

Special Manaslu & Ganesh Himal Base camp with Tsum Valley - 30 Days

The Special [Manaslu](#) & [Ganesh Himal Base Camp](#) with [Tsum Valley](#) Trek is one of the most adventurous and rewarding trekking experiences in Nepal. This journey takes you into the heart of the Himalayas, combining the beauty of Manaslu Base Camp (4,800 m), the sacred Tsum Valley, and the breathtaking Ganesh Himal Base Camp (4,200 m). It is a perfect trek for those seeking both cultural immersion and high-altitude adventure on off-the-beaten-path trails.

This trek begins with a scenic drive from Kathmandu and gradually leads you into remote mountain villages, river valleys, terraced fields, and dense forests before opening into dramatic alpine landscapes. Along the way, you will explore ancient Buddhist monasteries such as Mu Gompa, Rachen Gompa, Gumba Lungdang, Hinang Gompa, and Serang Monastery, each carrying deep spiritual significance. The Tsum Valley, often called the “Valley of Happiness,” is a restricted region where Tibetan culture, traditional lifestyles, and untouched landscapes have been preserved for centuries.

One of the highlights of this trek is the chance to hike to both Ganesh Himal Base Camp and Manaslu Base Camp, offering stunning views of snow-covered peaks like Manaslu (8,163 m), Ganesh Himal (7,422 m), Himal Chuli, Sringi Himal, and even the Annapurna range. In addition, side excursions to Birendra Lake, Kalo Tal, Punker Lahe, Pungen Gompa, and Rui La (Tibetan border) make this trek even more special.

The adventure also includes crossing the challenging yet rewarding Larkya La Pass (5,160 m), one of the most beautiful high mountain passes in the Himalayas. From the top, panoramic views of the surrounding peaks leave every trekker in awe.

WHY CHOOSE THE MANASLU & GANESH HIMAL BASE CAMP WITH TSUM VALLEY TREK?

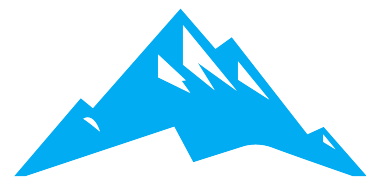
- Explore the hidden Tsum Valley, rich in Tibetan Buddhist culture.
- Visit sacred monasteries and interact with warm Himalayan communities.
- Hike to two major base camps—Manaslu Base Camp and Ganesh Himal Base Camp.
- Enjoy breathtaking views of [Manaslu](#), Ganesh Himal, Himal Chuli, and Annapurna ranges.
- Cross the dramatic Larkya La Pass (5,160 m).
- Experience an untouched, less-crowded trekking route in Nepal.

BEST TIME FOR THE TREK

The best seasons for this trek are spring (March to May) and autumn (September to November). During these times, the weather is clear, the skies are blue, and the mountains are at their most stunning.

TREK DIFFICULTY

The trek is considered challenging due to its length, altitude, and remote trails. Prior trekking experience and good physical fitness are highly recommended. However, with proper preparation and the guidance of experienced trekking



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guides, it is an achievable and unforgettable journey.

A TRUE HIMALAYAN EXPERIENCE

The Special Manaslu & Ganesh Himal Base Camp with Tsum Valley Trek is more than just a trek—it is a spiritual and cultural journey into one of the most remote corners of Nepal. For trekkers seeking something beyond the popular Everest and Annapurna regions, this adventure promises solitude, authenticity, and awe-inspiring landscapes.

At Trek Mania Nepal, we organize this trek with [professional guides](#), proper acclimatization, and carefully planned routes to ensure both safety and a once-in-a-lifetime experience.

? Book your Special Manaslu & Ganesh Himal Base Camp with Tsum Valley Trek today with Trek Mania Nepal and step into the hidden world of the Himalayas!





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PRICE INCLUDES

- Airport pickup and drop service
- Accommodation in Kathmandu ([Hotel Chhimeki](#) 2 nights)
- All food during the trek (B, L, D included)
- Accommodation during the trek
- Transportation, drive from Kathmandu to the Trekking starting Point by jeep and Ending Point by jeep/car.
- Government licence holder, English-speaking trekking guide and His salary, lodging, food, and insurance
- Trekking permits: Manasalu and Tsum valley Special Permit (10+7 days only), Manaslu & Annapurna Conservation Permit.
- All required trekking gear, like sleeping bags and down jackets made available for rent.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg). for a carry bag.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map with company logo
- Rescue Management Service
- All Tax (10% service charge + 13% VAT)
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks
- Visa fee to enter Nepal
- International flight tickets
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs
- All personal expenses
- Tip for guide and porters

ITINERARY IN DETAIL

Day 1: Drive from Kathmandu to Machha Khola (700 m) – 9 to 10 hrs

Your adventure begins with a long but scenic drive from Kathmandu to Machha Khola. The road follows the Trishuli and Budi Gandaki Rivers, passing through terraced fields, green hills, and charming rural villages. The final section is off-road, offering views of waterfalls and rocky cliffs. Overnight stay in Machha Khola, a riverside village that serves as a gateway to the [Manaslu region](#).

Day 2: Trek to Jagat (1,340 m) – 7 hrs

The trail follows the Budi Gandaki River, crossing suspension bridges and climbing through small Gurung villages. Expect some uphill and downhill sections with forested paths and cliff-side trails. Jagat is a stone-paved village with Mani walls and entrance gates, marking the start of the restricted Manaslu region.

Day 3: Trek to Lokpa (2,240 m) – 5 to 6 hrs

Leaving Jagat, the trail continues along the gorge of the Budi Gandaki. After passing Philim, a large Gurung settlement, the path splits: one leads to Manaslu Circuit, and the other goes into the sacred Tsum Valley. We take the Tsum route, ascending steadily to Lokpa, the first village in the valley, surrounded by pine and rhododendron forest.

Day 4: Trek to Chumling (2,386 m) – 6 hrs

A beautiful trek through dense forest and suspension bridges. The trail climbs with rewarding views of Ganesh Himal. Chumling is a traditional village with stone houses and old monasteries. You can explore local chortens and Mani walls, giving a first real taste of Tsum Valley culture.

Day 5: Trek to Chhekam Paro (3,031 m) – 5 to 6 hrs

Cross the Syar Khola River and climb uphill trails through farmlands and pine forests. Along the way, you'll see locals dressed in traditional Tibetan clothing. Chhekam Paro is a wide valley village offering breathtaking views of Ganesh Himal and Himalchuli.

Day 6: Trek to Nile (3,361 m) – 5 to 6 hrs

The trail gradually climbs along the river, passing villages like Lamagaon and Rachen Gompa (a famous nunnery). Continue towards Nile, a picturesque settlement close to the Tibetan border. This is one of the highest permanent settlements in Tsum Valley.

Day 7: Excursion to Mu Gompa (3,709 m) – 5 to 6 hrs round trip

Hike to Mu Gompa, the largest monastery in Tsum Valley, set on a hilltop with panoramic views. The monastery is home to monks and offers insights into Tibetan Buddhist practices. The hike also gives close-up views of Ganesh Himal, Pika Himal, and glaciers. Return to Nile for the night.

Day 8: Trek back to Chhekam Paro (3,031 m) – 6 to 7 hrs

Retrace your steps along the Syar Khola valley. The downhill walk is easier, passing traditional villages and fertile landscapes. Overnight at Chhekam Paro.

Day 9: Trek to Gho Village (2,525 m) or Gumba Lungdang (3,200 m) – 3–7 hrs

Depending on pace and interest, you can stop at Gho Village or climb further to Gumba Lungdang, a remote monastery run by nuns. The higher route requires more effort but rewards you with spectacular mountain views. Overnight at Gumba Lungdang or Gho.

Day 10: Excursion to Ganesh Himal Base Camp (4,200 m) & return to Gumba Lungdang – 6 to 7 hrs

A highlight of the trek, today you hike to Ganesh Himal Base Camp through alpine meadows and rhododendron forest. Panoramic views of Ganesh Himal peaks, glaciers, and icefalls make this a memorable side trip. Return to the monastery for an overnight stay

Day 11: Trek to Lokpa (1,830 m) – 3 to 4 hrs (Rest and side trip after lunch)

Descend back towards Lokpa. After lunch, you have time to rest or take a short side hike around the forest trails and local villages.

Day 12: Trek to Deng or Bihi (1,860 m) – 7 to 8 hrs

The path rejoins the main [Manaslu Circuit](#) route. Trek through lush jungle and cross suspension bridges. Deng is a small but lively village, while Bihi is known for Tibetan culture and monasteries.

Day 13: Trek to Serang Gumba (3,100 m) – 6 to 7 hrs

From Deng, take a detour uphill through pine forest and scattered villages to reach [Serang Gumba](#), a centuries-old Buddhist monastery. This isolated site is a hidden gem surrounded by mountains. Overnight stay at the monastery area.

Day 14: Trek to Prok (2,380 m) – 6 to 7 hrs

Descend through forested trails to Prok, a large Gurung village with a monastery and stunning views of Manaslu. The village is culturally rich and offers opportunities to interact with locals.

Day 15: Trek to Kalo Tal (Black Lake) & return to Prok – 6 to 7 hrs

A day trip to Kalo Tal, a sacred glacial lake hidden in the forest. Local guides are essential as the trail is not well-marked. The serene lake is surrounded by dense forest, making it a mystical experience. Overnight at Prok.

Day 16: Trek to Lihi (2,900 m) – 5 to 6 hrs

The trek continues through alpine landscapes with views of Himalchuli and Ganesh Himal. Lihi is a small farming village with barley fields, chortens, and Mani walls.

Day 17: Trek to Hinang Gumba (3,120 m) – 4 to 5 hrs

A shorter trek today as you ascend to Hinang Gumba, a small but important monastery beneath Himal Chuli. This peaceful site is excellent for meditation and mountain photography.

Day 18: Excursion to Himal Chuli Base Camp (3,850 m) & return to Hinang Gumba – 6 to 7 hrs

Hike through rocky terrain and alpine meadows to reach the base camp of Himal Chuli. The dramatic mountain scenery makes this side trip worthwhile. Return to the monastery for overnight.

Day 19: Trek to Shyala (3,500 m) – 5 to 6 hrs

From Hinang, the trail passes through alpine forests and yak pastures. Shyala is a picturesque village surrounded by towering peaks including Manaslu, Himal Chuli, and Ngadi Chuli.

Day 20: Trek to Pungen Gumba & Sama Gaun (3,520 m) – 6 to 7 hrs

Today you visit Pungen Gumba, a centuries-old monastery with a spiritual atmosphere and stunning views of Mt. Manaslu. Continue to Sama Gaun, one of the largest and most beautiful villages in the region.

Day 21: Excursion to Manaslu Base Camp (4,800 m) & Birendra Lake – 7 to 8 hrs

A challenging but rewarding hike to Manaslu Base Camp. Along the way, visit Birendra Lake, a turquoise glacial lake at the foot of Manaslu Glacier. The base camp offers spectacular views of Manaslu and surrounding peaks. Return to Sama Gaun for overnight.

Day 22: Trek to Samdo (3,875 m) – 4 to 5 hrs

A short trek with gradual ascent through yak pastures and juniper forests. Samdo is a Tibetan refugee village with unique culture and panoramic mountain views.

Day 23: Excursion to Rui La (Tibetan Border) & return to Samdo – 7 to 8 hrs

Today you hike towards the Tibetan border pass, Rui La. The route offers breathtaking Himalayan panoramas and cultural insights into Tibetan lifestyle. Return to Samdo for the night.

Day 24: Rest Day in Samdo (3,875 m)

A full day for acclimatization and exploration. Options include short hikes around the valley, bird watching, or visiting the trading routes used by locals.

Day 25: Trek to Dharamsala (Larkya Phedi) (4,460 m) – 4 to 5 hrs

Ascend to Dharamsala, the base before crossing Larkya La Pass. The high-altitude terrain is rocky and barren but with stunning mountain views. Prepare for the big pass crossing tomorrow.

Day 26: Cross Larkya La Pass (5,160 m) & trek to Bimthang (3,590 m) – 9 to 10 hrs

A challenging but unforgettable day. Start early to cross Larkya La Pass, the highest point of the trek. From the top, enjoy panoramic views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II. A long descent leads to Bimthang, a beautiful valley surrounded by peaks.

Day 27: Excursion to Punker La & explore Bimthang – 5 to 6 hrs

Optional hike to Punker La for more mountain views. Spend the rest of the day exploring Bimthang's glacial valleys and yak pastures.

Day 28: Trek to Gho (2,300 m) – 6 to 7 hrs

Descend through rhododendron forests and alpine meadows. Cross several wooden bridges before reaching Gho, a charming Gurung settlement.

Day 29: Trek to Besisahar & drive back to Kathmandu – 7 to 8 hrs trek + drive



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Final day of trekking through farmlands and traditional villages before reaching Dharapani or Besisahar. From here, drive back to Kathmandu where the trip concludes.

Day 30: Departure Day

Today our representative will drop you off at the airport and you will fly back to your own destination.



FAQ

1. How long is the Manaslu & Ganesh Himal Base Camp with Tsum Valley Trek?

This trek is a 30-day Himalayan adventure that combines Tsum Valley, Manaslu Base Camp (4,800 m), Ganesh Himal Base Camp (4,200 m), and Larkya La Pass (5,160 m). It is one of the longest and most rewarding treks in Nepal, ideal for trekkers seeking remote trails and authentic cultural immersion.

2. What is the highest point of this trek?

The highest elevation is at Larkya La Pass (5,160 m), one of Nepal's most scenic high mountain passes. You will also hike to Manaslu Base Camp, Ganesh Himal Base Camp, and several alpine viewpoints offering breathtaking panoramas of Manaslu (8,163 m), Ganesh Himal (7,422 m), Himal Chuli, and the Annapurna Range.

3. Is the Manaslu & Ganesh Himal Trek difficult?

Yes, this trek is considered challenging. It involves 6–8 hours of trekking per day on steep, remote trails and includes high-altitude crossings. Good physical fitness and prior trekking experience are strongly recommended. This trek is perfect for experienced trekkers looking for an adventurous, off-the-beaten-path experience in Nepal.

4. Which permits do I need for the Manaslu & Tsum Valley Trek?

You will need:

- Manaslu Restricted Area Permit (RAP)
- Tsum Valley Restricted Area Permit
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)

Trek Mania Nepal will arrange all trekking permits for you before your trip.

5. What is the best time to trek Manaslu & Ganesh Himal Base Camp?

The best seasons are:

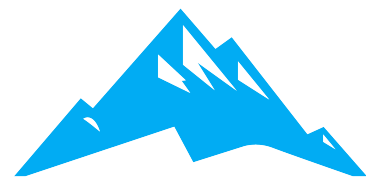
- Spring (March – May) – clear skies, warmer temperatures, and blooming rhododendrons.
- Autumn (September – November) – stable weather and crystal-clear mountain views.

Winter trekking is possible but very cold, and monsoon trekking is not recommended due to landslides and slippery trails.

6. What type of accommodation is available?

You will stay in local teahouses or monastery guesthouses throughout the trek. The facilities are basic but provide an authentic Himalayan experience. Hot showers, Wi-Fi, and charging facilities are available in some villages for an extra fee.

7. Can I do the Manaslu & Tsum Valley Trek solo?



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No. Solo trekking is not allowed in the Manaslu and Tsum Valley restricted areas. You must trek with a licensed guide and at least one other registered trekker. Trek Mania Nepal arranges guides, porters, and logistics for your trip.

8. What should I pack for this trek?

You will need warm clothing (down jacket, thermal layers), good trekking boots, sleeping bag (-10°C rating), gloves, trekking poles, water purification tablets, and personal medications. A detailed packing list will be provided after booking.

9. How do I prepare for the altitude?

This trek includes proper acclimatization days in Tsum Valley, Sama Gaun, and Samdo to minimize the risk of altitude sickness. Staying hydrated, ascending gradually, and following your guide's advice are key for a safe experience.

10. What is included in the Manaslu & Ganesh Himal Base Camp Trek package?

Our package includes:

- Professional licensed trekking guide and porter
- All trekking permits (RAP, MCAP, ACAP)
- Accommodation and meals during the trek
- Ground transportation (Kathmandu–Machha Khola and Dharapani–Kathmandu)
- Full support for itinerary customization and logistics