Manaslu Tsum Valley Trekking

https://www.nectravels.com/package/tsum-valley-trekking/

Tsum Valley is one of the hidden treks of Nepal. Tsum Valley is known as the Beyul Kyimolung, the holy hidden valley of happiness, first described by Guru Rimpoche (Padmasambhava) in the eighth century. Milarepa meditated in the caves of Piren Phu and there are centuries old nunneries.
Tibetan Buddhist culture is still very prevalent in Tsum and the scenery is just stunning with beautiful forests,countryside & Ganesh Himal towering above the valley. Tsum comes from the Tibetan word 'Tsombo', which means vivid and after visiting Tsum, you can only agree.
Many people combine Tsum Valley with the Manaslu Circuit starting in Arughat Bazaar and ending in Besisahar which is also the starting point for the Annapurna circuit. You can already catch a jeep further north from Dharapani onwards. Others proceed back to Arugath the same way a circuit is not possible.

You start low walking through green countryside, and passing small Hindu villages. You enter the Tsum Valley going right from the main trail and you soon enter a beautiful forest with pines and rhododendrons. Heading eastwards the valley opens up to reveal a beautiful countryside and small Tibetan-style villages.

Itinerary

Day Day 01: Arrive in Kathmandu & transfer to a Hotel. Briefing for trekking.

Day Day 02: Full day Kathmandu Sightseeing

Day Day 03: Drive from Kathmandu to Arughat Bazaar. 1,755 feet.

Day Day 04: Trek to Liding along the Soti Khola River. 6 to 7 hours of trekking. 2,820 feet.

Day Day 05: To Machha Khola. (6 to 7 hours). 3,050 feet.

Day Day 06: Machha Khola to Doban (6 to 7 hours). 4,625 feet.

Day Day 07: Trek The village of Philim. (6 hours). 5,085 feet.

Day Day 08: To Chumling (Lower Tsum). (7 hours of trekking). 7,750 feet.

Day Day 09: Trek Chhokangparo Village (Upper Tsum). (5 to 6 hours of trekking). 9,875 feet.

Day Day 10: Trek To Nile/Chhule and visit Milarepa Piren Phu Cave along the way. (6 to 7 hours). 11,025 feet.

Day Day 11: Trek Mu Gompa (12,140 feet) and visit Dhephyudonma Gompa (13,320 feet). 4 to 5 hours of trekking).

Day Day 12: Rest and exploration day.

Day Day 13: Trek The Rachen Gompa (5 hours trekking). 10,630 feet

Day Day 14: Trek Rachen Gompa to Dumje (6 to 7 hours of trekking). 8,005 feet.

Day Day 15: Trek to To Gompa Lungdang (6 to 7 hours of trekking). 10,500 feet.

Day Day 16: Trek to Tatopani (6 to 7 hours of trekking). 5,805 feet.

Day Day 17: Trek to Soti Khola. (6 to 7 hours of trekking). 2,360 feet.

Day Day 18: Trek Return to Arughat Bazaar. (6 to 7 hours of trekking). 1,755 feet.

Day Day 19: Drive to Kathmandu (8 to 9 hours). Hotel.

Day Day 20: Transfer to the Kathmandu International Airport for our departure.