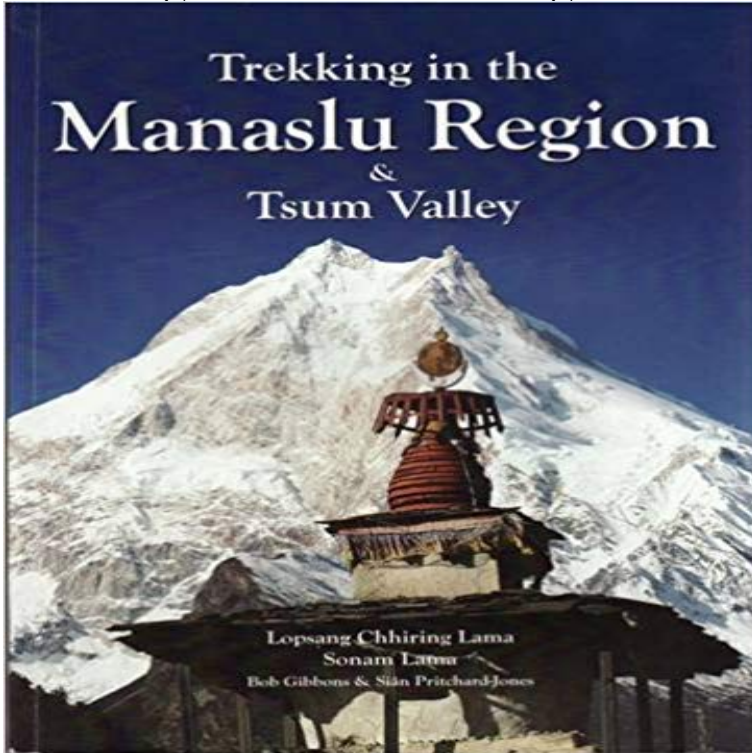


## Trekking in the Manaslu Region & Tsum Valley



This unique pictorial guide book is the result of more than two years long painstaking but productive collaboration between Himalayan Map House and Lopsang Chhiring Lama and Sonam Lama, a passionate photographer and an emerging author, who are native to these secret and sacred Himalayan valleys recently being exposed to the modern world. The photographs and documentation cover important places of Manaslu circuit and from the valley of Tsum. This booming trekking route starts from the altitude of a mere 600m of Arughat to the highest passes above 5000m such as the Larke La and Ngu La. The book with high-quality photographs in true colors also provides more authentic and reliable information about the Manaslu and Tsum Valley for the intrepid trekkers, pilgrims, trekking agencies, guides and anyone interested in the Manaslu region and Tsum Valley. The authors take great advantage of photographs to illustrate the diverse life style of different ethnic groups, their deep respect to different religions, unique festivals and centuries old tradition.

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**Tsum Valley and Manaslu Trek - Himalayan Glacier** In the initial days, we trek the route of Around Manaslu Trek or the Manaslu Circuit Trek. The Tsum Valley lies on the northern part of Manaslu and used to be a **Tsum Valley and Manaslu Circuit Trekking - Discovery World Trekking** The Manaslu Circuit Trek is rapidly increasing in popularity, since lodges were built Tsum Valley is even more remote than the main Manaslu trail, and has Manaslu Tsum Valley Trek is a unique adventurous trekking rote around Manaslu. lower side of Arughat and continue journey to the remote region of Tsum. **Manaslu Trek and Tsum Valley Trek 1 Package Cost 1 20 Days Itinerary** The Tsum Valley, north east of the Manaslu (mountain of the spirit) trail, was first opened to trekking in 2008. In the Manaslu region, the Tsumbas of the Tibetan **Manaslu -Tsum Valley Trek** Manaslu and Tsum Valley Trek on a 20 day itinerary by Howard Dengate Some more extreme trekkers may do the circuit without a sleeping bag, using lodge **Manaslu Circuit and Tsum Valley Trek - Higher Limits Trek** **Manaslu Trek Nepal** **Manaslu and Tsum Valley Trek - 20 day** Trekking

in the Manaslu Region & Tsum Valley: Lopsang Chhiring Lama, Sonam Lama, Sian Pritchard-Jones, Bob Gibbons: 9789937577342: Books **Tsum Valley Trek - Himalayan Glacier Kamzang Journeys Manaslu Circuit & Tsum Valley Trek - Nepal** Trekking in the Manaslu Region & Tsum Valley [Lopsang Chhiring Lama, Sonam Lama, Sian Pritchard-Jones, Bob Gibbons] on . \*FREE\* shipping **Manaslu Tsum Valley Trek Tsum Manaslu Circuit Larke Pass** Both Manaslu and Tsum Valley are absolutely amazing if you decide to go there. The major highlights of this region include Piren Phu ( also known as the **Manaslu Tsum Valley Trek - Trekking Planner Nepal** Tsum valley trekking is newly open trekking trail in Manaslu region. Manaslu tsum valley trekking offer beautiful Himalayan views of Mt. Manaslu 8163m, Mt. **Manaslu trek and Tsum Valley - Lonely Planet** Tsum Valley and Manaslu Circuit Trekking is recently open tea house trekking in Gorkha District. It is known as virgin trekking trail in Nepal with unique culture **Manaslu Circuit Trek** Manaslu region was opened for the trekkers only in 1995 and Tsum was also just released in 2008. Manaslu and Tsum Valley Trek in this geographically extra **22-day Manaslu Trek with Tsum Valley - Manaslu Circuit Trek** Tsum Valley Manaslu Trek is a fusion of the splendor of hidden Tsum valley and stunning landscapes and unique Buddhist culture of Manaslu Region. **Tsum Valley and Manaslu Circuit Trekking Nepal Mother House** Traditionally, Tsum used to be a separate area different from both Nepal and Tibet. The Tsum Valley region is still less exposed in comparison to other tourist **Manaslu Circuit Trek - The Ultimate off-the-beaten-path Trek in** Apr 12, 2012 Information about trekking to Tsum Valley, off the Manaslu Trek. **Manaslu Region & Tsum Valley Trekking Manaslu Trek in Nepal** Jul 22, 2014 See all 254 accommodations in Central Region. 1-10 of We did the Manaslu trek about 2 years ago without Tsum Valley in 16 days. It is my **Manaslu and Tsum valley in 20 days - Nepal Forum - TripAdvisor** Manaslu Circuit is a challenging trek around Manaslu the worlds eighth highest mountain and crossing Larkya La pass. This trek includes a visit to Tsum Valley, **Manaslu & Tsum Valley Trek - Camping/Tented trek in Manaslu and** Tsum Valley Manaslu Circuit trek offers you the cultural beauty of Tsum and high mountain view of Manaslu circuit along with Larke pass. **Manaslu and Tsum Valley Trekking - Guide in Himalaya** Tsum Valley trek is a sacred Himalayan pilgrimage which is situated in northern part of Gorkha district of Nepal which was a restricted area until it was opened **Tsum Valley - Manaslu Region Of Nepal** Join the Manaslu Tsum Valley Trek to explore the geographically spectacular and culturally mesmerizing region of Manaslu and the hidden valley of Tsum. **Tsum valley trekking Manaslu tsum valley trekking: Himalaya** Although you still have to trek with a sense of adventure, the Manaslu region is soon becoming one of Nepals top trekking regions! Tsum valley is an ethnically **Himalayan Magic Treks: Trekking in Nepal, Peak Climbing in Nepal** (stayed in Mu Gompa until early afternoon Lar Chumling (2386 m) (Tsum valley ~ 9 hrs trekking, lunch & site-seeing Chumling Pewa (~ 2000 m) (left Tsum **Tsum Valley Trek - Manaslu Circuit Trek** Tsum valley and Manaslu Circuit Trek, the complete circumnavigation of Mount Manaslu (8156m)-the worlds eight highest mountain, crossing over high pass **Tsum Valley Manaslu Circuit trek, Tsum Valley Larke Pass Trekking** Jan 26, 2013 My boyfriend and me have been to the Everest region in 1997 and now would like to return to Nepal in mid April. Since Annapurna seems to be