

# Tsum Manaslu Trek

## Trip Overview

The Manaslu Larke La Pass trek via Tsum Valley offers the great pleasure of adoring the glistening mountains of Nepal. The trek is medium-hard, though you have to cross the Larke La Pass, which is the highest point of this trek. Manaslu Himal, standing tall at 8156m above sea level, is the world's eighth-highest mountain. The Tsum Valley, with a population of a little over 4000 people, is also known as the "classic valley of happiness.". The Manaslu Larke La Pass trek via Tsum Valley is long and hard, full of steep trails, making it off the beaten trail. Therefore, the trail is not busy or crowded in any way, but it is becoming more popular among trekkers due to its beautiful scenery, cultural variety, wild habitat, and fledgling lodges or teahouses. As most trekkers are familiar with trekking in Nepal and its destinations, this newly opened trail is different from other trekking trails in Nepal.

Manaslu Larke La Pass The trek via the Tsum Valley trail is rough and steep. There is a huge amount of climbing up, down, and onto the shelves to bypass cliffs. However, the trek is geographically spectacular and culturally fascinating. The vibrant culture of Tsum Valley is nowhere to be seen. The valley, which is believed to have been once visited by Milarepa, Guru Rinpoche, is said to be a hidden land. The valley is home to Milarepa Cave, Rachen Nunnery, Mu Monastery, and Gumba Lungdang. Besides that, you may also get a chance to encounter Himalayan thar and blue sheep. One of the highlights of this trek is crossing Larke La Pass. Here, you can see the glorious views of Himlung Himal, Cheo Himal, Gyaji Kung, Kang Guru, and Annapurna II.

Join Highland Eco Trek for this exhilarating trek of Manaslu Larke La Pass via Tsum Valley. Get lost in the beauty of Manaslu Larke La Pass and Tsum Valley.

## Trip Highlights

- Remote and untouched Trek
- Crossing Larke La pass
- Rich cultural heritage, lush vegetation, and scenic landscapes
- A guided tour of cultural heritage sites in the Kathmandu valley
- The oldest and most famous monasteries, are Sama, Mu Gumba, Rachen Gumba, Gombalundang, and Sherang Monastery.

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

## Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish).
- Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per itinerary.
- Teahouse accommodation during the trek.
- Breakfast, lunch, and dinner during the trek.

- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service (2 trekkers: 1 porter).
- Trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits ('Restricted Areas' Permit, ACAP, MCAP, TIMS).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco
- Travel and rescue insurance Tips to the guide, porter, driver, or any other trekking staff