

# Manaslu Tsum Valley Trek



Duration :	19 Days
Group Size:	1+
Max. Elevation:	5160M, Larkya La Pass
Best Season	March - May and Sep - Nov
Trip Grade	Moderate/Hard
Transportation	Public Bus
Meals	B+L+D
Trip Route	Machha khola - Philim - Namrung - Samagoan - Larkye Pass 5130m - Dharapani - Besisahar to Kathmandu

## Trip Highlights

- Moderately hard trekking trail embedded in the Himalayas lasting medium period with some challenging sections with adventure.
- Small Himalayan passes topped with the high Larkey La pass (5160 m) in the trail.
- Tsum culture, tradition, religion, and lifestyle of the Manaslu region.
- Fantastic view of the Manaslu and surrounding small and significant Mountain ranges.

- [Rare wildlife and vegetation](#), showcasing of the Lower mountain and sub-tropical climatic regions.
- Beautiful Buddhist monasteries with amazing architecture and art.
- Magical sunrise and sunset views of the scenic landscape of the Himalayas.
- Lower Himalayan and hill cuisine with Yak and Chauri dairy products.
- Authentic trek experience in the lesser traveled trails exploring hill and mountain villages, culture, and, terraced farmlands of Manaslu region.

## Trip Overview

**Manaslu Tsum Valley Trek** is a complete expedition of culture and trekking in the Himalayas. So, it is breathtaking scenery, beautiful snow-capped mountains, and a local lifestyle because of the undiscovered delights in the Manaslu area. This trek is perfect for adventure seekers, with the bliss of Tibetan art as a bonus.

## How can you get to Tsum Valley from Kathmandu?

Kathmandu to Tsum Valley distance maps for 132 km till Arughat and additional km based on different trekking routes through lush greenery. From the Arughat trek to [Sotikhola](#), Maccha Khola, Jagat, and Philim, you will reach Chumling (lower Tsum) at 2386 m elevation.

It takes 4 days of continuous trekking, an average of 5 to 6 hours from Arughat, to reach Tsum Valley. To reach the upper Tsum Valley, Nepal, i.e., Chhokangparo, at 3010 m elevation, it takes another 7 hours of trekking.

We will start every day in the lap of the Himalayas, in the Gorkha district, in the western territory of Nepal. Your journey extends up to 3500m above sea level in the Tsum Valley, Nepal.

The Tibetan Buddhist civilization in Tsum Valley is engraved in history. Even today, their sermons, spiritual values, notions, and ancient remnants of the Tsum Kingdom are intact. Buddhist saint Milarewa meditated in the spiritual and natural sanctuary of the Manaslu Tsum region.

You get rich hospitality from native people at every stop in Tsum and Manaslu, and they offer you their greetings in Nepali style. The centuries-old monasteries, Chortens, and Gompas reflect Tibetan Buddhism here. This trek also prepares you for shifting into the other harder trails of the Himalayas.

## The longest mountain pass in Nepal

This once-in-a-lifetime trek from Arughat will take you to the depths of [Tsum culture](#) and over the mighty Larkya La Pass (5,106 m or 16,752 ft) in a single trek. Also known by its alternative name, Manaslu Pass, the longest pass offers breathtaking vistas.



Located at the highest elevation of the Manaslu Circuit Trek, one of the longest passes is at Georges between Dharmasala and Bhimthang. One will also experience an authentic Himalayan trekking experience with the option of staying in a homestay and trying the local cuisine here.

## Trekking routes in the Manaslu Tsum Valley Trek

The Manaslu Tsum Valley Trek perfectly combines two of the most selected trekking routes in the Manaslu region. This trek is a special combination, providing you with a complete package of delights of Manaslu, commencing with the small hills of Arughat.

But we will move up to the trail near Tibet and the base of Mt. Manaslu. The views of Mt. Manaslu (8163m), Ganesh Himal II, Cheo Himal, and Nagdi Chuli. Himlung Himal (7126 m), Shringi Himal (7161m), and many others.

The Tsumbas, Gurung, and Sherpa settlements we pass offer us the next phase of trekking in the Himalayas. The beautiful wildflowers, lush variety of vegetation, and rare fauna species also make this trek special.

## People, Culture, and Festivals in the Tsum Valley, Nepal

Manaslu Tsum Valley celebrates the [Tiji festival](#) with joy. The indigenous Tsumbas, around 2,000 people, raise yaks and grow crops like millet and potatoes, and are content with sustainable living. The transition from different climatic regions offers a variety of trekking experiences.

Gumba Lungdang is considered the best side trip at an altitude of 3300 m on the Tsum Valley Trek. If you want a spiritual experience, even visiting Mu Gompa near Phurbe, Pangdun, Chhule, and Nile enchants your soul.

Thereafter, you can travel to quaint Tsum Valley villages like Gho Village and Lark Village. The nunnery near Mile Rapa cave gives you an exciting adventure for your long hours of trekking.

Also, see other valleys in the Manaslu Tsum valley trekking, such as Chhokang, Ngakyu, Lama Bagar, and Burji, and arrive at Rachen Gompa. With the trained and experienced guides from **Manaslu Guide**, you will make the most of **the Manaslu Tsum Valley Trek**. They will provide you with a Tsum Valley map, help you with essential Nepali phrases, and give you an everlasting memory.

## Outline itinerary

**Day 00: Arrival at the airport in Kathmandu (1350 M), Nepal**

**Time:** 30 Min.

**Day 01: Kathmandu - Arughat to Machha khola 869m**

**Time:** 8-9 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 02: Machha Khola - Tatopani - Dovan to Jagat (1400 m)**

**Time:** 7-8 Hour walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 03: Jagat - Sirdibas - Lokpa (1860 m)**

**Time:** 3-4 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 04: Lokpa - Chumling (2386 m)**

**Time:** 7-8 Hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 05: Chumling - Renjam to Chhekam Park/Zong 3031 mtrs**

**Time:** 4-5 Hours walk/11KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 06: Chhekam Park - lamagaon to Nile 3360 mtrs**

**Time:** 7-8 Hours walk/10.5KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 07: Nile - Chhule to Chumling 2386 mtrs**

**Time:** 7-8 Hours walk/20KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 08: Chumling - Pewa to Deng 1860 mtrs**

**Time:** 5-6 Hour walk/9KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 09: Deng - Bihi Phedi - Ghap to Namrung (2630 m)**

**Time:** 7-8 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 10: Namrung - Lihi to Lho (3180 m)**

**Time:** 3-4 Hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 11: Lho - Syala to Samagaun (3525 m)**

**Time:** 3-4 Hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 12: Acclimatization day in Samagaun (3525 m)**

**Time:** 2-4 Hour Walk **Meals:** B+L+D **Accommodation:** Lodge

**Day 13: Samagaun to Samdo (3875 m)**

**Time:** 3-4 Hours Walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 14: Samdo-Larkye Bazaar to Dharamsala (4460 m)**

**Time:** 3-4 Hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 15: Dharamsala - Larkye Pass 5160mtrs to Bimthang (3590 m)**

**Time:** 8-9 Hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 16: Bimthang - Yak Kharka - Karche to Tilije (2300 m)**

**Time:** 6-7 Hours walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 17: Tilije - Dharapani - Tal to Besisahar (760 m)**

**Time:** 5-6 Hours drive/50KM **Meals:** B+L+D **Accommodation:** Lodge

**Day 18: Besisahar to Kathmandu (1350 M)**

**Time:** 6-7 Hours drive/175KM **Meals:** B+L+D

## Costs Included

- International airport pick up and drop Service.
- 2 Nights standard hotel in Kathmandu on BB Plan.
- Bus ticket to Machha Khola by public bus.
- Dharapani to Besisahar by local jeep.
- Deluxe bus back to Kathmandu.
- Drop by the hotel in Kathmandu.
- Three meals daily (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way.
- Equipment; Down Jacket, Sleeping Bag, and Trekking duffle bag.
- License holder guide (Including his Salary, Food, Insurance, Accommodation, Transportation, etc. )
- Legal documents (MCAP permit, Manaslu restricted area permit, and ACAP).
- Local Government Entrance Fee.
- All government taxes.
- Trekking and city map.
- First aid medical box with oximeter.
- Some fresh and dry fruits along the trek.
- Token of love from the office.
- Farewell lunch/dinner at a suitable time.

## Cost Excluded






- Extra night accommodation in Kathmandu.
- Travel insurance.
- Porter for trekking.
- Hot and Cold drinks such as; Tea/Coffee, Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge, wifi, shower, and boiled water).
- Tips are expected by field staff.

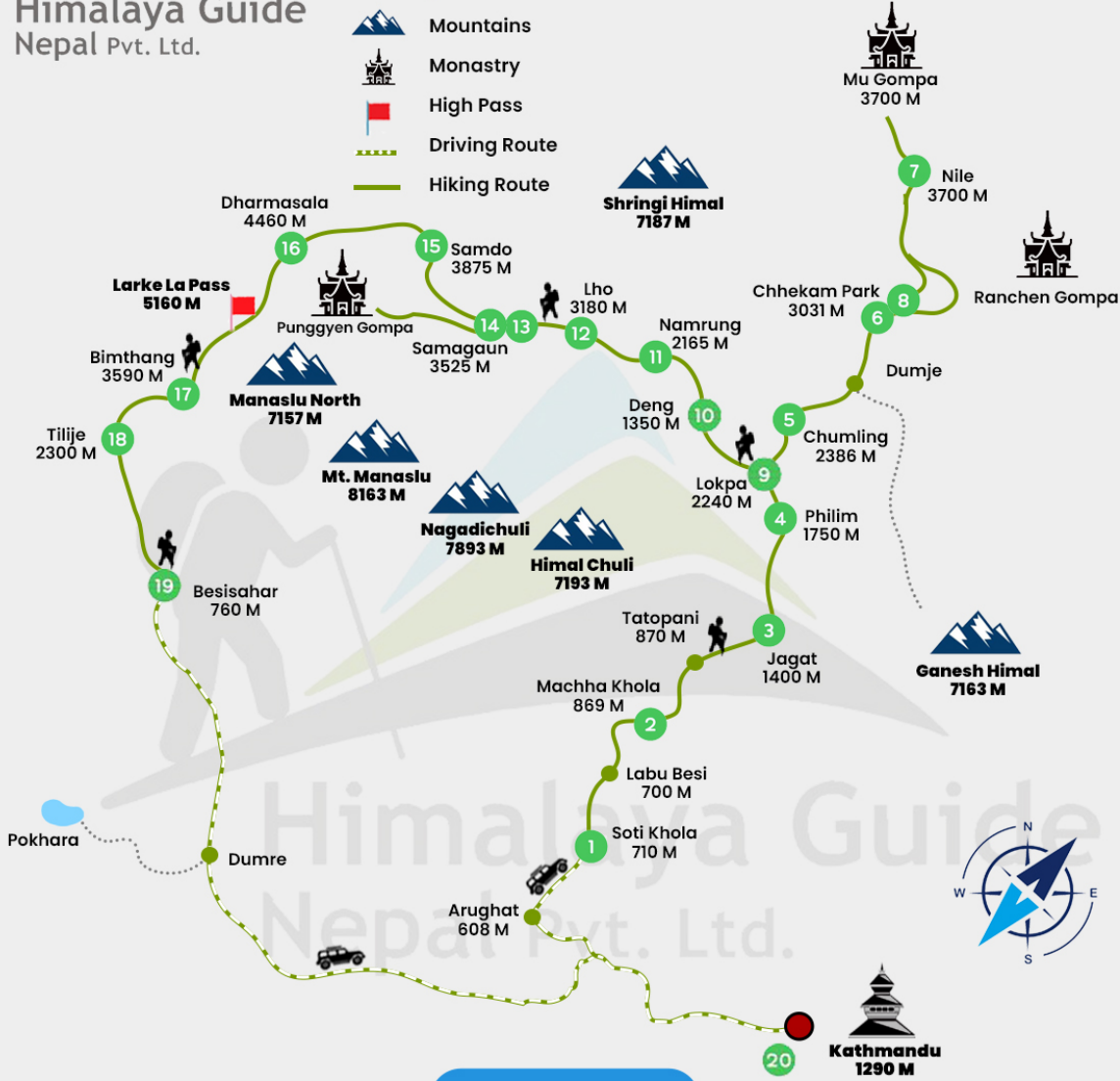
## Manaslu Tsum Valley Trek Route Map - 20 Days



Himalaya Guide  
Nepal Pvt. Ltd.

### Legend

-  Mountains
-  Monastery
-  High Pass
-  Driving Route
-  Hiking Route



### Altitude Chart



## Your Journey day by day

### Day 00: Arrival at the airport in Kathmandu (1350 M), Nepal

**Time:** 30 Min.

After landing at TIA (Tribhuvan International Airport), our representatives from Himalaya guide Nepal will meet you. You can view the bustling city lifestyle of Kathmandu on your way to the hotel. Visit our office for a quick orientation of the trekking program of the Tsum Valley. Take an evening tour of the nearby places and markets from your hotel. Overnight at a hotel in Thamel, Kathmandu.

After breakfast, meet your guide for the Manaslu Tsum Valley trek in our office. After a brief introduction session, you will spend the day preparing for the upcoming trekking. Visit the nearby heritage and religious sites in your spare time today. Return to your hotel and rest for the day. Overnight at a hotel in Thamel, Kathmandu.

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### Day 01: Kathmandu - Arughat to Machha khola 869m

**Time:** 8-9 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

After breakfast today, we will catch a bus from Kathmandu, leaving for the eastern hills of Dhading district. The hill highway drive starts your day, leading you to the villages of Arughat. This drive's magnificent scenic view of nature is a perfect booster to kick-start your journey. You will end your day nearby the beautiful Budi Gandaki River in Machha Khola. Once here, you can head for a quick village tour.

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### Day 02: Machha Khola - Tatopani - Dovan to Jagat (1400 m)

**Time:** 7-8 Hour walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

We start the day making our first cross of the [Maccha Khola](#) and trek up the trail surrounded by patches of Gurung settlements and hill farmlands. Continuing on this trail, we will reach the village of Khorla Bensi. You can enjoy the organic coffee here during your brief break.

We will walk in the paths carved between hill forests to reach Tatopani. Tatopani is a place to relax for a while and rinse up your exhaustion with the hot-water springs. We will cross through a steel bridge from here to reach the village of Dovan (1070 m). Crossing the settlements of Thulo Dunga and Yaruphant on the adjacent side of Budi Gandaki, we will get the beautiful Gurung settlement of Jagat. Overnight at a lodge in Jagat.

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## Day 03: Jagat - Sirdibas - Lokpa (1860 m)

**Time:** 3-4 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

In the morning, we will have our permits to the Manaslu region checked here at Jagat. In the meantime, you can head for a Tibetan-inspired cultural village tour here with the Himalayan view. We will hike up to the Suspension bridge from Jagat and to Salleri.

The segment connecting Jagat to Sirdibas is mostly flat and provides great views of the Siringi Himal (7161 m). We will then pass from many small patches of hill farmlands and reach Philim. Crossing the Gandaki River once more from Sirdibas, we will walk about an hour to reach the Philim Village. We will rest for the day, viewing the sunset over the Himalayas. Overnight at a lodge in Philim.

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## Day 04: Lokpa - Chumling (2386 m)

**Time:** 7-8 Hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

We will start our day with a comparatively flat trail to Eklebhatti. After a few minutes of walking through the jungle, we will come to a new bridge made here. The path to Tsum Valley separates from the main trail here, and we will continue the left fresh course.

Leaving the route to the Larkye pass, we will head down towards the Tsum valley. Through the grasslands and plains, we will reach the gate of Tsum Valley in Lokpa. We will take a brief break here and have our lunch. We will walk further for 3 hours to get to Chumling village in the evening. Overnight at a lodge in Chumling.

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## Day 05: Chumling - Renjam to Chhekam Park/Zong 3031 mtrs

**Time:** 4-5 Hours walk/11KM **Meals:** B+L+D **Accommodation:** Lodge

We will pass the suspension bridge at Chumling and continue our trail passing through hill farmlands. The settlements here are small, with stone-patched houses close to each other. In the fields, one can see Potato, maize, and buckwheat harvest and cultivation.

One can experience the gradual reflection and lifestyle in the settlements to come in this trek. Walking steadily on this trail, we will cross the sarpu Khola and climb to the village of Gho. Take a brief snack break here and continue your walk to Chhekam Park. In one of the biggest towns in the Manaslu Tsum valley trek, we will stay in a lodge for the day.

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## Day 06: Chhekam Park - lamagaon to Nile 3360 mtrs

**Time:** 7-8 Hours walk/10.5KM **Meals:** B+L+D **Accommodation:** Lodge

This stretch of our trekking trail holds many legends of Lama Kongchong, one of the most decorated figures in the Manaslu region. Legends say that the Lama resurrected in the village here in his child form and continued his meditation. The award-winning documentary "Unmistaken child" follows this same story.

Continuing our walk, we will take a brief break in the village of Lamagaon. We will then visit the famous Rachen Gompa, one of Manaslu's major monasteries. You will see the holy Milarepa cave where the great Buddhist Yogi Chyuchin Milarepa meditated for years. Continuing our trek, we will take our lunch at the next stop at Chhule. Leave your bags in Nile then visit to Mu Gompa. Overnight at a lodge in Nile.

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## Day 07: Nile - Chhule to Chumling 2386 mtrs

**Time:** 7-8 Hours walk/20KM **Meals:** B+L+D **Accommodation:** Lodge

We will visit the Yak munching center, starting the trek for today after breakfast. Crossing the bridges over Phuchun and Shiar Khola, we will reach the village of Chhule. We will pass through Himalayan farmlands and Chortens to Pangdun village.

Ranchen Gompa is the next brief stop from here and is an excellent opportunity to view Tibetan art, religion, and culture. The paintings here are about a century old and reflect the lifestyle of Manaslu. From here, we will walk a couple of hours downhill to Chhekampark. Overnight at a lodge in Chhekampark.

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## Day 08: Chumling - Pewa to Deng 1860 mtrs

**Time:** 5-6 Hour walk/9KM **Meals:** B+L+D **Accommodation:** Lodge

After breakfast today, we will take the trail to the Siyar Khola from Lokpa. We will cross the suspension bridge here and to the Pewa village. The Rhododendron forests on each side of the path make the trail beautiful. We will cross the Lungdang Khola and have our lunch here. We will continue this trek to the Manaslu trek circuit and the path beside the Budi Gandaki river to Nyak Phedi. We will cross the river multiple times following the trail to reach the village of Deng in the late afternoon. View the beautiful sunset and try some local delights

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here. Overnight at a lodge in Deng.

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## **Day 09: Deng - Bihi Phedi - Ghap to Namrung (2630 m)**

**Time:** 7-8 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

Today will be a comparatively short day walking in the Manaslu Tsum valley circuit. We will pass through the gorge and the grassy plains, gradually ascending to Bini Phedi. This stretch provides us with a great view of Mt. Manaslu and the landscape surrounding the trail. From here, we will pick the path to Ghap and ascend to the Serang Khola. Crossing it, we will traverse Budi Gandaki and continue our way to Namrung village. Overnight at a lodge in the town of Namrung.

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## **Day 10: Namrung - Lihi to Lho (3180 m)**

**Time:** 3-4 Hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

We will have our restricted area permits checked in Namrung village before starting our trek today to Lho village. The sunrise view over the Ganesh and Siringi Himal is the best way to kickstart the day trek. Lihi is the midway point and is the place to take your lunch today. Leaving Lihi, we will continue our walk to Rimbung Gumpa and from here to the Lho village. We will reach Lho through the trails surrounded by the Mani walls and chortens. We will rest for the day here in Lho village. Overnight at a lodge.

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## **Day 11: Lho - Syala to Samagaun (3525 m)**

**Time:** 3-4 Hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

The trek portion from Lho to Samagaun is gifted with fantastic landscapes and beautiful mountain flowers. From the viewpoint in the sites lying in the path, one can also have mesmerizing panoramic views of Manaslu and surrounding ranges. Shyala will be the midpoint of our trek with pristine rhododendron forests and crystal clear streams. An hour's walk from here will lead you to the village of Samagaun. People mostly trek further and return to Samagaun for better acclimatization results. Overnight at a lodge in Samagaun.

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## Day 12: Acclimatization day in Samagaun (3525 m)

**Time:** 2-4 Hour Walk **Meals:** B+L+D **Accommodation:** Lodge

Acclimatization is a must for safe and effective trekking in the Himalayas. At an altitude of 3525 meters, Samagaun is strategically the perfect place to rest and plan for the upcoming treks. The scenic mountain views from the village also make your stay worth it.

You will have plenty of options for short hiking around Samagaun. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations from Samagaun. Enjoy the Himalayan sunset and rest for the day here. Overnight at a lodge.

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## Day 13: Samagaun to Samdo (3875 m)

**Time:** 3-4 Hours Walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

Our trek of today is mostly elevating and with hard sections of turns to Samdo village. The Manaslu glacier and Birendra Tal views will accompany you throughout our walk to Samdo. In the middle of the trail, we can see the adjacent ridge to the Lajyang La pass (5098 m). We will walk through the pasture and Yak grazing plains and to the Mani walls leading to the Samdo village. Near to the Tibetan border, one can experience the dazzling reflection of culture and art of those regions here. Overnight at a lodge in Samdo.

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## Day 14: Samdo-Larkye Bazaar to Dharamsala (4460 m)

**Time:** 3-4 Hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

The Trek to Dharmasala from Samdo is a preparational walk with much time to spare for your ascent to the Larkye La pass (5160 m). We will walk through chortens and Mani walls down to the Budi Gandaki River. After crossing the wooden bridge over it, we will reach the legendary Larkye Bazaar. The trail to Lajyang and Gyala leading to Tibet separates from Larkye bazaar. It was one of the most significant commercial midpoints of the central Himalayas. We will walk further up, and Mani walls lead our way to Dharmashala. Rest for the day and prepare for the Larkya La Pass. Overnight at a lodge in Dharmashala.

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## Day 15: Dharamsala - Larkye Pass 5160mtrs to Bimthang (3590 m)

**Time:** 8-9 Hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

We will have a hard climb to Larkye La pass, and this stretch of the trek is the most challenging one too. The trail goes side by side to the horizontal moraine of the glacier. Follow your guide for safe and secure passage to Bimthang from Larkye La pass. Slippery and steep sections are the most difficult ones as we will walk near to the top. Prayer flags welcome you to the Pass and the magnificent view of Manaslu, Himlung, Kang Guru, and Annapurna II in Larkye La Pass. Spend some time here and start your descend to Bimthang. This stretch is mostly smooth, and the trail will drop over 1400 meters to Bimthang village. Enjoy the beautiful sunset from the ridge near and rest for the day. Overnight at a lodge in Bimthang.

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## Day 16: Bimthang - Yak Kharka - Karche to Tilije (2300 m)

**Time:** 6-7 Hours walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

We will start our day with a quick downhill to Kechyaku Khola Glacier and cross it. We will walk through red hills covered with rhododendron forest and to Yak Kharka. One can get a treat of different shades of rhododendron in their blooming [season in March and April](#). The view of the diverse face of Manaslu is equally pristine over the hills from this trek too. We will drop from Alpine to subtropical forests leading your way to Karche. We will have our lunch and continue crossing the Gurung village of Gho on the way. A short tour of Gho will give you more opportunities to witness the Himalayan culture and lifestyle. About an hour more of a walk from here will take you to the old Gurung village of Tilije. Overnight at a lodge in Tilije.

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## Day 17: Tilije - Dharapani - Tal to Besisahar (760 m)

**Time:** 5-6 Hours drive/50KM **Meals:** B+L+D **Accommodation:** Lodge

We will start the trek walking down to the bridge at Dudh Khola and all the way to the Marsyangdi Valley. We can view the shift in the landscape here and will move further down to join the main trail of the Annapurna circuit trek. The combining point of these two trails will be at Dharapani, where we will have our lunch. We will have our permits checked one last time and walk to the village of Tal next. From here we will take a local jeep to the city of Besisahar. [Besisahar](#) is the starting point for most of the trekking routes to the western Himalayas and Annapurna. Enjoy the evening stroll around the rest of the day. Overnight at a lodge in Besisahar.

## Day 18: Besisahar to Kathmandu (1350 M)

**Time:** 6-7 Hours drive/175KM **Meals:** B+L+D

After breakfast, you can take a public vehicle or a private jeep back to Kathmandu. The hill ride of Prithvi Highway passing through Dumre, Muglin, Kurintar, and Thankot will take you back to Kathmandu. The green hills and Trishuli River makes the perfect setting for a long ride here. After reaching your hotel, head for the souvenir shopping in Thamel. Enjoy the nightlife in Thamel after a fantastic feat of completing the Manaslu Tsum Valley Trek. Overnight at a hotel in Kathmandu.

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## Contact Us

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