

## **Tsum Manaslu Valley Trek: From Deep Gorges to Sacred Monasteries in the Himalayas**

### **Overview:**

Tsum Valley and Manaslu Trekking is one of Nepal's most unique and culturally rich Himalayan journeys, combining remote mountain landscapes, ancient Tibetan heritage, and breathtaking views of the Manaslu region. Located in the northern Gorkha district near the Tibetan border, the trek takes you into the secluded Tsum Valley, a sacred Himalayan valley known for its centuries-old monasteries, traditional villages, and untouched natural beauty.

Often referred to as the "Hidden Valley of Happiness," Tsum Valley remained isolated from the outside world for generations, preserving its unique culture, traditions, and spiritual way of life. The trail leads through remote settlements, Buddhist monasteries, mani walls, prayer flags, and high mountain landscapes where Tibetan Buddhism remains deeply rooted in everyday life.

The journey combines the cultural richness of Tsum Valley with the spectacular scenery of the Manaslu region, offering close-up views of some of the Himalaya's most impressive peaks, including Mount Manaslu (8,163 m), Himalchuli, Ngadi Chuli, Ganesh Himal, and other surrounding mountains. From lush lower valleys and terraced hillsides to high alpine landscapes, the trek showcases Nepal's incredible geographical diversity.

Unlike Nepal's more crowded trekking routes, the Tsum Valley and Manaslu region offers a peaceful and authentic Himalayan experience. The restricted nature of the area helps preserve its traditional lifestyle, making the trek ideal for those seeking a deeper connection with local culture, nature, and the true spirit of mountain exploration.

The trail passes through diverse landscapes, including forests, rivers, remote mountain villages, and high-altitude terrain, providing a rewarding challenge for trekkers. The combination of gradual altitude gain, cultural encounters, and spectacular Himalayan scenery makes this trek a complete adventure for those looking beyond the classic trekking routes of Nepal.

Tsum Valley and Manaslu Trekking is more than just a Himalayan journey; it is an exploration of a hidden world where ancient traditions, spiritual heritage, and dramatic mountain landscapes come together. With careful planning, proper acclimatization, and experienced local support, this trek offers an unforgettable experience in one of Nepal's most extraordinary and least-explored regions.

**Quick facts:**

**Cost:** USD per Person

**Destinations:** Machhakhola / Lokpa / Nile / Mu Gompa / Namrung / Samagaon / Dharmasala / Bhimthang / Larkya La Pass / Bhimthang / Jagat

**Duration:** 20 Days

**Trek starting point:** Machhakhola

**Trek ending point:** Jagat

**Grade:** Moderate

**Transportation:** Private vehicle / local jeep

**Accommodation:** tea house, tourist standard hotel in Kathmandu

**Max altitude:** 5,160 m

**Activities:** Hiking & trekking, sightseeing

**Best seasons:** March, April, May, October, September and November

**Please do not forget to carry the following items with you:**

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

## PROGRAM ITINERARY

### □ **Day 1: Arrival at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

### □ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight stay at a hotel.

### □ **Day 3: Drive from Kathmandu to Machhakhola (930 m): 8 – 10 hours**

After an early breakfast, we will begin our scenic drive from Kathmandu (1,400 m / 4,600 ft) toward Machhakhola (approximately 930 m / 3,051 ft), the gateway to the Manaslu region. The journey takes around 8 – 10 hours, depending on road and traffic conditions, and offers an exciting transition from the busy capital into the remote Himalayan foothills. Leaving Kathmandu Valley behind, the road follows the winding Trishuli River before continuing alongside the Budhi Gandaki River, passing through traditional villages, terraced farmland, waterfalls, and dense green hills.

As we travel deeper into the countryside, the scenery gradually changes from urban landscapes to rugged mountain terrain with occasional views of snow-capped peaks in the distance. The drive includes both paved highways and rough mountain roads, adding a sense of adventure to the journey. Along the way, we will pass through small roadside towns and local settlements where we can stop for tea breaks and lunch while experiencing rural Nepali life.

Upon reaching Machhakhola, a small riverside village nestled beside the Budhi Gandaki River, we can relax and prepare for the trekking days ahead. The peaceful surroundings, fresh mountain air, and sound of the rushing river create a perfect introduction to the Manaslu trekking region. Overnight at a guesthouse in Machhakhola.

▣ **Day 4: Trek from Machhakhola to Jagat (1,340m) : Walking Distance: 14 – 15km | 6 – 7 hours**

After breakfast, we will begin our trek from Machhakhola to Jagat (1,340 m / 4,396 ft), following the scenic trail along the Budhi Gandaki River. The trek takes around 6 – 7 hours and covers approximately 14 – 15 km (9 miles), offering a rewarding introduction to the Manaslu region with its dramatic river valleys, suspension bridges, waterfalls, and traditional hillside villages.

The trail begins with gentle ascents and descents through lush forests and terraced farmland as we pass small settlements such as Khorlabesi and Tatopani, where natural hot springs can sometimes be seen nearby. Along the route, we will cross several suspension bridges over the roaring Budhi Gandaki River while enjoying impressive views of steep cliffs and cascading waterfalls. The path gradually climbs through narrow valleys and stone staircases, giving us our first real taste of trekking in the Himalayas.

As we approach Jagat, the landscape becomes more rugged and distinctly mountainous. Jagat is a charming stone-paved village that serves as an important checkpoint for trekkers entering the Manaslu Conservation Area. Surrounded by green hills and traditional houses, the village offers a peaceful atmosphere and beautiful mountain scenery. Overnight at a guesthouse in Jagat.

▣ **Day 5: Trek from Jagat to Lokpa (2,240 m): Walking distance : 13 – 15 km | 6 – 7 hours**

Today, we will continue our trek from Jagat (1,340 m / 4,396 ft) to Lokpa (2,240 m / 7,349 ft). The trek takes approximately 6–7 hours and covers about 13 – 15 km (8 – 9 miles) as we move deeper into the remote and less-traveled sections of the Manaslu region.

Leaving Jagat behind, the trail follows stone steps and riverside paths along the Budhi Gandaki River. We will pass through small settlements like Salleri and Sirdibas, where traditional houses, prayer flags, and terraced fields reflect the strong Tibetan-influenced culture of the region. The route gradually becomes more dramatic, with narrow gorges, suspension bridges, waterfalls, and steep cliffs lining the valley.

Continuing onward, we will reach Philim, a larger Gurung village known for its open landscapes and beautiful mountain surroundings. From here, the trail becomes quieter as we enter more remote terrain, where the path toward Lokpa branches off toward the upper Manaslu region and Tsum Valley. The ascent includes forested climbs through pine and bamboo forests, with fewer settlements and a more wilderness-like atmosphere.

Finally, we arrive at Lokpa, a small and peaceful village perched above the river gorge. Surrounded by forested hills and mountain views, Lokpa serves as the gateway to the Tsum Valley and a key stop for trekkers heading further into the Manaslu region. The calm environment and fresh mountain air make it an ideal place to rest and prepare for the next stage of the journey. Overnight at a guesthouse in Lokpa.

▣ **Day 6: Trek from Lokpa to Chumling (2,386 m): Walking distance: 6 – 7 km | 5 – 6 hours**

Today, we will continue our trek from Lokpa (2,240 m / 7,349 ft) to Chumling (2,386 m / 7,828 ft). The trek takes approximately 5 – 6 hours and covers around 6 – 7 km (4 – 4.5 miles) as we enter the culturally rich and secluded Tsum Valley region of the Manaslu Conservation Area.

Leaving Lokpa, the trail descends briefly into a forested gorge before crossing the Siyar Khola River. From here, the path becomes narrower and more remote, with steep ascents through dense pine and rhododendron forests. The surroundings feel increasingly untouched, offering a true sense of wilderness and isolation.

As we continue, we pass through quiet sections of trail with occasional views of dramatic cliffs and waterfalls. The climb is steady but rewarding, with the landscape gradually opening up as we approach the upper valley. Prayer flags and mani walls begin to appear more frequently, signaling the strong Tibetan Buddhist influence of the region.

Finally, we arrive at Chumling, a peaceful hillside village in the lower Tsum Valley. The village offers beautiful views of Ganesh Himal on clear days and is known for its traditional stone houses, monasteries, and welcoming atmosphere. Chumling is an important cultural stop, giving trekkers their first deeper experience of the hidden Tsum Valley lifestyle.

Overnight at a guesthouse in Chumling.

▣ **Day 7: Trek from Chumling to Chhokangparo (3,010 m): Walking Distance: 12 – 14 km | 6 – 8 hours**

On this day, we will continue our trek from Chumling (2,386 m / 7,828 ft) to Chhokangparo (3,010 m / 9,875 ft). The trek takes approximately 5–7 hours and covers about 12 – 14 km (7.5–9 miles) as we ascend deeper into the upper Tsum Valley.

Leaving Chumling, the trail climbs steadily through forested paths, terraced fields, and a series of suspension bridges over the Shiyar Khola. The valley gradually opens up, revealing wider Himalayan views as the landscape becomes more alpine with fewer trees.

Along the way, we pass small settlements such as Rainjam and Gho, where traditional stone houses, mani walls, and prayer flags highlight the strong Tibetan Buddhist influence of the region.

Finally, we arrive at Chhokangparo, a twin village situated on a high plateau with sweeping mountain views. It is one of the most culturally significant settlements in the Tsum Valley and an important acclimatization stop for trekkers heading further north. Overnight at a guesthouse in Chhokangparo.

▣ **Day 8: Trek from Chhokangparo to Nile (3,360 m): Walking Distance: 9 – 11 km | 4 – 6 hours**

On this day, we will continue our trek from Chhokangparo (3,010 m / 9,875 ft) to Nile (3,360 m / 11,027 ft). The trek takes approximately 4 – 6 hours and covers about 9 – 11 km (5.5 – 7 miles) as we move further into the upper Tsum Valley, close to the Tibetan border.

Leaving Chhokangparo, the trail gradually climbs through open alpine terrain with wide views of barren hills, cliffs, and distant snow-capped peaks. The landscape becomes more rugged and high-altitude, with fewer settlements and a stronger sense of remoteness.

We pass through small villages such as Lamagaon and Burji, where ancient mani walls, chortens, and prayer flags reflect the deep Tibetan Buddhist culture of the region. The spiritual atmosphere becomes more prominent as we move further north.

The trail follows a mix of gentle ascents and river-side paths along the Shiyar Khola, with increasingly dramatic scenery as the valley narrows and rises.

Finally, we arrive at Nile, the last major village in the upper Tsum Valley. Surrounded by stark Himalayan landscapes, Nile offers a peaceful high-altitude setting and serves as the gateway to Mu Gompa. Overnight at a guesthouse in Nile.

▣ **Day 9: Trek from Nile to Mu Gompa (3,700 m): Walking Distance: 5 – 7 km | 3 – 4 hours**

On this day, we will continue our trek from Nile to Mu Gompa (3,700 m / 12,139 ft). The trek takes approximately 3 – 4 hours and covers about 5 – 7 km (3 – 4.5 miles) as we ascend into the most remote and spiritual part of the Tsum Valley.

Leaving Nile, the trail climbs steadily through a stark high-altitude landscape with open views of rocky hills, dry terrain, and distant Himalayan peaks. Vegetation becomes very sparse, reflecting the cold and arid environment close to the Tibetan plateau.

Along the way, we pass scattered chortens, mani walls, and prayer flags that mark the sacred nature of the region. The trail is quiet and isolated, with only occasional signs of seasonal herding activity.

Gradually, Mu Gompa comes into view, perched on a hillside surrounded by vast mountain scenery. This ancient monastery is one of the most important spiritual centers in Tsum Valley, offering a deep sense of peace and seclusion.

Finally, we arrive at Mu Gompa, a remote monastic settlement surrounded by dramatic Himalayan landscapes and strong spiritual energy. Overnight at Mu Gompa or nearby lodge.

▣ **Day 10: Trek from Mu Gompa to Chumling (2,386 m): Walking Distance: 18 – 21 km | 7 – 8 hours**

On this day, we will begin our return journey from Mu Gompa (3,700 m / 12,139ft) back to Chumling (2,386 m / 7,828 ft). The trek takes approximately 7 – 8 hours and covers about 18 – 21 km (11 – 13 miles) as we descend through the Tsum Valley.

Leaving Mu Gompa, we descend through the dry, high-altitude landscapes, retracing the trail past Nile with wide views of rugged hills and distant Himalayan peaks. The terrain gradually becomes less harsh as we lose elevation.

From Nile onward, the route continues down through villages like Burji, Lamagaon, and Chhokangparo, where mani walls, chortens, and prayer flags reflect the strong Tibetan Buddhist culture of the region. The trail offers a mix of gentle descents and steeper sections.

After Chhokangparo, the landscape becomes greener and more forested as we descend further. We pass Rainjam and cross suspension bridges over the Shiyar Khola before reaching the lower valley.

Finally, we arrive at Chumling, a quiet hillside village surrounded by forests and mountain views, marking the end of a long but scenic descent. Overnight at a guesthouse in Chumling.

▣ **Day 11: Trek from Chumling to Deng (1,860 m): Walking Distance: 13 – 15 km | 5 – 7 hours**

Today's journey continues from Chumling (2,386 m / 7,828 ft) to Deng (1,860 m / 6,102 ft). The trek takes approximately 5.5 – 7 hours and covers about 13 – 15 km (8–9 miles) as we descend back into the lower Manaslu region.

Leaving Chumling, the trail gradually descends through forested paths of pine and rhododendron, with peaceful surroundings and occasional views of steep valley walls and waterfalls. We steadily move away from the upper Tsum Valley as the landscape becomes denser and greener.

Along the way, we cross suspension bridges over tributaries of the Shiyar Khola and Budhi Gandaki River, following a mix of narrow gorges and riverside trails. The terrain becomes more rugged again as we rejoin the main valley system.

After reconnecting with the main Manaslu Circuit route near Philim, we continue through terraced hillsides and small villages, where the cultural setting shifts back to lower-valley Himalayan communities.

Finally, we arrive at Deng, a quiet riverside village surrounded by forested hills. It offers a comfortable place to rest after a long descent and marks our return from the Tsum Valley into the main Manaslu trekking route. Overnight at a guesthouse in Deng.

▮ **Day 12: Trek from Deng to Namrung (2,630 m): Walking distance: 17 km | 6 – 7 hours**

Today, we will continue our trek from Deng (1,860 m / 6,102 ft) to Namrung (2,630 m / 8,628 ft). The trek takes approximately 6–7 hours and covers around 17 km (10.5 miles), leading us deeper into the upper Manaslu region where Tibetan culture and mountain scenery become increasingly prominent.

Leaving Deng behind, the trail crosses the Budhi Gandaki River several times on suspension bridges while passing through dense forests of pine and rhododendron. The route winds through small settlements such as Bihi Phedi and Ghap, where beautifully carved mani walls, chortens, and prayer flags reflect the strong Tibetan Buddhist influence of the region. Along the way, we will enjoy peaceful forest trails, cascading waterfalls, and impressive views of steep valleys and rugged cliffs.

As we gain elevation, the landscape gradually changes with cooler temperatures and more expansive mountain scenery. The trail continues through alpine forests and traditional stone villages before reaching Namrung, a charming village known for its Tibetan-style houses and stunning Himalayan panoramas. From here, magnificent views of peaks including Ganesh Himal and Siring Himal can often be seen on clear days.

Situated high above the Budhi Gandaki Valley, Namrung offers a tranquil atmosphere and marks an important transition into the high Himalayan section of the Manaslu Circuit. Overnight at a guesthouse in Namrung.

▮ **Day 13: Trek from Namrung to Samagaon (3,530 m): Walking Distance: 18 km | 6 – 8 hours**

From Namrung (2,630 m / 8,628 ft), we will continue our trek to Samagaon (3,530 m / 11,581 ft). The trek takes approximately 6 – 7 hours and covers around 18 km, leading us deeper into the upper Himalayan valleys where the landscape opens dramatically and the views of Mount Manaslu become more striking.

The trail begins with a steady climb through beautiful alpine forests and traditional stone settlements. We pass through Lho, a scenic village known for its monastery and its first wide, close-up views of Manaslu, followed by Shyala, where the valley opens into vast panoramas surrounded by snow-covered peaks. Throughout this section, we are continuously accompanied by views of Manaslu, Himalchuli, and Ngadi Chuli rising above the surrounding ridges.

As the elevation increases, the vegetation becomes sparser and the terrain shifts into high-altitude yak grazing fields and broad, open landscapes. Prayer flags, mani walls, and chortens line the trail, reflecting the deep Tibetan Buddhist culture of the region. The air becomes noticeably thinner and cooler as we approach the higher Himalayas.

Finally, we arrive at Samagaon, a large and culturally rich village situated at the base of Mount Manaslu. Surrounded by glaciers, ancient monasteries, and expansive mountain scenery, it serves as one of the most important acclimatization stops on the Manaslu Circuit. Overnight at a guesthouse in Samagaon.

#### ▮ **Day 14: Acclimatization Day:**

At Samagaon (3,530 m / 11,581 ft), we will spend a well-earned acclimatization day to allow the body to adjust to the increasing altitude before continuing further into the Manaslu region.

This rest day is important as it helps reduce the risk of altitude sickness while improving overall trekking comfort for the days ahead. Rather than complete rest, we will take short, gentle hikes around the village to support acclimatization.

One of the popular options is a hike to the ancient Pungyen Gompa, a serene monastery located above the valley with stunning views of the Manaslu Glacier and surrounding peaks. Another shorter option is a walk around the village itself, exploring traditional stone houses, yak pastures, and nearby viewpoints.

Samagaon is one of the most culturally rich settlements on the Manaslu Circuit, with strong Tibetan Buddhist influence visible in its monasteries, mani walls, and prayer flags. The village also offers impressive views of Mount Manaslu, especially during clear morning hours.

The remainder of the day can be used for rest, hydration, and preparation for the next stage of the trek toward higher altitudes. Overnight at a guesthouse in Samagaon.

#### ▮ **Day 15: Trek from Samagaun to Dharamsala (4,460 m): Walking Distance: 9 – 11 km | 4 – 6 hours**

Today's journey continues from Samagaon (3,530 m / 11,581 ft) to Dharamsala / Larke Phedi (4,460 m / 14,632 ft). The trek takes approximately 4 – 6 hours and covers about 9 – 11 km (5.5–7 miles) as we ascend into the high alpine zone below Larke La Pass.

Leaving Samagaon, the trail climbs gradually through open yak pastures with expansive views of Manaslu and surrounding peaks. The landscape steadily becomes more rugged and barren as vegetation thins with increasing altitude.

The route follows glacial river valleys and moraine terrain, with a steady uphill ascent toward the high camp area. The air becomes thinner and colder, and the surroundings increasingly remote and dramatic.

Finally, we arrive at Dharamsala (Larke Phedi), a basic high-altitude stop used for rest and preparation before crossing Larke La Pass (5,106 m). Facilities are minimal, but it serves as an essential acclimatization point before the pass crossing.

▣ **Day 16: Trek from Dharamsala to Bhimthang (3,590 m) via Larkya La Pass (5,160 m): Walking Distance: 14 – 16 km | 8 – 11 hours**

From Dharamsala (Larkya Phedi) (4,460 m / 14,632 ft), we will begin a long and challenging descent toward Bimthang (3,590 m / 11,778 ft), crossing the iconic Larkya La Pass (5,160 m / 16,929 ft) along the way.

The trek takes approximately 8 – 11 hours and covers around 14 – 16 km (8.7–10 miles), making it one of the most demanding yet rewarding days of the expedition. We begin early from Dharamsala with a steady climb toward Larkya La Pass, moving through a high-altitude alpine environment of snow, ice, and glacial moraine.

Reaching the pass, we are rewarded with sweeping panoramic views of surrounding Himalayan peaks including Himlung Himal, Cheo Himal, Kang Guru, and the Manaslu range. After a short stop due to altitude and exposure, we begin the long descent.

The trail drops steeply over snowy slopes and rocky terrain before gradually opening into wide glacial valleys. As we lose elevation, the landscape transforms into alpine meadows and river basins, with increasingly warmer air and more vegetation.

Finally, we arrive at Bimthang, a beautiful glacial valley surrounded by towering mountains and glaciers. It offers a peaceful and scenic setting to rest after crossing one of the highest points of the Manaslu region.

▣ **Day 17 : Trek from Bhimthang to Dharapani (1,960 m): Walking Distance: 15 – 17 km: 5 – 7 hours**

From Bimthang, we will continue our descent toward Dharapani (1,960 m / 6,430 ft), leaving behind the high alpine valleys and re-entering greener mid-hill landscapes.

The trek takes approximately 5 – 7 hours and covers around 15 – 17 km (9 – 10.5 miles), with a significant drop in elevation as we move down the Marsyangdi Valley. The trail begins with a gentle descent through the wide Bimthang valley, surrounded by stunning views of Manaslu, Lamjung Himal, and Himlung Himal.

We then follow a scenic forested trail through rhododendron and pine forests, crossing wooden bridges and passing through small seasonal settlements such as Karche. As we descend further, the landscape gradually becomes more lush and inhabited, with terraced fields and traditional villages appearing again.

The route continues along the Dudh Khola and Marsyangdi river systems, offering peaceful river-side walking sections and occasional views of cascading waterfalls and distant peaks. The air becomes warmer and richer in oxygen as we lose altitude, making the walk progressively easier.

Eventually, we reach Dharapani, a key junction village on the Annapurna and Manaslu trekking routes. Surrounded by forests and river valleys, Dharapani marks the transition back into more accessible mountain regions. Overnight at a guesthouse in Dharapani.

### ▣ **Day 18: Trek from Dharapani to Jagat (1,340 m): Walking Distance: 17 km | 5 – 7 hours**

From Dharapani, we will continue our descent to Jagat (1,340 m / 4,396 ft), leaving the upper Marsyangdi Valley and re-entering the lower river gorges of the Manaslu region. The trek takes approximately 5 – 6 hours and covers around 17 km (10.5 miles), with a steady descent along the Marsyangdi River. The trail begins with a gradual downhill walk through forested hills and scattered settlements, following well-established paths used by both Manaslu and Annapurna trekkers.

As we descend, we pass through several small villages and terraced landscapes, with sections of stone-paved trail and suspension bridges crossing the river. The scenery gradually shifts from alpine and mid-hill terrain to warmer subtropical vegetation, with more cultivated fields and denser habitation.

The route continues through peaceful river valleys and narrow gorges, with occasional views of waterfalls and steep cliffs along the way. As we approach Jagat, the landscape becomes more enclosed within the river canyon, marking a return to the lower trekking elevations.

We arrive at Jagat, a traditional stone village that serves as a key entry and exit point for the Manaslu Conservation Area. Overnight at a guesthouse in Jagat.

### ▣ **Day 19: Drive from Jagat to Kathmandu via Besisahar: 200 – 220 km | 8 – 10 hours**

Today, we will begin the final leg of our journey with a drive from Jagat (1,340 m / 4,396 ft) to Kathmandu (1,400 m / 4,593 ft) via Besisahar. The total travel time is approximately 8–10 hours, depending on road conditions and traffic.

Leaving Jagat, we take a local jeep or shared vehicle along the rough mountain road following the Marsyangdi River valley. The drive passes through steep hillsides, terraced fields, and small villages as we descend toward Besisahar, the main roadhead of the Manaslu and Annapurna regions.

From Besisahar, the journey continues on a paved highway toward Kathmandu. The road gradually becomes smoother as we pass through towns, river valleys, and hillside settlements along the Prithvi Highway. Traffic can be heavy near the capital, especially in the late afternoon.

Finally, we arrive in Kathmandu, marking the end of the Manaslu Circuit and Tsum Valley adventure. The city offers a comfortable return to urban life after days in the remote Himalayas. Overnight stay in Kathmandu.

### ▣ **Day 20: Farewell day**

Today marks the farewell day of your Manaslu Circuit and Tsum Valley journey, bringing an end to an unforgettable Himalayan adventure filled with remote trails, high mountain passes, and deep cultural encounters.

Depending on your flight or departure schedule, the morning is free for rest, last-minute shopping, or exploring Kathmandu. You may choose to visit nearby heritage sites, enjoy a relaxed breakfast, or simply reflect on the journey through the mountains.

It is a day to say goodbye to fellow trekkers and the support team who made the expedition possible, from guides to porters who shared the trail from lush valleys to high alpine terrain.

Later, you will be transferred to Tribhuvan International Airport for your onward flight, carrying memories of Manaslu, Larke La Pass, and the hidden Tsum Valley.

### What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Kathmandu to Machhakhola transportation
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Manaslu Conservation Area Permit
- ☒ Tsum-Manaslu Restricted Area Special Permit
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekkers' Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

### Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

### What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

### Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

***Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.***