

Manaslu Circuit Tsum Valley Trek

Standard Itinerary

Manaslu Circuit and Tsum Valley Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Manaslu Circuit Tsum Valley Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Kathmandu

Preparation day. Overnight at the hotel on BB plan.

Highlights:

- Work on a permit, Manaslu restricted permit, with your original passport.
- Optional: Sightseeing in Kathmandu valley (UNESCO world heritage site).
- Shopping for your necessary items if needed.
- Preparation and briefing for tomorrow.

Day 03: Machhakhola

Drive from Kathmandu to Machhakhola 1330m/3051ft 10 hours. Overnight at Lodge.

Highlights:

- Drive along the typical villages and highways cities of Nepal.

- Observation of locals and their lifestyle on highways.
- Terrace farming along the trails.
- Typical villages and ways of living in remote areas in hills.
- Drive along the rivers with an incredible scenic Himalayan view.

Day 04: Jagat

Trek from Machhakhola to Jagat 1350m/4429ft 5/6 hours. Overnight at Lodge.

Highlights:

- Views of waterfalls and mule caravan.
- Close views on traditional farming, animal husbandry, and primary school operation.
- Trekking across the washed-out routes and trekking along the river.
- Beautiful tea house and lunch huts along the trail.
- Cantilever bridge and suspension bridge.
- Visit beautiful Jagat village.
- Restricted area permit check-ins.

Day 05: Chisapani

Trek from Jagat to Chisapani 6/7 hour. Overnight at Lodge.

Highlights:

- Initial crossing of Suspension bridge over two rivers.
- Local min hydro project and military camps.
- Observation of the local village and daily lifestyle.
- Crossing washed-out routes.
- Typical villages and traditional farming.
- Views of Shringi Peak above 7000m.

Day 06: Chumling

Trek from Chisapani to Chumling 3010m 6 hours. Overnight at Lodge.

Highlights:

- View of many beautiful waterfalls and the second-longest suspension bridge in Nepal.
- Enter the Tsum valley.

- Views of Shringi Peak above 7000m and Ganesh Himal.
- Crossing washed-out routes.
- Cantilever bridge and suspension bridge.
- Trek via Rhododendron Forest and Pine Forest.

Day 07: Chhokangpar

Trek from Chumling to Chhokangpar 3361m 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via subtropical and Temperate Forests.
- View of Tibetan culture and people.
- Typical Tibetan villages of Nepal.
- Visit Chhokangpar village and monastery.

Day 08: Nile

Trek from the Chhokangpar to the Nile for 4/5 hours.

Highlights:

- Trek along a close view of the Himalayas.
- View of traditional farming practice.
- Observation of local lifestyle and Mani walls.
- Visit the monastery and Milarepa caves.
- Visit Nile and Tsule village viewpoints.

Day 09: Chhokangpar

Trek from Nile to Mu Gompa and back to Chhokangpar 7 hours. Overnight at Lodge.

Highlights:

- Attend morning rituals in century-old Mu Gumpa.
- Experience proximity to Tibet.
- Visit one of the biggest nunneries in Nepal.
- Trek back to Chhokangpar village.

Day 10: Chumling

Trek from Chhikangpar to Chumling 4 hours.

Highlights:

- Half-day trek to Chumling.
- Trek along the view of rivers, rocky pine forests, and mountain ranges.
- Visit the village of Chumling.
- Enjoy the Himalayan surroundings and typical villages.

Day 11: Deng

Trek from Chumling to Deng 2310m/7579ft 7/8 hours. Overnight at Lodge.

Highlights:

- Initial crossing of Suspension bridge over two rivers.
- Local min hydro project and military camps.
- Observation of the local village and daily lifestyle.
- Crossing washed-out routes.
- View of many beautiful waterfalls and the second-longest suspension bridge in Nepal.
- Typical villages and traditional farming.
- Views of Shringi Peak above 7000m.

Day 12: Namrung

Trek from Deng to Namrung 2618m/8589ft 6 hours. Overnight at Lodge.

Highlights:

- Trek on the best scenic view of hills and local settlements.
- View of waterfalls Buddhist Mani walls.
- Trek along the temperate forests.
- Beautiful climb up to the Namrung village.
- Encounter birds and wild animals' life.

Day 13: Shayla

Trek from Namrung to Shayla 3500m/11482 5/6 hours. Overnight at Lodge.

Highlights:

- Observation of Tibetan people and their lifestyle.
- Encounter Himalayan Pheasant and other birds of Nepal.
- Trek along the scattered settlements and traditional farming.
- Beautiful views of Manaslu Peak and Manaslu Glacier.
- Circulate the 8th foundation of Chorten and visit Lho village monastery.
- Trek along the subalpine forest.
- Most beautiful golden sunset view of Shayla.

Day 14: Samagaun

Trek from Shalya to Samagaun 3520m via Pungen monastery 6/7 hours. Overnight at Lodge.

Highlights:

- Most beautiful golden sunrise view of Shayla.
- Hike to Pungen Gompa.
- 360 views of the high Himalayas including Manaslu from Pungen Gompa.
- Close view of Pungen glacier.
- View from Shalya school.

Day 15: Samagaun

Acclimatization and exploration day for rest at Samagaun 3500m 6/7 hours. Overnight at Lodge.

Highlights:

- Difficult hike to Manaslu Base Camp.
- View of Mountains and glaciers on the way to Manaslu Base Camp.
- Visit the glaciated lake of Mt. Manaslu (Birendra Taal).
- Acclimatize 500m.

Day 16: Samdo

Trek from Samagaun to Samdo 3850m 3 hours. Overnight at Lodge.

Highlights:

- Experiences of change in vegetation and temperature with altitude.
- Trek by the river and long Mani walls.
- Beautiful view of Mt. Manaslu and other peaks.

- Visit Samdo Monastery and typical villages and their farming style.
- Hike to Samdo Cliff for acclimatization.

Day 17: Dharmsala

Trek from Samdo to Dharmsala 4460m/14,633ft 4 hours. Overnight at Lodge.

Highlights:

- Trek into the valley of mountains.
- Encounter Himalayan eagles.
- View of the glacier and beautiful Samdo peak.
- Acclimatization hike to Dharmsala hills.
- Preparation for Larkey La.

Day 18: Bhimthang

Trek from Dharamsala to Larkya La (Pass) 5200m/17,060ft to Bhimthang 3590m/12468ft 8 hours. Overnight at Lodge.

Highlights:

- Early morning hike to Larkey Pass.
- View of Larkey peak and Larkey glacier.
- Reach at maximum altitude Larkey pass at 5200m
- View of Annapurna range mountains in the west after the pass.
- Trek along the steep descent to Bhimthang.
- View of glacier and glacier lake.
- Observe the beautiful village of Bhimthang in the lap of Manaslu northeast and other mountains.

Day 19: Dharamani

Trek from Bimthang to Dharapani 1859m/6,102ft 6/7 hours. Overnight at Lodge.

Highlights:

- Trek via the beautiful vegetation of the pine forest.
- Amazing view of the mountain range along the trail.
- Trek along the river and views of red moraine rocks.

- Encounter many birds and Langur.
- Descend 1800m low altitude.

Day 20: Kathmandu

Drive from Dharapani to Kathmandu 10 hours via Beshisahar transfer to hotel evening farewell dinner in Nepali cultural dance restaurant. Overnight at hotel on BB plan.

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 21: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive from Dharapani to Kathmandu 221 km by public van or bus guest and guide (optional: private vehicle as per participants preference).
- Staffs and trekkers transportation Kathmandu/Sotikhola /Dharapani/Kathmandu (optional: private vehicle as per participant's preference).
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) in other languages as per the participant's preference.
- Necessary Porter: 1:2 porter carries 25kg only.

- Manaslu conservation (MCAP) entry fee.
- Annapurna conservation (ACAP) entry fee.
- Trekkers Information Management System (TIMS).
- Manaslu and Tsum Valley restricted area permits fees.
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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