Manaslu Tsum Valley Trek



Trip Overview

With a breathing Buddhist culture along with a spectacular view of the serene panorama of the majestic peak of Manaslu, the Manaslu Tsum Valley Trek is the perfect blend of natural and cultural sanctuary.

Tsum is derived from the Tibetan word "Tsombo" which means vivid. The landscape and culture of the valley are vibrant and strikingly alive, as suggested by its name. The Tsum Vallet is situated in the Gorkha district of western Nepal at an altitude of 2000 m to 3,500 m.

Tsum Valley is the ultimate tapestry of Tibetan culture, along with the diverse valley monasteries that are scattered amidst the village, which present this place as a spiritual hub. Moreover, the warm and welcoming villagers inhibiting Tamang, Buddhists, Sherpa, Gurung, and Chhetri of this place present themselves to uphold their customers and offer a glimpse into a world untouched by time.

This virgin gem of Nepal is also recognized as Beyul Kyimolung, which refers to the Valley of Happiness. The magnificent and soaring Ganesh Himal and its snow-capped peak are the centerpieces of the valley. Manaslu Tsum Valley is a transcendent beauty of verdant forests and meadows.

Manaslu Tsum Valley Trek is the ultimate package of adventure, along with an opportunity to explore this peach and get on a voyage to discover the exclusive Gompas hidden somewhere in this region.

Gallery









Trip Itinerary

- 1 - Arrival in Kathmandu, TIA 1350m (4429fit)
- 2 - Sightseeing Kathmandu(1350m (4429fit)
- 3 - Drive to Machha Khola (900m 2953Fit)6-7hrs
- 4 - Maccha Khola to Jagat (1410m4626fit) 6 to 7-hours trek)
- 5 - Jagat to Lokpa 2240m
- 6 - Trek to Chhakangparo(3130m 6-7hrs
- 7 - Trek to Samagaon (3530m 1182ft) 6-7 hrs
- 8 - Chhule to Mu Gompa (3 to 4 hours)
- 9 - Trek to Chumling (8 hours)
- 10 - Chumling to Philim (5 to 6 hours)
- 11 - Philim to Khola Besi (7 to 8 hours)
- 12 - Khola Base to Soti Khola (7 hours)
- 13 - Back to Kathmandu by Bus or Jeep
- 14 - Free day at Kathmandu
- 15 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Private jeep to Soti khola
- 3-star Hotel stays at Kathmandu night stay in twin sharing
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana

Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

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Faqs

1. **When is the best time for the Manaslu Tsum Valley Trek?**

   The best time for the Manaslu Tsum Valley Trek is during spring (March, April, and May) and autumn (September, October, and November). This is because the skies are clear and the weather is mild.

2. **How difficult is the Manaslu Tsum Valley Trek?**

   The Manaslu Tsum Valley Trek is rated moderately challenging. You will trek for 6 to 8 hours. The highest point is Larya La Pass, with an elevation of 5,106 meters.

3. **What permits are required for the Manaslu Tsum Valley Trek?**

   You will need three permits, including the Manaslu Conservation Area Permit, the Tsum Valley Restricted Area Permit, and the Annapurna Conservation Area Permit.

4. **Are there any alternative routes or variations to the Manaslu Tsum Valley Trek?**

   Yes, there are a few alternative routes that you can consider to trek Manaslu Tsum Valley Trek, such as Manaslu Circuit Trek and Tsum Valley Trek.

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6. **Do I need a guide for the Manaslu Tsum Valley Trek?**

   It is recommended to hire a guide for the Manaslu Tsum Valley Trek, as they will be more familiar with the route and help you in an emergency.