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Tsum Valley Manaslu Circuit Trek - 23 Days

Tsum Valley Manaslu Circuit trek is an off the beaten treks in Manaslu region in Nepal. This treks explore geographically spectacular and culturally fascinating combined Manaslu circuit and Tsum valley with magnificent mountain vistas, dramatic landscapes, terraced hillsides, mysterious canyons, Tibetan culture and a high pass crossing. Moreover, Tsum Valley and Manaslu circuit trek stretches through the remote upstream of the Budhi Gandaki, Mu Gompa (3700m) for splendid surrounding range of Ganesh Himal, Singri Himal and Boudha Himal, crossing over Larkya La, the highest point of the trek and going down to the Marsyangdi, makes a semi-circular trip around the three peaks of Manaslu.

Tsum valley and Manaslu Circuit trek is the complete circumambulate of the majestic Mount Manaslu (8,156m)-the world's eight highest mountain, is certainly one of the Himalayan's call destinations as well as Nepal's last Himalayan hidden treasures awaiting to explore the least explored valley. The less exposed remote and wild hidden "Tsum valley" was almost not known before 2008. Tthe rich cultural heritage, people lifestyle and secretive of hilltop monasteries, traditional villages, revered and sacred Buddhist places, friendly & honesty people, mysterious yaks and hurdles of maniwalls, chortens, lively festivals, historic treasures and picturesque villages being considered to be as Shangri-La of the Himalayas.

Tsum Valley Manaslu Circuit trek starts from Sotikhola, climbs the Budhi Gandaki valley through forest of pine and rhododendron, heads up over a ridge leads to Lokpa, the entrance to wild route to hidden Tsum valley. From Chhokangparo, we enter to upper valley of inner Himalaya. Refreshing forests of bamboo and exotic rhododendron, higher trials are lead to silent alpine glades and rugged, high mountain desert. Visiting Piren Phu cave- the most sacred caves, higher up beyond Nile and Chhule is the Tibetan region, where the landscape is dry, arid and reminiscent of the Tibetan plateau, with barren hillsides and soaring mountainsides. Treading through yak pastures into Trans Himalayan Terrain, the historical Dephyudonma monastery is observed on the way to Mu Gompa, then back to Lokpa before rejoining the main Manaslu route at Deng. Upon arriving Lho village is the Nupri region, inhabitant of Tibetan immigrants, flattering colorful prayer flags and monasteries along the way. With visit to Birendra Lake during a rest day at Samagoan, we climb the larkya La, one of the most dramatic pass crossings in the Himalayas. From Larkya La pass we descent down to Bimtang, Tilje, Chamje, Dharapani and Besishahar and drive back to Kathmandu.

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PRICE INCLUDES

- Local transfers for your international flight x 2 (arrival/ departure)
- Manaslu & Annapurna Area Permit and Restricted Area Permit
- Kathmandu to Soti Khola to Kathmandu (starting point/ending point of the trek) by private jeep
- One English speaking experienced guide and porter (1 porter for 2 trekkers)
- 4 nights' accommodation in a Kathmandu hotel (Hotel Holy Himalaya or similar)
- All night accommodation in mountain teahouses
- All breakfast, lunch and dinner while on trek
- Farewell dinner in Kathmandu
- Staff insurance and necessary ground transport for support staff

PRICE EXCLUDES

- International flight ticket and Nepal Entry Visa
- Personal travel insurance (Which should include coverage for trekking)
- Lunches and dinners in Kathmandu, except the farewell dinner
- Personal gear for trekking (Including any you may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)