



# Tsum Valley and Manaslu Trek

## Overview

Embark on an exhilarating journey starting with a meet-up in Kathmandu for a detailed briefing on our adventure. We'll begin with a scenic drive through picturesque landscapes, reaching Soti Khola. Trekking alongside the Budhi Gandaki River, we'll immerse ourselves in Nepal's natural beauty, encountering stunning waterfalls and diverse wildlife. Our path leads us through charming villages and lush jungles, offering glimpses of towering mountains and serene valleys. Along the way, we'll enjoy hearty meals and comfortable accommodations in teahouses. As we trek through varied terrain and elevation, each day presents unique challenges and breathtaking vistas, culminating in a memorable exploration of Nepal's rich cultural heritage and awe-inspiring landscapes. Finally, we'll conclude our journey back in Kathmandu, reflecting on our unforgettable experiences and bidding farewell to new friends. Safety and enjoyment are our top priorities throughout our adventure, ensuring a rewarding and enriching expedition for all.

## Highlights

- Traverse the stunning countryside roads for breathtaking views of Langtang, Ganesh Himal, Manaslu, Annapurna, and Dhaulagiri.
- Immerse yourself in the rich culture of a Tibetan village, complete with a glacier lake, diverse wildlife, and encounters with the iconic yak.
- Witness the convergence of two powerful rivers, Budigandaki and Marsyangdi, carving through high mountain glaciers, revealing hidden facets of Nepali and Tibetan heritage amidst rich cultural and spiritual landscapes.
- **Total 19 nights and 20 days package**

## Entire trip price

**Total trip cost: Pounds £1799 and USA dollars \$2249**

### **Cost includes:**

- One professional guide
- One dedicated porter
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

### **Does not include:**

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
3. Trekking Insurance covers above 5000 mts to 5500 mts

## Trek Itinerary

**Day 1: Kathmandu** - Our initial meeting is scheduled for the evening at 5 pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra)

B: Elevation 1250 metres (4,101ft)

**Day 2: Soti Khola** - After breakfast, we begin with a bus journey through the countryside and a pleasant view of the mountains. The trip ends at the Aru-ghat. After that, a short Jeep drive to Soti Khola.

A: Bus drive to Arughat 4 hours 30 minutes and jeep drive 2 hours

B: Includes teahouse room and breakfast.

C: Elevation 720 metres(2,362.2ft)

D: Descent 530 metres(1,738.1ft).

E: Cover of the day 88.3 miles(142.2km)

**Day 3: Machha Khola** - The day begins after breakfast. We first step into the natural landscape beauties of Nepal. Here, we encounter the Budhi Gandaki River, its glacier-fed waters providing us with the cool air of its flowing currents.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 875 metres(2,870ft)

D: Ascent 130 metres(426.6ft).

E: Cover of the day 11 miles(17km)

**Day 4: Jagat** - The day begins after breakfast. We trek, following the trail alongside the Budhi Gandaki River and traverse gravel roads, pass by natural hot springs, and cross suspension bridges until we reach our destination for the day.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 1,370 metres(4,495ft)

D: Ascent 495 metres(1,607ft).

E: Cover of the day 12 miles(18.5km)

**Day 5: Lokpa** - The day begins after breakfast with sunshine, through the beautiful village. Alongside, we enjoy views of the highest waterfall, nestled atop the village. Our journey continues along the trail known for its friendly encounters with langur monkeys until the day's end.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2050 metres(6725ft)

D: Ascent 630 metres(2,066ft).

E: Cover of the day 10 miles(16.00 km)

**Day 6: Chumilling** - The day begins after breakfast. It is a short day. Walking uphill through the jungle. We enjoyed the wilderness experience on our way to the typical Tibetan village of Chumilling.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,400 metres(7874ft)
- D: Ascent 450 metres(1,476 ft).
- E: Cover of the day 8 miles(12.5km)

**Day 7: Chhekmparo** - The day begins after breakfast as we walk up to a beautiful old village through the jungle. We arrived on the high plateau of Tsum Valley.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,030 metres(9,940ft)
- D: Ascent 580 metres(1,902 ft).
- E: Cover of the day 8 miles(12.5km)

**Day 8: Nile** - It is another short day that begins after breakfast through the Tibetan old monastery and spiritual place in the Nepali landmark at Neile. We have a short hike up to visit the oldest Mu Gompa.

- A: Trek for 6 to 7 hours including a hike.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,365metres(11,040ft) Mu Gompa 3570 metres(11,712ft)
- D: Ascent 335 metres(1,099 ft).
- E: Cover of the day 11 miles(17km)

**Day 9: Chumling** - It is a long day descent and the trekkers return in the same way with a background view of Mt Ganesh Himal and Tsum Valley.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,400 metres(7874ft)
- D: Descent 965 metres(3,166ft).
- E: Cover of the day 15 miles(22.5km)

**Day 10: Dayang** - Another morning descent to join the main routes to the Manaslu circuit. We walk through the jungle where sightings of langur monkeys are possible.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 1,870 metres(6,152ft)
- D: Descent 530 metres(1,738ft).
- E: Cover of the day 12 miles(18.5km)

**Day 11: Ghap** - After breakfast, the team embarks on a leisurely walk to explore the local village and the surrounding mountains, enjoying a wide range of scenic views. We continue onward towards our destination.

- A: Trek for 5 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,110 metres(6,925ft)
- D: Ascent 240 metres(787 ft).
- E: Cover of the day 7 miles(11.2km)

**Day 12: Lowgaon** - After breakfast, we pass through the jungle leading us to the Tibetan cultural village of Namrung, where, after 30 minutes, we are greeted by the sight of Mt. Manaslu. Our next objective is to reach our destination in Lowgaon.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,170 metres(10,400ft)
- D: Ascent 1,060 metres(3,380ft).
- E: Cover of the day 11 miles(17.5km)

**Day 13: Samagaon** - After breakfast, we walk on the highland trek, welcomed by Mt. Manaslu. We ascend through the jungle, heading towards the right side of Mt. Manaslu, where we'll conclude our day's journey.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,530 metres(11,581ft)
- D: Ascent 360 metres(1,181ft).
- E: Cover of the day 6 miles(9 km)

**Day 14: Samagaon, the acclimatisation day** - After breakfast above the altitude limitations, we have a rest day scheduled, along with an acclimatisation walk to Hin Monastery before returning to Samagaon.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 400 metres(13,132ft)
- D: Ascent 470 metres(1,580ft).
- E: Cover of the day 7 miles(11.5km)

**Day 15: Dharamshala** - After breakfast, we walk through yak and horse pastures leading to the Tibet and Nepal trading centre called Somdo. We will be staying in a dormitory or at the tent camp.

- A: Trek for 5 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,480 metres(14,700ft)
- D: Ascent 1,000 metres (3,280ft).
- E: Cover of the day 9 miles(14.4km)

**Day 16: Bhimthang** - After breakfast, we start very early. The day is related to altitude and long walks. The leader guides on-the-way actions, emphasising the importance of effective time management. We hit the Larke Pass afterwards and on the other side descended to Bhimthang.

- A: Trek 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation Lake Pass 5,130 metres(16,830 ft) Bimthang 3700 metres (12139 ft)
- D: Ascent to the pass 650 metres(2,132ft) The Descent 1,430metres (4,6091ft)
- E: Cover of the day 11 miles (17 km)

**Day 17: Dharapani** - The day begins after breakfast then walks down through the seaback thorn trees beside the glacier stream. It is a beautiful jungle walk and passes through local villages. The day ends with the joining of the Annapurna routes.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2,105 metres(6,906ft)

D: Ascent 1,595 metres (5,232ft).

E: Cover of the day 12 miles(18.5km)

**Day 18: Bandipur** - The day begins after breakfast on a jeep drive for 2 to 3 hours to Besisahar and 2 to 3 hours by a reserved local bus to the last destination.

A: Jeep drive to Besisahar takes 2 to 3 hours and 2 to 3 hours to Bandipur

B: Includes Countryside Inn 3-star room and breakfast

C: Elevation 1,150 metres (3,772 ft)

D: Descent 1,145 metres (3,756 ft).

E: Cover of the day 59.8 miles(99,4 km)

**Day 19: Kathmandu** - The day begins after breakfast as we leave Bandipur and drive to Dumre to catch a regular tourist bus or a private bus. You will get to see the first highway in Nepal, the Prithivi Rajmarga (known after Nepal's king, Prithvi Narayan Shah)

A: Travel time is 5 to 6 hours.

B: Include a room share and breakfast (require separate room to pay extra).

C: Elevation 1,250 metres(4,101ft)

D: Descent 100 metres(328 ft).

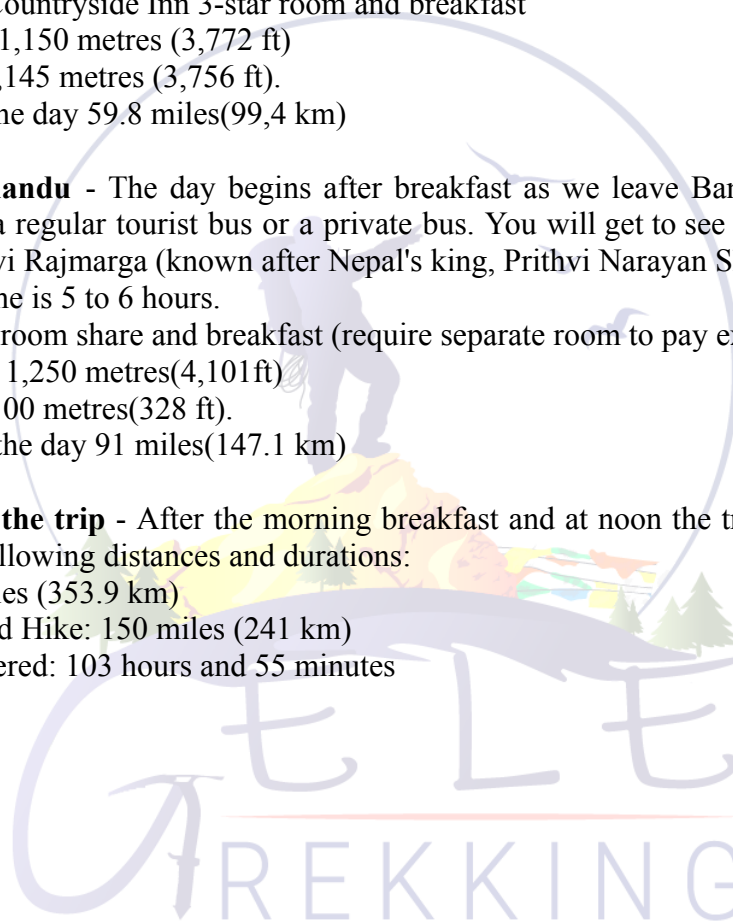
E: Cover of the day 91 miles(147.1 km)

**Day 20: End of the trip** - After the morning breakfast and at noon the trip ends. The entire trip covers the following distances and durations:

Travel: 219.5 miles (353.9 km)

Physical walk and Hike: 150 miles (241 km)

Total Hours Covered: 103 hours and 55 minutes



## **Trip information and preparation**

At Gele Trekking, we encourage our guests to be as well-prepared in advance so they can enjoy their treks to their fullest. Over the years we have come up with a simple suggestion that helps our guests be prepared. We recommend you practise walking around areas with small hills three months before your trek. If you don't have hilly terrain near you, do not worry! It is most important you get out walking some distance along with your other daily exercise routines every day before your trek so you are fit and healthy.

Also please know during trekking, there might be natural obstructions such as changing weather conditions including, snow events and other uncontrollable events such as domestic flight changes such as those to and from Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will adjust your itinerary as needed for your safety and to allow for the best experience possible.

## **Communication and Accommodation Facilities**

Gele Trekking wishes to ensure that our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms that share toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make the necessary adjustments.

## **Food and Drink Options**

Gele Trekking takes pride in introducing the region's food and drinks to our guests during their treks. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.

Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

## **Extra trip budget**

During your trek, we recommend you budget approximately £35 to £40 (\$45 to \$50 USD) per day for lunch, dinner, and any drinks. We also recommend that your overall daily budget includes a bit more to cover any additional miscellaneous expenses.

**Total approximate in pounds: £520**

**Total approximate in dollars: \$650**



### **Traditional Load-Carrying in Nepal**

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

