



Manaslu Larke Pass with Tsum Valley trek - 22 Days

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Manaslu Larke Pass with Tsum Valley trek is a **challenging and rewarding** trekking route that combines three amazing regions: Manaslu, Tsum valley, and Larke pass. It is an adventurous takes you through the stunning landscapes of the **Manaslu region**, allow you to explore the remote Tsum valley, which is known for its unique culture and pristine natural beauty, and the breathtaking highest point of the trek Larke pass at an altitude of 16930 ft which can pose a challenge. However, this trek offer unforgettable journey with an opportunity to collect an authentic **Himalayan experience** away from the more crowded trekking routes in Nepal.

The Manaslu region is known for its remote and untouched beauty located in the **Gorkha district** of Nepal, in the northern part of the country. The first successful ascent of Mount Manaslu was made by a Japanese expedition in 1956. The major highlight of this region is the majestic **Mount Manaslu- the eighth highest mountain in the world**. It stands at an impressive altitude of 8163 meters above sea level. Its prominence and isolation make it a challenging and desirable peak for mountaineers seeking adventure in the Himalayas and a deeper connection with local communities of Nepal. Along the way, you will pass through charming villages, lush forests, unique suspension bridges, and terraced farmlands. Moreover, due to its technical difficulties and the remoteness of the region, climbing Manaslu is considered a significant mountaineering achievement.

Tsum valley is a **hidden valley** known for its rich Buddhist culture, ancient monasteries, and traditional way of life, at the foothills of Ganesh Himal (7422 m). It was opened for trekking in 2008. It is an excellent choice for trekkers looking to combine a challenging trek with a rich cultural experience in a remote and relatively unspoiled region of the **Nepalese Himalayas**. The people of Tsum valley have their unique culture, language, and lifestyle. The trek takes you through beautiful villages and allows you to immerse yourself in the local Tibetan- influenced culture. It also offers breathtaking views of the surrounding Himalayan peaks, including **Ganesh Himal, Boudha Himal, and Sringi Himal ranges**.

The Larke pass (5160 m) is the highest point of the trek and connects the **Manaslu and Annapurna regions**. After exploring the Tsum valley, the trek takes you towards the Larke pass, which is one of the most challenging trekking passes. So, crossing the Larke pass requires physical fitness and proper **acclimatization**, as the altitude can pose challenge. However, the breathtaking views of the Himalayas, including Himlung Himal, Cheo Himal, Kang Guru, and Annapurna?, make it all worth it. This trek takes you through diverse landscapes, including remote villages, lush forests, and terraced fields, offering astonishing views of the Himalayan peaks along the way, making it a memorable **trekking destination in Nepal**.

The best season to visit Manaslu Larke Pass with Tsum valley trek

The best season to undertake this trek is during the autumn (fall) and spring. These are the most popular time to trek in the Manaslu region as it offer ideal trekking conditions and excellent visibility of the stunning landscapes.



The autumn season typically falls in the month of September to November. It is characterized by cooler temperatures, shorter days, and the shedding of leaves from deciduous trees, creating colorful foliage. The leaves change color, often turning shades of red, orange, and yellow before falling to the ground, making outdoor activities enjoyable. Similarly, the daytime temperatures are comfortable, with clear skies and the trails are well-defined, and the best visibility for mountain viewing. Therefore, trekking in Manaslu region during this season is a popular choice for mountain enthusiasts.

Spring is the second-best season for this trek. It typically falls in the month of March to May. It offers gradually warming temperatures, making the trek comfortable at lower altitudes, while higher elevations can still be cold. One of the noticeable aspects of spring is that it is a time of growth and renewal. Trees, shrubs, and many plants start to produce leaves and colorful blooms. The rhododendrons and other wildflowers are in full bloom, adding vibrant colors to the landscapes. Similarly, you can also witness celebration of festivals like Dashain and Tihar.

Important to note that, trekking in the Himalayas involves certain risks, such as altitude sickness, unpredictable weather, and difficult terrain so it's highly recommended to hire a government authorized [licensed trekking guide](#). A local guide help you to navigate the trails, communicate with locals, arrange accommodation and permits, and provide valuable insights into the culture, customs, and traditions of the region. Similarly, buying travel insurance is also equally important because having travel insurance can provide you with financial protection in case of accidents, medical emergencies, or trip cancellations.



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PRICE INCLUDES

- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Trek from Kathmandu to Arughat by local bus (608 m) 7 hours

We will take private jeep or local bus from Kathmandu to reach Arughat. It will take approximately 6-7 hours to reach there but private jeep takes at least 5 hours. It will offer you a scenic drive and opportunity to interact with locals during your tea break.

Day 2: Trek to Soti Khola from Arughat (700 m) 6 hours

The first day of trek heads to the north along Bodhi Gandaki River and we will pass the villages of Santi Bazar, Arukhet and ascend towards Kyoropani near the confluence of Soti River. It is an ideal place to take a fresh water bath.

Day 3: Trek to Macha Khola from Soti Khola (930 m) 6-7 hours

After an hour of walk from Soti Khola we will pass by nice springs and small waterfall where you can take a picture. And further walking ahead we will encounter the first suspension bridge and a beautiful Gurung village.

Day 4: Trek to Doban from Machha Khola (1070 m) 6 hours

The trail will filled up with small to stunning waterfalls passing beside the Budhi Gandaki in between mighty mountains.

Day 5: Trek to Philim from Doban (1570 m) 6-7 hours

The next day, we will cross the longest suspension bridge once again and enter the beautiful village called "Phillim" after ACAP Check post.

Day 6: Trek to Chumling from Philim (2386 m) 6 hours

On this day we will have a steep hair-raising walk by the cliffs with the Budhi Gandaki river deep down with a scenery walk through the jungles full of black faced monkeys and beautiful green lush path ways.

Day 7: Trek to Rachen Gumpa from Chumling (3240 m) 6 hours

On the seventh day of trekking, we will head to Rachen Gumpa. Reaching gumpa offers breathtaking views of Ganesh and Manaslu mountains.

Day 8: Trek to MU- gumpa from Rachen gumpa (3700 m) 6 hours

The views of the towering mountains and its beautiful landscapes, adds unforgettable memory in the journey.

Day 9: Rest and acclimatization at Mu- Gumpa (3700 m) 6 hours

It's essential to take a proper rest before heading ahead. It is because our body became dehydrate due to trekking in high altitude. So, in this day, we will take a rest and make a short hike like exploring the surrounding Gonpas, various artistic crafts and the living styles of people settled in the region.

Day 10: Trek to Chhukung Paro from Mu- Gumpa (3240 m)



Heading to Chokhang Paro we will have an opportunity to witness impressive views of Ganesh and Manaslu mountains.

Day 11: Trek to Pewa from Chhukung Paro (1810 m) 6-7 hours

After that we will turn back making way to Pewa enjoying the trail as usual through beautiful landscapes.

Day 12: Trek to Namrung from Pewa (2630 m) 6 hours

At the twelfth day, we will spend last day at Chum Valley then we will trek through bamboo forests, and continue in and out of the continuous wild canyons, Mani walls, intricate quality carvings of various Buddhas in meditation incised in hard local stones are the main attraction we will enjoy during the trek.

Day 13: Trek to Samagaon From Namrung (3520 m) 6 hours

Entering alluring forests of fir and rhododendron and witnessing various birds and roaring narrow canyons below makes a day. Moreover, climbing on well made stairs, observing traditional housing with beautiful architectures, and interacting with locals adds beautiful memory.

Day 14: Rest at Samagaon (3520 m) 4- 5 hours (Hike to Manaslu Base Camp)

On this day, we will take a rest at Samagaon. Staying there offers a chance to view beautiful mountains and stunning surroundings. We will explore pastures, yaks, and houses made from stones. After having rest, we will begin our beautiful journey to Manaslu base camp.

Day 15: Trek to Samdo From Samagaon (3875 m) 4 hours

We will utilize our time on exploring Birendra taal (Lake), Buddhist monasteries, Samagaun (a big Tibetan cultured community) and a site trip to Pun Gyen Gomba or Manaslu Base Camp.

Day 16: Trek to Dharamsala From Samdo (3875 m) 5- 6 hours

This day, we will make our journey to Dharmasala which is a picturesque village known for yak herding and hills covered with blue sheep offering excellent views.

Day 17: Trek to Bimthang from Dharamsala (3590 m) 7- 8 hours

While passing through this beautiful place you will have an opportunity to witness snow leopard (if you are lucky). Similarly, you can also see a large herd of blue sheep (Tussock) in hills providing marvelous views.

Day 18: Trek to Tilije from Bimthang (2300 m) 5- 6 hours

We will encounter some of the few lakes marked with prayer flags and scenic surrounding that offer breathtaking views of the mountains and medial glacial Lakes.

Day 19: Trek to Tal from Tilije (1700 m) 5- 6 hours

At this day, we will cross glacial stream and rhododendron forests on the way to Hampuk, Yak Kharka, Surti Khola and drop down to Goa (Gho). It is the first village since Samdo. Then, we will cross Tilicho and descend to Dharapani.

Day 20: Trek to Syange from Tal (1100 m) 6 hours



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We will make our steps to Tal passing through Kharte Khotro, ACAP check post to our destination.

Day 21: Trek to Besisahar from Syange (760 m) 5- 6 hours

On this day, we will pass through many small charming villages and their way of living.

Day 22: Drive back to Kathmandu from Besisahar (760 m) 6 hours

After walking few hours we will reach Besisahar where we will take our vehicle back to Kathmandu.