Manaslu Tsum Valley Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**24 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5160m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,650 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be welcomed and transferred to your hotel in Kathmandu. The rest of the day is free for rest after your international journey. In the evening, a detailed briefing is conducted covering the trek route, safety guidelines, packing checklist, and permit requirements.

Day 2 : Kathmandu Sightseeing and Trek Preparation (1400m)

Altitude: 1,400m

Walk: 5–7 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final preparations and cultural exploration in the Kathmandu Valley. You may visit UNESCO World Heritage Sites such as Swayambhunath (Monkey Temple), Boudhanath Stupa, or Pashupatinath Temple. These visits provide insight into Nepal’s spiritual and cultural heritage before entering the remote Himalayan regions. Meanwhile, your trekking permits for Manaslu and Tsum Valley will be processed, as both are restricted areas requiring special documentation

Day 3 : Drive Kathmandu – Machha Khola (870m)

Altitude: 1,400m – 870m

Walk: 8–10 Hours Drive · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The journey begins with a long but scenic drive from Kathmandu toward Machha Khola. The road passes through Prithvi Highway and continues along rural mountain roads via Arughat. Along the way, you will experience changing landscapes—from terraced hills and river valleys to remote rural settlements. Machha Khola, located beside the Budhi Gandaki River, serves as the official starting point of the trek.

Day 4 : Trek Machha Khola – Jagat (1,340m)

Altitude: 870m – 1,340m

Walk: 6–7 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trekking begins along the Budhi Gandaki River, following narrow trails, suspension bridges, waterfalls, and small Gurung settlements. The route gradually ascends through lush forests and terraced farmlands. Jagat is a checkpoint village where permits are officially verified before entering the restricted Manaslu Conservation Area.

Day 5 : Trek Jagat – Lokpa (2,240m)

Altitude: 1,340m – 2,240m

Walk: 6–7 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Today's trail becomes more remote and forested as you enter deeper into the Budhi Gandaki gorge. After passing Philim and Ekle Bhatti, the trail branches off toward the Tsum Valley route. The climb is steady, with increasingly quiet surroundings and fewer settlements. Lokpa is the first village inside the Tsum Valley region, marking entry into a culturally preserved Tibetan-influenced area.

Day 6 : Trek Lokpa – Chumling (2,386m)

Altitude: 2,240m – 2,386m

Walk: 4–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail descends and crosses suspension bridges before climbing gently into Chumling village. This traditional settlement offers the first deep experience of Tsumba culture. Stone houses, prayer flags, chortens, and monasteries define the landscape. From here, views of Ganesh Himal become visible, enhancing the sense of entering a sacred Himalayan valley.

Day 7 : Trek Chumling – Chhekampar (3,010m)

Altitude: 2,386m – 3,010m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Today's trek follows a gradual ascent through beautiful valleys, forested sections, and ancient mani walls. As you move higher, the cultural atmosphere becomes more distinctly Tibetan. Chhekampar is one of the largest villages in Tsum Valley, offering strong cultural immersion and excellent mountain scenery.

Day 8 : Acclimatization Day in Chhekampar (3,010m)

Altitude: 3,010m – 3,500m

Walk: 3–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

A rest and acclimatization day is spent exploring the surrounding area. Short hikes to nearby viewpoints, monasteries, and sacred sites help with altitude adjustment. You may also interact with local villagers and observe traditional lifestyle practices, including agriculture and Buddhist rituals.

Day 9 : Trek Chhekampar – Nile (3,361m)

Altitude: 3,010m – 3,361m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail continues into upper Tsum Valley, becoming wider and more open with fewer forests and more alpine landscapes. The influence of Tibetan culture becomes even stronger. Nile village offers stunning views of surrounding mountains and serves as the final settlement before Mu Gompa.

Day 10 : Nile – Mu Gompa Excursion – Nile (3,700m)

Altitude: 3,361m – 3,700m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Today is dedicated to visiting Mu Gompa, one of the most important monasteries in the region. The monastery sits in a remote, high-altitude location surrounded by rugged mountains and spiritual silence. After exploring the monastery and meditation caves, you return to Nile for overnight stay.

Day 11 : Exploration Day in Upper Tsum Valley (3,361m)

Altitude: 3,361m

Walk: 3–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

An additional exploration day allows optional visits to nearby sacred caves, meditation sites, or small hermitages used by monks. This day enhances spiritual understanding and provides a deeper connection to the hidden Himalayan culture.

Day 12 : Trek Nile – Chhekampar (3,010m)

Altitude: 3,361m – 3,010m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

You begin descending through the Tsum Valley, retracing your steps past monasteries, mani walls, and traditional villages. The descent allows a different perspective of the landscapes experienced earlier.

Day 13 : Trek Chhekampar – Lokpa (2,240m)

Altitude: 3,010m – 2,240m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail continues descending out of Tsum Valley, eventually rejoining the main Manaslu Circuit route. The environment becomes greener and more forested again as you leave the inner valley.

Day 14 : Trek Lokpa – Deng (1,860m)

Altitude: 2,240m – 1,860m

Walk: 6–7 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

You re-enter the Budhi Gandaki valley and continue along forested trails, crossing suspension bridges and small settlements. Deng marks a culturally diverse area influenced by both Gurung and Tibetan traditions.

Day 15 : Trek Deng – Namrung (2,630m)

Altitude: 1,860m – 2,630m

Walk: 6–7 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail ascends steadily through dense forests and stone villages. Tibetan Buddhist culture becomes more prominent with mani walls and prayer flags lining the route. Namrung offers your first clear and close views of the Manaslu range.

Day 16 : Trek Namrung – Lho (3,180m)

Altitude: 2,630m – 3,180m

Walk: 4–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

Today's trek is shorter but highly scenic. As you approach Lho village, the first full views of Mount Manaslu become visible. The village is culturally rich with monasteries and traditional stone houses.

Day 17 : Trek Lho – Samagaun (3,530m)

Altitude: 3,180m – 3,530m

Walk: 4–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail continues through alpine landscapes and yak pastures. Samagaun is one of the most beautiful villages in the Manaslu region, surrounded by glaciers, mountains, and Buddhist monasteries.

Day 18 : Acclimatization Day in Samagaun (3,530m)

Altitude: 3,530m – 4,800m

Walk: 4–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

A rest day is essential for altitude adjustment. Optional hikes include Manaslu Base Camp or Birendra Lake. These hikes offer breathtaking glacier views and help prepare for higher elevations ahead.

Day 19 : Trek Samagaun – Samdo (3,860m)

Altitude: 3,530m – 3,860m

Walk: 3–4 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

A short and gradual trek leads to Samdo, a Tibetan-influenced village close to the Nepal–Tibet border. The landscape is dry, cold, and dramatic, with wide mountain valleys and strong winds.

Day 20 : Trek Samdo – Dharamsala (4,460m)

Altitude: 3,860m – 4,460m

Walk: 4–5 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

This is the final stop before crossing Larkya La Pass. The environment becomes more rugged and alpine, with limited vegetation. This is a preparation day for the most challenging section of the trek.

Day 21 : Cross Larkya La Pass – Bimthang (5,106m)

Altitude: 4,460m – 5,106m

Walk: 8–9 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The most challenging and rewarding day of the trek. You begin early morning to cross the high pass, walking over snow, ice, and glacier terrain. From the top, panoramic views of Himalayas unfold dramatically before descending into the beautiful valley of Bimthang.

Day 22 : Trek Bimthang – Tilije (2,300m)

Altitude: 5,106m – 2,300m

Walk: 5–6 Hours · Stay: Tea House · Visit: Manasalu - Tsum Valley Region · Meals: Breakfast Lunch Dinner

The trail descends through lush forests, rivers, and traditional villages. The landscape becomes greener and more populated, marking your exit from high-altitude wilderness.

Day 23 : Drive Tilije – Kathmandu (1,400m)

Altitude: 2,300m – 1,400m

Walk: Full Day Drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

A jeep or bus ride takes you from the trekking end point back to Kathmandu via Besisahar. The journey follows scenic rivers and hills, transitioning back to urban life.

Day 24 : Departure (1,400m)

Visit: Nepal · Meals: Breakfast

Final transfer to the airport for your international departure, concluding the Manaslu–Tsum Valley trek

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 12°C
- Day 2 · Kathmandu Sightseeing and Trek Preparation · 1,400 m · day 21°C / night 12°C
- Day 3 · Drive Kathmandu – Machha Khola · 1,400 m · day 21°C / night 12°C
- Day 4 · Trek Machha Khola – Jagat · 870 m · day 24°C / night 15°C
- Day 5 · Trek Jagat – Lokpa · 1,340 m · day 21°C / night 12°C
- Day 6 · Trek Lokpa – Chumling · 2,240 m · day 17°C / night 6°C
- Day 7 · Trek Chumling – Chhekampar · 2,386 m · day 16°C / night 5°C
- Day 8 · Acclimatization Day in Chhekampar · 3,010 m · day 13°C / night 1°C
- Day 9 · Trek Chhekampar – Nile · 3,010 m · day 13°C / night 1°C
- Day 10 · Nile – Mu Gompa Excursion – Nile · 3,361 m · day 11°C / night -1°C
- Day 11 · Exploration Day in Upper Tsum Valley · 3,361 m · day 11°C / night -1°C
- Day 12 · Trek Nile – Chhekampar · 3,361 m · day 11°C / night -1°C
- Day 13 · Trek Chhekampar – Lokpa · 3,010 m · day 13°C / night 1°C
- Day 14 · Trek Lokpa – Deng · 2,240 m · day 17°C / night 6°C
- Day 15 · Trek Deng – Namrung · 1,860 m · day 19°C / night 9°C
- Day 16 · Trek Namrung – Lho · 2,630 m · day 15°C / night 4°C
- Day 17 · Trek Lho – Samagaun · 3,180 m · day 12°C / night 0°C
- Day 18 · Acclimatization Day in Samagaun · 3,530 m · day 10°C / night -2°C
- Day 19 · Trek Samagaun – Samdo · 3,530 m · day 10°C / night -2°C
- Day 20 · Trek Samdo – Dharamsala · 3,860 m · day 9°C / night -4°C
- Day 21 · Cross Larkya La Pass – Bimthang · 4,460 m · day 6°C / night -8°C
- Day 22 · Trek Bimthang – Tilije · 5,106 m · day 2°C / night -12°C
- Day 23 · Drive Tilije – Kathmandu · 2,300 m · day 16°C / night 6°C
- Day 24 · Departure · 1,400 m · day 21°C / night 12°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Tsum Valley restricted Area permits (Issued by Department of Immigration)
- Manaslu restricted Area parmits (Issued b Department of Immigration)

- Manaslu Conservation Area Project (MCAP) permits.
- Local Government entry permts.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/manaslu-tsum-valley-trek/

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