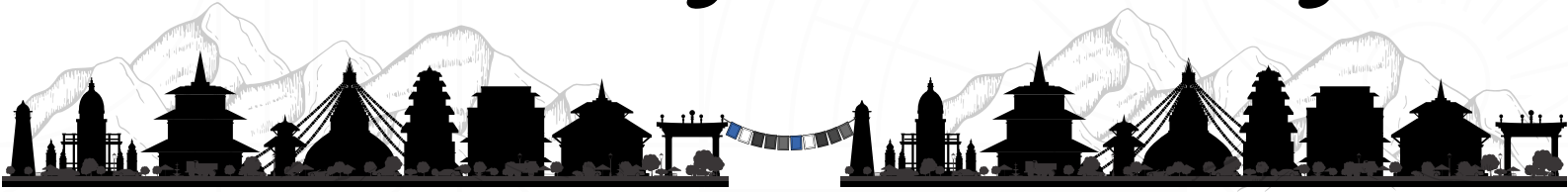


Manaslu Circuit with Tsum Valley Trek Itinerary



Day 1



Day 1: Drive Kathmandu → Machha Khola

- Elevation: 870m → 900m
- Distance: ~160 km | Driving Time: 8–9 hrs
- Overnight: Machha Khola

Drive from Kathmandu through Dhading and Arughat, following the Budhi Gandaki River. The road is scenic but rough in sections. Arrive at Machha Khola, a small riverside settlement.



Day 2



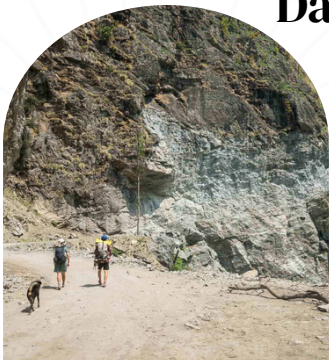
Day 2: Machha Khola → Jagat

- Elevation: 900m → 1,340m
- Distance: ~15 km | Hiking Time: 6–7 hrs
- Overnight: Jagat

Trek along the Budhi Gandaki River on narrow trails through forests and villages. Pass Khorlabesi and Tatopani (natural hot spring). Cross suspension bridges and reach Jagat, the entry point of Manaslu Conservation Area.



Day 3



Day 3: Jagat → Lokpa

- Elevation: 1,340m → 2,240m
- Distance: ~14 km | Hiking Time: 6–7 hrs
- Overnight: Lokpa

Climb gradually through Salleri and Philim villages. The trail enters the Tsum Valley region with fewer settlements. Lokpa is the first village in Tsum Valley with views of Ganesh Himal.





Day 4



Day 4: Lokpa → Chumling

- Elevation: 2,240m → 2,386m
- Distance: ~8 km | Hiking Time: 4–5 hrs
- Overnight: Chumling

Walk through pine and rhododendron forests, crossing suspension bridges over the Shiar Khola. Reach Chumling, a traditional village with Buddhist culture and stone houses.



Day 5

Day 5: Chumling → Chhokang Paro

- Elevation: 2,386m → 3,031m
- Distance: ~10 km | Hiking Time: 5–6 hrs
- Overnight: Chhokang Paro

The trail climbs gently through farmland and small villages. Enjoy open valley views and strong Tibetan influence. Chhokang Paro is a peaceful village with ancient monasteries.



Day 6



Day 6: Chhokang Paro → Mu Gompa

- Elevation: 3,031m → 3,700m
- Distance: ~11 km | Hiking Time: 6–7 hrs
- Overnight: Mu Gompa

Walk through dry landscapes and wide valleys. Pass Nile village before reaching Mu Gompa, the highest and most important monastery in Tsum Valley.





Day 7



Day 7: Acclimatization Day at Mu Gompa

- Elevation: 3,700m
- Overnight: Mu Gompa
- Rest and acclimatize. Optional hikes to nearby viewpoints or monasteries. Explore local culture and interact with monks.



Day 8

Day 8: Mu Gompa → Chumling

- Elevation: 3,700m → 2,386m
- Distance: ~18 km | Hiking Time: 6–7 hrs
- Overnight: Chumling

Descend the same trail back through Nile and Chhokang Paro. Enjoy easier walking and familiar landscapes.



Day 9



Day 9: Chumling → Deng

- Elevation: 2,386m → 1,860m
- Distance: ~15 km | Hiking Time: 6–7 hrs
- Overnight: Deng

Rejoin the Manaslu Circuit trail. Walk through forests and villages, crossing multiple suspension bridges before reaching Deng.





Day 10



Day 10: Deng → Namrung

- Elevation: 1,860m → 2,630m
- Distance: ~19 km | Hiking Time: 6–7 hrs
- Overnight: Namrung

Climb steadily through alpine forests. Pass mani walls and traditional stone villages. Namrung offers great mountain views and better lodges.



Day 11

Day 11: Namrung → Samagaon

- Elevation: 2,630m → 3,530m
- Distance: ~17 km | Hiking Time: 6–7 hrs
- Overnight: Samagaon

Walk through Lho village with views of Manaslu. Continue through glacial valleys to Samagaon, a major settlement near Manaslu Base Camp.



Day 12



Day 12: Acclimatization Day in Samagaon

- Elevation: 3,530m
- Overnight: Samagaon
- Rest day for acclimatization. Optional hikes to Manaslu Base Camp or Pungyen Gompa.





Day 13



Day 13: Samagaon → Samdo

- Elevation: 3,530m → 3,875m
- Distance: ~8 km | Hiking Time: 3–4 hrs
- Overnight: Samdo

Short and gradual walk through open terrain. Samdo is a small Tibetan-influenced village near the border.

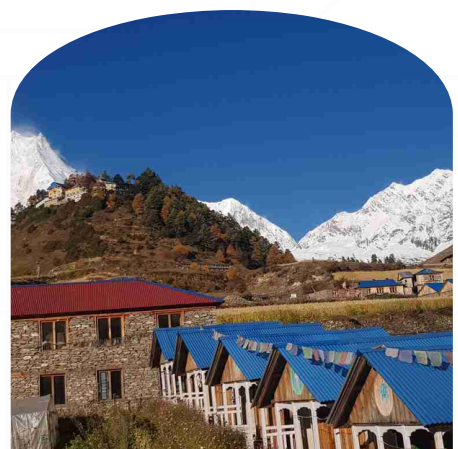


Day 14

Day 14: Samdo → Dharamsala (Larkya Phedi)

- Elevation: 3,875m → 4,460m
- Distance: ~7 km | Hiking Time: 3–4 hrs
- Overnight: Dharamsala

Climb slowly to the base of Larkya La Pass. The landscape becomes barren and alpine.





Day 15



Day 15: Dharamsala → Larkya La Pass (5,160m) → Bimthang

- Elevation: 4,460m → 5,160m → 3,590m
 - Distance: ~22 km | Hiking Time: 8–9 hrs
 - Overnight: Bimthang
- The most challenging and rewarding day of the entire trek. You'll begin before sunrise, gradually ascending toward Larkya La Pass (5,160m), a spectacular high mountain pass surrounded by towering peaks like Himlung, Cheo, and Annapurna II. The panoramic Himalayan views at the top are breathtaking. After celebrating your achievement, descend steeply across glacial moraines into the lush, green valley of Bimthang, a beautiful alpine meadow with dramatic mountain scenery.



Day 16: Bimthang → Goa

- Elevation: 3,590m → 2,300m
- Distance: ~16 km | Hiking Time: 5–6 hrs
- Overnight: Goa

Today's trek is a peaceful descent through alpine meadows and dense rhododendron and pine forests. You'll walk along a scenic trail with occasional views of Himlung, Lamjung Himal, and Manaslu peeking through the trees. Cross rivers via wooden bridges and pass through small settlements before reaching Goa, a tranquil village nestled in the greenery.



Day 16



Day 17



Day 17: Goa → Tilije → Drive to Besisahar

- Elevation: 2,300m (Goa) → 1,960m (Tilije) → 760m (Besisahar)
- Distance: ~9 km trek | Trek + Drive Time: 3–4 hrs trek + 4–5 hrs drive
- Overnight: Besisahar

Begin with a short descent from Goa to Tilije, passing through forests and small settlements. After reaching Tilije, board a local or private jeep and drive through Dharapani and Tal to Besisahar, following the Marsyangdi River.





Day 18

Day 18: Besisahar → Kathmandu / Pokhara

- Elevation: 760m → 1,400m (Kathmandu) / 820m (Pokhara)
- Driving Time: 6–7 hrs (Kathmandu) / 5–6 hrs (Pokhara)

Drive from Besisahar to your chosen destination. You may continue to Kathmandu via Dumre or head toward Pokhara, enjoying views of river valleys, terraced hills, and rural villages. This marks the end of the trek.



Manaslu Circuit Trek: More Fun & Fascinating Facts

Q: What makes Manaslu a “spiritual mountain”?

Locals believe that the mountain is home to powerful deities and spirits. The name "Manaslu" comes from the Sanskrit word "Manasa," meaning "soul" or "spirit." This spiritual significance is deeply rooted in both Hindu and Buddhist traditions.

Q: What wildlife can I spot along the trek?

The Manaslu Conservation Area is home to rare and endangered species, including snow leopards, red pandas, and blue sheep. Over 110 bird species, 33 mammals, and 11 butterfly species have been recorded.

Q: What is the highest point on the trek?

Larkya La Pass, standing at 5,106 meters (16,752 feet), is the highest point of the trek and offers breathtaking panoramic views of surrounding peaks.

Q: What cultural influences will I experience?

The trek passes through villages inhabited by Gurung, Nubri, and Tibetan communities. You'll encounter Tibetan Buddhism, with monasteries, prayer flags, and chortens dotting the landscape.

Q: How does the trek support local communities?

By hiring guides, porters, or staying in local teahouses, trekkers contribute directly to the livelihoods of the communities along the route. These interactions promote sustainable tourism and cultural exchange.

