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# Manaslu Tsum Valley Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Strenuous

**Trip Style:** Trekking and Tour

**Transport:** Private Vehicle / Jeep

**Food:** Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

**Accommodation:** 3-Star Hotel + Teahouses + Lodges

**Group Size:** 02 - 10

**Max Elevation:** 5,364m

The **Manaslu Tsum Valley Trek** combines two challenging, spectacular treks in what is arguably the most beautiful part of the Himalayas. This long trek, which includes more than two weeks of walking, offers panoramic vistas, high mountain passes, remote villages and spiritual centers with colorful monasteries and chhortens.

The trek begins on the **Manaslu Tsum Valley Trek** with a gradual walk along the Budi Gandaki river leading you to the Tsum Valley, where we visit the popular Mu Gompa and Rachen Gompa monasteries. We return to the Manaslu circuit trail and eventually reach the spiritual center of Sama Gaon with its monasteries and fluttering prayer flags, where we have a rest and acclimatization day. Then comes the traverse of the challenging Larke Pass (5,160m), with its unobstructed views of high Himalayan peaks, glaciers and glacial lakes.

We then descend to the Marshyangdi River valley and ultimately drive back to Kathmandu. For more information on the outstanding **Manaslu Tsum Valley Trek**, please contact Nepal



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Hiking Trek.

## Highlights

- It is one of the off-beaten and less crowded treks done in the Northern part of Nepal (Gorkha District).
- Manaslu Tsum Vally trek is the most scenic trek in Nepal.
- The trail of the trek, take you through the scattered villages of the Kumal, Gurung and Magar village and through the dense sal and rhododendron forest.
- You can collect a beautiful experience by exploring the Tsum Valley, experience their warm hospitality, cultural program.
- Experiencing the wonder of nature, you can also enjoy the magnificent view of the surrounding peaks on the trail like Manaslu, Annapurna I, Annapurna South, Dhaulagiri, Ganesh Himal and many more.
- This trek is very safe for the hikers in terms of the altitude sickness.

## Day to Day Itinerary

**Day 01: Arrival at Kathmandu.**

**Day 02: City tour or free day to explore and shop on your own.**

**Day 03: Drive to Sotikhola(800m).**

**Day 04: Soti Khola to Maccha Khola.**

**Day 05: Maccha Khola to Jagat.**

**Day 06: Jagat to Lokpa**

**Day 07: Lokpa to Chhakang Paro**

**Day 08: Chhakang Paro to Nile**

**Day 09: Rest Day**



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- Day 10: Nile to Chumling**
- Day 11: Chumling to Deng**
- Day 12: Deng to Namrung.**
- Day 13: Namrung to Samagaon.**
- Day 14: Rest and acclimatization day.**
- Day 15: Samagaon to Samdo.**
- Day 16: Samdo to Dharamsala/Larke Base Camp.**
- Day 17: Larke Base Camp to Larkya Pass (5,160m) to Bimthang.**
- Day 18: Bimthang to Dharapani**
- Day 19: Drive Back Kathmandu.**
- Day 20: Farewell Dinner Leisure day**
- Day 21: Departure**

## **Cost Includes**

- Airport pick-up and drop-off by private car/van/bus.
- 3 Nights accommodation in 3 stars (\*\*\*) hotel in Kathmandu with the BB plan.
- Kathmandu Valley Sightseen included Tour Guide, Private Vehicle
- Kathmandu to Aarugta Private Jeep.
- Beshishar to Kathmandu Private Car.
- Dharapani to Besishar sharing Jeep.
- Full board meal during the trek (3 times tea/coffee, breakfast, lunch, and dinner).
- Teahouse accommodation on Trek.
- Seasonal fruits during the trek.
- Experienced, expert, friendly guide, porter and their food, accommodation, salary, equipment, and insurance.
- Duffle bag for the trekking use.



- First Aid kit included Oxi-meters.
- Trekking permits and Tims (please bring a passport copy and photos).
- Government tax, farewell dinner.

## **Cost Excludes**

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.