



Marvel Treks & Expedition Pvt. Ltd.

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Manaslu Circuit with Tsum Valley Trek

Remote peaks, sacred villages, unforgettable views

Duration: 14 Days

Max Altitude: 4,560 m (Manaslu Base Camp)

Trek Grade: Moderate to Strenuous

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu & Teahouses along the trek

Best Season: March–May | September–November

Group Type: Private or Group Joining



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Overview

The Manaslu Circuit with Tsum Valley Trek is a breathtaking high-altitude adventure in the Mansiri Himal region, combining the classic Manaslu Circuit with the cultural richness of the hidden Tsum Valley. This trek offers panoramic Himalayan views, remote Tibetan-style villages, and serene landscapes with glacial rivers, high passes, and sacred monasteries.

It is perfect for trekkers looking for a less crowded experience, deep cultural immersion, and spectacular scenery along one of Nepal's most famous trekking routes.

Trip Highlights

- Explore the sacred and remote Tsum Valley with traditional Tibetan culture
- Cross the challenging **Larkya La Pass (5,160 m)** on the Manaslu Circuit
- Visit **Mu Gompa**, one of the highest monasteries in the region
- Enjoy panoramic views of **Manaslu (8,163 m)**, **Himalchuli**, and **Ganesh Himal**
- Trek through pristine forests, alpine meadows, and terraced villages
- Experience traditional hospitality in teahouses along the trail

Itinerary

Day 1: Drive Kathmandu → Soti Khola (700 m)

Drive from Kathmandu through scenic valleys to Soti Khola. Duration: 8-10 hours. Overnight in a lodge.

Day 2: Trek Soti Khola → Machha Khola (869 m)

Begin trekking along the Budhi Gandaki River, passing small villages and farmland. Duration: 6-7 hours. Overnight in a teahouse.

Day 3: Trek Machha Khola → Jagat (1,340 m)

Trek through lush forests, suspension bridges, and rural settlements. Duration: 6-7 hours. Overnight in a teahouse.

Day 4: Trek Jagat → Chhekampar (1,610 m)

Ascend gradually along river valleys with views of cliffs and waterfalls. Duration: 6-7 hours. Overnight in a teahouse.

Day 5: Trek Chhekampar → Chule (2,180 m)

Trek through terraced fields and traditional villages. Duration: 6-7 hours. Overnight in a teahouse.



Day 6: Trek Chule → Philim (Tsum Valley Entrance, 1,530 m)
Enter the sacred Tsum Valley. Trek through ancient villages with Buddhist monasteries.
Duration: 5-6 hours. Overnight in a teahouse.

Day 7: Trek Philim → Chhokang Paro (2,230 m)
Trek deeper into Tsum Valley, passing Mani walls and remote settlements. Duration: 5-6 hours. Overnight in a teahouse.

Day 8: Trek Chhokang Paro → Mu Gompa → Chhokang Paro → Philim
Day hike to Mu Gompa (3,500 m), one of the highest monasteries, and return to Philim.
Duration: 5-6 hours. Overnight in a teahouse.

Day 9: Trek Philim → Namrung (2,630 m)
Exit Tsum Valley and continue along the Budhi Gandaki valley, surrounded by snow-capped peaks. Duration: 5-6 hours. Overnight in a teahouse.

Day 10: Trek Namrung → Lho (3,180 m)
Ascend through alpine terrain and remote villages. Duration: 6-7 hours. Overnight in a teahouse.

Day 11: Trek Lho → Samagaun (3,530 m)
Trek to the base of Manaslu, passing small settlements and farmland. Duration: 5-6 hours. Overnight in a teahouse.

Day 12: Trek Samagaun → Manaslu Base Camp → Samagaun
Full-day trek to Manaslu Base Camp (4,560 m) with panoramic views of Manaslu and nearby glaciers. Return to Samagaun. Duration: 6-7 hours. Overnight in a teahouse.

Day 13: Trek Samagaun → Dharamsala / Bimtang
Trek across high alpine trails, passing Dharamsala (4,460 m) and descend to Bimtang (2,430 m). Duration: 6-7 hours. Overnight in a teahouse.

Day 14: Drive Bimtang → Dharapani → Kathmandu (1,350 m)
Drive back to Kathmandu through scenic valleys. Duration: 10-12 hours. End of trek.



All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.



- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.



11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

Fitness Level: This trek is moderate to strenuous, suitable for trekkers with prior trekking experience. It involves long trekking days, high-altitude travel, and crossing the Larkya La Pass (5,160 m). Proper physical training and endurance preparation are recommended.

Altitude Sickness: With maximum altitude above 5,000 m, the risk of acute mountain sickness (AMS) is significant. The itinerary includes acclimatization days. Trekkers must follow the guide’s instructions, monitor symptoms, and descend immediately if feeling unwell.

Weather Conditions: Weather in the Manaslu region can change rapidly, especially at higher elevations. Snow, cold temperatures, and strong winds are common near the pass. Spring and autumn offer the clearest skies and best trekking conditions.

Accommodation: Lodging is in teahouses along the trail. Facilities are basic at higher altitudes, so trekkers should carry essential items, warm clothing, and personal gear.

Luggage Limits: Porters are available for hire. Trekkers should pack light (10–12 kg maximum) for the trek, as supplies are limited in remote areas.

Cultural & Environmental Notes: The trail passes through Tsum and Manaslu valleys, with Tibetan-style villages and Buddhist monasteries. Visitors are encouraged to respect local customs, traditions.

