

Manaslu & Tsum

REGION	Gorkha · Sacred Hidden Valley
DURATION	18 days
MAX ALTITUDE	5,106 m
GRADE	Strenuous
SEASON	Mar-May · Sep-Nov
FROM	from \$2,750

Overview

A circuit round the eighth-highest peak

The full loop around Manaslu plus a detour into the sacred Tsum valley - a hidden Buddhist enclave of mani walls and gompas, finishing over the snowbound Larkya La pass.

Manaslu, the world's eighth-highest mountain, is ringed by a restricted circuit that still sees a fraction of the Annapurna crowds. We add the sacred Tsum valley - a sealed-off pocket of Tibetan Buddhism where hunting is forbidden and the old ways hold.

Our 18-day route climbs from rice terraces to high alpine country and crosses the 5,106 m Larkya La, one of the most dramatic pass days in Nepal.

Highlights

- Full Manaslu circuit
- Sacred Tsum valley detour
- Larkya La (5,106 m) pass
- Restricted, low-traffic trails

Itinerary

Day 1 - Drive -> Machha Khola

Drive west into Gorkha and start up the Budhi Gandaki.

Day 2 - Into Tsum

Branch off into the sacred hidden valley and its gompas.

Day 3 - Onto the circuit

Rejoin the main circuit and climb toward Samagaun.

Day 4 - Larkya La

Cross the high snow pass into the Bimthang valley.

Day 5 - Descent & return

Drop to Dharapani and drive back out.

What's included

- Manaslu & Tsum restricted permits
- Licensed guide + support crew & porters
- Teahouse accommodation
- All ground transport from the trailhead
- Pre-trip briefing & gear check
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026