

# **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.)

[URL: https://sunriseadventuretrek.com/trip/mera-peak-climbing](https://sunriseadventuretrek.com/trip/mera-peak-climbing)