

Manaslu & Ganesh Himal Base Camp with Tsum vally - 24 Days

Manaslu Base Camp, Tsum Valley with Ganesh Himal Base Camp Trek

The Manaslu Base Camp, Tsum Valley with Gabesh Himal Base Camp Trek is a unique Himalayan adventure that combines three of Nepal's most remarkable trekking regions in one journey. This trek takes you through the Manaslu Circuit, the sacred Tsum Valley, and the lesser-known Gabesh (Ganesh) Himal Base Camp, offering a rare mix of culture, wilderness, and breathtaking mountain views.

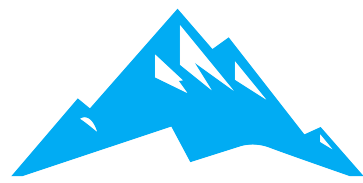
The trek begins in the lush Budhi Gandaki River valley, passing through terraced fields, dense forests, and charming Gurung and Magar villages. Entering Tsum Valley, also called the "Hidden Valley of Happiness," trekkers are welcomed into a world of Tibetan Buddhist culture, centuries-old monasteries like Mu Gompa and Rachen Gompa, and traditional villages untouched by time.

A major highlight is the hike to Manaslu Base Camp (4,800m), standing below Mt. Manaslu (8,163m), the world's eighth-highest peak. The surrounding glaciers, rugged moraines, and panoramic Himalayan views create an unforgettable experience. The region also lies within the Manaslu Conservation Area, known for its rich wildlife including Himalayan tahr, blue sheep, and even snow leopards.

Adding to the journey, a side trip to Ganesh Himal Base Camp offers solitude and spectacular views of the Ganesh Himal range. This off-the-beaten-path area is less crowded and provides authentic cultural encounters, traditional homestays, and dramatic scenery of rhododendron forests, rolling hills, and towering peaks.

This trek is moderately challenging, ideal for trekkers with good fitness. The best times are spring (March–May) and autumn (September–November) when skies are clear and landscapes are vibrant.

For those seeking an adventurous route beyond Everest or Annapurna, the Manaslu Base Camp, Tsum Valley with Ganesh Himal Base Camp Trek delivers a perfect blend of nature, culture, and Himalayan spirit.



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

PRICE INCLUDES

- Airport pickup and drop service.
- Accommodation in Kathmandu (2 night Hotel Chhimeki)
- All food and lodging during the trek (B, L, D included).
- Transportation: Drive from Kathmandu to Machhekhola by public bus and Tilche to Besishare by Local Jeep and Besishare to Kathmandu by tourist bus
- Government license holder, English-speaking trekking guide, and his salary, lodging, food, and insurance.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg) for carry badge.
- Trekking permits: Manaslu Special Permit (08 days only), Manaslu & Annapurna Conservation Permit.
- First aid medical box.
- All required trekking gear, like sleeping bags and down jackets.
- T-shirt, Duffel Bag, and Trekking Map with company logo.
- Rescue Management Service.
- All Tax (13% VAT and 10% company service charge)
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets and extra baggage charges.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device charging cost, all alcoholic beverages and soft drinks etc).
- Tip for guide and porters.

ITINERARY IN DETAIL

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

The journey begins with a long but scenic drive from Kathmandu, following the Trishuli and Budhi Gandaki rivers. The road passes through small towns, farmlands, and green hills before entering the rugged terrain of Gorkha district. Along the way, you'll see terraced fields, waterfalls, and traditional villages. After about 9–10 hours of travel, you arrive at Machha Khola, a small riverside settlement with warm hospitality and basic lodges. This is the starting point of your trekking adventure.

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

The trail from Machha Khola follows the Budhi Gandaki River, crossing suspension bridges and narrow ridges carved into cliffs. Passing through Khorlabesi and Tatopani (known for its natural hot springs), the trail gradually climbs towards Jagat. This traditional stone-paved village marks the official entry into the Manaslu Conservation Area. The village has mani walls, small teahouses, and a friendly Gurung community.

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

Leaving Jagat, the trail climbs past Salleri and Sirdibas, offering views of Shringi Himal. Soon you arrive at Philim, a large Gurung village with fields of maize and millet. From here, the route branches towards Tsum Valley, leaving behind the main Manaslu Circuit path. The day ends at Lokpa, a small settlement surrounded by pine forests. Lokpa is the first gateway into the mystical Tsum Valley.

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

Today's trek descends through a gorge before climbing again through dense forests. You cross the Syar Khola on a suspension bridge and gradually ascend to Chumling, a beautiful village with traditional Tibetan-style houses. The village is dotted with monasteries and mani walls, while Ganesh Himal can be seen in the distance. Chumling offers the first real taste of Tsum's unique culture and remoteness.

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

The trail climbs higher into Upper Tsum Valley. Crossing small bridges and passing cultivated fields, you enter Chhekam Paro, one of the most picturesque villages in Tsum. Wide barley fields stretch across the valley, and the backdrop of Ganesh Himal makes the scenery unforgettable. This is a perfect place to observe Tibetan Buddhist culture and daily lifestyle.

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

Following the valley north, you pass chortens, mani walls, and traditional villages such as Lamagaon and Burji. Monasteries like Milarepa's Cave add to the spiritual charm of the trail. Eventually, you reach Nile, the last village in Upper Tsum, located close to the Tibetan border. Nile is culturally rich, with Buddhist murals and gompas.

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

Today is a cultural highlight. You hike up to Mu Gompa, the largest and most important monastery in Tsum Valley. Perched on a hilltop, this centuries-old gompa offers wide views of snow peaks and deep valleys. The monastery is

home to monks who still live a traditional lifestyle. Spending time here provides spiritual insight and a sense of timelessness. Return to Nile for the night.

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

After exploring the northern end of Tsum, you retrace your steps down the valley. The descent is easier and allows more time to enjoy village life, prayer wheels, and landscapes before reaching Chhekam Paro again for overnight stay.

Day 9: Trek to Gho – 3–4 hrs

A shorter trekking day leads you to Gho, a peaceful hamlet nestled in the valley. This section of the trail feels untouched and tranquil, with fewer trekkers and plenty of natural beauty.

Day 10: Trek to Gumba Lumba – 3–4 hrs

From Gho, you continue deeper into the remote section of Tsum. The path goes through forests and streams before reaching Gumba Lumba, another quiet settlement where trekkers can rest in the lap of nature.

Day 11: Hike to Ganesh Himal Base Camp (4,800 m) & return to Gumba Lumba – 6–7 hrs

This is one of the trek's biggest highlights. A challenging hike takes you to Ganesh Himal Base Camp, also known as Gabesh Himal by locals. Surrounded by glaciers, snowy peaks, and rocky landscapes, this base camp is an awe-inspiring place. The panoramic view of the Ganesh Himal range is unforgettable. After spending time at the base camp, return to Gumba Lumba for overnight.

Day 12: Trek to Ripchet / Sipche – 5–6 hrs

Descending through alpine forests, you walk past small streams and scattered villages until reaching Ripchet or Sipche, both traditional settlements. These villages are known for their hospitality and beautiful terraced fields.

Day 13: Trek to Lokpa (1,830 m) – 4–5 hrs

You leave Upper Tsum and rejoin the Manaslu trail at Lokpa. This marks the end of the Tsum Valley exploration and the start of your journey towards Manaslu Base Camp.

Day 14: Trek to Deng (1,860 m) – 7–8 hrs

From Lokpa, the trail drops to the Budhi Gandaki River and follows a rugged gorge. Passing through bamboo forests and small hamlets, you gradually reach Deng, a Buddhist-influenced village with stone houses and prayer flags.

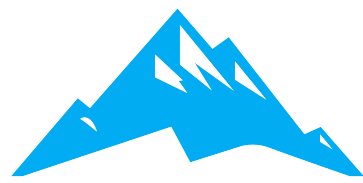
Day 15: Trek to Namrung (2,630 m) – 8–9 hrs

A long day of trekking takes you through alpine forests and ridges. As you ascend higher, the landscapes open with views of Manaslu, Himchuli, and Ganesh Himal. Overnight at Namrung, a lively settlement with better facilities.

Day 16: Trek to Shyala (3,500 m) – 5–6 hrs

The trail climbs steadily, passing through Lho village with its grand monastery and iconic views of Manaslu. By afternoon, you reach Shyala, surrounded by alpine meadows and Himalayan peaks.

Day 17: Trek to Pungen Gompa & Sama Gaun (3,520 m) – 6–7 hrs



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

A side hike to Pungen Gumpa offers one of the best views of Manaslu. Afterwards, continue to Sama Gaun, the largest village in the region, filled with stone houses, monasteries, and fields.

Day 18: Hike to Manaslu Base Camp (4,800 m)

Another highlight of the trek. A steep but rewarding hike takes you to Manaslu Base Camp, offering close-up views of glaciers and the mighty Manaslu peak (8,163 m). The base camp provides a dramatic Himalayan experience. Return to Sama Gaun for the night.

Day 19: Trek to Samdo (3,875 m) – 4–5 hrs

A short but beautiful walk leads to Samdo, a Tibetan refugee village near the border. The views here are spectacular, and the culture feels truly Tibetan.

Day 20: Hike to Tibetan Border (Rui La) & return to Samdo – 7–8 hrs

Today you explore further with a hike to the Rui La border pass, which historically served as a trade route between Tibet and Nepal. The pass offers wide Himalayan panoramas. Return to Samdo for the night.

Day 21: Trek to Dharamsala / Larkya Phedi (4,460 m) – 4–5 hrs

Climbing gradually, you reach Larkya Phedi, the base of the famous Larkya La Pass. The area is rugged and windy but offers breathtaking scenery.

Day 22: Cross Larkya La Pass (5,160 m) & trek to Bimthang (3,590 m) – 9–10 hrs

The toughest but most rewarding day of the trek. An early start takes you across the Larkya La Pass, the highest point of the journey. From the top, you can see Himlung, Cheo Himal, Kang Guru, and Annapurna II. The descent to Bimthang is long but stunning, with glaciers and alpine landscapes.

Day 23: Trek to Ghowa (2,300 m) Tilche & drive to Besisahar,

Ghowa or Tilche, enjoy a scenic two-hour walk through villages and terraced fields before reaching the road. Then take a local jeep for a 4–5 hour bumpy but adventurous drive to Besisahar, passing waterfalls, lush hills, and mountain views. A perfect mix of trekking and local travel.

Day 24: Besishar to Kathmandu or Pokhar or Chitwan by bus or car/jeep.

Besisahar to Kathmandu: Bus 6–7 hrs | Car/Jeep 5–6 hrs, to Pokhara: Bus 4–5 hrs | Car/Jeep 3–4 hrs
and Chitwan: Bus 6–7 hrs | Car/Jeep 5–6 hrs