



Manaslu and Tsum Valley Trek - Itinerary

1. Day 1

Arrival in Kathmandu

2. Day 2

Kathmandu sight seen tour. - B.

3. Day 3

Drive from Kathmandu to to Soti Khola (775m/2542ft) - 6 hrs - B.L.D

4. Day 4

Soti Khola to Machha Khola (900m/2952ft) Duration: 5-6 hrs. - B.L.D

5. Day 5

Machha Khola to Philim (1590m/5215ft) Duration: 6 hrs. - B.L.D

6. Day 6

Philim to Ripche (2470m/8101ft) Duration: 6 hrs. - B.L.D

7. Day 7

Ripche to Nile/Chhule (3360m/11020ft), visit Milarepa Piren Phu Cave, 8-9 hrs. - B.L.D

8. Day 8

Nile/Chhule to Mu Gompa (3700m/12136ft), visit Dephyudonma Gompa, 5 hrs - B.L.D

9. Day 9

Mu Gompa to Rachen Gompa (3240m/10630ft) Duration: 05 hrs. - B.L.D

10. Day 10

Trek to Deng (1860m) Duration: 7 - 8 hours walking. Stay overnight at Guesthouse (Breakfast, Lunch and Dinner Included). - B.L.D

11. Day 11

Trek to Namrung (2900m/9512ft) Duration: 5 hrs. - B.L.D

12. Day 12

Namrung to Lho Gham (3180m/10430ft) Duration: 3-4 hrs. - B.L.D

13. Day 13

Trek to Samagaon (3540 m/11480ft) Duration: 6 hrs. - B.L.D

14. Day 14

Acclimatization day at Samagaon - B.L.D

15. Day 15

Samagaon to Samdo (3690m/12103ft) Duration: 3 hrs - B.L.D

16. Day 16

Samdo to Dharmashala (4450m/14596ft) Duration: 4 hrs - B.L.D

17. Day 17

Trek to Bhimtang (3590m/11775ft) via Cross Larkya La pass (5220m/17121ft) Duration: 8 hrs. - B.L.D

18. Day 18

Trek to Tilje (2300m/7544ft) Duration: 5 hrs. - B.L.D

19. Day 19

Trek to Chamje (1410m/4625ft) Duration: 6-7 hrs - B.L.D

20. Day 20

Drive to Kathmandu (1337m) Duration: 8 hrs / Hotel Pilgrims – B.D

21. Day 21

Farewell finally we will drop you to the airport fly back to your home - B (Note: B.L.D, Plan Including / B: Breakfast, L: Lunch & D: Dinner.)

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