



Manaslu Tsum Valley trek - 19 Days



Trip Facts

Destination	Nepal
Duration	19 Days
Group Size	2 - 30
Trip Code	dwt004
Grade	Challenging
Activity	Manaslu Treks
Region	Manaslu Region
Max. Altitude	5,160m at Larkya la pass
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Mar, Apri, May, Sep, Oct, & Nov.
Transportation	Public Transportation from Kathmandu to Sotikhola via Arughat, & Tal to Kathmandu via

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Tsum valley and Manaslu Circuit circles Mount Manaslu -the world's eighth highest mountain as it takes you across Larkya La Pass (5,106m/16,751ft) along with several traditional villages and sacred Buddhist...













Discovery World Trekking requests all our valuable clients to add an extra day at Kathmandu on weekdays (office days) before starting Tsum Valley and Manaslu Circuit trek. We require at least one day to acquire Manaslu special permit, and for the permit application, we require your original passport with a Nepali visa. We will also use this time for a trip briefing, where we will provide you with essential information about the trip and check your luggage (equipment) to make sure you have not missed anything. This trek package includes transport on public buses. For comfort, you can rent a jeep for an extra cost.

About the Trip

Tsum valley and Manaslu Circuit circles Mount Manaslu -the world's eighth highest mountain as it takes you across Larkya La Pass (5,106m/16,751ft) along with several traditional villages and sacred Buddhist heritage. You will also be visiting Tsum valley, which lies inside the Manaslu Conservation Area and is inhabited by the indigenous Tsumba community.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Scenic drive from Kathmandu to Soti Khola
-  Mu & Lungdang Gompas in Tsum valley
-  Milarepa Piren Phu Cave (pigeon cave), the most sacred cave in the Tsum Valley
-  Dephyudonma and Rachen monastery - the oldest monasteries in the Tsum valley
-  Trek around Mt Manaslu (8,163 m) - the worlds eighth tallest mountain
-  Side trip to Birendra Lake, Punhyen Glacier, or Mount Manaslu Base Camp during the rest day at Samagaun
-  Majestic views of glaciers, lakes, rocks, and mountains - Manasalu, Himchuli, Ganesh, and many more on Nepal- Tibet border
-  Cross Larkya La Pass (5,106m) - one of the longest passes in the Himalayas
-  The unique cultural blend of Tibetan Nupri and Gurung inhabitants
-  Ancient Buddhist stupas, monasteries, and Tibetan lifestyle
-  Less crowded path
-  An ancient trading route to Tibet

What is Included?

- ✔ Transportation from Kathmandu via Arughat to Soti Khola (trek start) and from Tal (trek end) to Besisahar, then back to Kathmandu by local bus.
- ✔ All standard meals (19 Lunches, 18 Dinners, and 19 Breakfasts) during the trek
- ✔ Accommodations at best tea houses/ lodges in trek regions (Generally twin sharing rooms) for 18 days.
- ✔ Government licensed English-speaking Discovery World Trekking trek leader/ guide and porter to carry your luggage. For every two trekkers, we assign a porter. The luggage weight limit per trekker is 9 kg.
- ✔ Guides and porter cost, their meals, insurance, salary, lodging, transportation, and other necessary equipment
- ✔ Manaslu & Tsum Valley Special Permits with Conservation Area Permits, and Annapurna Conservation Area Permit (ACAP) fees
- ✔ Water purification tablets for safe drinking water
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and official expenses
- ✔ Rescue operation arrangements in case of complicated health conditions

- ✔ Souvenir - Company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate
- ✔ Farewell dinner in Kathmandu at the end of the trek

🔍 What is Excluded?

- ⊖ International flight costs.
- ⊖ Nepal entry visa fees at Tribhuvan International Airport
- ⊖ Excess baggage charges (Limit is 9 kg per person)
- ⊖ All accommodations and meals in Kathmandu, before and after the journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.
- ⊖ Personal expenses - shopping, snacks, boil bottle water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, laundry, extra porters, etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)
- ⊖ Tips for guide and porters
- ⊖ Additional costs or delays caused due to circumstances beyond our control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes, etc.
- ⊖ All costs and expenses not listed in "cost includes" are counted as excludes

🔍 Overview

Tsum Valley Trekking route lets you explore geographically spectacular and culturally fascinating regions in **the Manaslu Circuit and Tsum Valley**. The trail is known for magnificent mountain vistas, dramatic landscapes, terraced hillsides, mysterious canyons, Tibetan culture, and Larkya La High Pass.

You will be visiting **Budhi Gandaki River** upstream areas, reaching as far as **Mu Gompa (3,700m)** to catch splendid views of Ganesh Himal, Singri Himal, and Boudha Himal. Your hike passes through Larkya La Pass (5,106m/16,751ft), which is also the highest point of the trek. When you reach the Marsyangdi river, you will have made a semi-circular trip around three Manaslu peaks.

You can consider the Manaslu region as **Nepal's Himalayan hidden treasure**, which is still waiting for exploration. Tsum Valley, with its rich cultural heritage and secretive of hilltop monasteries, traditional villages, colorful people, mysterious yaks, mani walls, chortens, lively festivals, and historical treasures - is a Shangri-La of the Himalayas.

Trek starts from **Sotikhola**, climbs up the Budhi Gandaki valley through pine and rhododendron forest, heads up over a ridge that leads to Lokpa, the entrance to Tsum valley. However, it will take us three days to reach **Lokpa**. From Soti Khola, we begin ascending - the first day, we will stop at Machha Khola, followed by Jagat, and finally at Lokpa.

From Lokpa, we hike to **Chumling**, known for its three monasteries - Pango Gumba, Mani Dhungyr, and Gurwa Gumba. After spending a night at Chumling, we head to Chhokangparo via Domje (the largest village in Tsum Valley). **Chhokangparo** is famous for its magnificent views of Himalchuli and Ganesh Himal.

You will continue hiking from Chhokangparo in **the upper inner Himalayan Valley** through refreshing bamboo and exotic rhododendron forests in lower regions. Higher trails pass through silent alpine glades and rugged high mountain desert. You will also be visiting Piren Phu cave- the most sacred cave in the region on your way to Nile from Chhokangparo. From **Nile**, you will ascend further to **Mu Gompa - the highest point** of the Tsum Valley Trek. Then we descend back from Mu Gompa back to Lokpa and then continue in Manaslu Circuit Trek.

From Lokpa, you will trek west and reach **Deng** for the night. On the way, you will be passing through Ghap, Rana, and Bhiphedi villages. The next destination in this trek is **Namrung village** - the locals at Namrung are Tibetan descendants.

The next day we leave Namrung, and we head to **Sama Gaun**. On the way lies Lho - which is full of mani wall entrance gates and several Buddhist Gompas. After Lho, we trek via Shyala Village to **Sama Gaon**, known for Sama Gaon Monastery. We will stop a day at Sama Gaon for **acclimatization**. During this day, you can choose to visit Manaslu Base Camp, Birendra Lake, or Pungyen Gompa.

Larkya La Pass is not far from Sama Gaon. You just need to trek for a day to Dharmasala. The following day early in the morning, you will hike from **Dharmasala to Bhimtang - on the way lies Larkya La Pass (5,160m)**. The pass is famous for stunning views of Cheo Himal, Kanguru, Himlung Himal, and Annapurna II. It is one of the longest passes in the Himalayas.

By reaching Bhimtang, you are near the end of this trek. From Bhimtang, you will hike to **Gho** and then **Tal**. From Tal, you will catch a bus or jeep to Besisahar and then catch a bus to Kathmandu from Besisahar. We are sure that Tsum Valley Trek with Manaslu Circuit will leave an unforgettable experience for the rest of your life.

Day to Day Itinerary

Day 1

Drive from Kathmandu via Arughat to Soti Khola (730m / 2896ft)

Itinerary Facts

Driving Hours (160km / 99.4miles) 6-8hrs

After an early breakfast, we will start our trip with a **drive along the Prithivi Highway** west of Kathmandu. The scenic ride lets you enjoy the views of **terrace farms**, raging rivers, beautiful villages, and dense forests.

You will be crossing the Trishuli River to Dhading Bensi and continue to Arughat, driving along with the scenic villages while continuously following Dorandi Khola northwards to **Gorkha**. From the road, you get stunning views of **Manaslu** and **Ganesh Himal**. Our destination, however, is still two hours drive away from Arughat to **Soti Khola**.



Overnight stay at ABC Hotel (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Soti Khola (730m / 2896ft) to Machha Khola (890m / 2,965ft)

Itinerary Facts

Trek Distance 9.7km / 6miles

Highest Altitude 890m / 2,965ft

Trek Duration 6 to 7 hrs.

We continue to follow the low valley to the north, observing the majestic Himalayan peaks from time to time as we hike up the picturesque densely forested Buddhi Gandaki Valley. The route passes through several small villages until the valley widens. From the opposite side of the valley, you will see a large stream flowing into the **Budhi Gandaki River**. As we continue our journey, we reach the beautiful village of Lapubesi (880m). From Lapubesi, we descend to a meandering path to reach **Macha Khola**.



Overnight stay at Hotel Everest View



Included meals (Breakfast + Lunch + Dinner)

Day 3

Trek from Machha Khola (890m / 2,965ft) to Jagat (1400m / 4,593ft)

Itinerary Facts

Trek Distance 22km / 13.7miles

Highest Altitude 1,400m / 4,593ft

Trek Duration 6 -7 hrs.

We cross the Tharo Khola river and head upstream to Khola Beni. The route takes you forward alongside dramatic gorges with waterfall sculptured rocks and some landslides. After crossing a bridge, we reach a tiny village of Kholabesi and then natural hot springs at Tatopani (Tatopani means hot water in Nepali).

From the hot springs, we catch another trail and cross the Budhi Gandaki River on a suspension bridge. We will then walk past a landslide and reach Dobhan village. From Doban, we cross a suspension bridge over the Yaru Khola and climb stone stairs to Thado Bharyang before ascending to the charming village of Jagat. **Jagat is the entry point of Manaslu Conservation Area**, and we will register our permits at a police checkpoint in **Jagat**.



Overnight stay at a lodge.



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Jagat (1,400m / 4,593ft) to Lokpa (2,040m / 4,493ft)

Itinerary Facts

Trek Distance	17.5km / 10.8miles
Highest Altitude	2,040m / 4,493ft
Trek Duration	6 to 7 hrs

We make an entry into the restricted region of Manaslu by climbing over a ridge to Salleri. We walk along the riverbanks then cross the Budhi Gandaki River on a long suspension bridge. As we continue to walk, the valley widens towards **Philim**. As we pass **Ekle Bhatti**, the trail separates one takes you to Tsum and the other Manaslu.

We hike up towards Lokpa across several villages. Rivers become narrower, and we can see the confluence of Syar Rivers from Tsum valley. We trek on the right side of Tsum valley to reach **Lokpa village, the first village in Tsum valley** that provides clear views of the Manaslu range. In fact, it's a completely hidden valley blessed by Padmashamva centuries ago. (Padmashamva is one of the founding fathers of Tibetan Buddhism.) You will get stunning views of Himalchuli, and Boudha Himal from Lokpa village.



Overnight stay at Lokpa



Included meals (Breakfast + Lunch + Dinner)

Day 5

Lokpa (2,040m / 4,493ft) to Chumling (2,386m / 6,692ft)

Itinerary Facts

Trek Distance	6.3km / 3.9miles
Highest Altitude	2,386m / 6,692ft
Trek Duration	4 to 5 hrs

After breakfast, we start walking from Lokpa Village- a wild route entrance to Tsum valley. On a clear day, you can get stunning views of Baudha Himal (6672m) and Ganesh Himal VI from the routes joining Lokpa to Chumling.

Our trail first descends to Lungwa river valley, then climbs up through a subtropical forest of dense **rhododendron and pine**. There are no villages between Lokpa to Chumling. We will be crossing Syar Khola to arrive at the village of Chumling. A side trip to the upper parts of Chumling takes you to a monastery from where you can catch great views of Ganesh Himal. Chumling has a health post and three monasteries - **Panago Gumba, Mani Dhungyur, and Gurwa Gumba**.



Overnight stay at Chumling.



Included meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Chumling (2,386m / 6,692ft) to Chhokangparo (3,010m / 9,875ft)

Itinerary Facts

Trek Distance	8.4km / 5.2miles
Highest Altitude	8.4km / 5.2miles
Trek Duration	5-6 hrs

Today, we enter the upper valley, a part of the inner Himalayas. The trail continues along the Syar River down to **Domje - the largest city in Tsum valley**. From Domje, we continue climbing uphill to arrive at **Chhokangparo**. On a clear day, we can get magnificent views of Himalchuli and Ganesh Himal from Chhokangparo. At Chhokangparo, you will also have the opportunity to experience the hospitality of local (Tibetan group "Tsombo") people along with **Tibetan Chiya (butter tea)** and local meals.



Overnight stay at Chhokang Paro



Included meals (Breakfast + Lunch + Dinner)

Day 7

Trek from Chhokangparo (3,010m / 9,875ft) to Nile (3,361m / 11,026ft) via Milarepa Piren Phu Cave

Itinerary Facts

Trek Distance 9.7km / 6miles

Highest Altitude 3361m / 11,026ft

Trek Duration 4 -5 hrs

We walk a relatively shorter distance today. The Nile, on the western side of the Shikhar Khola, is about a 20-minute walk across from Chhule, which is the last village in the north upper Tsum Valley. When you reach Ngakyu Leru, you will notice people farming as the land is fertile.

After passing Lamagaon, you will reach **St. Milarepa Piren Phu Cave**, where his footprint is said to be preserved in rock. Piren Phu (pigeon cave) is one of the most sacred caves in the Tsum valley. There are two separate Gumbas attached to the rocky cave. Richly painted Buddhist murals, excellent artistic scripts carved on stones, long prayer flags, and significant Buddhist paper scripts make Piren Phu Cave one of the most important **socio-cultural assets** in the valley. Then, we cross a suspension bridge over the Shiar River and continue our trek through several villages to arrive at **Nile**.



Overnight stay at Nile



Included meals (Breakfast + Lunch + Dinner)

Day 8

Trek from Nile (3,361m / 9,875ft) to Mu Gompa (3,700m / 11,026 ft)

Itinerary Facts

Trek Distance 7.9km / 4.9miles

Highest Altitude 3,700m / 11,026ft.

Trek Duration 3 - 4 hrs

A short walk from the Nile along the west bank of the valley close to the Tibetan border leads to **Mu Gompa - the highest point of the Tsum Valley Trek**. We hike up through yak pastures through typical dry and arid trans Himalayan terrain. The Mu Gompa monastery has rows of Chortens and provides beautiful mountain views. Moreover, you get an opportunity to visit **Dhephu Doma Gompa** - one of the oldest monasteries in the Tsum.



Overnight stay Mu Gompa



Included meals (Breakfast + Lunch + Dinner)

Day 9

Mu Gompa (3,240m/ 10,629ft) to Chhokangparo (3,010m / 9,903ft)

Itinerary Facts

Highest Altitude 3,240m / 10,629ft

Trek Duration 6 hrs.

From Gompa, the descent begins. We descend to Rachen Gompa, then Chhule and reach Phurbe. Rachen Gompa lies in the border area of Nepal and Tibet, and it sits surrounded by humongous mountains. But the destination for this day takes you **through a forested area** and finally at Chhokangparo.



Overnight stay at Chhokangparo



Included meals (Breakfast + Lunch + Dinner)

Day 10

Trek from Chhokangparo (3,010m / 9,903ft) to Chumling (2,386m / 7,827ft)

Itinerary Facts

Highest Altitude 3,010m / 9,903ft

Trek Duration 6-7hrs

Our descent from Chhokung Paro continues as we reach Gho. You will be crossing a suspension bridge near Gho and hiking forward to reach Rainjam Village. We leave **Rainjam village**, descend to Tsum Valley and finally reach Chumling - our destination for the day.



Overnight stay at Chumling



Included meals (Breakfast + Lunch + Dinner)

Day 11

Trek from Chumling (2,386m/7,827ft) to Deng (1860m / 6,101ft)

Itinerary Facts

Highest Altitude 2,386m / 7,827ft

Trek Duration 6-7 hrs

Today, you will leave Chumling and continue descending, so today's journey should be an easier one. You will be moving along the bank of Shair Khola to reach Lokpa Village. On a nice day, you may pass through large flocks of sheep and goats along the path.

The trail after Lokpa descends as we cross the Budi Gandaki on a solid bridge then enters a narrow gorge from where it starts to ascend and descend while gradually climbing through the valley. We cross a river on a suspension to Nupri and then pass through bamboo forests to reach the **Gurung village of Deng (1860m)**.



Overnight stay at Deng



Included meals (Breakfast + Lunch + Dinner)

Day 12

Trek from Deng (1860m /6101ft) to Namrung (2,900m / 9512ft)

Itinerary Facts

Highest Altitude (2,900m / 9512ft)

Trek Duration 6-7 hrs

From Deng, we climb to **Rana** (1,910m) Village and hike forward to **Bhiphedi** (2,130m). The path starts meandering in and out of the valley canyons crossing the Serang Khola before leading us to Ghap (2160m). As we leave Ghap, the valley becomes steeper as we continue a long climb through bamboo and rhododendron forests. After crossing the wild rivers a couple of times, you will reach the **Namrung Village** - the entry point to the Nupri region. The locals of Namrung Village are Tibetan descendants.



Overnight stay at Namrung



Included meals (Breakfast + Lunch + Dinner)

Day 13

Trek from Namrung (2,900m / 9512ft) to Sama Gaon (3,530m / 11,581ft)

Itinerary Facts

Trek Distance 17.7km / 11miles

Highest Altitude 3,530m / 11,581ft

Trek Duration 8-9 hrs

We leave Namrung and pass through many Mani wall entrance gates, several Buddhist Gompas, and a few villages. Then the valley opens out, and our route passes through **Sho Village**. This village has many yaks and is known for

excellent views of Manaslu (8163m) and Manaslu North (7,157m).

It is a great day to savor the great mountain views. To trek to Sama Gaon (3530m), we follow the right riverbank enjoying the views of Peak 29. A couple of hours of climbing through the forest brings us to Shyala village, from where we can see Phungi, Manaslu, and Himal Chuli mountains. The Shyala villagers rely on yaks, potatoes, and barley to survive this distinctly Alpine region.

As we hike up, you will see **Ganesh Himal** towards the east and the Himalchuli and Manaslu in the south. Soon enough, as you look down, you will be able to see two rows of houses that form the central part of Sama Gaon. At the far end of Sama Gaon stands the well-known Sama Gaon Monastery. The Tibetan border is very near from here.

We stop at Samagaon for a day to acclimatize.



Overnight at Hotel Manaslu (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 14

Rest day in Sama Gaon (3,530m / 11,581ft)

To ensure proper acclimatization, we spend a day at Sama Gaon for rest. Sama Gaon lies close to Manaslu Base Camp, and in this village, you can see thousands of mani stones with Buddhist texts and sculptures. The women here wear a nice **silver spoon as jewelry**.

Today is a rest day, but you can take optional excursions to explore the surrounding glacial moraine or visit **Birendra Lake** or **Pungyen Gompa**. The return side trip to **Manaslu Base Camp** takes eight hours but is well worth the effort as it provides fantastic views of the Manaslu Glacier and the turquoise Birendra Lake. If you just want to explore Sama Gaon and relax, you can visit the Pung-Gyen monastery, which sits beneath the east face of Manaslu. Higher up the village lies cave Gompa and hot springs.



Overnight at Hotel Manaslu (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 15

Trek from Sama Gaon (3,530m / 11,581ft) to Larkya La Phedi (Dharma sala) (4,460m / 14,632ft)

Itinerary Facts

Trek Distance 18.5km / 11.4miles

Highest Altitude 4,460m / 14,632ft.

Trek Duration 5 to 6 hrs

We start **early in the morning** from Sama Gaon and head to Samdo. Our hike takes us through the terraced fields alongside old mani walls, across the Budhi Gandaki wooden bridge, and gradually up to the Samdo valley. Another mani wall marks the beginning of the ascent to the Larkya La Pass. We cross two streams and witness the Larkya Glacier. Then, we go around the **Salka Khola Valley**, climb up once again and come to a stone guest house (4,450 m), which is not a lodge but a kind of resting place called **Dharmasala**, also known as Larkya La Phedi. Today you will enjoy fantastic views of **Larkya Glacier** and the impressive Manaslu mountain. We rest at Larkya La Phedi and prepare to cross Larkya La Pass the next day.



Overnight stay at Dormitory /Tent



Included meals (Breakfast + Lunch + Dinner)

Day 16

Trek from Dharamsala to Bhimtang (3,720m / 12,205ft) by crossing Larkya la Pass (5,160m / 16,929ft)

Itinerary Facts

Trek Distance 24.7km / 15.3miles

Highest Altitude 5,160m / 16,929ft

Trek Duration 7 - 8 hrs

We leave **Dharmasala very early in the morning** because we will be hiking along the longest and the toughest section of this trek. We need to cross the Larkya La Pass (5,160m) before the **wind starts blowing** strongly at the pass. The trail starts as a gentle climb across the moraine. It descends slightly to a lake and then becomes rough and indistinct as it crosses steep grassy slopes. We continue on the moraine to a ridge marked by two cairns. From here, the prayer flags marking the pass are visible.

We descend to the **four frozen lakes** then make the final steep climb to the pass. The pass opens outstanding panoramic views of Himlung Himal, Cheo Himal, Kanguru, Minjung, and the huge Annapurna II. We savor the spectacular views from the top of the pass. Then the descent begins. The trail follows the top of the moraine to the west and makes a set of steep, rough switchbacks as it crosses the moraine, then descends more gently on loose gravel to another grassy moraine at 4,450m. The trail now becomes easier to follow and reaches a small meadow. The valley becomes broader as the trails head down to a large meadow, past a mani wall and a small rest house that marks **Bhimtang at 3,590m**.



Overnight at Punkar Guest House (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

Day 17

Trek from Bhimtang (3,720m / 12,205ft) to Gho (2,550m / 8,367ft)

Itinerary Facts

Trek Distance 10km / 6.2miles

Highest Altitude (3,720m / 12,205ft)

Trek Duration 4 - 5 hrs.

From Bhimtang, the trail crosses the moraine, descends to the Dudh Khola headwaters, crosses a wooden bridge, then into pine and rhododendron forest to Hompuk (3,430m). The rhododendrons are multi-colored, and the forest is home to sheep, horses, and monkeys. You will also be able to enjoy the panoramic views of Phungi, **Manaslu, Manaslu North Peak, Cheo Himal, and Himlung Himal**. A 30-minute descent through the forest takes you to Sangore Kharka meadow. You will then cross a landslide before making a steep climb to a ridge decorated with prayer flags. The route ultimately descends to the river bank at Gho (2,575m).



Overnight stay at a lodge



Included meals (Breakfast + Lunch + Dinner)

Day 18

Trek from Gho (2,550m / 8,367ft) to Tal (1,700m / 5,577ft)

Itinerary Facts

Trek Distance 13km / 8miles

Highest Altitude 2,550m / 8,367ft

Trek Duration 4 - 5 hrs

The route is full of ups and downs, mostly through fields but occasionally through dense forests. Less than an hour walk through the fields and **intermittent rhododendron and oak woods** takes you to **Tilije** - a multiethnic community. You will exit Tilije through a stone arch, cross the Dudh Khola and follow along its embankment that descends through the scrub forest. As you trek ahead, the walls of the Marsyangdi Valley start to look larger, and finally, the houses of Dharapani appear in the distance. You will then pass Thonje village via a wooden bridge and a chorten-shaped arch, and **Dharapani** lies across a long suspension bridge over the Marsyangdi. But your trail continues on the sandy banks of the Marsyangdi River until you reach **Tal**. The prayer flags, mani walls, and chortens in and around Tal tell you that Tal is a Buddhist village.



Overnight stay at a lodge



Included meals (Breakfast + Lunch + Dinner)

Day 19

Drive from Tal (1,700m /5,577ft) to Besisahar then Kathmandu

Itinerary Facts

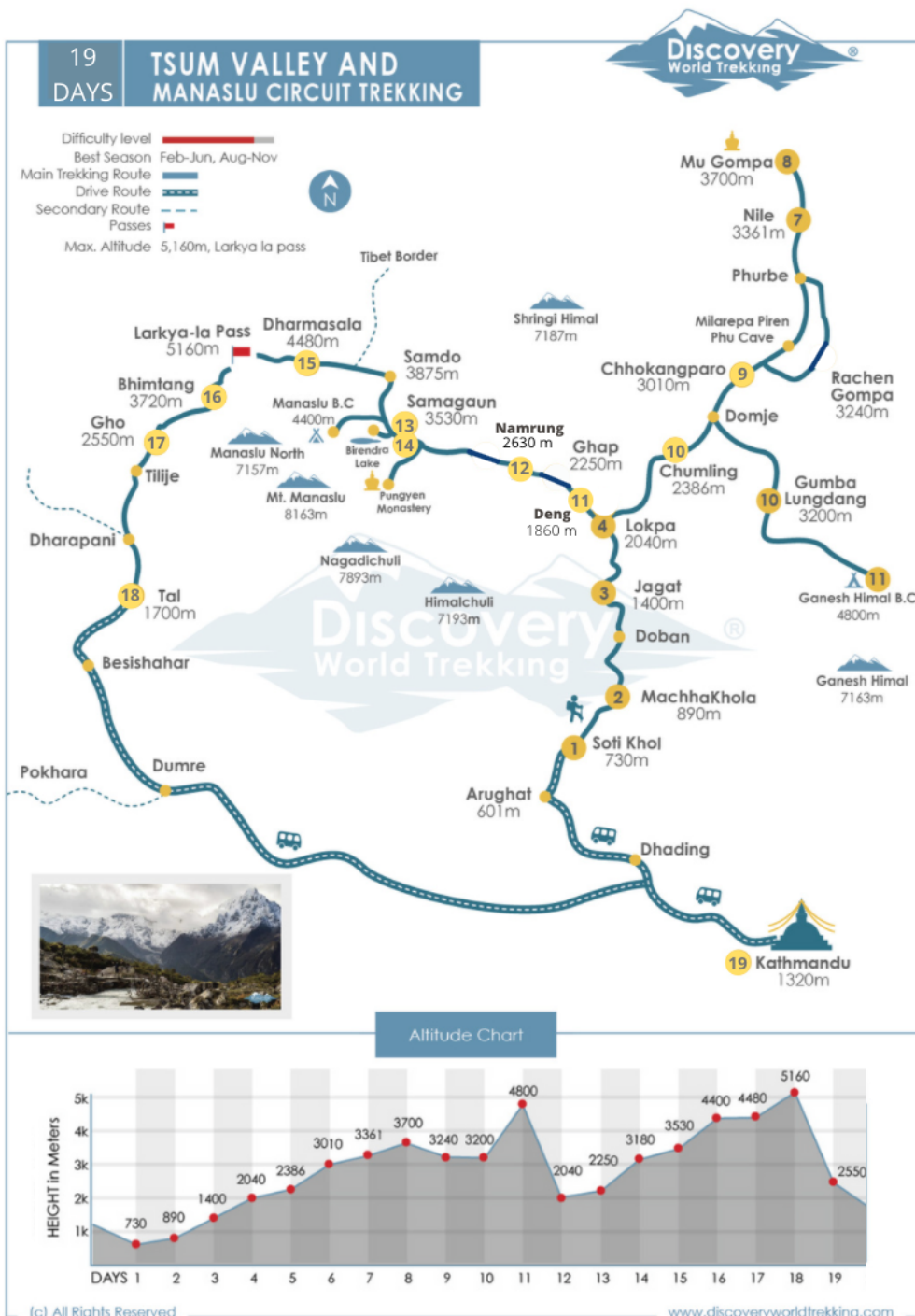
Driving hours 9 - 10 hrs

In the morning, we take a local Jeep or bus from Tal to Besisahar. It is an approximately 4 to 5 hrs drive that passes through several villages, the towns of Bhulbhule and Khudi to Beshishar. We need to reach Besisahar before 3 p.m to catch the last jeep or local bus to Kathmandu. On our journey back to Kathmandu, the road follows the scenic **Marsyangdi River**, then meets the **Trishuli River** as we head east along the **Prithvi Highway**. Along the way, you will get good views of the lush scenery, terraced farmland, and perhaps some final glimpses of the tall snow peaks.

Tent

Included all standard meals (Breakfast + Lunch)
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 Route Map



Trips Notes

Tsum Valley and Manaslu Circuit Trek Start

You will arrive in Kathmandu at least two days before the trek. **Please make sure you have an extra office day (weekday) before the trip departure date.** We need one day to acquire a special permit for the Manaslu trek, and to apply for this permit, we require your passport with a Nepal visa.

In the meantime, we will conduct a trek briefing that includes guide introduction and luggage check. On the third day, we drive from Kathmandu to Sotikhola - the trek start point.

Local transport (KTM via Arughat to Soti Khola, then Tal to Besisahar back to Kathmandu) is included in the package. You can rent a private jeep at an extra cost.

Free Airport Pick Up

We offer **free Tribhuvan International Airport (TIA) pick-up and drop-off** service. Upon your arrival at TIA, you will find a Discovery World Trekking representative holding a pamphlet with your name on it. After greeting you at the airport, they will take you to your hotel in a private vehicle. While on your trip back home, our representative will transfer you from the hotel to the airport.

Accommodation details during The Tsum Valley Trek Tour

Tsum Valley with Manaslu Circuit Trek includes 18 nights of lodge to lodge stays at the best available lodges in trek regions. **Three nights hotel stay in Kathmandu** before and after the trek is required but not included in the package. Kathmandu has a wide range of hotels for all budgets and tastes.

Hot showers and Wi-Fi are available in trek regions for an extra cost.

Meals on Manaslu Tsum Valley Trek Itinerary

Tsum Valley Trek takes place in high elevations around the world's 8th highest peak, which means your body needs enough carbohydrate, protein, and other nutrients. You will get enough nutritious food in trek regions, but you will have limited choices.

We provide 19 breakfasts, 19 lunches, and 18 dinners during the trek.

Some of the popular menu items are -

Nineteen breakfasts - Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, Honey Tibetan bread or Chapati, Local Tsampa porridge, Eggs, Pancakes, Muesli Breads, Fruits, Vegetables, Hot Drinks (varieties of teas and coffees, hot chocolates, etc.)

Nineteen lunches - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni dishes, Tenduk Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potatoes, Vegetables, Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Desserts, (Rice Pudding, Apple pie), etc

Eighteen Dinners - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk Spaghetti, Noodles Thukpa, Pasta, Vegetable Curry, Potato items, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Raman, Desserts (Rice Pudding, Apple pie), Hard Drinks, Steaks, etc

We will provide you with fresh, hygienic, tasty, and nutritious food. The menu consists of traditional, Asian, and western cuisine, but as we go up, the menu gets shorter. We highly recommend you to take liquids - green tea, lemon tea, hot lemon, ginger tea, and garlic soup(must) at high altitudes in addition to fresh vegetable items.

Though plenty of non-veg items will be available at trek regions, we do not recommend them because the meat might not be hygienic. We highly encourage you to **avoid dairy, alcoholic drinks, caffeinated items, hot chocolates**, as experts suggest avoiding such items during high elevation treks.

All personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges or cafes except standard meals (Breakfast, Lunch, Dinner with seasonal fruits) are excluded from the package.

Best Time for Tsum Valley and Manaslu Circuit Trek

The best time for Tsum Valley with Manaslu Circuit trek is from March to May and September to November.

March to May - Spring

It is a perfect season for **Tsum Valley with Manaslu Circuit Trek**. During this time, you get stunning views of Mt. Manaslu and regional glaciers. Temperatures start increasing from the mid of March, and with clear skies, snow peaks appear at their best.

On the trails, you will find the rhododendron flowers blooming in a variety of colors. Winter snow melts away by the end of March, clearing the route to cross Larkya La Pass. Daytime temperatures in lower lands (from Sotikhola to Ghap) can reach up to **24°C**, and in upper mountains (from Lho to Bhimtang) **up to 18°C**. The nighttime temperature in high lands can drop to **-4°C**.

September to November - Autumn

Autumn is also a perfect season for the Tsum Valley and the Manaslu Circuit Trek. This is a peak tourist season due to the favorable weather. Generally, the monsoon ends by the end of August. From mid-September, the weather is stable, the skies become clear, letting you enjoy the stunning mountain views.

Tourists also come to trek during autumn because Nepali festivals - Dashain, Tihar, Chhat- fall in this season.

Daytime temperature in low lands (**from Sotikhola to Ghap**) may reach **25°C**, and in high mountains (Lho to Bhimtang), it reaches up to **15°C**. The nighttime temperature in high regions falls to **-6 °C**. From December, the temperature dips, and snowfalls start in high trek regions. Lodge at Dharmasala closes during this time, and crossing **Larkya La pass** is almost impossible due to heavy snowfall.

The weather in the mountains are unpredictable and change quickly.

Acclimatization

Tsum Valley & Manaslu Circuit Trek package provides **a rest day in Samagaun (3530m)** for proper acclimatization to prevent the risks of acute mountain sickness.

Starting the trek from Soti Khola (730 m), we trek in low elevations for several days while exploring isolated Tsum Valley before heading to Samagaun. It provides plenty of time for our body to cope automatically with the existing high-altitude environment and helps in reducing the risk of altitude sickness.

Altitude sickness is preventable but can be life-threatening if you ignore the symptoms. **Our trekking leaders and guides have extensive first aid training** and are well-experienced in the Himalayas. We use oximeters to monitor your oxygen level, and it helps in early altitude sickness detection. We guarantee that your well-being will be in reliable hands.

Your trek leader or guide will suggest precautions against altitude sickness. The best way is to take your time while trekking and drink plenty of water - at least 4 liters a day. If altitude sickness is severe, the only cure is to descend immediately. Please note that your trek leader has the authority to continue the trek or stop climbing based on the overall condition of the team. It is essential to understand that some persons are more vulnerable than others.

Trip Grade: Fitness level, Medical, and Health

Tsum Valley and Manaslu Circuit is a challenging trek. We explore the isolated section of Tsum Valley and spend a day for rest in **Samagaun 3530m** before heading to Larkya La Pass to continue in the Manaslu circuit.

Our day-to-day trekking itinerary in lower lands (below 3500m) is 5 to 7 hrs, and in the high mountains (above 3500m), the trek is generally 3 to 4 hrs a day. We will take regular breaks to take in the stunning mountain views.

Trekking at higher altitudes is physically more demanding than trekking at lower altitudes. This remote mountain journey involves long climbs, steep descents, and straightforward roads.

Past hiking experience would be an added advantage, although **no technical experience and skills are necessary**. Trekkers who can hike 5 to 6 hours a day at a decent pace with a light day pack can complete this trip.

Some days require longer walking hours, so you must be reasonably fit and prepared for long days. Exercising regularly

for a couple of weeks before the trip will enhance your stamina. Please remember the fitter you are, the more joy you will get from the trek.

To join the trek, all participants should be in sound health along with a positive attitude, self-confidence, and strong determination. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking Group/Single

Due to permit requirements, **we need at least two trekkers for this trip.** If you are a solo traveler, we can form a team for you. Discovery World Trekking can handle all group sizes, and we add one assistant guide for teams with 12 or more members. If you have your team, **the bigger your team is, the more discount you can get.**

A typical day on Tsum Valley and Manaslu Circuit Trek

Every day you will be rewarded with a unique trekking experience- **enjoying the scenery, taking photos, and exploring the local villages.** During the trek, our experienced, friendly, and qualified Sherpas/guides will be sharing information and historical facts about the places you are trekking. Porters will carry your luggage. However, we expect you to carry a small backpack to keep your valuables and important documents.

The day starts with an early morning hot cup of tea/coffee. After breakfast, **we set off on the day's walk around 7 AM to 8 AM,** depending on the duration and nature of the day's hike. After trekking for three to four hours, we will serve you lunch around midday while on the route to the next destination, and we continue after about an hour of rest. **The afternoon walk is generally shorter- about two to three hours.**

Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. Then, you can explore nearby places before dark. We serve dinner around 6 PM to 7 PM. After dinner and before going to bed, you can indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief you about the next day's plan. After this briefing, you can enjoy playing monopoly, cards, or watching available mountaineering documentaries. Most foreigners indulge in light and fun Nepalese language learning from our crew or read books before heading off to bed for a well-deserved sleep.

Communication during Tsum Valley and Manaslu Circuit Trek

During the Tsum Valley and **Manaslu Circuit Trek,** you can use internet service at lodges for an extra service charge. But once we reach high altitudes, communication will be through the phone.

We **communicate with all our trek teams through the trek leader at least once a day** to ensure that each trek member is safe and comfortable. You can easily buy a local sim card in Kathmandu, but the mobile signals may not be strong enough at high altitudes.

Wi-Fi is available in lodges/tea houses and comes at an extra cost.

Extra personal expenses during the trek

Our valuable clients are responsible for meals and accommodations in Kathmandu. Kathmandu has a wide range of hotels that suits every budget and taste. In addition, **trekkers need to bring personal spending money** for various things -including travel insurance policy purchase, visa processing, snacks, hot (tea/coffee) and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend you bring cash (major currencies) and exchange them for Nepali Rupees in Kathmandu.

Electricity and battery recharge, water during the trek

Throughout the lodges at the Tsum Valley and Manaslu Circuit trek regions, electricity for the camera and mobile battery recharge is available but comes with extra cost.

During the trek, you can buy either packed mineral water from local lodges and en route shops or fill your water bottle with boiled water that you can buy in tea houses/ lodges. We suggest you to use water purification pills.

You shouldn't drink water from rivers, taps, and wells in the trekking regions because the water might not be drinkable as it seems.

Travel Insurance for Tsum Valley and Manaslu Circuit Trek

Tsum Valley and Manaslu Circuit Trek grade is challenging and comes with high altitude trekking risks such as -

potential altitude sickness, landslides, and other unforeseen events.

Travel insurance is compulsory for this trek. All trekking members must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before starting the trek. The policy must cover medical and emergency repatriation - including helicopter rescue and evacuation expenses at the highest trek altitudes (up to 6000m).

We can recommend insurance companies based on our clients' experiences, but we do not sell insurance policies. Trekkers are kindly requested to send their detailed insurance information once they book the trek. In emergencies, we will use your insurance policy and documents for quick and effective rescue and cover medical costs.

Before buying travel insurance (Don't just believe what insurance companies say on their website.), make sure to call insurance companies and recheck if they have policies that cover heli-rescue and evacuation up to 6000m in addition to medical costs.

Passport and Visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. On-arrival visa is available at Tribhuvan International Airport in Kathmandu and entry and exit points along the Nepal border.

A visa application requires a passport with at least six months of validity, one passport-size photo, and visa fees. The current visa cost is US\$50 for 30 days that you can pay in cash (major currencies). Children under ten will get a free visa.

Citizens of China and the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get free visas.

Citizens from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive on-arrival visas. If you are a citizen of these countries, contact your local Nepalese embassy.

Visa regulation can change without prior notice. So please visit <https://www.immigration.gov.np/> for recent visa information.

We recommend you add a few extra days in addition to your trek duration so that you will not miss your international flight back home in case of trek delays.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ 120 NPR).

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. These institutions display ongoing exchange rates visibly. If you are carrying INR (Indian Rupees), **only INR notes of 100 and 2000 are legal in Nepal.**

Despite having the security advantage of a traveler's cheque, **we advise you for cash exchange** to avoid hassles like lengthy processes and high bank commission rates. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. Several of those ATMs are open round the clock. The maximum withdrawal amount from ATMs is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facilities at banks and financial institutions, they charge a service fee of four percent or more.

Most established Asian banks will not accept foreign notes that are old, torn, or faded. Please ensure that you have new, clean crisp notes.

How much luggage can I bring to Tsum Valley and Manaslu Circuit Trek?

The luggage weight limit is **9 kg per trekker**. We assign one porter to carry luggage for two trekkers. Porters will not carry more than 18 kg of luggage. We expect you to bring a small backpack with you for your valuables.

Please bring only the essentials to the trek. You can leave excess luggage at your hotel or the Discovery World Trekking store for free.

Tsum Valley and Manaslu Circuit Trek Safety

Discovery World Trekking guarantees **clients' safety, security, and satisfaction**. Your safety is our primary concern. We are always ready to face any situation and carry all necessary gear, equipment, and first aid kits. Our leaders and

guides have completed extensive first aid training.

If a trekker gets altitude sickness, based on the situation, your trek leader has the authority to decide whether to continue or descend immediately. **We deploy a rescue helicopter to bring you back from high elevations (funded by insurance) in case of emergency.** Further, we trek as a group to ensure everyone's safety.

Responsible Travel

We strongly believe that our environment has to be protected from the negative effects of tourism and try our best to preserve the environment. Discovery World Trekking works together with the Kathmandu Environmental Education Project (KEEP) to **organize eco-friendly trips** that meet the expectation of both travelers and local communities in trek regions.

Discovery World Trekking Crew

During the **Tsum Valley and Manaslu Circuit Trek**, our well-experienced guides/Sherpas accompany you to make your journey comfortable and memorable. All guides have government-issued trek certificates and years of experience in trekking/hiking.

Porters will carry your luggage. For every two trekkers, we assign a porter. Each porter will carry no more than 18 kgs of combined weight. So your luggage limit is 9 kg. If you require we can arrange one porter per person.

Our crew members are local people from the high Himalayas. So their physical endurance at high altitudes is very high. All our staff members are precious to us. We pay them well and take care of their insurance, clothing, food, and lodging. They receive medical care when ill or injured.

We always make sure our staff members are happy as we believe that **only happy people can make others happy.** Our team members have:

- intensive Wilderness First Aid Certificate
- government-issued Trekking Guide Certificate
- fluency speaking English and other major Languages
- conservation and Biodiversity training
- rock climbing experience

Tipping

Nepali culture accepts tipping. Tipping is at the traveler's discretion and should reflect the quality of service provided. We advise you to tip collectively at the end of the trip.

Booking and payment process

Discovery world trekking is a **Nepal government-authorized and bonded trek and tour operator.** We have been **providing our services for more than a decade.** Our company is a member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA).

Therefore, you can book trips with Discovery World Trekking with confidence. **We require a ten percent trip cost for trip booking.** You can pay by bank transfer, western union, or online from our website.

We request you to email your other necessary documents like passport copy, passport size photos, travel insurance policy, arrival and departure flight details within a week of booking the trip.

You can pay the remaining trip cost in cash or by bank transfer or credit card after arriving in Nepal.

Furthermore, we will also email you payment details and modes of payment.

Last-minute booking

It is best to book in advance, but for those unable to do so for whatever reason, Discovery World Trekking has a special provision for a last-minute booking. In the case of a last-minute booking, you need to **clear 100% of the trip payment 2 days before trip departure. We require one office day to get special Manaslu and Tsum Valley trek permits.**

We do our best to operate treks at any time, but in case of last-minute booking, you cannot hold us responsible for delay due to changes beyond our control - such as bad weather or unavailability of lodging. Contact us at 977- 9840055491 (Paul) or email us at info@discoveryworldtrekking.com for details.

Trip extension

After completing the trek, you may want to stay a couple of days extra in Nepal. During this time, **we can arrange other activities for you** - such as exploring places in and around Kathmandu, Chitwan jungle safari, paragliding, rafting, or canoeing.




Feedback

After the Tsum Valley and Manaslu Circuit Trek, Discovery World Trekking will host a farewell dinner. After dinner, we will provide you with a printed trek achievement certificate. It is also a great time to give us your feedback.




Equipment Checklist

We recommend the following clothing, accessories, and equipment list for Tsum Valley and Manaslu Circuit Trekking. This is just a reminder list that we have gathered for your comfort and convenience. Please bring only the essentials to the trip, as your luggage weight limit is 9 kg.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or wide-brimmed hat
-  Headlight with extra batteries











Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes



Hands

-  Lightweight gloves
-  Heavyweight winter gloves






Body

-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

Footwear







-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)

Essential gear





-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)

Toiletries





-  Medium size drying towel

-  **Toothbrush**
-  **Toothpaste**
-  **Deodorant floss**
-  **Biodegradable bar soap**
-  **Nail clippers**
-  **Small mirror**

Personal accessories

-  **Money**
-  **Watch**
-  **Cell phone**
-  **Camera**

Extra items

-  **First aid kit**
-  **Extra passport photos and photocopies of passport**
-  **Notebook and pen**
-  **Binoculars**

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
05 Apr, 2023 - 23 Apr, 2023	\$1790 \$970
12 Apr, 2023 - 30 Apr, 2023	\$1790 \$970
19 Apr, 2023 - 07 May, 2023	\$1790 \$970
26 Apr, 2023 - 14 May, 2023	\$1790 \$970
03 May, 2023 - 21 May, 2023	\$1790 \$970

FAQ's







How safe is this trekking?

Discovery World Trekking guarantees clients' safety and security. We are always prepared to face any situation - by carrying necessary gear, equipment, and first aid kits. Our crew members have completed extensive first aid training. We also carry oximeters to monitor oxygen levels at high altitudes.

If a trekker falls sick at a high altitude, the trek leader will decide whether to continue the trek or descend taking into consideration the interest of the group as a whole. In emergencies, Discovery World Trekking deploys a rescue helicopter (funded by insurance) to bring you back from the higher elevation.

How to avoid altitude sickness during the trek?

You can take the following steps to decrease the risk of altitude sickness.

-  **Cut off caffeinated, alcoholic, and tobacco.**
-  **Drink at least 4 liters of water a day**
-  **Trek slow at your own pace**
-  **Don't skip the acclimatization days**
-  **Better to continue with Diamox (if any symptoms show up).**
-  **Drink garlic soup**

Do I need any permits before starting the Trek?

You require Manaslu Special Permit along with Conservation Area Permit, in addition to Annapurna Conservation Area Permit (ACAP). **Discovery World Trekking will help you with all the necessary paperwork** so that you are at peace.

Do I need travel insurance to trek in the Manaslu region?

Travel insurance is **compulsory** and must cover medical and emergency repatriation- including helicopter rescue and evacuation expenses at the highest altitudes.

What about the insurance of guides and porters?

All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs during the trek.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry combined 18 kgs of luggage (maximum **9 kg for each trekker**).

What is the weather condition at Manaslu region?

Month	Temperature	Weather and Nature
January	Max -5°C at daytime to min -10°C at night and morning	Coldest month
February	Max 15°C at daytime to min 8°C at night and morning	Mild and humid, good visibility
March	Max 10°C at daytime to min -6°C at night and morning	Frozen lakes begin to thaw out, streams begin to fill and new buds begin to sprout
April	Max 12°C at daytime to min 4°C at night and morning	More colorful month because of red, green, white, blue, and pink rhododendrons
May	Max 18°C at daytime to min 4°C at night and morning	Warmest month
June	Max 25°C at daytime to min 10°C at night and morning	Humid, as the rain and clouds often overshadow the hot sun
July	Max 22°C at daytime to min 8°C at night and morning	Wettest month

	Max 20°C at daytime to min 6°C at night and morning	Monsoon makes the trail lush, dense, and gorgeously green but quite slippery
August	Max 21°C at daytime to min 7°C at night and morning	A fresh and pleasant climate
September	Max 15°C at daytime to min -2°C at night and morning	Stable weather condition and best month to trek
October	Max 13°C at daytime to min -3°C at night and morning	Cold and dry weather
November	Max 12°C at daytime to min -8°C at night and morning	Driest month
December		

What documents do I need for this Trek?

You need to email us the following documents after the advance deposit.

-  A copy of your passport
-  Passport size photos
-  Flight details
-  Copy of travel insurance (Insurance must cover heli rescue and medical evacuation).

What are accommodation arrangements during the trek?

You will be staying at **teahouses/lodges**, generally offering twin sharing rooms and healthy local foods. The toilets in squat forms are often outside the room or the house. Hot showers/running water are available at extra cost in most lodges.

Is meal easily available during the Trek?

The meal on this trek is very convenient, but options are limited compared to cities. Along with western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tendu, noodles, and thukpa will be available. Discovery World Trekking will arrange meals in special areas for its clients.

Is the drinking water safe in Manaslu trekking regions?

Bottled water is easily available at a low cost, but you can not use plastic bottles in the Manaslu region. So, you need to **bring a water bottle and fill it with filtered or boiled water.** It is better to use water purification drops (or tablets), which you can bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purification pills.

Do I need to bring medicines for the Trek?

If you are allergic, it is better to consult your doctor and bring your own medicine during the trek. Our team also carries medical kits for safety.

I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all - vegans, vegetarians, and non-vegetarians.**

Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it.** S/he will take you to your selected hotel in a **private vehicle.**

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

What are the booking and payment methods for the Trek?

For booking confirmation, we **require a 10% advance**, which you can pay by bank transfer, western union, or online through our site. You can pay the rest of the trip cost in cash, by bank transfer, western union, or using a credit card. We will email you payment details- including modes of payment available.

Is tipping necessary for porters and guides?

Porters and guides form a big part of your successful trek. So **tipping is a way to appreciate** their service to you. However, it is totally at your discretion.

Can I buy the gear in Nepal?

Discovery World Trekking **can introduce you to dozens of shops selling knock-off gear in Kathmandu**. Moreover, you can rent the gear if you do not want to buy them. Similarly, you can purchase equipment in Kathmandu at a reasonable price.

Is internet access available during the Trek?

Yes, most guesthouses/lodges offer Wi-Fi for a small charge.



Discovery World Trekking

Paul Gurung (CEO/Founder)

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Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

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Quick Questions? Email Us

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Talk to an Expert

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