

Detailed Itinerary

Day 1: Kathmandu to Machha Khola (900m)

Departing Kathmandu early in morning on a scenic overland drive along the Prithvi Highway before switching to off-road tracks alongside the Budhi Gandaki River. Pass rural villages, terraced farms, and deep river gorges. Arrive at Machha Khola - a bustling settlement serving as the starting trailhead for the trek. Settle into a local teahouse, enjoy a hearty meal, and prepare gear for the upcoming journey into the mountains.

Max Altitude	Drive Duration	Meals	
Machha Khola (900m/ 2,953ft)	8-9 hours	Breakfast,Lunch & Dinner	

Day 2: Trek from Machha Khola to Jagat (1,340m)

Begin trekking along the Budhi Gandaki River, crossing several suspension bridges and natural hot springs at Tatopani. Follow a narrow trail caved into rocky cliffs, climbing stone staircases through forests and riverbanks. Pass through Khorlabeshi and Dobhan before entering the restricted area checkpoint at Jagat - a beautiful flagstone-paved village featuring traditional Gurung architecture and local culture.

Max Altitude	Trek Duration	Meals	
Jagat (1,340m /4,396ft)	7-8 hours	Breakfast,Lunch & Dinner	

Day 3: Trek from Jagat to Lokpa (2,240m)

Ascend through lush subtropical forests and crossing the river to Salleri and Philim, a large Gurung village with school and police checkpoints. Branch off the main Manaslu Trail into the secluded, sacred Tsum Valley at Ekle Bhatti. The path climbed steeply through dense pine and rhododendron forests, offering serene wilderness views before reaching Lokpa, the first official entry village of Tsum Valley.

Max Altitude	Trek Duration	Meals	
Lokpa (2,240m/ 7,349ft)	6-7 hours	Breakfast,Lunch & Dinner	

Day 4: Trek from Lokpa to Chumling (2,386m)

Descend into the narrow Syar River gorge before undertaking a steady climb through hidden forests filled with pine and fir trees. Cross multiple wooden and suspension bridges while enjoying views of Shringi Himal. As you enter lower Tsum valley, the landscape opens into stone-walled farmlands. Reach Chumling, where you can explore ancient local monasteries like - Panagoan and Samba Gompa.

Max Altitude	Trek Duration	Meals	
Chumling (2,386m/ 7,828ft)	5-6 hours	Breakfast,Lunch & Dinner	

Day 5: Trek from Chumling to Chhokang Paro (3,010m)

Trek Upward into Upper Tsum Valley, crossing the river and following trails lined with chortens, mani walls, and prayer flags. The valley broadens to reveal flat, high-altitude fields of barley and buckwheat framed by Ganesh Himal. Ascend past Rainjam to reach Chhokang Paro - a twin village offering genuine hospitality, traditional stone houses, and rich TibetanTibetan Buddhist heritage.

Max Altitude	Trek Duration	Meals	
Chhokang Paro (3,010m/ 9,875ft)	5-6 hours	Breakfast,Lunch & Dinner	

Day 6: Trek from Chhokang Paro to Nile (3,361m)

Walk past historic villages visiting Milarepa’s sacred cave where the famous yogi meditated. Pass Rachen Gompa, continuing along the Syar Khola through dry alpine landscapes. Ascend gradually through the high valley to reach the Nile, reach the Nile or push further up to Mu Gompa - the highest and most remote monastery in the Tsum region near the Tibetan border.

Max Altitude	Trek Duration	Meals	
Nile (3,361m/ 11,026ft)	6-7 hours	Breakfast,Lunch & Dinner	

Day 7: Acclimatization and Exploration at Mu Gompa (3,700m)

Spend a dedicated rest and acclimatization day exploring the historic Mu Gompa. Hike to nearby viewpoints such as - Dephyudonma Gompa or the base of passes leading toward Tibet for panoramic views of Ganesh Himal. Observe daily monastic life, ancient Buddhist murals, and sacred scriptures, absorbing the peaceful spiritual atmosphere of this isolated valley before beginning your descent tomorrow.

Max Altitude	Trek Duration	Meals	
Mu Gompa (3,700m/ 12,139ft)	3-4 hours	Breakfast,Lunch & Dinner	