



## Manaslu Tsum valley trek - 22 Days

The Manaslu Tsum valley trek is one of the rarely known **trekking routes** in Nepal. The Trek takes to one of the sacred pilgrimage valleys of Tsum which is located in the western part of Nepal called **Gorkha**. This trek is as similar to the Manaslu Circuit Trek and it can be taken as the mixture of both treks as Manaslu Tsum Valley Trek. The Valley is famous for ancient art, culture and religion.

The Manaslu Tsum Valley starts in Aarughat and even ends in Aarughat. We take a scenic drive through the hills that lead to the trail beyond Aarughat and Soti Khola nearly 7 hours drive away from Kathmandu. The first half of the trek ascends the **Buddhi Gandaki** Valley on the paths through a combination of dense forests, terraced fields and hilly villages.

As we leave the Main **Manaslu Trail** for the Tsum Valley, we suddenly feel like entering into the **hidden valley**. On the way, we also, pass through the alpine forests, glacial rivers, and enjoy the warm welcome of the ethnic people, pass by the lower **Budhi Gandaki regions**, Machhakholam Jagat and Phulim. The trekkers will get an opportunity to learn the local culture and religion of the people.

We will be trekking through the last village in the Tsum Valley named as the Nile at 3361 m till **Mu Gompa** at 3700m of an attitude. The trail to Mu Gompa is used as the trail for import and export from **Tibet** with the support of yak of local villagers. Along the whole trek, we will get to know that the entire **region** is influenced by the **Buddhist religion**. You will also be observing the scene of the sunrise of **Ganesh Himal**.

We then go down from Gompa Lungdang until we reach to Soti Khola. We will end our trek by reaching Arughat via Soti Khola and from there we drive back to Kathmandu. Manaslu and Tsum Valley Trek is geographically most spectacular and culturally mesmerizing. The trekkers discover the ultimate nature and cultural heritage and experience the mountain lifestyle of the people in Tsum Valley and Manaslu.



## **PRICE INCLUDES**

- Kathmandu to Arughat and Besisahar to Kathmandu by local bus
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- Tsum valley special permit
- Manslu special permit
- Manaslu Conservation area permit
- Annapurna Conservation area permit and TIMS card
- 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
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: From Kathmandu to Arughat

From Kathmandu to Arughat we will go by local bus. We may either take a private jeep or local bus (6 - 7hrs). If you take jeep it will take 5 hours to reach Arughat.

### Day 2: Trek to Soti Khola from Arughat

Our first day of trekking leads us to the north along Budhi Gandaki River and we pass the villages of Santi Bazar, Arukhet and ascend towards Kyoropani near the confluence of Soti River- an ideal place to take a fresh water bath.

### Day 3: Trek to Machha khola from Soti Khola

An hour walk from Soti Khola we pass through springs and small water fall where we can easily fool around for a while. And we shall encounter the first suspension bridge for the first time, and a beautiful Gurung village.

### Day 4: Trek to Doban from Machha khola

The trekking trail will be filled up with small to humongous water fall passing beside the Budhi Gandaki in between mighty mountains.

### Day 5: Trek to Philim from Dhoban

On the fifth day we will be crossing the longest suspension bridge again and enter the beautiful village called "Phillim" after Acap Checkpost.

### Day 6: Trek to Chumling from Philim

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

### Day 7: Trek to Rachen Gumpa from Chumling

On the seventh day, heading towards Rachen Gumpa we will view a breath taking views of Ganesh and Manaslu mountains.

### Day 8: Trek to Mu-Gumpa from Rachen Gumpa

On the eight day our trekking trail leads us through the views of the borders with Tibet and mountains all around are astounding.

### Day 9: Rest and Acclimatization day at Mu-Gumpa

On this day, we will be taking rest and exploring the surrounding of Gompas, where we can view various artistic crafts and the living styles of the people around there.

### Day 10: Trek to Chhukung paro from Mu- Gumpa

On tenth day, heading towards Chokhang Paro we will view the breath taking views of Ganesh and Manaslu mountains.

### Day 11: Trek to Pewa from Chhukung paro



On the eleventh day we turn back making way to Pewa enjoying the trail as usual.

### **Day 12: Trek to Namrung from pewa**

A last look up to Tsum Valley, we will trek through bamboo forests, and continue in and out of the continuous wild canyons, many Mani walls, intricate quality carvings of various Buddha in meditation incised in hard local stones are the main attraction here.

### **Day 13: Trek to Sama gaon From Namrung**

Entering to a beautiful forest, the trail leads us through rhododendron, many birds singing a melodious songs, the climbs on stairs and different kind of housing with beautiful architectures, Tibetan tradition and so on.

### **Day 14: Rest Day at sama Gayou**

This trek will take us to the mountains to acclimatize and enjoy the views of the Manaslu. Here we enter the world of yaks, pastures, and houses which seem to have grown from the stones.

### **Day 15: Trek to SamDo From Sama Gayou**

We can spend the day exploring the surroundings like Birendra taal(lake), Buddhist monasteries, Samagaun, a big Tibetan cultured community and a site trip to Pun Gyen Gomba or Manaslu Base Camp and Day Hike.

### **Day 16: Trek to Dharamsala From Samdo**

A trek to Dharamsala with a picturesque village devoted to yak herding and hills covered with blue sheep with an entrancing views.

### **Day 17: Trek to Bimthang From Dharamsala**

The views on the way are marvelous. A large herd of blue sheep called Tussock covers the hills and sometimes if we are lucky we get to see the amazing snow leopard too.

### **Day 18: Trek toTilije From Bimthang**

We will encounter few lakes marked with prayer flags, and we catch the track running through beautiful valleys very scenic and mountains in all directions, also few medial glacial lakes.

### **Day 19: Trek to Tal From Tilije**

The trail crosses glacial stream and rhododendron forests on the way to Hampuk, Yak Kharka, Surti Khola and drop down to Goa(Gho) the first village since Samdo. And crossing Tiliche we go down to Dharapani.

### **Day 20: Trek to Syange From Tal**

Making through Kharte Khotro we take to Tal, ACAP check post and to our stop as well.

### **Day 21: Trek to Besisahar From Syange**

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

### **Day 22: Drive Back to Kathmandu From Besi Sahar**

Making few hours of walk we reached to Besi Sahar where we will take our vehicle back to Kathmandu .