

## Overview

**“An untouched beauty allows an opportunity to explore the total nature and mountain worth”**

The Manaslu and Tsum Valley Trek takes you around the towering peak of Mt. Manaslu, the world's eight highest Mountain, which rises to a height of 8,163 meters (26,781 ft), and through the hidden Shangri-La of Tsum Valley, which is a paradise for trekkers. This trek has become increasingly popular among wilderness explorers due to its stunning natural beauty and rich cultural experiences. The Manaslu trail was only opened to foreign trekkers in 1991, and the Tsum Valley was only opened in 2008, making this trek a relatively new and unspoiled destination.

Both the Manaslu and Tsum valleys are inhabited by Buddhist people of Tibetan origin, who settled here in the early 16th century. Their language, attire, and customs are resemble to those of Tibetans in northern Nepal. The views of the mountains in the Nup Ri region are sensational and iconic, and cannot be found anywhere else in the world. Tsum Valley is a sacred Himalayan pilgrimage site situated in the trans-Himalayan region of Gorkha, Nepal. Its unique combination of Tibetan culture, natural beauty, and pristine environment make it a truly unique destination.

The local people in Tsum Valley speak a unique dialect, and the trails are ornamented with artistic Chortens, monasteries, and mani walls made of thousands of stone slabs carved with deities and prayers. The valley has a rich history of Buddhism, and the Buddhist saint Milarepa is said to have meditated in the caves of the surrounding mountains. Traditionally, Tsum Valley was a culturally distinct area called 'Tsum Tso Chuksum', which means thirteen provinces ruled as a single territory. The ancient remains of the Tsum Kingdom are still visible today. Due to its remoteness and inaccessibility, this sacred valley and its people have been bypassed by mainstream development for centuries, preserving its unique culture and way of life.

The Tsum Valley is surrounded by the Buddha Himal and Himal Chuli to the west, Ganesh Himal to the south, and Shringi Himal to the north. The trip starts with an 8–9-hour bus journey from Kathmandu, covering approximately 141 kilometers along the Prithwi highway to Dhading Beshi. From there, the route separates to Gorkha, and we reach Arughat-Soti Khola through the Dhading Beshi route. Although the trip used to start from Arughat Bazar and end at Besisahar in the past, the new construction of a motor road means there is no fixed point to start or end.

On the second day of the journey, we follow the recently constructed gravel road along the Budhi Gandaki River to Manasalu-Larkye Sama Gau. The trail ascends continuously, passing through isolated Buddhist areas and biologically rich lands with magnificent mountain views. From the Dang hamlet, the trail passes through Tibetan-inhabited villages, and most of the local people are influenced by Tibetan culture, customs, and language. Along the way, we pass many mani walls, prayer stone walls, gompas, prayer

### Manaslu and Tsum Valley Trek via Larke Pass

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flags, beautiful farmlands, lodges, and bridges. This trail rewards us with beautiful nature, culture, and a rejuvenating experience.

After 12 to 13 days of fabulous hiking, we reach Sama village, situated beneath the pinnacle of Mount Manaslu. It is a more touristic place in this remote area, with many wonderful side trips to explore, such as the Manaslu base camp, Pungent Gumpa, Birendra Lake, and sightseeing of village and monastery.

Finally, we cross over the famous the Larkya La 5,106 meters (16,752 ft), moraine and glacier trail and descend to another Marsyangdi crystal river valley on the world's famous Annapurna circuit Thorong La pass trail, and drive back to Besisahar- Kathmandu.

### **Itinerary Details**