# Manaslu Circuit with Tsum Valley Trek Itinerary

## Day 1: Arrival in Kathmandu

On the first day of your Manaslu Circuit with Tsum Valley Trek, you will arrive in Kathmandu, the capital city of Nepal. Upon your arrival, you will be greeted by Adventure Club and transported to your hotel. In the afternoon, you may choose to take a stroll around the city and familiarize yourself with the culture and lifestyle of the local people. You may also choose to do some last-minute shopping or arrange any necessary equipment for your trek. In the evening, you will have a brief meeting with your guide to discuss the itinerary and make any necessary arrangements. This day marks the beginning of your incredible adventure in the stunning Himalayan region of Nepal, and you will be eager to start your journey to the Manaslu Circuit and Tsum Valley.

## Day 2: Sightseeing in Kathmandu Valley

On the second day of your trip, you will spend the day exploring the cultural and historical sights of Kathmandu Valley. Some of the popular World Heritage sites you will visit include Pashupatinath Temple, Boudhanath Stupa, Swayambhunath (Monkey Temple), and Kathmandu Durbar Square. These ancient temples, stupas, and palaces offer a glimpse into the rich history and cultural heritage of Nepal and are sure to leave a lasting impression on you. You will have a tour guide with you to take you around and explain the significance of each site, and you will also have time to explore on your own and interact with the locals. This day will be a great introduction to the fascinating culture of Nepal and will provide a taste of what is to come on your adventure in the coming days.

## Day 3: Maccha Khola to Jagat (1340m) – 6 hrs

On the third day, you'll leave Kathmandu and drive to Machha Khola, which is the starting point of the trek. From Machha Khola, you'll begin the trek towards Jagat, which is located at an elevation of 1340 meters (4396 feet) and will take approximately 6 hours to reach. The trail from Machha Khola to Jagat is a gradual uphill through lush forests and picturesque villages, offering breathtaking views of the surrounding mountains and landscapes. This day of trekking will be a warm-up for the challenging days ahead as you make your way to the Tsum Valley and Manaslu Circuit.

## Day 4: Jagat to Lokpa (2240m) – 5 hrs

On Day 4 of the Manaslu Circuit with Tsum Valley Trek, you'll be leaving Jagat and making your way to Lokpa, which is located at an altitude of 2240 meters (7349 ft). The journey will take around 5 hours and will take you through a path that is surrounded by lush green forests. The route will have some gradual ups and downs and will be a good warm-up for the more challenging days ahead. You will have a lunch stop at Philim or Chisapani, where you can take a break and refuel before continuing on the journey. This will be a great opportunity to take in the stunning scenery and get a taste of the local culture.

## Day 5: Lokpa to Chumling

On Day 5 of the Manaslu Circuit with Tsum Valley trek, you will be trekking from Lokpa to Chumling. This will be a 5-6 hour journey with a gradual ascent along the trail that passes through dense forests and traditional villages. You will get to witness stunning mountain views, and cascading waterfalls, and get a glimpse into the lifestyle of the local communities. The trail takes you through several suspension bridges, so you will need to be steady on your feet. The destination for the day, Chumling, is a small, charming village with its own unique cultural heritage and traditions.

## Day 6: Chumling to Chekampar (3031m) – 6 hrs

Day 6 of the Manaslu Circuit with Tsum Valley Trek begins with a journey from Chumling to Chekampar. The trail will take around 6 hours to complete and will offer stunning views of the surrounding landscapes. As you make your way to Chekampar, you will cross several small streams, traverse through lush forests, and encounter small villages along the way. The trail is mostly uphill but with gentle gradients, making it an enjoyable hike for trekkers of all fitness levels. You will spend the night in Chekampar, where you can relax and prepare for the next day's adventure.

## Day 7: Chekampar to the Nile (3361m) – 6 hrs

Day 7 of the Manaslu Circuit with Tsum Valley Trek takes you from Chekampar to the Nile. The trek starts with a gradual climb and passes through charming villages and forests. You will get to enjoy the breathtaking views of the surrounding mountains and the lush vegetation. The lunch stop for the day will be at Lamaa Gaun. After lunch, the trail continues with a steep ascent before reaching the village of Nile. The total trekking time for the day is estimated to be around 6 hours. At the Nile, you will have the chance to relax, have dinner and spend the night at a local guesthouse.

## Day 8: Acclimatization Day to Mu Gompa (3700m) – 6 hrs

On Day 8, trekkers will spend the day at Mu Gompa, a popular destination for its stunning views of the surrounding mountain ranges and vibrant culture. This is also an important acclimatization day, allowing trekkers to adjust to the higher altitude before continuing their journey. The hike to Mu Gompa is about 6 hours and will take trekkers through beautiful landscapes and traditional villages. Once at Mu Gompa, trekkers can explore the area and visit the local monastery, a hub of Buddhist spiritual activity and an important cultural site. This is a great opportunity to immerse oneself in the local culture and learn about the spiritual practices of the region.

## Day 9: Nile to Chekampar (3031m) – 5 hrs

On Day 9, the journey continues from Nile to Chekampar, which is a downhill trek for about 5 hours. The trail will take you through beautiful landscapes surrounded by majestic peaks and deep valleys. Along the way, you will pass through charming hamlets and interact with the local communities to understand their way of life. The Lunch place for the day will be at Lamaa Gaun, where you can enjoy a hot meal and recharge your energy levels before continuing with the trek. This day will provide an opportunity to relish the beauty of the region and cherish memories of this once-in-a-lifetime experience.

## Day 10: Chekampar to Chumling (2386m) – 5 hrs

On day 10, the trek from Chekampar to Chumling will take about 5 hours. This is a descent down from the higher elevation of Chekampar and back to a lower elevation of Chumling. The trail will follow the path along the valley and pass through charming villages and lush green forests. You will get the chance to observe the local lifestyle and culture of the people in this region. This day will be a good opportunity to take it easy, enjoy the scenery and take plenty of photos. The lunch place can be at Chumling or along the trail. It

will be a good day to take your time and savor the beauty of the trekking journey.

## Day 11: Chumling to Deng (1860m) – 6 hrs

On day 11, the trek continues from Chumling to Deng. The trek will take about 6 hours to complete and the lunch place for the day can be either at Lokpa or Pewa. The trail will wind through lush forests and charming hamlets, offering panoramic views of the surrounding mountains. You will experience the traditional lifestyle and culture of the local communities as you pass through their villages. This day is a great opportunity to immerse yourself in the natural beauty of the region and enjoy the serene environment of the mountains.

## Day 12: Deng to Namrung (2630m) – 6 hrs

On Day 12, trekkers will leave Deng and head to Namrung, which is located at an elevation of 2630 meters above sea level. The journey from Deng to Namrung will take approximately 6 hours to complete, and along the way, trekkers will have the opportunity to take in the stunning scenery of the surrounding mountains and valleys. The trail is well-defined and is a mix of ups and downs, with some sections being relatively flat and others steeply uphill. Lunch will be taken at Ghamp, a small village located along the way, where trekkers can take a break and refuel before continuing their journey to Namrung.

## Day 13: Namrung to Lho (2957m) – 4 hrs

On day 13 of the Manaslu Circuit with Tsum Valley Trek, you'll be making your way from Namrung to Lho. The trail starts with a gradual ascent through dense forests, offering you the opportunity to see the diverse flora and fauna of the region. You'll pass by small villages, fields, and terraced farmland, and you may encounter local people going about their daily activities. As you make your way higher, the landscape becomes increasingly alpine, and you'll be rewarded with breathtaking views of the surrounding peaks. The hike is approximately 4 hours long and ends in the village of Lho, where you'll stop for the night.

## Day 14: Lho to Sama Gaun (3530) – 4 hrs

On day 14, trekkers will head from Lho to Sama Gaun. The journey from Lho to Sama Gaun is around 4 hours long and will take trekkers through beautiful landscapes and villages. This trail offers great views of the surrounding mountain ranges, including the majestic peaks of Manaslu. Trekkers can expect to pass by small streams, rhododendron forests, and terraced fields as they make their way to Sama Gaun. Along the way, they can take breaks and explore the local culture and traditions of the communities living in the area. Once they reach Sama Gaun, they can relax and soak in the beautiful scenery while preparing for the next leg of their journey.

## Day 15: Acclimatization Day (Day Trip to Manaslu Base Camp or Pungyen Gompa) (4400m) – 7 hrs

On the 15th day of the Manaslu Circuit with the Tsum Valley trek, you'll have an acclimatization day to help your body adjust to the high altitude. You can choose to go on a day trip to either Manaslu Base Camp or Pungyen Gompa. The Manaslu Base Camp is located at an altitude of 4400 meters, and the Pungyen Gompa is a Buddhist monastery that offers breathtaking views of the surrounding mountains. This day will be a perfect opportunity for you to explore the area and take in the magnificent views of the surrounding peaks, glaciers, and valleys. You will get to interact with the local communities, learn about their culture, and have the chance to capture some amazing photos to remember the trip.

## Day 16: Sama Gaun to Samdo (3865m) – 3 hrs

On Day 16, you will be trekking from Sama Gaun to Samdo, which is approximately 3 hours of walking. The trail is relatively flat and easy to follow, offering stunning views of the surrounding mountains and valleys along the way. Samdo is a small village located on the banks of the Budhi Gandaki River and is a great place to relax, acclimatize, and explore the local culture and lifestyle of the people living in this region. You will have the opportunity to interact with the locals, learn about their traditions and customs, and immerse yourself in the natural beauty of this remote and pristine area. The night will be spent in Samdo, where you can enjoy a good meal and rest well in preparation for the next day's trek.

## Day 17: Acclimatization Day (Day Trip to Tibet Border) (5000m) – 8 hrs

This day is set aside for acclimatization as the altitude will be increasing rapidly. You will go for a day trip to the Tibet border, which is located at 5000 meters. This trip will provide you with breathtaking views of the surrounding landscapes, including snow-capped peaks and glistening glaciers. It will also help you to adjust to the high altitude and get ready for the next phase of the trek. During this trip, you can also explore the local villages and learn about the culture and lifestyle of the people living in this remote region. The trip will take approximately 8 hours, including the time spent exploring the area.

## Day 18: Samdo to Dharmasala (4460m) – 4 hrs

On Day 18, the trekkers will leave Samdo and head towards Dharmasala. The hike will take around 4 hours and is expected to be relatively easy with gradual ups and downs along the trail. Dharmasala is situated at an elevation of 4460 meters and is known for its stunning views of the surrounding peaks. This day will provide an opportunity for trekkers to acclimatize and adjust to the high altitude. The trekkers can also interact with the local residents and learn about their culture and lifestyle. The day will end with a comfortable overnight stay at a local lodge in Dharmasala.

## Day 19: Dharmasala to Bimthang (3590m) via Larkya Pass (5213m) – 10 hrs

On day 19, you will make your way from Dharmasala to Bimthang via Larkya Pass. The journey will be a long one, taking around 10 hours to complete. The trail winds through mountainous terrain, and the pass offers a spectacular view of the surrounding landscape. The ascent to the pass is challenging, but once at the top, trekkers are rewarded with stunning vistas and a sense of accomplishment. After reaching Bimthang, trekkers can rest and recover before continuing on the trek.

## Day 20: Bimthang to Dharapani (1970m) – 7 hrs

On Day 20, the trek continues from Bimthang to Dharapani. The trail descends gradually through lush green forests and beautiful meadows, passing by small villages and traditional farms along the way. The trek can take around 7 hours, with a gradual descent of 1600 meters. This is the last day of the Manaslu Circuit with the Tsum Valley trek, and trekkers will reach the final destination of Dharapani, where the trek ends.

## Day 21: Dharapani to Kathmandu (Drive)

On day 21, you will leave Dharapani and drive back to Kathmandu. The drive takes about 8-9 hours and will take you through scenic landscapes, rural villages, and busy towns. You will have an opportunity to relax after the long trek and reflect on your journey. Upon arrival in Kathmandu, you can check into your hotel and spend the rest of the day exploring the city at your leisure. You can visit local markets, temples, and museums, or simply relax and enjoy some authentic Nepali cuisine.

## Day 22: Departure

On the final day of your journey, it's time to say goodbye to Nepal and head back home. You will be transferred to the airport for your flight back to your home country. This marks the end of your unforgettable Manaslu Circuit with Tsum Valley Trek, which has provided you with a unique blend of cultural and natural beauty, adventure, and self-discovery. You'll leave Nepal with a wealth of new experiences, memories, and friendships that will stay with you for a lifetime.

## Day 23: Drive to Machha Khola from Kathmandu – Overnight Stay in Tea House

On day three, you will be embarking on a road trip from Kathmandu to Machha Khola. The drive will take you through picturesque landscapes, rural villages, and farming communities that offer an insight into the traditional way of life in Nepal. The trip is expected to take around 5 to 7 hours, depending on the road conditions and traffic. Upon arrival at Machha Khola, you will be staying overnight at a local guesthouse or lodge. This is a great opportunity to acclimatize to the new surroundings and get a good night's rest before beginning the trek the next day.

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