and alpine landscapes to reach the beautiful meadow-filled valley of Bimthang, surrounded by magnificent snow-capped peaks.

Accommodation: Best available teahouse in Bimthang

Altitude: 3,590m

Trek from Bimthang to Dharapani (1,860m)

Trek Distance: Approximately 22 km

Trek Duration: 7-8 Hours

After the excitement of crossing Larkya La Pass, today's trek offers a rewarding descent through some of the most diverse landscapes of the entire journey. The trail passes through alpine meadows, glacial streams, rhododendron forests, and picturesque villages.

Throughout the day, enjoy outstanding views of Annapurna II, Lamjung Himal, Manaslu, and surrounding peaks. The route descends through beautiful forests rich in wildlife and seasonal wildflowers, creating a striking contrast to the barren high-altitude terrain crossed the previous day.

As you descend further, the warmer climate and lush vegetation signal your return to lower elevations. By afternoon, arrive at Dharapani, where the trekking portion of your Manaslu and Tsum Valley adventure comes to an end.

Accommodation: Best available teahouse in Dharapani

Altitude: 1,860m

Drive from Dharapani to Kathmandu (1,400m)

Driving Distance: Approximately 220 km

Driving Duration: 8-10 Hours

Following breakfast, begin the scenic return drive to Kathmandu. The journey passes through beautiful river valleys, traditional hillside villages, terraced farms, and picturesque countryside landscapes.

As the road follows the Marsyangdi and Trishuli River valleys, enjoy one final opportunity to admire Nepal's diverse geography and rural lifestyle. The drive offers a fascinating contrast between the remote mountain regions you've explored and the bustling capital city awaiting your return.

Upon arrival in Kathmandu, check into your hotel and enjoy a well-deserved rest. The evening is perfect for celebrating the successful completion of one of Nepal's most remarkable trekking adventures.

Accommodation: Best available hotel in Kathmandu

Altitude: 1,400m

Departure from Kathmandu

Depending on your international flight schedule, enjoy some leisure time for last-minute shopping, sightseeing, or relaxation in Kathmandu. This is an excellent opportunity to purchase souvenirs, explore local markets, or simply reflect on the incredible experiences of the past three weeks.

At the designated time, a representative from Bridge Nepal Treks & Travels will transfer you to Tribhuvan International Airport for your onward journey. As your flight departs, take with you unforgettable memories of remote Himalayan valleys, sacred monasteries, breathtaking mountain landscapes, authentic cultural encounters, and the successful completion of the legendary Manaslu Circuit Trek with Tsum Valley.

Altitude: 1,400m

Included Services

- Airport arrival and departure transfers in Kathmandu.
- Welcome meeting and trek briefing.
- Kathmandu sightseeing and trek preparation assistance.
- Private/local transportation between Kathmandu and the trek starting point (Machha Khola) and return from Dharapani to Kathmandu.
- Experienced, government-licensed English-speaking trekking guide.
- Porter service (typically 1 porter for 2 trekkers).
- All required trekking permits: Manaslu Restricted Area Permit (MRAP), Tsum Valley Restricted Area Permit, Manaslu Conservation Area Permit (MCAP), Annapurna Conservation Area Permit (ACAP), Chumrubri Rural Municipality Entry Fee
- Best available teahouse/lodge accommodation during the trek.
- Three meals daily during the trek (breakfast, lunch, and dinner).
- Seasonal fresh fruits after dinner during trekking days.
- Accommodation in Kathmandu as per itinerary.
- Guide and porter salary, insurance, meals, accommodation, and transportation.
- First-aid medical kit carried by the guide.
- Assistance with emergency evacuation arrangements
- Trek completion certificate.
- Government taxes and service charges.

Excluded Services

- International airfare to and from Nepal.
- Nepal entry visa fees.
- Travel Insurance(Mandatory for High Altitude Trekking)
- Lunch and dinner in Kathmandu.
- Personal Expenses
- Tips for guides and porters.
- Any services not specifically mentioned under "Included."

Fixed Departure Dates

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Frequently Asked Questions

Q: How difficult is the Manaslu Circuit Trek with Tsum Valley?

The trek is considered moderately challenging to strenuous. It involves long trekking days, remote mountain trails, and crossing Larkya La Pass (5,160m). Good physical fitness and prior trekking experience are beneficial.

Q: How long is the Manaslu Circuit Trek with Tsum Valley?

This itinerary takes 20 days, including arrival, Kathmandu sightseeing, acclimatization, trekking days, and departure.

Q: Do I need previous trekking experience?

Previous trekking experience is helpful but not mandatory. Trekkers with good fitness, determination, and proper preparation can successfully complete the trek.

Q: What is the highest point of the trek?

The highest point is Larkya La Pass at 5,160 meters, one of Nepal's most scenic and rewarding Himalayan passes.

Q: What permits are required for this trek?

You need a Manaslu Restricted Area Permit, Tsum Valley Restricted Area Permit, Manaslu Conservation Area Permit (MCAP), Annapurna Conservation Area Permit (ACAP), and local municipality permits.

Q: Can I trek independently in the Manaslu and Tsum Valley region?

No. The Manaslu and Tsum Valley regions are restricted areas. Trekkers must travel with a licensed guide and obtain permits through a registered trekking company.

Q: What accommodation is available during the trek?

Accommodation is provided in local teahouses and mountain lodges. Rooms are generally twin-sharing with basic but comfortable facilities.

Q: What type of meals are available on the trek?

Teahouses offer a variety of meals including Dal Bhat, noodles, rice dishes, soups, potatoes, pasta, eggs, pancakes, tea, coffee, and seasonal local foods.

Q: Is altitude sickness a concern on this trek?

Yes. Since the trek reaches elevations above 5,000 meters, there is a risk of altitude sickness. Proper acclimatization, hydration, and a gradual ascent help minimize the risk.

Q: What is the best time to do the Manaslu Circuit Trek with Tsum Valley?

The best seasons are spring (March to May) and autumn (September to November), when the weather is stable and mountain views are at their best.

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Yes. Drinking water is available at teahouses along the route. Water purification tablets, filters, or reusable bottles are recommended.

Q: Are Wi-Fi and charging facilities available?

Wi-Fi, mobile network coverage, and charging facilities are available in many villages but may be limited, slower, or require an additional fee at higher elevations.

Q: What should I pack for the trek?

Essential items include warm clothing, trekking boots, a sleeping bag, trekking poles, sunglasses, gloves, a down jacket, rain gear, personal medications, and toiletries.

Q: Is travel insurance required?

Yes. Comprehensive travel insurance covering high-altitude trekking and emergency helicopter evacuation is strongly recommended and often required.

Q: Are guides and porters necessary?

A licensed guide is mandatory for this restricted-area trek. Hiring a porter is highly recommended to make the trek more comfortable and enjoyable.

Q: How many hours do we trek each day?

Most trekking days involve 5-8 hours of walking, depending on trail conditions, altitude, and the day's destination.

Q: What makes Tsum Valley special?

Tsum Valley is known for its ancient Tibetan Buddhist culture, remote mountain villages, sacred monasteries, traditional lifestyle, and untouched Himalayan beauty.

Q: Can beginners join this trek?

Yes, beginners with good physical fitness, adequate preparation, and a positive attitude can complete the trek successfully with proper guidance and acclimatization.

Q: Will I see mountain views during the trek?

Yes. The trek offers spectacular views of Mount Manaslu, Ganesh Himal, Himalchuli, Ngadi Chuli, Cheo Himal, Larkya Peak, and many other snow-capped Himalayan peaks.

Q: Why choose Bridge Nepal Treks & Travels for this trek?

Bridge Nepal Treks & Travels provides experienced local guides, reliable logistics, quality accommodations, personalized service, safety-focused trekking support, and authentic Himalayan experiences throughout the Manaslu and Tsum Valley region.

Trip Information

- About The Trek
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