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Manaslu Tsum Valley Trek

URL: <https://nepalbasecamptreks.com/trip/manaslu-tsum-valley-trek/>

Trip Code

NBT 040

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu/ Kathmandu

Duration

14

Per Person From

USD 980

Accommodation

Tea Houses

Region

Manaslu Region Treks

Max. Altitude

3800m

Nature Of Trek

Tea House to Local Basis

Best Season

September, November, March, May

Activity Per Day

5-7 hrs

Transportation

Local Express Bus or Jeep

Tea Houses

B, L, D

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Manaslu Tsum Valley Trek

Manaslu Tsum Valley Trek of Happiness, the name translates from Tibetan language means “Beyul Kyimolung” for valley of happiness where the local migrated from Tibet some 300 years ago bringing in rich culture and custom where the Tibetan origin religion and custom still retains to this day around this high hidden country of Tsum Valley.

Nepal Base Camp Treks with perfect planning introduce this fabulous and least explored area of Manaslu Tsum Valley of Happiness trekking, where our expert guides will show you're the wonders of this remote and isolated Tsum village located on the laps of great Ganesh Himal or Yangri in local language and in Tibetan, as Manaslu Tsum Valley was an earlier trading route of Nepal and Tibet, where the exchange and movement of people still continues to this day.

Our journey to Manaslu Tsum Valley Trek of Happiness leads on the same route of Manaslu trail for few days, and then our adventure diverts towards hidden and complete wilderness to reach fascinating villages of Chumling, Chokhan-paro, Nele and around high Mu Gompa including a visit of Rachen Gompa where you will be spellbound with its dynamic scenery of mountains and dramatic landscapes trekking in himalaya.

After exploring its rich cultural villages and old interesting monasteries, our journey concludes heading back following the raging Buri-Gandaki River downstream to warmer areas of Arughat and Soti-Khola villages for the drive towards Kathmandu with fond memories and fantastic time in and Around Manaslu Tsum Valley of Happiness.

Trip Itinerary

Day 1: Drive to Machha khola & Short Trek to Hotel

Morning walk leads to slow descent towards river banks with number of small tea shops and coming across mule trains on its way to Machhakhola and beyond, our journey continues using the Nepalese traditional stone paved staircase, then crossing over Nauli Khola (stream) with a view of cascading waterfalls and reaching at Khanigaon. From this small farm village with few hours of walk leads to a bridge over Machha khola after crossing the suspension bridge a short ascent to reach our overnight stop at Machha Khola village, a small settlement with stream for fishing smaller fishes, as this village is named after macha meaning fish river or stream.

Trek Distance:

160 km / 99 mi (via

Trek Duration

Drive 8-10 Hours

Highest Altitude:

869 m / 2,851 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Machha Khola Guest House in Machha Khola

Day 2: Trek to Jagat

From Jagat, morning walk leads to higher areas passing scattered farm villages with short climb and downhill to cross over a bridge to reach at Nagjet and Philim, a large village with spread-out farm houses. After Philim walk through farm terraces of golden fields of wheat and barley, then a climb on

rocky ridge top into bamboo forest area to our overnight stop at Lakuwa on leaving the main trail of Manaslu trekking route.

Trek Distance:

22 km / 13.7 mi

Trek Duration

6-8 Hours

Highest Altitude:

1,340 m / 4,396 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Jagat Guest House in Jagat

Day 3: Trek to Lokpa

In the morning, we set out along the Manaslu Circuit Trek route. After lunch, we branch off toward the trail that leads into the Tsum Valley. The path winds alongside rivers and streams, taking us through dense forests and the charming villages of Salleri and Siribass.

We then arrive at Philm, a larger settlement inhabited by the Gurung people, before continuing to the smaller hamlet of Ekle Bhatti. From here, the trail leads us into a scenic river gorge and across the Budhi Gandaki River once again.

By now, the entrance to the Tsum Valley comes into view, hinting at the journey ahead. Before we enter it tomorrow, we settle in for the night at Lokpa, where stunning views of Himalchuli and Boudha Himal reward our day's efforts.

Trek Distance:

16 km / 10 mi

Trek Duration

7-8 hours

Highest Altitude:

2,240 m / 7,349 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lokpa Guest House in Lokpa

Day 4: Trek to Chumling

After Lakuwa village and leaving the Burigandkai River for a week, our walk heads towards Manaslu Tsum Valley into the valley of happiness, as our route enters narrow gorge then with short descend and uphill climb into rhododendron and pine tree forest walking past small farm villages then climbing above Lungwa Khola to reach at Chumling village for first overnight in Tsum Valley.

Trek Distance:

6.5 km / 4 mi

Trek Duration

5-6 Hours

Highest Altitude:

2,386 m / 7,828 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tashi Delek Guest House in Chumling

Day 5: Trek to Chokhan-paro

From here altitude slowly gains with the mountain views of Ganesh Himal peaks, as the villages and landscapes looks similar to Tibetan windswept plateau. Morning walks with downhill to cross a bridge over Smatiking Khola, with views of Ganesh Himal also known as Yangra at 7,422 m high, walk slowly leads at Chokhan-paro village for overnight stop.

Trek Distance:

10 km / 6.2 mi

Trek Duration

5 Hours

Highest Altitude:

3,010 m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tashi Delek Guest House in Chekhan-paro

Day 6: Trek to Nele 3,361m after a visiting Milereppa cave

After Chokhan-paro heading closer at upper Tsum area to Nele (Ne-lay) starting with a climb onto open valley and windswept country with few small trees that survives around this arid terrain.

Walk continues uphill with views of Ganesh and Manaslu Himal, after a pleasant walk reach at Nele on the way with visit to an old cave of 11th Centaury Saint Milereppa famous and popular among Buddhist as poet, singer, tantric guru his folk-tales and songs are still remembered by Tibetans and Buddhist alike.

Trek Distance:

9 km / 5.6 mi

Trek Duration

5-7 Hours

Highest Altitude:

3,361 m / 11,027 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Nile Lama Hotel in Nile

Day 7: Rest Day/Hike Mu Gompa to explore the local village and monastery.

Rest with free day at Mu Gompa to visit villages and interesting old Mu Gompa with ancient antique scrolls, statue and relics this is one of the most important monastery of Tsum and Manaslu area.

Trek Distance:

7 km / 4.3 mi

Trek Duration

3-4 Hours

Highest Altitude:

3,700 m / 12,139 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Mu Gompa Monastery Guest House

Day 8: Trek to Chekhan-paro via Rachen Gompa

Morning walk starts on reaching the highest point at Mu Gompa and main destination of this adventure, as the walk continues to climb on high arid terrain offering views of high peaks on the way to Mu Gompa for overnight stop.

After an interesting and wonderful time at Mu Gompa return journey visiting another impressive monastery of Rachen Gompa, walk leads on nice path with few short climbs and downhill passing few small villages of cattle herders to reach at Rachen Gompa for overnight stop, afternoon visit Rachen monastery.

Trek Distance:

9 km / 5.6 mi

Trek Duration

4-5 Hours

Highest Altitude:

3,361 m / 11,027 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tashi Delek Guest House in Chekhan-Paro

Day 9: Trek back to Chumling 2,386 m - 06 hours.

Today our last day at Tsum valley, as the morning walk leads to a long descend to Chumling village passing farm areas and then back into tree lines, after a long downhill walk of 6 hours reaching at Chumling village for last overnight stop around Tsum.

Trek Distance:

6.5 km / 4 mi

Trek Duration

4-5 Hours

Highest Altitude:

2,386 m / 7,828 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Dorje Lungpa Hotel in Chumling

Day 10: Trek to Philim

From Chumling village, morning walk downhill following river downstream with views of waterfalls then reaching villages of Samba, Tingding Chhupyang till our walk ends at Philim village for overnight stop.

This is a nice farm village with school supported by Japanese (as Mt. Manaslu was first climbed by Japanese so this area is a favorite among Japanese)

Trek Distance:

14.5 km / 9 mi

Trek Duration

6-7 Hours

Highest Altitude:

1,570 m / 5,151 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Philim Himalaya Lodge in Philim

Day 11: Trek to Tatopani

From here onwards on warmer area with paddy fields, after a breakfast walk leads to Tatopani following Buri Gandaki River through several small villages of Nagjet, Sidibas Bazaar and Jagat. Walk further descends at Yaruphant, then to lower area with dramatic change in vegetation, finally ending six hours walk to our overnight stop at Tatopani a small farm village with hot spring as Tatopani in Nepali means 'hot water', afternoon enjoy the hot springs and relax. The local believes that the spring water have a natural power to cure various disease and wounds.

Trek Distance:

9.5 km / 6 mi

Trek Duration

6 Hours

Highest Altitude:

1,070 m / 3,510 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Everest Guest House in Dovan-Tatopani

Day 12: Trek to Soti Khola

After a nice time at Tatopani and hot spring, morning walk leads to Soti Khola walking along the Budhi

Gandaki River downstream, after hours of good walk reaching at Gurung village of Labubesi, from here walk further through terraced fields and waterfalls to reach our last overnight stop at Soti-khola.

Trek Distance:

18 km / 12 mile

Trek Duration

Trek & Drive 4-6 Hours

Highest Altitude:

710 m

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Tsum Valley Guest House in Soti Khola

Day 13: Drive back to Kathmandu

Catching morning views of snow clad peaks, overland drive leads to a long winding downhill through interesting towns and villages, heading to warmer area and back into rural farm country and villages to reach around farm country of Gorkha and Dhading districts.

After Dhadingbesi area our drive concludes at Kathmandu, then transfer to your hotels around Thamel area, with free afternoon for individual activities.

Trek Distance:

166 km / 103 mi (via

Trek Duration

8-10 Hours

Highest Altitude:

1300m

Meals:

Breakfast and Dinner

Accomodations:

Intenational Guest House in Kathmandu

Day 14: Departure to TIA or Self Explore in Kathmandu

Trek Distance:

6km

Trek Duration

Drive (20-30 Minutes)

Highest Altitude:

1350

Meals:

Breakfast

Cost Includes

- Airport Pick Up by Private Car in Kathmandu
- Kathmandu to Machhakhola to Kathmandu Bus
- All Meals (Breakfast, Lunch and Dinner)
- Followed by Cup of tea or Coffee
- Permits(Normal,Restricted Area,Local Entrance Fees
- Comfortable Accommodations During The Trek
- Experienced, helpful, friendly and English Speaking Guide
- Medical Supplies (first aid kit will be available)
- All Taxes and Service Charges of Company

Cost Excludes

- Visa fee
- Meals in Kathmandu and Pokhara City
- Personal Travelling Insurance
- Porter Additional on Request
- All expenses (not mentioned) during the trek
- wifi, drinking water, hot water to take shower during the trek
- Tipping for tour Guide & Porters

Group Discounts Available

No. of Persons	Price per Person
2 - 3	USD 990
4 - 5	USD 985
6 - 7	USD 980
8 - 9	USD 975
10 - 15	USD 940
16 - 25	USD 890

Address

Nepal Base Camp Treks Pvt. Ltd

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