

MANASLU & TSUM VALLEY TREK - 20 DAYS



Manaslu has unique environment and exceptionally rich bio diversity which have made this region as the finest tourist destination of Nepal for many years. The region consists of varieties of cultural diversities, natural scenery of the majestic Himalayan ranges, high altitude romantic glacier lakes and fascinating flora and fauna, all these natural and cultural features of this region have made it one of the most popular tourist destination of Nepal and is restricted area requiring special trekking permit to get entry into the region for foreigners.

Type: 

Trip Duration: 20 Days

Max. Altitude.: 5213 meter

Group Size: Min. 02 and Max. 14

Best Travel to Time: March through May and October through November

HIGHLIGHTS

- Pristine Mountain views
- Mt. Manaslu
- Rich Cultural heritage
- Sama Gompa
- Larkya La pass
- Amazing waterfalls
- Hidden Tsum valley

ITINERARY

Day 01: Arrival day in Kathmandu.

You will be picked up upon arrival by one of our Airport Representatives, and transfer to your hotel.

Day 02: Preparation of special trek permits; a day tour will be arranged (sightseeing places will be Pashupatinath temple,

Nepal Hiking Pvt. Ltd. [NepalHiking.com]

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Open Hours: 09:30 - 18:00, Mon - Fri at S. Complex, N.B Bank Building, 2nd Floor, Nayabazar, Kathmandu, Nepal

Boudhanath, Swoyambhu & Kathmandu Durbar Square).

Day 03: Drive Kathmandu to Arughat Bazaar (550m).

Drive to Arughat (550m) by public bus or hired 4 wheel jeep (it is your choice whether to travel by public bus or hired private jeep). We'll drive through along the Prithibhi highway and Kalu Pande road on concrete road till Dhading Bensi (3-4 hours drive), we may stop for lunch here and the drive starts again with a bumping road until arrive at Arughat (3 hours drive) with scenic view of landscape, villages, river, Mt Ganesh Himal and Manaslu. This place lies at the bank of Buddhigandaki river (means 'The Old River').

Day 04: Trek to Soti Khola (720m)

Our first day trek starts from Arughat to Soti Khola by following Budhigandaki river. It is a 5 hours easy walking. This day could be hot / warm due to low elevation.

Day 05: Trek to Machha Khola (930m)

The trek starts by following the Buddhigandaki river (old river) and trail gradually goes up with the river gorges. It is a 5-6 hours easy walking.

Day 06: Trek to Doban (1390m)

This place is situated at the confluence of 2 rivers, the Shiar khola and Sarpu khola. Today's walking is quite a moderate to strenuous with involvement of some steep ascents and descents. It is a 6-7 hours walking.

Day 07: Trek to Philim (1760m)

Today we walk through some hamlets and scattered houses through Gurung villages (Gurung is one of an ethnic group among the many ethnic groups of Nepal). When we approach to the village of Philim, we will see the good view of Sringri himal. It is a 6 hours walking.

Day 08: Trek to Chumling (Lower Tsum) - 2275m.

Today we walk through crossing a small stream by following easy path and the trail gradually ascents to Lokpa and then finally we arrive at Chumling with involvement of ascents and descents trail. It is a 6- 7 hours walking.

Day 09: Trek to Chhokangparo (Upper Tsum) - 3030m.

This place is situated in a flat land. It is like a hidden treasure! This place offers a great view of Ganesh Himal and Boudha himal. It is a 5- 6 hours walking.

Day 10: After 2 hours excursion around the valley and trek back to Lokpa (1800m). 5-6 hours walking.

Day 11: Trek to Deng (1860m)-

After an easy climbing we will reach at a chautara from where we can see good views of Shringi Himal to the north. On the way ahead; we will cross suspension bridges and walk through pine forest. It is a 6 hours walking.

Day 12: Trek to Namrung (2560m)

When we trek ahead westwards, the same of local houses seem of dry-stone structure and architecture of houses are influence of Tibet. We will see many Mani walls, chorten, buckwheat and barley fields. It is a 5- 6 hours walking.

Day 13: Trek to Sama (3620m)

Today we will leave Namrung by crossing a small river known as Therang Khola. As we just walk for a while, we will see a waterfall. As we just arrive at a place called Lho (3180m); we will spend our some time by enjoy the view of Mt. Manaslu and its surroundings. It is a 6 hours walking.

Day 14: Rest day or acclimatisation day....

Explore the village and gompas or visit Birendra Kund for reflections of Mt. Manaslu and its northern icefall.

Day 15: Trek to Samdo (3875m)

Samdo is a Tibetan refugee settlement of about 40-50 houses.

Today we walk through the grassy Khakas (yak pasture land), which is parallel to the Budhi Gandaki river. After about an hour walking, we will reach summer herding area of Kermo Kharaka from where we can see an excellent view of Mt. Manaslu. It is a 3-4 hours walking.

Day 16: Trek to Larkey Phedi (Dharmasala)- 4460m.

The trail descends to a river by crossing a bridge over the Gyala Khola. Today we will see a view of Larkye Peak and North face of Mt. Manaslu. It is a 3-4 hours walking.

Day 17: Trek to Bimthang (3590m) via Larkye Pass (5135m)

Today is the longest and toughest day of the whole trek and also the day to see the magnificent views of the Himalayas including Mt. Himlung, Cheo Himals, Gyagi Kang and Annapurna III. It is about an 8 hours walking.

Day 18: Trek to Tilje (2300m) or Dharapani

Today we may see good view of west face of Mt. Manaslu if weather is good enough. The trail descends steeply down through rhododendron and pine forest. It is a 6- 7 hours walking.

Day 19: Drive to Beshisahar (35 k.m, bumpy road) and another 175 km drive to Kathmandu through the nice highway. Overnight at hotel, inclusive of breakfast.

Day 20: Departure. Transfer to airport to board your flight back home. ***End of services***

COST DETAILS

Cost Includes

- Airport / Hotel / Airport pick up & drop off by car / Van / Bus.
- Sightseeing in Kathmandu as per the above program.
- 3 nights twin sharing accommodation at standard hotel in Kathmandu (2 - 3*) inclusive of breakfast.
- An experienced Guide (trained by Ministry of tourism), required number of porters, their food, accommodation, salary, insurance, equipments.
- Surface Transfer to and from Kathmandu by private car /Jeep or Mini Bus.
- Accommodation at guest houses with full board meal.
- Manaslu Trekking Permit, Manaslu Conservation permit, Annapurna conservation permit and all necessary permits.
- Tourist service charge, Vat.
- Office Service charge.

Cost Excludes

- Any meals in Kathmandu other than breakfast.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist).
- International air fare to and from Nepal.
- Nepal Tourist Visa fee US\$ 25 or equivalent foreign currency with multiple entry for 15 days, US\$ 40 or equivalent foreign currency with multiple entry for 30 days. You may easily issue the visa upon your arrival at Tribhuwan International Airport - Kathmandu.
- Items of a personal nature.
- Any kind of alcoholic drinks, cold drinks, laundry, phone call, internet.
- Personal equipments like sleeping bag and down jacket.
- Tips for guide, porters, driver.

NOTE: *Tipping is expected but it is not mandatory.*