

# Itinerary for Manaslu and Tsum Valley Trek 19 Days Package

## **Day 1:** Drive from Kathmandu to Soti Khola (8,00m) Duration: 7-8 hours

The adventure begins with a scenic drive from Kathmandu to Soti Khola, a journey that unveils the diverse landscapes of Nepal. Passing through Arughat, you traverse approximately 160km (99.4 miles) over 6-8 hours, immersing yourself in the picturesque surroundings. Upon arrival at Soti Khola, settle into the comforts of the Hotel, offering rooms with attached bathrooms. The day concludes with a hearty meal, including breakfast, lunch, and dinner.

## **Day 2:** Trek from Soti Khola to Machha Khola (8,69m) Duration: 5-6 hours

Trek from Soti Khola to Machha Khola, covering a distance of 9.7km (6 miles) over 6-7 hours. The trail takes you through enchanting landscapes, crossing rivers and charming villages. The journey concludes at Hotel Everest View, where you'll spend the night. Relish in the included meals of breakfast, lunch, and dinner, recounting the day's experiences.

## **Day 3:** Trek from Machha Khola to Jagat (1,340m) Duration: 6-7 hours

The trek continues with a 22km (13.7 miles) journey from Machha Khola to Jagat, a scenic route that unfolds the beauty of the Buddhi Gandaki Valley. Trekking for 6-7 hours, you pass through Kholabesi and Tatopani, experiencing the natural hot springs. Find accommodation at a local lodge and enjoy the provided meals.

## **Day 4:** Trek from Jagat to Lokpa (2,390m) Duration: 5-6 hours

Traverse a distance of 17.5km (10.8 miles) over 6-7 hours, ascending to Lokpa at 2,040m (4,493ft). This marks the entry into the restricted Tsum Valley region. The trail offers panoramic views of Himalchuli and Boudha Himal, creating a captivating backdrop for your overnight stay. Meals, including breakfast, lunch, and dinner, are included.

## **Day 5:** Trek from Lokpa to Chumling (called Lower Tsum) (2,390m) Duration: 5-6 hours

Embark on a 6.3km (3.9 miles) trek lasting 4-5 hours, leading you from Lokpa to the picturesque village of Chumling. The journey offers a mix of wild landscapes and cultural encounters, providing a unique experience. Settle into your accommodation and enjoy the provided meals.

## **Day 6:** Trek from Chumling to Chokhangparo - Upper Tsum Valley (3,010m) Duration: 5-6 hours

Continue the adventure with an 8.4km (5.2 miles) trek lasting 5-6 hours from Chumling to Chhokangparo. As you ascend, the landscape transforms, offering glimpses of the inner Himalayas. The day concludes with an overnight stay in Chhokangparo, complemented by meals.

### **Day 7 :** Trek from Chokhangparo to Nile (3,361m) Duration: 6-7 hours

Journey 9.7km (6 miles) in 4-5 hours, traversing from Chhokangparo to Nile. Enroute, explore the Milarepa Piren Phu Cave, a sacred site adorned with Buddhist murals and scripts. Your day concludes with an overnight stay in Nile, accompanied by the provided meals.

### **Day 8:** Trek from Nile to mU Gompa (3,700m). Duration: 3-4 hours

Embark on a 7.9km (4.9 miles) trek lasting 3-4 hours, ascending to Mu Gompa at 3,700m (11,026 ft). Explore the monastery and soak in the spiritual ambiance of the surroundings. Enjoy an overnight stay at Mu Gompa, accompanied by meals.

### **Day 9:** Trek Mu Gompa to Chhokangparo (3010m) Duration: 5-6 hours

Descend from Mu Gompa to Chhokangparo, a 6-hour trek allowing you to retrace your steps and revisit the charming village. Settle into your accommodation and relish the provided meals.

### **Day 10:** Trek from Chhokangparo to Chumling (2,386m) Duration: 6-7 hours

Continue the descent with a 6-7 hour trek from Chhokangparo to Chumling. Passing through Gho and Rainjam Village, immerse yourself in the natural beauty and cultural richness of the region. The day concludes with an overnight stay and meals in Chumling.

### **Day 11:** Trek From Chumling To Deng (1860 m)

Embark on a 6-7 hour trek from Chumling to Deng, descending along the Shair Khola. Pass through Lokpa Village and bamboo forests, marveling at the changing landscapes. Your overnight stay in Deng is complemented by meals.

### **Day 12:** Trek from Deng to Namrung (2,660m) Duration: 5-6 hours

Continue the trek from Deng to Namrung, a 6-7 hour journey that takes you through bamboo and rhododendron forests. Cross rivers and ascend to Namrung Village, your gateway to the Nupri region. Settle into your accommodation and enjoy the provided meals.

### **Day 13:** Trek from Namrung to Samagaun (3,520m) Duration: 4-5 hours

Embark on a 17.7km (11 miles) trek lasting 8-9 hours, passing through Mani walls and Buddhist Gompas. Enjoy panoramic views of the Manaslu range as you make your way to Sama Gaon. Your overnight stay at Hotel Manaslu includes meals and a room with an attached bathroom.

### **Day 14:** Acclimatization day at Samagaun

Take a well-deserved rest day in Sama Gaon, exploring the village or opting for optional excursions to Birendra Lake or Pungyen Gompa. Enjoy the comforts of Hotel Manaslu, with meals provided throughout the day.

**Day 15:** Trek from Sama Gaon to Larkya La Phedi (Dharmasala) (4,500m) Duration: 4-5 hours

Embark on an 18.5km (11.4 miles) trek lasting 5-6 hours, taking you to Larkya La Phedi (Dharmasala) at 4,460m (14,632ft). Settle into a dormitory or tent for the night, relishing in the provided meals.

**Day 16:** Trek From Dharamsala To Bhimtang(3,720 m) by Crossing Larkya La pass

The highlight of the trek awaits as you cross the formidable Larkya La Pass at 5,160m (16,929ft). Trek 24.7km (15.3 miles) over 7-8 hours, descending to Bhimtang at 3,720m (12,205ft). Enjoy the breathtaking views and settle into Punkar Guest House for the night, with meals provided.

**Day 17:** Trek from Bhimthang to Gho (2,500m) Duration: 5-6 hours

Trek 10km (6.2 miles) over 4-5 hours from Bhimtang to Gho, offering stunning views of the Marsyangdi Valley. Find accommodation in a local lodge and enjoy the provided meals.

**Day 18:** Trek from Gho to Tal (1,700m) Duration: 6-7 hours

Cover a distance of 13km (8 miles) over 4-5 hours from Gho to Tal, descending through fields and forests. Find comfort in a local lodge for your overnight stay, complemented by meals.

**Day 19:** Drive from Tal to Besisahar then Kathmandu

Embark on a 9-10 hour drive from Tal to Besisahar and then back to Kathmandu. Reflect on the incredible journey as you traverse the diverse landscapes of Nepal. Included are all standard meals, comprising breakfast and lunch, providing a fitting conclusion to this awe-inspiring trek.

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