

Manaslu & Tsum Valley Trek

REGION	Gorkha · Sacred Hidden Valley
DURATION	20 days
MAX ALTITUDE	5,160 m
GRADE	Strenuous
SEASON	Mar-May · Sep-Dec
FROM	from \$5,000

Overview

A circuit round the eighth-highest peak

The Manaslu Tsum Valley Trek is a 20-day journey through two of Nepal's most restricted and least-visited regions, blending deep Buddhist heritage with dramatic high-altitude scenery.

Tsum Valley sits apart from the main Manaslu trail, cradled in a horseshoe of peaks - Ganesh Himal and Sringi Himal among them - where the Shar Khola and Budhi Gandaki rivers meet. Monasteries such as Mu Gompa (3,700m) and Rachen Gompa have watched over this landscape for centuries, preserving Tibetan Buddhist tradition largely undisturbed by the outside world.

From Kathmandu, the route runs up the Budhi Gandaki valley through Jagat, Lokpa, Chumling, Chhokangparo, and Nile, each stop revealing more of the region's monasteries, prayer flags, and unhurried village life. A side visit to the Milarepa Piren Phu Cave, a sacred meditation site, adds further depth to the cultural experience.

Leaving Tsum Valley, the trail rejoins the Manaslu route through Deng, Namrung, and Sama Gaon, where Mount Manaslu fills the skyline. A rest day at Sama Gaon allows time to explore Pungyen Gompa or hike to Manaslu Base Camp before pushing on to Dharamsala, the staging point for Larkya La.

The trek's high point comes at Larkya La Pass (5,160m), with sweeping views of Himlung Himal, Manaslu, and Annapurna II. The descent into Bhimtang crosses into the Annapurna Conservation Area, through forests and alpine meadows, before the final stretch to Tal and the drive back to Kathmandu.

Note on Permits

A special permit is required for both the Manaslu and Tsum Valley restricted areas, and this must be arranged in Kathmandu using your original passport and a valid Nepali visa. This itinerary includes a dedicated day in Kathmandu for permit processing, a trip briefing, and a gear check before setting out on the trek.

Highlights

- Scenic drive from Kathmandu into the Budhi Gandaki gorge
- Mu Gompa and Lungdang Gompa in the Tsum Valley
- Milarepa Piren Phu Cave, the most sacred cave in Tsum Valley
- Dephyudonma and Rachen Monastery, among the oldest in the valley
- A full circuit around Mt Manaslu (8,163m)

- Optional side trip to Birendra Lake, Punhyen Glacier, or Manaslu Base Camp
- Panoramic views of Manaslu, Himchuli, Ganesh Himal, and peaks along the Nepal-Tibet border
- Crossing Larkya La Pass (5,160m), one of the longest passes in the Himalayas
- The cultural blend of Tibetan Nupri and Gurung communities
- Ancient stupas, monasteries, and an age-old trading route to Tibet
- A quiet, less-crowded alternative to Nepal's classic circuits

Itinerary

Day 1 - Arrival in Kathmandu

Arrive at Tribhuvan International Airport, Kathmandu, where you'll be transferred to your hotel. Depending on your arrival time, the rest of the day is free to rest, explore the streets of Thamel, or simply acclimatize to Nepal. In the evening, a short welcome briefing will cover a general overview of the days ahead.

- Overnight: Hotel in Kathmandu
- Meals included: None (or as arranged with your hotel)

Day 2 - Permit Preparation & Trip Briefing, Kathmandu

This full day is set aside for the paperwork that makes the trek possible. Your original passport and Nepali visa are needed to process the special Manaslu and Tsum Valley restricted area permits, along with the Manaslu Conservation Area and Annapurna Conservation Area permits. You'll also have a detailed trip briefing and a thorough gear check to make sure you're properly equipped for the altitude and conditions ahead - with the option to rent or purchase any last-minute items in Kathmandu.

- Overnight: Hotel in Kathmandu
- Meals included: Breakfast

Day 3 - Drive from Kathmandu to Machha Khola (890m / 2,965ft) Driving hours: approx. 8-9 hours (170km)

Setting off early, the drive follows the Prithvi Highway west out of Kathmandu, past terraced hillsides, fast-flowing rivers, and forested slopes. After crossing the Trishuli River at Dhading Bensi, the road continues to Arughat and follows the Dorandi Khola north toward Gorkha, offering fine views of Manaslu and Ganesh Himal along the way. Beyond Soti Khola the road narrows and grows rougher as it climbs into the Budhi Gandaki valley, passing through a string of small villages before reaching Machha Khola, where the trek proper begins the next morning.

- Overnight: Lodge in Machha Khola
- Meals included: Breakfast, Lunch, Dinner

Day 4 - Trek from Machha Khola (890m / 2,965ft) to Jagat (1,400m / 4,593ft) Trek distance: 22km / 13.7 miles

The trail crosses the Tharo Khola and climbs to Khola Beni, following a dramatic stretch of gorge scarred by waterfalls and old landslides. Past the small village of Kholabesi, a natural hot spring at Tatopani ("hot water" in Nepali) makes a welcome stop. From there the path crosses the Budhi Gandaki on a suspension bridge, skirts another landslide near Dobhan, and climbs stone steps through Thado Bharyang before reaching Jagat - the entry checkpoint to the Manaslu Conservation Area, where permits are registered with the local police post.

- Overnight: Lodge in Jagat
- Meals included: Breakfast, Lunch, Dinner

Day 5 - Trek from Jagat (1,400m / 4,593ft) to Lokpa (2,040m / 6,693ft) Trek distance: 17.5km / 10.8 miles,

The trail climbs over a ridge into the restricted Manaslu region at Salleri, then follows the riverbank before crossing the Budhi Gandaki on a long suspension bridge. The valley widens toward Philim,

and past Ekle Bhatti the path splits - one branch continuing to the main Manaslu circuit, the other climbing toward Tsum Valley. Following the Tsum route, the trail rises through several villages to Lokpa, the first village in the valley, with clear views of the Manaslu range and, on a good day, Himalchuli and Boudha Himal.

- Overnight: Lodge in Lokpa
- Meals included: Breakfast, Lunch, Dinner

Day 6 - Trek from Lokpa (2,040m / 4,493ft) to Chumling (2,386m / 6,692ft) Trek distance: 6.3km / 3.9 miles

A short but scenic day. The trail descends first into the Lungwa river valley, then climbs through subtropical forest thick with rhododendron and pine - there are no villages along this stretch. After crossing the Syar Khola, the trail arrives at Chumling, home to three monasteries (Panago Gumba, Mani Dhungyur, and Gurwa Gumba) and, from its upper reaches, good views of Ganesh Himal.

- Overnight: Lodge in Chumling
- Meals included: Breakfast, Lunch, Dinner

Day 7 - Trek from Chumling (2,386m / 6,692ft) to Chhokangparo (3,010m / 9,875ft) Trek distance: 8.4km /

Today the trail enters the upper Tsum Valley, following the Syar River down to Domje, the valley's largest settlement, before climbing on to Chhokangparo. On clear days, Himalchuli and Ganesh Himal dominate the skyline. Chhokangparo is home to the Tibetan "Tsombo" community, known for their hospitality and butter tea.

- Overnight: Lodge in Chhokangparo
- Meals included: Breakfast, Lunch, Dinner

Day 8 - Trek from Chhokangparo (3,010m / 9,875ft) to Nile (3,361m / 11,026ft) via Milarepa Piren Phu Cave

A shorter day rich in cultural detail. After passing Ngakyu Leru's fertile farmland and the village of Lamagaon, the trail reaches Milarepa Piren Phu Cave - the "pigeon cave" and one of the most sacred sites in Tsum Valley, said to bear the footprint of the saint Milarepa. Two gompas are built into the rock here, decorated with murals and old prayer flags. From the cave, the trail crosses the Shiar River on a suspension bridge and continues through several villages to Nile.

- Overnight: Lodge in Nile
- Meals included: Breakfast, Lunch, Dinner

Day 9 - Trek from Nile (3,361m / 11,026ft) to Mu Gompa (3,700m / 12,139ft) Trek distance: 7.9km / 4.9 miles

A short climb along the valley's west bank, close to the Tibetan border, leads through yak pastures and dry, arid terrain typical of the trans-Himalayan zone. Mu Gompa, the highest point of the Tsum Valley section, is marked by rows of chortens and sweeping mountain views. Nearby Dhephu Doma Gompa, one of the oldest monasteries in the valley, is well worth the short detour.

- Overnight: Lodge in Mu Gompa
- Meals included: Breakfast, Lunch, Dinner

Day 10 - Trek from Mu Gompa (3,700m / 12,139ft) to Chhokangparo (3,010m / 9,875ft), Duration: approx.

The descent begins, passing Rachen Gompa - a monastery near the Nepal-Tibet border, ringed by towering peaks - before continuing through Chhule and Phurbe. The trail then drops through forest back to Chhokangparo.

- Overnight: Lodge in Chhokangparo
- Meals included: Breakfast, Lunch, Dinner

Day 11 - Trek from Chhokangparo (3,010m / 9,875ft) to Chumling (2,386m / 7,827ft), Duration: 6-7 hours

The descent continues via Gho, crossing a suspension bridge and passing through Rainjam village before dropping back down into Tsum Valley to reach Chumling.

- Overnight: Lodge in Chumling

- Meals included: Breakfast, Lunch, Dinner

Day 12 - Trek from Chumling (2,386m / 7,827ft) to Deng (1,860m / 6,101ft), Duration: 6-7 hours

An easier descending day along the Shair Khola to Lokpa, often passing flocks of grazing sheep and goats. Beyond Lokpa, the trail crosses the Budhi Gandaki on a solid bridge, enters a narrow gorge, and climbs and drops repeatedly through the valley. After a suspension bridge crossing near Nupri and a stretch of bamboo forest, the trail reaches the Gurung village of Deng.

- Overnight: Lodge in Deng
- Meals included: Breakfast, Lunch, Dinner

Day 13 - Trek from Deng (1,860m / 6,101ft) to Namrung (2,900m / 9,512ft), Duration: 6-7 hours

From Deng, the trail climbs to Rana and on to Bhiphedi, crossing the Serang Khola as it winds in and out of the valley's canyons. Beyond Ghap, the terrain steepens through bamboo and rhododendron forest, with several river crossings, before reaching Namrung - the gateway to the Nupri region, home to communities of Tibetan descent.

- Overnight: Lodge in Namrung
- Meals included: Breakfast, Lunch, Dinner

Day 14 - Trek from Namrung (2,900m / 9,512ft) to Sama Gaon (3,530m / 11,581ft) Trek distance: 17.7km / 11.0 miles

A long, rewarding day. The trail passes numerous mani walls, gompas, and small villages, opening out at Sho village with fine views of Manaslu and Manaslu North. Following the right bank of the river, the route offers glimpses of Peak 29 before climbing through forest to Shyala, where Phungi, Manaslu, and Himalchuli come into view. From Shyala, the trail continues to Sama Gaon, a village built around yak herding, potatoes, and barley, with its own historic monastery.

- Overnight: Lodge in Sama Gaon
- Meals included: Breakfast, Lunch, Dinner

Day 15 - Rest & Acclimatization Day in Sama Gaon (3,530m / 11,581ft)

A full day built in for acclimatization before the push toward the pass. Sama Gaon itself is worth exploring, with thousands of carved mani stones scattered through the village. Optional excursions include a hike to Manaslu Base Camp (roughly 8 hours round trip) for close-up views of the Manaslu Glacier and turquoise Birendra Lake, or a shorter visit to Pungyen Gompa, set beneath the mountain's east face, along with a nearby cave gompa and hot springs.

- Overnight: Lodge in Sama Gaon
- Meals included: Breakfast, Lunch, Dinner

Day 16 - Trek from Sama Gaon (3,530m / 11,581ft) to Larkya La Phedi / Dharamsala (4,460m / 14,632ft) Trek distance: 12.5km / 7.8 miles

An early start leads through terraced fields and old mani walls to Samdo, crossing the Budhi Gandaki on a wooden bridge. Beyond Samdo, another mani wall marks the start of the climb toward Larkya La, passing two stream crossings and views of the Larkya Glacier. The trail rounds the Salka Khola valley before reaching Dharamsala - a basic stone resting place also known as Larkya La Phedi - where the group overnights ahead of the pass crossing.

- Overnight: Basic dormitory / tented accommodation at Dharamsala
- Meals included: Breakfast, Lunch, Dinner

Day 17 - Cross Larkya La Pass (5,160m / 16,929ft) to Bhimtang (3,720m / 12,205ft) Trek distance: 24.5km / 15.2 miles

The longest and most demanding day of the trek. Leaving Dharamsala well before dawn, the trail crosses moraine, passes a small lake, and climbs steep, indistinct grassy slopes toward a ridge marked by cairns, where the pass's prayer flags first come into view. Beyond four frozen lakes, a final steep climb reaches Larkya La at 5,160m, opening onto panoramic views of Himlung Himal, Cheo Himal, Kanguru, Manaslu, and Annapurna II. The long descent follows the moraine west through steep switchbacks, easing onto gravel and grassland before reaching the meadows around Bhimtang.

- Overnight: Lodge in Bhimtang
- Meals included: Breakfast, Lunch, Dinner

Day 18 - Trek from Bhimtang (3,720m / 12,205ft) to Gho (2,550m / 8,367ft) Trek distance: 10km / 6.2 miles

The trail crosses moraine and descends to the headwaters of the Dudh Khola, then enters pine and rhododendron forest en route to Hompuk. This stretch of forest, alive with multi-colored rhododendron, is also home to sheep, horses, and monkeys, with fine views of Phungi, Manaslu, and Himlung Himal along the way. After Sangore Kharka meadow and a landslide crossing, the trail climbs a prayer-flag-draped ridge before descending to the riverside village of Gho.

- Overnight: Lodge in Gho
- Meals included: Breakfast, Lunch, Dinner

Day 19 - Trek from Gho (2,550m / 8,367ft) to Tal (1,700m / 5,577ft) Trek distance: 13km / 8 miles, Duration

A day of gentle ups and downs through fields and patches of forest. The trail passes through Tiliye, a multiethnic village entered via a stone arch, then crosses the Dudh Khola. As the Marsyangdi Valley opens up, the trail passes Thonje and the suspension bridge to Dharapani before following the sandy banks of the Marsyangdi River to Tal - a Buddhist village marked by prayer flags, mani walls, and chortens.

- Overnight: Lodge in Tal
- Meals included: Breakfast, Lunch, Dinner

Day 20 - Drive from Tal to Besisahar, then on to Kathmandu, Driving hours: approx. 9-10 hours

A local jeep or bus carries the group from Tal to Besisahar in around 4-5 hours, passing through Bhulbhule and Khudi. From Besisahar, the journey continues back to Kathmandu along the Marsyangdi and Trishuli rivers before joining the Prithvi Highway east - a last chance to take in terraced farmland and distant snow peaks before the trip concludes.

- Meals included: Breakfast, Lunch

What's included

- Private transfer to and from Kathmandu Airport and your hotel
- Transportation from Kathmandu to Machha Khola (trek start), and from Tal (trek end) to Besisahar, then back to Kathmandu by local bus.
- Hotel accommodation in Kathmandu on Day 1 and Day 2
- Teahouse/lodge accommodation during the trek (generally twin-sharing rooms)
- Full-board meals during the trek (breakfast, lunch, and dinner) with one main course per meal
- Water purification tablets for safe drinking water.
- Seasonal fresh fruit daily.
- Government-licensed, English-speaking trek leader/guide, and porter to carry luggage (one porter per two trekkers, 9kg luggage limit per trekker).
- Guide and porter costs, meals, insurance, salary, lodging, transportation, and necessary equipment.
- Manaslu and Tsum Valley Special Permits, plus Manaslu Conservation Area Permit.
- Annapurna Conservation Area Permit (ACAP).
- All applicable government and local taxes.
- Rescue operation arrangements in case of a medical emergency.
- Medical kit, including an oximeter for monitoring blood oxygen saturation at altitude.

Not included

- International flight costs
- Accommodation in Kathmandu beyond what's listed, including any extra nights due to early arrival, late departure, or early return from the trek
- Meals in Kathmandu beyond what's listed
- Tips for guide and porters
- Nepal entry visa fee (payable at Tribhuvan International Airport)
- Travel insurance covering emergency high-altitude rescue and evacuation (compulsory)
- Personal expenses: shopping, snacks, bottled/boiled water, hot and cold drinks, hot showers, alcohol, Wi-Fi, phone calls, battery charging, laundry, extra porters, etc.
- Personal clothing and trekking gear
- Excess baggage charges beyond the 9kg per-person limit
- Any additional costs from circumstances beyond reasonable control - landslides, weather delays, itinerary changes for safety, illness, government policy changes, strikes, etc.
- Anything not explicitly listed under "Cost Includes"

Available departures

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