DESTINATION: MANASLU CIRCUIT TREK

Manaslu Circuit and Tsum Valley Trek from *Kathmandu*

14 Days

Starts at	Ends at	Season
–	–	–

OVERVIEW

The trip

The Manaslu Circuit and Tsum Valley trek is a sixteen-day teahouse journey from Kathmandu that pairs the full circuit of Manaslu, the world's eighth-highest peak, with a detour into Tsum, a sacred hidden Buddhist valley tucked against the Tibet border. From the road-head at Machha Khola you climb the Budhi Gandaki gorge, branch off to Tsum for its old gompas and Mu and Rachen, then rejoin the main valley for Namrung, Samagaon and Samdo before crossing the Larkya La at 5,106 metres and descending to Dharapani. It is a restricted-area trek: the permit is issued only through a registered agency, with a licensed guide, and since 22 March 2026 solo travellers can also be issued the permit. The trails are remote, culturally rich and steadily high. This version begins and ends with the long drives from Kathmandu, so it suits trekkers basing themselves in the capital.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 5,106 m at the Larkya La
- Difficulty: Strenuous
- Best season: September to November and March to May
- Walking: about 6 to 8 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive from Kathmandu to Machha Khola

- Long day on the road up the Budhi Gandaki valley
- Rough final stretch beyond Arughat and Soti Khola to the road-head
- Overnight at Machha Khola, the start of the trekking trail

2 Trek from Machha Khola to Jagat

- Walk up the Budhi Gandaki on the main Manaslu trail
- Suspension bridges, waterfalls and riverside villages along the gorge
- Overnight at Jagat, the official restricted-area checkpoint

3 Trek from Jagat to Lokpa

- Permit check at Jagat, the official restricted-area checkpoint
- Continue up the Budhi Gandaki gorge to the Tsum Valley turn-off
- Overnight at Lokpa (2,240 m), the gateway village to the Tsum Valley

4 Trek from Lokpa to Chumling

- About six hours climbing into the lower Tsum Valley
- Forest and side-stream crossings with first views of Ganesh Himal
- Overnight at Chumling (2,386 m)

5 Trek from Chumling to Nile and Chhule

- Around eight hours on a moderate trail into upper Tsum
- Pass through Chhokangparo (3,031 m) as the valley opens out
- Overnight at Nile and Chhule (about 3,360 m)

6 Rest and explore the upper Tsum Valley

- Acclimatisation day among the high Tsum villages
- Visit Mu Gompa (3,700 m), the valley's highest monastery, and Rachen Gompa nunnery
- Return to overnight in the upper valley

7 Trek to Deng

- Descend out of Tsum and rejoin the main Manaslu valley
- Follow the Budhi Gandaki past waterfalls and terraced fields
- Overnight at Deng (about 1,860 m)

8 Trek to Namrung

- Climb steadily through pine and rhododendron forest
- Enter increasingly Tibetan-influenced Buddhist country
- Overnight at Namrung (about 2,630 m)

9 Trek to Shyala

- Pass mani walls, chortens and the villages of Lho and Lhi
- Opening views of Manaslu and the peaks around the head of the valley
- Overnight at Shyala (about 3,500 m)

10 Hike to Pungen Gompa, then trek to Samagaon

- Side hike up to Pungen Gompa (3,700 m) for close Manaslu views, then back to Shyala
- Continue on to the large Tibetan village of Samagaon
- Overnight at Samagaon (about 3,530 m)

11 Acclimatisation hike to Manaslu Base Camp

- Early climb up towards Manaslu Base Camp (about 4,800 m)
- Glacier and icefall views beneath the eighth-highest peak, aiding acclimatisation
- Return to overnight again at Samagaon

12 Trek from Samagaon to Samdo

- About four hours on a gentle, scenic trail above the tree line
- Cross the Budhi Gandaki with wide views towards Tibet
- Overnight at Samdo (3,875 m), the last permanent village

13 Trek from Samdo to Dharmasala

- Short, steady climb to Dharmasala, also called Larkya Phedi (about 4,460 m)
- Basic high camp below the pass with thin air and cold nights
- Rest early ahead of the pre-dawn crossing

14 Cross the Larkya La and descend to Bimthang

- Long day, often eight to nine hours, starting before dawn
- Cross the Larkya La at 5,106 m, the trek's highest point, with a panorama over Himlung, Cheo and Kang Guru
- Steep descent to overnight at Bimthang (about 3,720 m)

15 Trek from Bimthang to Dharapani

- Descend through forest, pasture and the villages of the Dudh Khola valley
- Rejoin the Annapurna Circuit trail near Dharapani
- Overnight at Dharapani (about 1,960 m)

16 Drive from Dharapani to Besisahar and on to Kathmandu

- Jeep down the rough valley road to Besisahar
- Continue by road back to Kathmandu
- The trek concludes on arrival in the capital

INCLUSIONS

What's included

Included

- Private jeep to Machha Khola and back from Dharapani
- Licensed guide on the fourteen trek days
- Fifteen lodge nights, meals on the trail
- All restricted-area and conservation permits

Not included

- Lunch on day 16, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for 1, 2 and 3 people. Ask us for any other group size.

ABOUT

$1,316 / person

1 person	**$1,972** / person
2 people	**$1,480** / person
3 people	**$1,316** / person

Prices are per person, in US dollars. No card fee - no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepali entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

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Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.