

Tsum Valley + Manaslu Circuit Trek

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26 days

From \$2000

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Destination: Nepal

Activity: Trekking

Region: Manaslu Region

Itinerary:

DAY 1 :Kathamndu

Arrival in Kathmandu and transfer to hotel.

DAY 2 :Kathmandu

Permit preparation day, this day we will be free for Kathmandu valley sightseeing or other activities of your choice. Overnight at hotel.

DAY 3 :Kathmandu - Arughat Bazaar (570 m)

We will drive for 5 hours by jeep and approximately 7 hours by local bus to reach Arughat Bazaar. This is a starting point for Tsum valley and Manaslu circuit trek. We will stay at lodge or in tented camp in Arughat Bazaar.

DAY 4 :Arughat - Lapu Bensi (880 m)

This day we will walk 6 hours through straight trail to reach Lapu Bensi. Upto Khursani Bari it is a normal road afterwards it is little narrower till Lapu Bensi. Lapu Bensi village mainly consists of Gurung community one of the main ethnic community in Nepal. Overnight at local teahouse or tented camp.

DAY 5 :Lapu Bensi - Tatopani (hot spring) (990m)

This day we will walk 5 hours through bank of Budhi Gandaki river, crossing jungles mainly consisting sal trees. In Tatopani we can take a dip in hot spring and enjoy. Overnight at local teahouse or tented camp.

DAY 6:Tatopani - Philim (1650 m)

This day we will walk 6 hours, we have to pass several villages, cross Budhi Gandaki river, on the way towards Philim we will find high school built by Japanese people, we will have good views of Shringi himal. Overnight at local teahouse or tented camp.

DAY 7 :Philim - Chumling (2420 m)

This day we will walk 6 hrs, walking through narrow trail, passing jungles. There we will find small village called Eklebhatti. We will come

across small Dukula village. After crossing Siyar khola we will reach Chumling. Overnight at local teahouse or tented camp.

DAY 8 :Chumling - Chhekampar (2930 m)

This day we will walk 5 hrs, crossing small villages through uphill and downhill zigzag trails we will reach Chhekampar. Overnight at local teahouse or tented camp.

DAY 9 :Chhekampar - Nile (3361 m)

This day we will walk 4 hrs to reach Nile. We will walk along Sher Khola crossing several village. On the way we will find Chortens and Buddhist monasteries. In the evening we will reach Nile. Overnight at local teahouse or tented camp.

DAY 10 :Nile - Mu Gompa (3700 m)

This day we will walk about 2 ½ hours to reach Mu Gompa. We will visit Monastery there. There we will find 60 monks living in the monastery but, in the winter they come to city areas because of cold and snowfall. We will stroll around the monastery and acclimatize. Overnight at local teahouse or tented camp.

DAY 11:Mu Gompa - Rentsam (2400 m)

This day we will walk for about 5/ 6 hours. We will go to Rachen Gompa to explore around. This Gompa accommodates Buddhist nuns only. We will walk through mostly downhill trail to reach Rentsam. Overnight at local teahouse or tented camp.

DAY 12 : Rentsam - Gompa Lungdang (3200 m)

This day we will walk about 3 hours. We will walk uphill and downhill trail crossing rhododendron and pine forests. In the afternoon we will reach Gompa which is a Nunnery Monastery. On the way to this Gompa we will see beautiful scenery of Ganesh Himal range. We will stroll around this Gompa till the evening. Overnight at local teahouse or tented camp.

DAY 13 : Gompa Lomdang - Chumling(2420 m)

This day we will walk for about 6 hours. Walking downhill up to Dumje, after that crossing Langdang Khola and walking through several suspension bridges and pine forests we will reach Chumling. Overnight at local teahouse or tented camp.

DAY 14 :Chumling - Deng (1860 m)

This day we will walk for about 6 hours. Walking through mostly downhill and slightly uphill trail we will reach Deng. Overnight at local teahouse or tented camp.

DAY 15 :Deng - Namrung (2540 m)

This day we will walk for about 7 hours. We will walk along Budhigandaki river side, on the way we will cross few villages and suspension bridges over Budhigandaki river. Overnight at local teahouse or tented camp.

DAY 16 :Namrung - Lo Gaun (3020 m)

This day we will walk through pine forest and cross suspension bridge over Budhi Gandaki river. We will cross several villages and

terraced wheat and potato fields. After walking 6 hours from Ghap we will reach Lo Gaun. Overnight at local teahouse or tented camp.

DAY 17 :Lo Gaun - Samagaun (3390 m)

This day we will walk for about 3 hours. On the way we will walk through pine forest, cross several settlements. We will see good views of Manaslu Himalayan range. In the afternoon we will reach Samagaun and stroll around the area. Overnight at local teahouse or tented camp.

DAY 18 :Acclimatization day.

We will visit Monastery, Ice fall and lake, hike around the area or long day trip to Manaslu base camp. Overnight at local teahouse or tented camp.

DAY 19 :Samagaun - Samdo (3690 m)

This day we will walk for about 3 hours. We will walk through slightly uphill trail to reach Samdo. Overnight at local teahouse or tented camp.

DAY 20 :Samdo - Dharmasala (4450 m)

This day we will walk for about 3 hours. Crossing few river streams in the afternoon we will reach Dharmasala. After having lunch stroll around the area, Overnight at local teahouse or tented camp.

DAY 21 : Dharmasala - Bhimtang (3700 m)

This day we will walk for about 7 hours. Wake up early in the morning cross Larke Pass (5200 m), after that walk through downhill trail to Bhimtang. From the pass we can have beautiful views of Himlung, Annapurna II, Lamjung himal and many others. Overnight at local teahouse or tented camp.

DAY 22:Bhimtang - Dharapani (1860 m)

This day we will walk for about 7 hours. We will walk through Rhododendron and pine forest. Cross suspension bridges over Dudhkhola river and Marshyangdi river near Dharapani. In the evening we will reach Dharapani. Overnight at lodge.

DAY 23 :Dharapani - Syange (1150 m)

This day we will follow the trail along Marshyangdi river. Cross this river approximately four times, walk along narrow valleys. After walking for about 6 hours from Dharapani we will reach Syange. Overnight at lodge.

DAY 24 :Syange – Beshisahar - Kathmandu

This day we will drive for around 2 hours by private/local jeep to reach Beshisahar. Again we will catch a private/local bus to Kathmandu, after 6 hours drive we will reach Kathmandu and transfer to hotel.

DAY 25 :Kathmandu

This day you will be free for various activities such as shopping ,sightseeing and etc. Overnight at hotel.

DAY 26 :Final Departure day

NOTE :The itinerary can be customized according to your duration of holiday. Similarly hotel can be upgraded or downgraded depending on your requirement.

Cost Include:

- Transportation airport - hotel - airport
- 4 Nights hotel in Kathmandu with breakfast
- Transportation Kathmandu - Arught and Syange – Kathamndu by private vehicle/local bus
- Manaslu + Tsum valley restricted area Permit and Manaslu + Annapurna Conservation Area Permit Fee
- Meals (breakfast, lunch and dinner with tea or coffee) at lodge/tented camp during the trek
- Accommodation at lodge/tented camp during the trek
- One English/others language speaking professional trekking guide and 1 porter every two person basis during the tea houes trek (accept the camping)
- Guide and porter-s all meal, accommodation, transportation, daily wages and insurance with full cloth
- Farewell dinner
- Company service charge
- All necessary government taxes

Cost exclude:

- Personal equipment
- Personal and medical Insurance
- Lunch and dinner in Kathmandu
- Emergency Rescue evacuation by helicopter incase needed
- Bar bills (mineral water, coke, beer etc)
- Personal expenses
- Tips
- Any other services, which is not mentioned above