

## Manaslu and Tsum valley trek - 24 Days

Manaslu and Tsum Valley Trek take you around the great eight thousander Manaslu massif and explore the hidden Tsum valley near the Nepal-Tibet border. Tsum Valley was a restricted area for outsiders till 2008. In a short period of time, Manaslu and Tsum Valley Trek has established itself as the unique and remarkable home-stay trekking site offering magnificent views of snow-capped mountains along the wonderful opportunity to explore the Tibetan culture, religion, and tradition on the high lands of northern Nepal.

Manaslu and Tsum Valley Trek begins with a drive towards Arughat, the starting point of our trek. During the starting days of the trek, we will experience the magnificence of Budhi Gandaki valley by passing through beautiful dense forests, riverbanks, terrace farms, and small Gurung settlements along the way.

After properly acclimatizing and trekking for a couple of days, we head towards the hidden Tsum valley leaving the Manaslu trail behind. Tsum valley offers spectacular views of the Ganesh Himal range, Manaslu range, Tibetan and Buddha Himalayan ranges. Also, visiting the ancient monasteries reflects the local Tibetan influences Buddhism and the warm hospitality of local inhabitants. It is often considered a place with many stupas and monasteries.

Visiting these landmarks would embrace you in their beauty along with the feeling of peace and tranquility. They have been following their unique and quite surprising traditions for ages. Regarding the trekking style, Manaslu and Tsum Valley Trek is the homestay trek that takes you even closer to the local communities. You will be learning about their lifestyle, their food, and other simple yet exciting things that would surely make your trip a memorable one.

Join our 23 days of Manaslu and Tsum Valley Trek adventure that requires a good level of physical fitness and passion for trekking, walking, and exploring. Icicles Adventure Treks and Tours ensures that you will experience the trip of your lifetime.

## PRICE INCLUDES

### Transport

- Private Vehicle: Airport pickups/drops and hotel transfers
- Private Vehicle: Kathmandu to Sotikhola (trek starts at Sotikhola) transfer
- Private Vehicle: Beshishahar to Kathmandu transfer
- Public Vehicle: Syange (trek ends at Syange) to Beshishahar transfer

### Accommodation

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- 13 nights' accommodation (twin sharing) during the trek in best available standard teahouses

### Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek
- Tap water (which needs purification by chlorine tablets., etc before drinking) for drinking
- Breakfasts while in Kathmandu
- Welcome and farewell dinner in Kathmandu
- Seasonal fruit on trek

### Staff

- English speaking Trekking Guide/leader: One guide for each group
- One assistant guides every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
- Tour guide for Kathmandu city tour

### Permits and Taxes

- Manaslu restricted area trekking permit
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)
- All applicable taxes to be paid to the Nepalese government
- Temples and monuments entrance fees for Kathmandu city tour

### Others

- Complimentary down sleeping bag and down jacket provided for use for the duration of the trek (we suggest bringing your own if you have)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter)

- Complimentary Manaslu Circuit Trekking map
- First aid box carried by your guide

## PRICE EXCLUDES

### Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc)

### Accommodation

- Extra night/s of accommodation in Kathmandu also because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary

### Food / Drinks

- Soft drinks, tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client
- Bottled and boiled water
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

### Others

- Nepalese tourist visa (available on arrival at Kathmandu Tribhuvan International Airport)  
Client's travel insurance
- Any optional/ additional activities outside of the program
- Personal expenses such as phone calls, laundry, battery recharge, hot shower, extra porters, etc)  
Personal equipment and clothing
- Tips/gratuities for the staff (staff expect tips)

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu airport (1350m/4428ft)

The trip starts today as we land in the vibrant, colorful city of Kathmandu, the capital city of Nepal. We will pick you up at the airport, and transferred you to your hotel. Please look for our staff carrying an Icicles Adventure signboard and your nameplate in the airport.

Depending on your arrival time, you can rest or explore the lively streets of Thamel, a fun place to wander. Along the streets of Thamel there are trekking gear shops, souvenir shops, great bookshops, restaurants, etc.

### Day 2: Kathmandu (1,338 m/4,390 ft) city tour and Trek Preparation

At around 9 am we start a guided tour to several ancient, historical, and spiritual sites in Kathmandu. These sites are listed in UNESCO as World Heritage Sites. We visit the historic Patan Durbar Square, the sacred Hindu temple of Pashupatinath, the famous 'Monkey Temple' (Swayambhunath), and the Buddhists shrine, the Bouddhanath.

Later after the sightseeing program, we will introduce you to your trekking guide and have a small pre-trip meeting at the hotel. We advise you to pack your things and set up for your Tsum Valley and Manaslu Trekking, which begins tomorrow morning.

### Day 3: Drive from Kathmandu to Soti Khola (730 m/ 2,395 ft)

We leave for Solti Khola early at 8 am after breakfast. Today's drive is adventurous as we will wind up and down on the road that hugs the mountains and the journey today is beautiful too as we pass through green mountains, fields, rivers, gorges, and bridges. Leaving Kathmandu, we follow the Mahesh River and again Trishuli River.

We drive towards headquarter of Dhading district, Dhading Besi, and continue towards another town Arughat. From here, we go to Arkhet and it's now only 14 km to Soti Khola.

**Drive Distance: 140 km**

**Drive Duration: 7-8 hours**

### Day 4: Trek Soti Khola to Machha Khola (870 m/2854 ft)

We start the trek after having breakfast at a teahouse in Sotikhola. Then, we walk along the low-altitude middle hills for few days, so we feel pretty warm.

The trek today starts with a gentle upward slope and it slowly drops until we climb again to mountain ridge to Armala village. Next, we will walk through the tropical forest to the Gurung village of Lapubesi.

Along the way today, we will see waterfalls. Finally, we will reach the tiny settlement of Machha Khola, and see beautiful views of Ganesh Himal and Buddha Himal today.

### Day 5: Machha Khola to Jagat (1,340m/4395ft)

We will walk alongside the edge of Budi Gandaki River and reach Khorlabensi. Then, we will cross a suspension bridge over Namrung Khola and again continue to Tatopani. There is a hot spring at this place, hence given the name

Tatopani.

Shortly after leaving Tatopani, we will walk through the trail that goes through another side of the Budi Gandaki River. The trail winds through the gorges of Budi Gandaki River uphill and downhill through forests, rice fields, rock ridges, streams, and cascading waterfalls.

Again, we pass another suspension bridge over Dovan Khola and reach the hamlet of Dovan. Further, ahead we walk past forests, farmlands, waterfalls and reach the confluence of Budi Gandaki and Yaru River. Then we will walk through a stone-paved trail to the beautiful cobbled village of Jagat and its post-military checkpoint at the foot of a pretty Chorten.

#### **Day 6: Trek Jagat to Lokpa (2,240 m/7349 ft.)**

Leaving Jagat, we reach Salleri village in about half an hour. We will walk past mani walls and the view of Shringi Himal from here is impressive while the Budi Gandaki valley starts to broaden. We cross a long bridge and climb to beautiful village of Philim where there is a MCAP check post, a small hydroelectric plant, Japanese build school, etc.

Ahead of Philim, the terraced farmlands look artistic as we walk past the village of Ekle Bhatti. The valley starts to narrow as we walk past a beautiful waterfall. After two hours of walking from Philim, we reach a metal bridge that spans over the Budhi Gandaki River with a trail leading east to Manaslu Circuit to our left.

We take the right path and grab the trail to Tsum Valley towards the narrow valley of the Syar Khola. Beautiful panorama surrounds us as we climb the top of Lokpa, and snow-capped mountains of Ganesh Himal come into view.

#### **Day 7: Lokpa to Chumling (2,386m/7,769ft)**

The walk today is stimulating as we will realize today why Tsum valley has remained isolated for a long time.

We follow the Shiar Khola River path before starting some ascents and descents in a dense pine forest. Then we descend deliberately to the river, walking over the cantilever metal walkway across a mountain face. Finally, we cross a suspension bridge over Syar Khola before making the final incline to Chumling.

Elegantly set below mountains, Chumling is a traditional Buddhist village. It has an old monastery, traditional houses, cobbled streets, mani walls, a primary school, etc. The fluttering prayer flags signify a solid spiritual culture of the place.

Chumling village allows us to soak up the atmosphere of the Tsum Valley, which we will appreciate more and more over the next few days.

#### **Day 8: Chumling to Chhokang Paro/Chhekampar (3,030m/9,940ft)**

As we start the trek today, we savor the view of Lumbo peak, Himal Chuli, and the fantastic view of Ganesh Himal I, II, and IV.

We will walk past water driven prayer wheel at Tanju and continue through a dense pine forest full of fauna. Finally, we contour high above Syar Khola and get to Dumje village from where the trail then plunges to Sarphu River, a feeder of the Syar River.

We will cross the suspension bridge over the Sarphu River and enter the main trail via Ripchet village. As we climb up to Gho Village, we'll see arresting view of Buddha Peak. We will have lunch at Gho village, and now it will be about two hours final walk to reach Chhokang Paro Village.

We will arrive on a plateau covered with pines, and Chortens that announce the arrival at the villages of Chhokang and Paro. Chhokang Paro is also popularly known as Chhekampar (which means the place of wisdom). Here the valley stretches, and the stone houses lean against the cliff to allow full use of the available land for farming.

### **Day 9: Chhokang Paro to Nile (3,360m/11020ft)**

It will be a moderately easy walk today as we walk through the spacious valley through several settlements, several Gompas, a lot of Chortens, and mani walls. We reach Ngakyu Leru, a village with abundant farming land with wheat, buckwheat, mustard, potatoes, and apples.

We will take the trail via Lamagaon to visit Ranchen Gumpa leisurely on our trek back. Otherwise, we can also reach Ranchen Gumpa crossing the suspension bridge over Syar Khola from Ngakyu Leru village.

While trekking via Lamagaon, we will discover its great monastery, whose beautiful gilding we notice from a distance as it shines. If interested, we can go to Burji Village and the Milarepa (Piren Phu) cave, as well as, the Chi Phu Gumpa.

Little after Burji Village, we cross a suspension bridge and take through the next side of Syar Khola. Then the trail proceeds to Phurwa and Pangdun Monastery, with its large prayer wheel. An imposing gate and stupa mark the entrance to the large village of Chule.

If you have interest in Buddhism, we can also visit Gonhgye Gumpa at Chule, whose main monk is a bonanza of information. A waterfall is there traversing the Gonhgye Gumpa and we will be walking ahead through long mani walls with carvings of Milarepa. After Nile, we can walk up the side of the valley close to a monastery rested on a cliff. If the weather is clear, watching the sunset over the mountain would be a fabulous experience to see the Himalayas in their exploding majesty.

### **Day 10: Nile to Mu Gumpa (3,700m/12136ft) and then to Mu Gumpa (4000m/13123 ft)**

We will have breakfast relatively early before starting our walk towards Mu Gumpa. Mu Gumpa, the last inhabited village of Tsum Valley, is located above the Syar Khola, which is about 2 hours' walk from the Nile Village. The panorama here is inspiring, and the monks are friendly.

Traversing the monastery gives us a prospect to peep into the religious books and beautiful statues of Avalokiteshwara, Guru Padmasambhava Tara. The scenery including the yak meadows is serene, and the view of the Longnang Glacier is breathtaking.

We will also visit Dhephu Doma Gumpa, a 600-year-old nunnery where we see ancient Thankas. We will get to cherish the spectacular view of the Ganesh Himal pyramid throughout this high valley. We can also take a short walk to the ridges above up to Dupchet if weather is perfect and the scenery is not obstructed.



We can do an optional hike to Bhajyo, and also make a day trip to the Nepal-Tibet border at Nueladajyen Bhanjyang (5093m), but we will require an extra day for it.

*Note: We can also walk from Nile to Mu Gompa for a short visit and then trek back to Nile. But we suggest you allow a full day to explore Mu Gompa and the valley above. Also, if you are interested in exploring the Nepal-Tibet border high above to Nueladajyen Bhanjyang, Chhekya, please let us know at the time of the trip planning; you will need an additional day for this.*

### **Day 11: Mu Gompa/Nile to Ranchen Gompa (3240m/10630ft)**

Today, we take more time to explore around Mu Gompa and then trek down to Ranchen Gompa.

Wandering from Mu Gompa through the middle valley is gratifying to experience. We trek down via Chule, Pangdun, Phurbe, and Lar villages. From Lar village, we reach the impressive Ranchen Gompa in about 4 hours. Ranchen Gompa, a nunnery of the Nagk-pa sect established in 1905, has rich interior painted with murals portrays Buddhism and its history.

We can either spend the night at Ranchen Gompa or can go to Lamagaun for the night's rest.

### **Day 12: Ranchen Gompa to Lokpa (2240m/7350ft) via to Ripchet (2470m/8100ft)**

Starting the trek early is better as we have a good bit of distance to cover today. We trek from Ranchen Gompa/Lamagaun through the village of Chhokung and Paro and hike to Domje. We can have early lunch at Domje. We then climb firmly, crossing two high bridges over deep narrow gorges up to Ripchet. This farming village is situated far above Siyar river on a ridge and looks poorer than other villages of Tsum. Nevertheless, we enjoy the barley and buckwheat fields of Ripchet village and its Chortens in the contour of the pine forest.

Then, we descend carefully to Gumlung at the bank of Sarli River. After crossing Sarli River, we walk through the undulating trail and then take the final ascent through the beautiful temperate forest back to Lokpa. A lot of ascents and descents walks are there today so, we have a long day today!

Lokpa is a pleasant village from where we will take the fork towards Manaslu trail tomorrow. The big green village on the flat plateau high above the Budhi Gandaki on the opposite side is Nyak village.

### **Day 13: Lokpa to Bihi Phedi (1990m/6530ft)**

Leaving Lokpa, we will cross the Budhi Gandaki River and walk north towards the Manaslu trail. We will leave the trail to Nyak on the left, and ascend gradually along a wide, hillside trail into an open pine forest. However, we can opt-out the route via Nyak village if you want to make today's trek comparatively easier.

We will then cross the river two more times over steel suspension bridges and walk through a dense forest full of rhododendrons, bamboo, and wildflowers. As we climb, we should not miss out the beautiful views of Ganesh Himal IV.

After about an hour of moderately easy climbing, we leave the cramped gorge, cross the Deng Khola, and then climb briefly to the settlement of Deng. We will have views of the Ganesh Himal to our back and Lapuchen and Dwijen Himal to the north.

Ahead of Deng, we descend steeply and get to Rana Village. We will then climb through the beautiful pine forest arriving at Bihi Phedi. We can see an impressive view of Kutang Himal from here as well as artistic mani stones along the trail, indicating we are entering a Buddhism-influenced region in Manaslu.

#### **Day 14: Bihi Phedi to Namrung (2630m/8626 ft)**

Relishing views of Kutang Himal, we will now leave Bihi Phedi. Little ahead, we will reach Bihi village and see very artistic mani stones, a sign that indicates we are entering again on a Buddhism-influenced area of high Himalaya. These particular mani stones were carved by stone carvers from Bihi Village. At the foothills of Sringi Himal, Serang Gompa (3100m) is one of Guru Rimpoche's universal mediation sites.

Leaving Ghap, we scale up for two hours through a dense forest of fir, rhododendron, bamboo and oaks, crossing the Budhi Gandaki twice on newly built suspension bridges, and continue to climb stone steps. We might notice Danphe, the national bird of Nepal, or grey langurs with their long tails along the trail in the forest.

Today, we will reach the alpine territory and treat ourselves with broad mountain views. We will eventually come to Namrung, the first village in Nubri inhabited by Tibetan speaking a dialect of western Tibet.

#### **Day 15: Namrung to Shyala (3500m/11480ft)**

Past Namrung, we walk through extensive barley fields and pastures and reach the settlement of Banjam. Again after climbing steeply, we reach the picturesque village of Lihi (2920m). The walk today pleases us early due to the impressive views of Ngadi Himal and Manaslu North.

Soon upon reaching the Chorten we enter the beautiful village of Sho. We walk past beautiful, billowing fields of vibrant green buckwheat, wheat, and barley. We see spectacular views of Ngadi Chuli from Sho. Sho also houses two monasteries.

One more small descent out of Sho, and after crossing a small stream, we reach the tiny hamlet of Shrip where we may see local women busy weaving colorful rungs.

We will now take a short but steep climb up to the village of Lho with a new Chorten. Lho is a lively, green, sprawling village adorned with prayer flags where we will find local women weaving on their wooden looms. The Lho village houses colorful Nyingma Rimjung Gompa where more than 100 monks study. We may take some time to explore the Lho village, its ancient mani stones, beautiful chortens in the backdrop of spectacular Mt. Manaslu.

Ahead we walk past rolling barley fields, descend, cross a small stream, and then ascend through light forests next to a small river until we reach a small hydroelectric hut. From here we'll hike up through a pine forest. Soon we will reach Hong Sangbu Gompa which is by Musithang Kharka, a seasonal herding spot with fantastic views of the surrounding peaks.

Then we descend just a bit to an old mill where local women of Shayla are often roasting barley and grinding it to make tsampa. Next, we reach the high, idyllic summer settlement of Shayla, a hamlet of new lodges and old summer houses from where we can see extensive mountain panoramas.

#### **Day 16: Shyala to Sama Gauon (3520m/11545 ft)**



We cross a stream that is the drainage from the Pung Gyen Glacier and then ascend next to the small stream. We now take a side trip to get to Pung Gyen monastery, which sits beautifully at the backdrop of Mt. Manaslu. We will walk carefully through the slippery path via Numla Khola and the lateral moraine of the Pung Gyen glacier. Looking down the valley, the views over blue, glacial lakes and this massive, sand and boulder-strewn glacier look supernatural! We will get to see grand views of Mount Manaslu once we get nearby to the monastery. After enjoying the panorama, we return to the main Manaslu trail and walk to Sama Gaun.

Sama Gaun (3660m) is a relatively larger village on the Manaslu Circuit trek that sits at the base of Mount Manaslu. Settled by Tibetan origin people, the residents are Buddhist. We can see the prayer wheels, mani stones, and Ribung monastery at the village, signifying the sincere Buddhist faith of the residents of Sama Gaun.

We can wander through the pathways of Sama and observe its stone houses with wooden decks and shingles that look similar to the houses of Lho and Lihi villages. Tibetan origin people have been living here elevated stone houses with animal pens underneath their homes. Yaks and dzobkios share the narrow passages with small waterways running in the middle and planks to bridge the two sides. With all this, we will feel like we have gone back into time when we wander around these settlements.

### **Day 17: Acclimatization day at Sama Gauon (Hike to Manaslu Base Camp)**

An acclimatization day at Sama Gaun allows our body to acclimatize with the thin air environment before proceeding to higher elevations. We shall remain active and trek to higher elevations per the high altitude acclimatization rule. Thus, we will go towards Glacial Birendra lake for a short acclimatization hike.

If we have a lot of energy and interest to explore more, we can also go to Manaslu Base Camp which is about 7-8 hours of walk.

An early start is good for the best views and also to avoid snow burn due to sunlight reflected by the glacier. The trail offers fantastic views of Manaslu Glacier, Birendra lake, and the typical village Samagaun. During the Manaslu climbing period, we will find Manaslu Base Camp full of climbers, guides/sherpas, porters, and tents.

As we walk towards the base camp and gain altitude, the Himalayan landscape becomes more sensational with the nearest glacier, Manaslu peak, Naike Peak, and the views of surrounding hills. The final part of the trip is to climb between 4400-4800m, which is steeper with snow and ice (depending upon season). After reaching Manaslu Base Camp (4800m), we will feel like being in the abode of mountains. Finally, we will trek back to Sama Gaun for the overnight rest.

### **Day 18: Trek Samagaun to Samdo (3875m/12710 ft)**

We can savor the stunning view of sunrise over Mt. Manaslu and other mountains if we wake up early.

Today's walk is short so that we can leave Samagaun leisurely. We will cross a small bridge and walk west towards Manaslu Base Camp and Birendra Lake along the lateral moraine. We will then walk up through the woods on a dirt trail, past juniper, birch, and rhododendron. We will then see the lake below us, and get closer to the impressive icefall of the Manaslu Glacier. We will be trekking more to over 4000 meters to help acclimatization.

After crossing a brook and heading north, we will trek past the rough woods of Himalayan birch during the walk up to Samdo. We will then pass by the left side of the long Mani walls at Kyonggma Kharka and eventually spot Chorten of Samdo. After, we walk back to the Budhi Gandaki and cross a small bridge leading to a short climb to Samdo.

Similar to Sama Gaun, the inhabitants of Samdo are Tibetan descendants. We will have plenty of time to walk around the village where the inhabitants live an inherently Tibetan lifestyle, looking after their sheep, yaks, goats, horses, and barley fields. There is also a small monastery in Samdo.

### **Day 19: Trek Samdo to Larkya Phedi/ Dharamsala (4480 m/14694 ft)**

In today's short trek, we will leave Samdo and follow the old trade route towards the Tibet border.

We cross a small bridge and climb west above the ruins of Larkya Bazaar walking past meadows, grassy plateaus filled with lichenized stones, dwarf juniper bushes, and rhododendron. The landscape becomes more and more beautiful as we reach the other side of the valley that tumbles down from Manaslu and Manaslu North peaks holding a stunning views of Glacier.

Finally, we arrive at Dharmasala, the high camp for the Larkya La pass where we might even spot herds of blue sheep in the barren slopes nearby. The temperature here is freezing, so it would be better we spend a relaxed afternoon and help keep ourselves warm.

It's your choice if you want to hike up either of the ridges surrounding Samdo valley or hike up alongside the small spring-fed stream back of the teahouse and enjoy the birds, marmots, blue sheep, etc. We can see impressive views of Naika Peak to the south and the tip of Manaslu in the front.

### **Day 20: Cross Larkya La (5160m/16924 ft) to Bimthang (3590m/11775 ft)**

We start our trek early at dawn. with a walk about half an hour on a relatively easy track. Then we will walk along the right side of the lateral moraine of the Larkye Glacier and then through the narrow bottom of the valley. We will then reach the ablation valley on the northside of the Larkye Glacier, from where we will have views of Ganesh Himal I on the east and Larkye peak to the west.

Next, we will walk across the undulating glacial moraine, which is often snowy. In about two hours, we will reach a small hut at an altitude of 4920 m. From here, it's about two more hours to reach the top of Larkye pass, walking past small ridges, and a frozen lake. As we reach the top of Larkya La, the sublime panorama will be waiting to give us a treat.

Looking back we will see Samdo peak and peaks bordering Tibet and Larkye peak on the southeast. On the west rises Kang Guru, Himlung Himal, Cheo Himal, and Gyagi Kung and Annapurna II.

We will savor the panorama despite the wind and then start ascending through a razor-edge ridge followed by a steep drop. The trail here is often slippery and icy. We then follow the left side of the Salpu Danda Glacier moraine through a ragged path.

After a quick lunch, we will then traversing downhill with another steep section ahead with views of meadows with dwarf rhododendron, primulas, and azalea. Finally, after about three hours of strenuous downhill walk, we will reach

the beautiful hamlet of Bimthang.

We might see blue sheep, Pika, marmot and Tibetan snow-cock tracks in the snow, and even snow leopard's paw prints today at the end of the day!

### **Day 21: Bimthang to Dharapani (1965m/6445 ft)**

It is one of the longest days of your trek. However, the routes now are easy to travel. Our final destination for the day is Dharapani which extends from Gorkha to Manang District.

Today we will descend to Hompuk, trekking through deep forests full of pine trees and rhododendrons, and cross a glacial stream. From Hompuk, we will take trails leading us to Dudh Koshi River through woods, getting a fantastic view of Marsyangdi Valley.

Then the trail crosses a landslide-affected route and later crosses fields before climbing over a ridge full of prayer flags. This trail comes off the ridge and down to the river bank, finally leading us to Gho village.

Trekking further through the forests of rhododendrons and oak trees, we will reach Tilje, a Gurung village famous for its local Brandy. It will take approximately six hours to get to Tilje from Bimthang.

After a little break in Tilje, we will climb over a small ridge and enjoy stone-paved trails as it passes through a beautiful village. Then we will cross a bridge over Dudh Khola, pass a mani wall, and reach Thonje village. You will find many checkpoints on the way to Dharapani from here.

Passing beautiful villages and mani walls, we will finally reach Dharapani, an entry point for the Annapurna Circuit trek.

### **Day 22: Drive from Dharapani to Kathmandu**

We will take a direct route from Dharapani to Besishar which will take about 4 hours. From Besishar, the roads will be smooth and we will reach Kathmandu via the Prithvi Highway within 5-6 hours with breaks in between the rides.

**drive time: 9-10 hours**

### **Day 23: Final Departure**

Today your Tsum Valley and Manaslu Circuit Trek ends formally. If you have more time before leaving to airport, you can do some shopping or sightseeing. Approximately 3 hours before your scheduled flight a representative from Icicles Adventure Treks and Tour will take you to the airport for your flight back home. We hope Nepal has captivated you to come back again!