Discovery World Trekking



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Tsum Valley Trek - 16 Days

16 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 1030
per person, for 2 to 3 people

Made on 27 November 2026

https://dev.discoveryworldtrekking.com/trips/tsum-valley-trek







The Tsum Valley, situated in the Manaslu region and near the Tibetan border, is one of the most secluded valleys in Nepal that provides spectacular views of high mountains. The inhabitants of Tsum Valley closely follow Tibetan-style Buddhism, unique to this region.

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Hotel/Lodge/Tea House during the trek
Best season	Mar, Apri, May, Sep, Oct, & Nov.
Activity	Manaslu Treks
Max. altitude	3,700m at Mu Gumba
Activity per day	Approx. 4-6 hrs walking
Meals included	All meals & Accommodation during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1030

per person, for 2 to 3 people

The full price is US$ 1250. You save US$ 220 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1030
4 to 7	US$ 990
8 to 13	US$ 950
14 to 25	US$ 900

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- Scenic drive from Kathmandu to Arughat
- Observe Tibetan culture and lifestyle
- Waterfalls, rivers, and caves along the way
- A comparatively easy trek with little fear of altitude sickness
- Wildlife animals like blue sheep and Himalayan tahr
- Several Buddhist monasteries
- Prayer flags and mani walls along the route
- Stunning views of mountains like Ganesh Himal and Himal Chuli
- Beautiful pine, juniper, and rhododendron forests.

Tsum Valley Trek Overview

Tsum Valley Trek is a transformative journey into the sacred "Valley of Happiness," in the majestic shadows of Ganesh Himal. The Tsum Valley Trek invites you into a region where ancient Buddhist traditions endure, largely untouched by modern influences. Here, monasteries dating back several centuries, with intimate links to Guru Rimpoche, stand as silent guardians of spiritual legacy. In isolated villages, traditional lifestyles offer unique insights into centuries-old cultural customs.

The trek diverges from the well-trodden Manaslu Circuit, veering into an isolated horseshoe-shaped valley that feels mystical and remote. As you follow the winding trails, dramatic landscapes unfold before you—from deep, echoing gorges to expansive valleys framed by soaring Himalayan peaks. Along the way, you'll encounter sacred caves and ancient gompas that quietly mark the Manaslu region's historical and spiritual significance, all while approaching the border with Tibet, a stepping stone into an area that has long preserved its ancient Tibetan traditions.

Your adventure begins with a scenic drive from Kathmandu to Soti Khola, the gateway to this hidden world. From here, the route follows the course of the Budhi Gandaki River, gradually transitioning through a series of villages where Tibetan influences grow stronger. This trail eventually diverges from the main Manaslu route from Lokpa, guiding you into the secluded Tsum Valley. Within this serene environment, you will explore cultural treasures like Mu Gompa, Rachen Gompa, and even Milarepa's Cave, all while immersing yourself in the time-honored lifestyle of villages such as Chhekamparo and Nile. You will also visit the Ganesh Himal Base Camp before heading out of the Tsum Valley.

As the journey nears its end, you'll retrace your steps, gaining newfound perspectives on the landscapes and cultures you've experienced. The return voyage not only reconnects you with familiar paths along the Budhi Gandaki but also deepens your appreciation for the untouched beauty and spiritual richness of the Tsum Valley.

This 16-day adventure is for those seeking genuine spiritual connections and cultural authenticity. Tsum Valley Trek promises an enduring impact on your heart and soul, leaving you with memories of pristine landscapes and profound cultural encounters that will last a lifetime.

Day to Day Itinerary

Day 1 Drive from Kathmandu to Arughat (550m), then to Soti Khola (730m). Drive Time: Approx. 6-8 hrs.

Day 2 Trek from Soti Khola to Machha Khola (890m). Trek Time: Approx. 6-7 hrs.

Day 3 Trek from Machha Khola to Jagat (1,400m). Trek Time: Approx. 6-7 hrs.

Day 4 Trek from Jagat to Lokpa (2,040m). Trek Time: Approx. 6-7 hrs.

Day 5 Trek from Lokpa to Chumling (2,386m). Trek Time: Approx. 5-6 hrs.

Day 6 Trek from Chumling to Chhokangparo (3,031m). Trek Time: Approx. 5-6 hrs.

Day 7 Trek from Chhokang Paro to Nile (3,361m). Trek Time: Approx. 4-5 hrs.

Day 8 Trek from Nile to Mu Gompa (3,700m), visit Dhephyudonma Gompa (4,060m). Trek Time: Approx. 3-4 hrs.

Day 9 Trek from Mu Gompa to Rachen Gompa (3,240m). Trek Time: Approx. 4-5 hrs.

Day 10 Trek from Rachen Gompa to Gumba Lungdang (3,200m). Trek Time: Approx. 5-6 hrs.

Day 11 Trek from Gumba Lungdang to Ganesh Himal Base Camp (4,200m) and back to Gumba Lungdang. Trek Time: Approx. 7-8 hrs.

Day 12 Trek from Gumba Lungdang to Lokpa (2,040m). Trek Time: Approx. 6-7 hrs.

Day 13 Trek from Lokpa to Jagat (1,400m). Trek Time: Approx. 6-7 hrs.

Day 14 Trek from Jagat to Lapu Bensi (900m). Trek Time: Approx. 7-8 hrs.

Day 15 Trek from Lapu Bensi to Arughat Bazaar (535m). Trek Time: Approx. 4-5 hrs.

Day 16 Drive back to Kathmandu (1,324m) from Arughat. Drive Time: Approx. 7-8 hrs.

Tsum Valley Trek Itinerary

DAY 1

Drive from Kathmandu to Arughat (550m / 1805ft), then to Soti Khola (730m / 2,896ft)

Drive duration (160km / 99.4miles) 6-8hrs

After early morning breakfast, you will start the journey with a scenic drive to Arughat, followed by **Soti Khola.** The bus will follow the Prithivi Highway, west of Kathmandu, along the banks of the Trishuli river. After a few hours, you will reach **Dhading Bensi**, the district headquarters of Dhading.

From Dhading Bensi, the bus will follow the Budhi Gandaki river and head to Arughat Bazaar, providing exceptional views of **Mt. Manaslu** and **Ganesh Himal** on the way. Arughat Bazaar is a compact settlement on both the banks of Budhi Gandaki and joined by a suspension bridge. A drive of about two hours from **Arughat** will take you to Soti Khola.

Overnight stay at ABC Hotel (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Soti Khola (730m / 2,896ft) to Machha Khola (890m / 2,965ft)

Highest Altitude 890m / 2,965ft Trek Duration 6-7 hrs

You will head to Machha Khola early morning. The trek begins by crossing the Soti Khola as you enjoy the attractive views of several waterfalls and rivulets. Then you will be walking inside a beautiful Sal forest and head to a ridge above the gigantic Budhi Gandaki rapids. You will then make your way to Liding and then to Khursane.

From **Khursane,** you will descend by the sides of terraced farmlands to reach an ethnic Gurung village called Lapubesi. Then the path enters a wide valley, and you will follow the sandy river banks of Budhi Gandaki to reach **Nauli Khola,** which you must cross to reach Maccha Khola.

Overnight stay at Hotel Everest View
Included meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Machha Khola (890m / 2,965ft) to Jagat (1,400m / 4,593ft)

Highest Altitude 1,400m / 4,593ft Trek Duration 6 to 7 hrs.

After early morning breakfast, you will trek through a fertile landscape, across several ups and downs, and reach **Tharo Khola,** which you will cross to enter Khorlabesi. Then, you will leave Khorla Besi behind and reach Tatopani. Tatopani means hot water in Nepali, and, sure enough, there is a natural hot spring at Tatopani. The valley you will be trekking on now starts to get narrower and leads to Budhi Gandaki River, which you need to cross on a suspension bridge. Then comes **a stone staircase** adorned with prayer flags to reach **Tharo Bharyang.** You will continue along a path paved with stones to **Jagat,** a town that lies west of the Budhi Gandaki River.

Overnight stay at a lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Jagat (1,400m / 4,593ft) to Lokpa (2,040m / 6,692ft)

Highest Altitude 1,400m / 4,593ft Trek Duration 6 -7 hrs

Before heading to Lokpa, we register our permits for Manaslu and Tsum valley at the entry checkpoint in Jagat. Then we will climb over a rocky ridge to Salleri, where we stop for a while to enjoy the views of Mount Sringi and descend to **Sirdibas.** At Sirdibas, we cross the longest suspension bridge in Nepal to enter Philim and continue our trek forward, reaching Ekle Bhatti and then **Lokpa, the entry point of Tsum Valley.** This village is the first village in the Tsum valley that allows us to view the beautiful Manaslu range. This village is isolated and said to have been **blessed by Padmashamva** centuries ago.

Overnight stay at a lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Lokpa (2,040m / 6,692ft) to Chumling (2,386m / 7,828ft)

Highest Altitude 2,386m / 7,828ft Trek Duration 5-6 hrs

The day starts with a trek from Lokpa village, the route to Tsum Valley, although the actual entrance to Tsum Valley begins from a deep slender, and narrow gorge leading to Lokpa. From the path, you will get amazing views of the **Boudha Himal (6,672m)** and **Ganesh Himal.**

The route then descends to the Lungwa river valley and progresses through a dense forest full of rhododendron, juniper, and pine. Then you will reach Gumling, and shortly afterward, you will arrive at **Syar Khola,** which means you have reached the **village of Chumling.** The short trek will leave you enough time to visit the three main monasteries of Chumling - The Panago Gompa, Mani Dhungyur, and Gurwa Gompa.

Overnight stay at a lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Chumling (2,386m / 7,828ft) to Chhokangparo (3,031m / 9,944ft)

Highest Altitude 3,031m / 9,944ft Trek Duration 5-6 hrs.

The destination for this day is Chhokangparo, and we begin early in the morning. The upper Tsum valley opens from Chhokang Paro, situated on flat land. Actually, there are two settlements in Chhokangparo, one is **Chhokang, and the other is Paro.** You will follow Shair Khola and reach Domje - the largest town in Tsum Valley. From Domje, you will climb uphill to reach Chhokagnparo and get stunning views of Ganesh Himal and Himalchuli. We are sure you will enjoy the local hospitality and taste their unique **Tibetan tea (butter tea).**

Overnight stay at a lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Chhokang Paro (3,031m / 9,944ft) to Nile (3,361m/ 11,026ft)

Highest Altitude 3,361m / 11,026ft Trek Duration 4-5 hrs

The Nile village is on the western side and is the last village north of the upper Tsum Valley. It is on the sunny side of the Shiar Khola, and you have to walk for twenty minutes to reach the **Nile from Chhule.** Along the way, you will pass the sacred Phiren Phu Cave, also called Pigeon Cave. People believe the **Tibetan Buddhist master Milarepa** meditated in this cave, and his footprints are imprinted on this cave.

As you proceed, you will walk past green meadows and fertile but narrow landscapes. There are two more gumbas in this region, abundantly painted with Buddhist murals. In these Gumbas, you will find artistic scripts carved on the stones. In addition, you will also find scripts written on papers, and prayer flags make these gompas a socio-cultural asset. You will **cross a suspension bridge on the Shair Khola to arrive at the Nile village.**

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Nile (3,361m/11,026ft) to Mu Gompa (3,700m/12,139ft), visit Dhephyudonma Gompa (4,060m/13,320ft)

Highest Altitude 4,060m / 13,320ft Trek Duration 3-4 hrs

After early morning breakfast, you will head out of Nile Village on a trail that gradually ascends to **Mu Gompa - the largest monastery in this region.**

However, after 2 hrs of a trek from Nile village, you will first reach **Dephyudonma Gumba** (monastery), one of the oldest monasteries in the region, signifying the dawn of the Buddist religion in this valley.

Mu Gompa, established in 1895, lies at the highest and farthest point in the Tsum Valley and contains many religious books, including Kangyur, **a life-size statue of Avalokiteshwara, and portraits of Buddhist masters Padmasambhava and Tara.** To reach Mu Gompa, you will pass through several yak pastures and arid Trans Himalayan terrain.

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Mu Gompa (3,700m / 12,139ft) to Rachen Gompa (3,240m / 10,629ft)

Highest Altitude 3,700m / 12,139ft Trek Duration 4-5 hrs

Shortly after breakfast, we head to **Rechen Gompa, a nunnery** situated in the Shiar Khola Valley in the foothills of the mountains bordering Nepal and Tibet. You will return through Chhule and continue down as far as Phurba. Then onwards, you will take a route on the east banks of Siyar Khola through boulder-covered plains to reach Rachen Gompa. This Gompa, built in 1905, houses Ngak-pa sect nuns. The Gompa's interior contains several murals relating to Buddhism and its history.

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Rachen Gompa (3,240m / 10,629ft) to Gumba Lungdang (3,200m / 10,498ft)

Highest Altitude 3,240m / 10,629ft Trek Duration 5-6 hrs

The trek heads south, leading to Chhokangparo, on a route towards Chumling. Within two hours of the trek, you will see a small white Gompa at **Gho (2,485m)**. From this monastery, you will descend on a path that eventually leads to a wooden bridge over Siyar Khola. After crossing this bridge, you will reach **Domje, home to a Tibetan herbal medicine clinic** and a school.

From Domje, we head east, climbing through pine, juniper, and rhododendron forest, and from the path, you will see several mani walls and prayer flags. You will ascend one more time through the silver pine forest and reach Lungdang Gompa.Especially in spring, you will get breathtaking views, complete with blooming **rhododendrons** from the trails.

Gumba Lungdang is home to about forty nuns and is known for its intense puja, which takes place from 6:00 to 7:30 pm. From the gompa, you can enjoy beautiful and astonishing views of the mountains all around.

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Gumba Lungdang (3,200m / 10,498ft) to Ganesh Himal Base Camp (4,200m /13,780 ft) and back to Gumba Lungdang

Highest Altitude 4,200m / 13,779ft Trek Duration 7-8 hrs

Today will be an exciting day as you will trek to the Ganesh Himal Base Camp. You will start the trek by ascending, but the views will reward you amply. The path takes you through smaller valleys. Few people head towards Ganesh Himal Base Camp, so the trails might not be obvious, but you should not worry, as our guides will show you the path. You will reach **Ganesh Himal Base Camp** in about four hours. After appreciating the views from Ganesh Himal Base Camp, you will **return back to Gumba Lungdang for the night.**

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Gumba Lungdang (3,200m / 10,498ft) to Lokpa (2,040m / 6,692ft)

Highest Altitude 3,200m / 10,498ft Trek Duration 6-7 hrs

We head back to Lokpa. At first, you will descend to Domje, taking the upper track, crossing the Laudang Khola. From Domje, you will head south, passing beautiful dense forests and crossing suspension bridges to **Ripche (2,470m).** Then you will descend to **Batti Ghumlong** and, from there, ascend a bit to reach **Lokpa.**

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Lokpa (2,040m / 6,692ft) to Jagat (1,400m / 4,593ft)

Highest Altitude 2,040m / 6,692ft Trek Duration 6-7 hrs

It is time to descend to Jagat, where you will rejoin the Budhi Gandaki river. From the trails, you will get a few glimpses of the mountains. Today's hike through forests and terrain downhill should be pleasant and easy for your legs. You will cross several suspension bridges to reach **Sirdibas village** before arriving at Jagat.

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Jagat (1,400m / 4,593ft) to Lapu Bensi (900m / 2,952ft)

Highest Altitude 1,400m / 4,593ft Trek Duration 7-8 hrs

After early morning breakfast, you will descend to Lapu Bensi. The trek will mostly be pleasant as you walk downhill, but the suspension bridges provide excitement. Before reaching Lapu Bensi, you will reach **Machha Khola,** then cross a suspension bridge over Nauli Khola, and follow the sandy Budhi Gandaki river bed to arrive at **Lapu Bensi - a beautiful Gurung Village.**

Overnight stay at a local lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 15

Trek from Lapu Bensi (900m / 2,952ft) to Arughat Bazaar (535m / 1,755ft)

Highest Altitude 900m / 2,952ft Trek Duration 4-5 hrs

Today's trek back to Arughat Bazaar will be a short one. Firstly, we follow the Budhi Gandaki river for a few hours to reach Soti Khola. From Soti Khola, we will take a jeep to Arughat Bazaar. After a couple of hours of driving, you will reach the Arughat Bazaar. **Arughat Bazaar** has small cafes and shops that you should consider visiting.

Overnight stay at a lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 16

Drive back to Kathmandu (1,324m / 4,344ft) from Arughat (535m / 1,755ft)

Drive duration (126 km/78miles) -7-8

After early morning breakfast, we will drive you back to Kathmandu. The drive will be scenic as the bus moves by the side of the beautiful Trishuli river. The greenery of the hills will be eye-pleasing as well. Soon, the bus **heads east to Kathmandu via the Prithivi Highway**. Your trek package ends in Kathmandu. You are free to spend your time in Kathmandu as you wish.

Included meals (Breakfast + Lunch)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Both-way transportation between Kathmandu and Arughat by local bus

Accommondations

- Accommodations at best available lodges(Generally twin Sharing room)-15 Nights

Food

- All standard full-board meals - 16 lunches, 15 dinners, and 16 breakfasts, with one main course per meal during the trek.
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed English Speaking Discovery World Trekking experienced trek leader (12 or above trekkers: 1 assistant guide).
- Porters to help trekkers luggage. (2 trekkers:1 porter) Luggage weight limit per trekker is 9 kg.
- Guides and porters' salary, their meals, insurance, lodging, transportation, and other necessary equipment

Trek Permits and Expenses

- Tsum Valley special permit and Conservation Area Permit fees.
- All government, local taxes, and official expenses

Medical Assistance

- Arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - a company's T-shirt & a cap

Farewell

- Discovery World Trekking trek achievement certificate after the successful trek
- Farewell dinner in Kathmandu at the end of the trek

Travel Insurance

- Travel insurance has to cover emergency high-altitude heli-rescue and evacuation (compulsory)

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommondations

- All accommodation in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.

Food

- Meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival or late departure, early return from the trek.

Guide and Porter

- Tips for guide and porters

Visa

- Visa fees at Tribhuvan International Airport. USD 50 for a 30-day sta

Personal Expenses

- Personal expenses (shopping, snacks, boil bottle water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess luggage charges (Luggage weight limit is 9 kg per person)
- Additional costs due to delays caused by circumstances beyond our control, such as landslides, weather conditions, itinerary modification due to safety concerns, illness, changes in government policies, strikes, etc
- All the costs and expenses not listed in "cost includes" are counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

We recommend you carry the basic clothing and accessories needed for the trek. Although we understand that you will have your preference, here is a list you need to take as a base. Though porters will carry your luggage, the luggage weight limit per trekker is 9 kg. You can store your extra luggage at Discovery World Trekking for free during your trek. Since one porter carries luggage for two trekkers, we request you to pack your luggage with a fellow trekker in a duffle bag over sixty liters capacity.

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover Adjustable and
- lightweight trekking poles (preferably collapsible),
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Medications

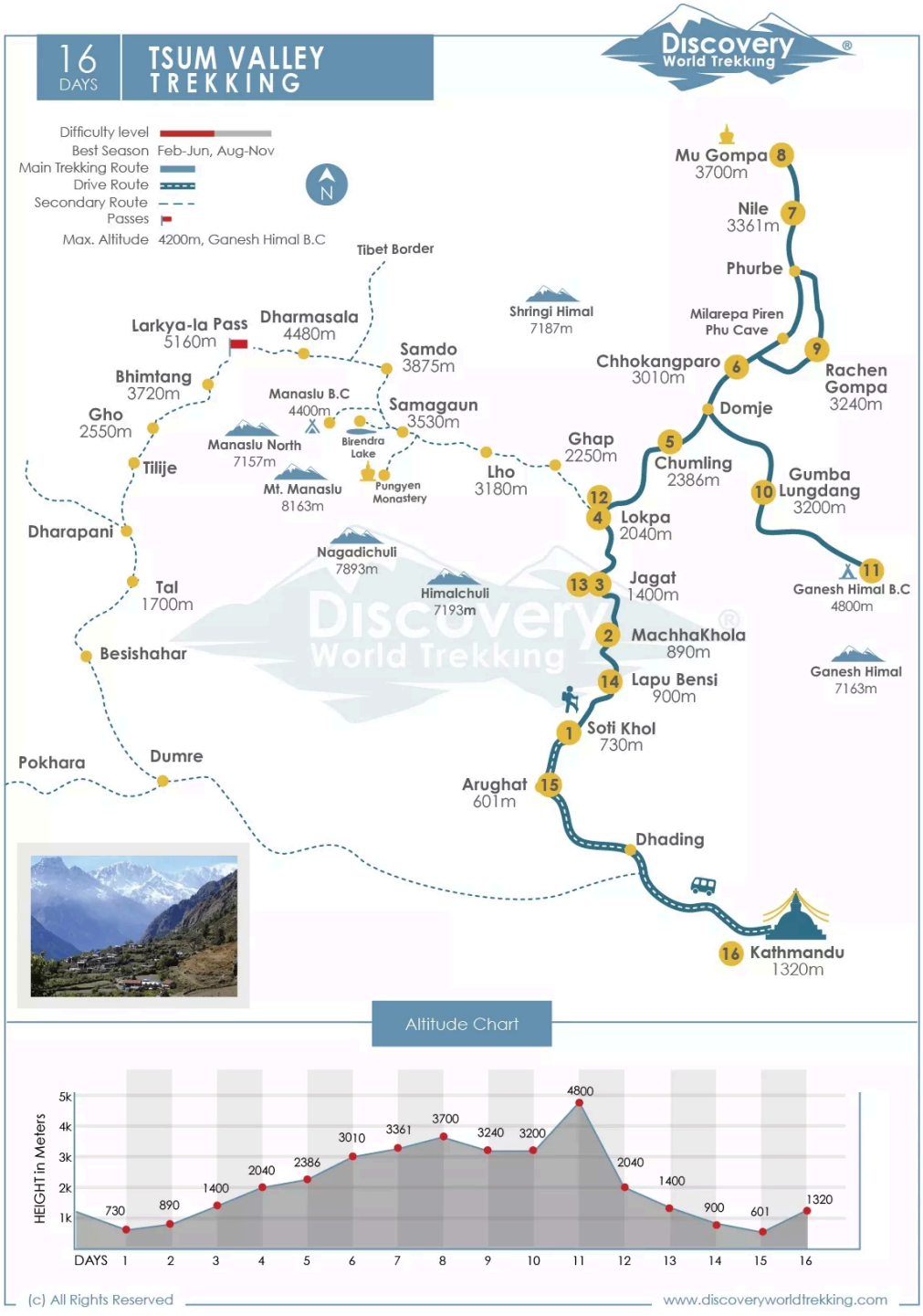
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own.

Tsum Valley Trek Map



Trip Notes

Free airport pick up and drop off

We offer a complimentary airport pick-up and drop-off service from/to Tribhuvan International Airport to/from the hotel in Kathmandu. Upon arrival at TIA, you will find **our representative holding our company pamphlet with your name on it.** After greeting you, they will present you with a garland as a welcome gesture and then take you to your hotel in a private vehicle. Similarly, when you depart for your home country, we will pick you up from your hotel and drop you at the airport. To take advantage of this service, you must share your flight details with us. We provide this service to all our clients so that our valuable clients do not feel alone in a new country or face navigation problems.

The beginning of the journey

You must **arrive in Kathmandu two days before the trek departure date.** Please make sure the second day after your arrival is a weekday. We need one full weekday to acquire a restricted area permit for you. To get this Manaslu Circuit trek, we need your passport with a Nepal visa. On the trek departure day, we will drive you to Sotikhola via Arughat for the trek start.

Accommodation during the trek

This 16 days trek includes **15 nights of lodge-to-lodge stays** at the best lodges in trek regions. We hand-select all lodges, paying attention to hygiene. You will be staying in rooms with attached bathrooms where possible and in standard rooms at other accommodations.

You will need at least three nights of hotels in Kathmandu before and after the trek, but this package does not include these stays. Kathmandu has a wide range of hotels for all budgets and preferences, and we respect your choices.

Food during the trek

This 16-day trek takes you to high elevations, so you need plenty of nutritious food. We will provide you with **enough nutrient-rich food,** but your choices get limited as you ascend. The food also gets expensive with height.

We will provide 16 breakfasts, 16 lunches, and 15 dinners during the trek. The cuisine is local, Asian, or Western. Some of the most popular menu items in the trek regions are:

Breakfast

- Muesli Bread
- Fruits
- Vegetables
- Oatmeal
- Corn Flakes
- French toast with Jam

- Butter
- Cheese
- Honey Tibetan bread or Chapati
- Local Tsampa porridge
- Eggs
- Pancakes
- Hot drinks (varieties of teas and coffees, hot chocolates, etc.)

Lunch

- Dhal
- Bhat
- Tarkari
- Tibetan Bread
- Potatoes
- Vegetables
- Salad Pizza (Tomato, Mushroom, Mixed)
- Various Soups
- Sherpa Stew
- Steaks
- Sandwiches
- Momo (dumplings)
- Macaroni dishes
- Tenduk Spaghetti Noodles
- Thukpa
- Pasta
- Vegetable curry
- Snacks (Papad, Prawn)
- Desserts (Rice Pudding, Apple pie)

Dinner

- Dhal
- Bhat & Tarkari
- Tibetan Bread
- Various Soups
- Potatoes items
- Vegetable and salad Pizza (Tomato, Mushroom, Mixed)
- Sherpa Stew
- Steaks
- Sandwiches

- Momo (dumplings)
- Macaroni
- Tenduk Spaghetti
- Noodles Thukpa
- Pasta
- Vegetable curry
- Snacks (Papad, Prawn)
- Korean Ramen
- Desserts items (Rice Pudding, Apple pie)
- Hard Drinks Steaks

We advise you to take **plenty of fresh vegetables.** Similarly, **liquids** such as lemon tea, green tea, hot lemon, ginger tea, and garlic soup (must) are known to be beneficial in high altitudes.

However, we do not recommend non-veg items during the trek because the meat in trek regions may not be hygienic. Similarly, you might consider avoiding dairy and caffeinated items, alcoholic drinks, and hot chocolates.

Best time for the trek

Weather, mainly temperature, is the most important factor to consider when deciding to trek to the Tsum Valley. March to May and September to November form the busiest season for the Tsum Valley trek. In winter (December to February), the heavy snowfall forces the lodge in Mu Gompa to close. The summer season in Nepal starts in June and lasts till August, but this is the season when the monsoon becomes active, making the trails wet and slippery.

Though all seasons provide different trek experiences for the best views and good trail conditions, **spring (March-May)** and **autumn (Sept -Nov) are the best seasons.**

March to May (Spring)

It is the best season to trek to Tsum Valley. You will find weather favorable throughout the trek, enabling you to catch stunning views of the Manaslu mountains and glaciers in the region. The temperatures start rising in mid-March, and the clear skies mean fantastic views. During April and May, the temperatures rise comparatively, making it slightly hot in lower regions, but the temperature is perfect for the trek at high altitudes. Most trekkers choose to trek to Tsum Valley in spring. It is also the season rhododendron flowers bloom in the forests making your trek scenic.

September to November (Autumn)

It is also one of the perfect seasons for the trek. Many tourists come to trek to Tsum Valley this season, taking advantage of the favorable weather. As the monsoon recedes in September, a perfect trekking climate sets in. The temperature can reach 20 degrees in the daytime but falls to 5 degrees at night.

If you decide to trek during this time, clear skies, amazing views of the mountains, and good trail conditions will enrich your trek experience. Moreover, several major festivals like Dashain, Tihar, Chhat, and Indrajatra fall in autumn, making the whole environment festive. November treks are also popular due to clear, sparkling days. From late November, the temperatures dip, and snowfalls begin in the high trek altitudes.

For more weather related information, check our indepth manaslu travel guide.

Trip Grade: Fitness level, Medical, and Health

The Tsum Valley 16-day trek is a moderate-grade hike. The highest point you will reach is Ganesh Himal Base Camp (4,200m). The second highest point is Mu Gompa at 3,700m. You will be hiking for 5 to 7 hours in lower regions and about 3 to 4 hours at higher elevations. Treks in higher elevations are more difficult due to low oxygen levels.

A normally fit person can certainly complete this trek. However, as with all high-altitude hikes, the fitter you are, the more you will enjoy the trek. You just need to be ready to walk for four to six hours, taking enough breaks in between. We recommend stamina-building exercises such as jogging, cycling, or swimming a few weeks before your trek departure date. The trek routes involve long climbs, steep descents, and rocky paths in certain sections. We do not recommend this trek for those suffering from medical conditions such as heart, blood, or lung disease.

Trekking group/single

We conduct private as well as group treks. However, the Nepal Government provides a special permit only to a group with **at least two trekkers.** So, you will need at least one partner for this trek. But don't worry—if you do not have a trekking partner, we will find someone for you. We can handle any group size and will add an assistant guide for a group of 12 or more members. If you have your own group, we will offer discounts based on group size. Please note that a private trip for a solo traveler to Tsum Valley is not possible.

A typical day during the trek

Every day will reward you with a **unique experience of trekking, climbing, enjoying the scenery, taking photos, tasting new dishes,** and exploring local villages. Our friendly, experienced, and government-licensed guide/Sherpa will accompany you throughout the trek, providing information about the places you visit.

We assign porters to carry your luggage. The luggage weight limit per trekker is 9kg. One porter will carry the luggage of two trekkers. However, we expect you to bring a small backpack for your valuables and informational documents.

Each day starts with a hot cup of tea or coffee. After a wholesome breakfast, you will begin the day's walk around 7 to 8 AM, depending on the day’s distance and terrain.

After trekking for three to four hours, we will serve lunch around midday en route to the next destination. After about an hour’s rest, the afternoon trek continues for another two to three hours. Once you reach your destination, you can enjoy snacks and explore the area until dark.

Dinner is served around 6 to 7 PM. After dinner, your guide will brief you about the next day's plan. You'll then have free time to relax, chat with fellow trekkers, read books, or play games like chess, cards, or Monopoly. Many guests also enjoy learning some fun and light Nepali words.

Communication during the trek

While on the trek, **you can use the internet service available at most lodges** for a small fee. You can contact friends and family from the lodges. At higher elevations, we use mobile phones for safety. Discovery World Trekking remains in contact with all trek teams at least once a day through the trek lead to ensure everything is going smoothly. You can buy a local SIM in Kathmandu, but please note that the signal at higher altitudes may not be strong enough.

Extra personal expenses on trekking

must bring personal spending money to cover several costs such as visa application fees, insurance for the trek, souvenirs, hot (tea/coffee), cold and alcoholic drinks, tips for crew members, snacks, etc. We advise you to bring cash (major currencies) and exchange them in Kathmandu as trek regions do not honor foreign currencies. We estimate that you will need USD 10 to 20 per trek day to cover miscellaneous costs.

Electricity and battery recharge, water on trekking

Throughout the lodges at Manaslu Circuit Trek trails, **electricity for electronics recharge is available at an extra cost.** You can easily buy bottled water from en-route shops, but some trek regions might not allow plastic water bottles. Hence, we advise you to **bring a water bottle** and fill it with boiled/filtered water, which you can buy at tea houses/lodges. It is better to use a water purification pill before drinking. If you need these pills, we can provide them for you.

Travel insurance policy

This Manaslu trip grade is challenging, and you will reach a height of 4,200m at Ganesh Himal Base Camp. Though the elevation is not too high, this trek comes with high altitude risks such as potential altitude sickness, landslides, etc. So, travel insurance is compulsory.

All trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before starting the trek. The policy should cover emergency repatriation, including helicopter rescue and evacuation up to the highest trek altitude (4,000m), and medical treatment costs. It is important because the trek region does not have adequate health facilities.

We can recommend insurance companies for you based on our previous client experiences, but we are not involved in selling insurance policies at all.

During emergencies, we will use your insurance and other informational documents to arrange a quick and effective rescue.

Passport and visa

All foreigners, except Indians, require a visa to enter Nepal. Citizens from most countries can get **on-arrival visas** at Tribhuvan International Airport (TIA) or immigration checkpoints along Nepal-India and Nepal-Tibet borders.

To apply for an on-arrival visa, you will require a passport with at least six months of validity, a passport-size photo, and visa fees. The current visa fee is USD 50 for a 30-day stay. Chinese and SAARC (India, Pakistan, Bangladesh, Bhutan, Maldives, and Sri Lanka) get free visas. Similarly, children under ten get free visas.

>However, citizens from certain countries - Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan - may not receive an on-arrival visa. If you are a national from any of these countries, you need to contact your nearest Nepali embassy for a visa.

Nepal government may change visa rules at any time, so for the latest information visit https://www.immigration.gov.np.

Money exchange

Nepali Rupee (NPR/Rs) is the local currency.
(1 USD = ~ Rs.130 NPR).

You can exchange most (major) foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Some hotels also exchange small amounts of cash.

Legal money exchanges display their ongoing rates visibly. If you have Indian Rupees, note that only Indian Rupee notes of INR 100 and 2,000 are legal in Nepal.

Despite having the security advantage of a traveler's cheque, we advise you **cash exchange** to avoid hassles like lengthy processes and high bank commissions. You can withdraw cash in Nepali Rupees from one of the many ATMs in Kathmandu. Several of these ATMs are open 24/7. However, the maximum you can withdraw from the ATM is Rs 35,000 for a 500 Rupee fee using a foreign card.

If you use the money exchange facility at banks and financial institutions, they will charge you a fee of four percent or more, depending upon the bank.

How much luggage can I bring to the trek?

The **luggage weight limit is 9 kg** per trekker. We assign one porter for two trekkers, and our porters will not carry more than 18 kg of luggage. However, if you need, we can arrange one porter just for you. We also expect you to bring a small backpack to keep your valuables and informational documents safe. We advise you to carry just the essentials to the trek. You can store your extra luggage for free at the Discovery World Trekking store for the duration of your trip.

Safety during the trek

Discovery World Trekking **guarantees client safety, security,** and **satisfaction**. We will carry all the necessary gear, equipment, and first aid kits, ready to face any situation. Our trek guides are first-aid trained. If a trekker falls sick, your guide has the authority to decide whether to continue the trek or descend immediately. In emergencies, we deploy a helicopter to bring sick trekkers back to safety (funded by insurance). You will be trekking as a group, which ensures further safety.

Discovery World Trekking

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