

# Manaslu Trekking | Duration: 19 Days Days | Cost: \$1699

With its amazing scenery, rich culture and easy access, The Manaslu Trekking has been increasingly popular as the new trekking destination in Nepal. However, it witnesses less number of trekkers compared with other established trekking routes. Manaslu Circuit Trek is an amazingly beautiful trek with breathtaking views of Mount Manaslu (8163m) and the Ganesh Himal massifs. Along the trail, you encounter interesting Buddhist villages mixed with Hindu and Tibetan religion and culture. The trail follows the spectacular Budhigandaki River all the way from Arughat till its source just below the Larkya Pass (5125 m). You start the trek from low altitude, at around 700 m. As the trail ascends one can enjoy different landscapes ranging from the green countryside, lush forests, to spectacular high altitude landscapes while walking alongside glaciers. The crossing of the Larkya Pass (5125 m) is the highlight of the trek. It can be tough when there is snow. However, the stunning landscape with the mighty Himalayas towering straight above you and the spectacular glaciers along the way make it an unforgettable experience. The descent passes through beautiful alpine meadows at Bimtang before joining the main Annapurna Circuit route for Besisahar. Let you find the reason why manaslu trekking would be the great trekking destination for anyone from 10 Reason to do Manaslu Circuit Trek

## At a Glance:

- **Tour code:** NMT020
- **Style:** Trekking and hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5135m
- **Duration:** 19 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1699

## **Highlights of the tour:**

- One of the most popular trek in Nepal
- Breathtaking view of great Himalayas
- Passes through beautiful alpine meadows
- Follows the spectacular Budhigandaki river
- Encounter an interesting Buddhist village mixed with Hindu and Tibetan religion and culture
- Cross the Larke La pass
- EXplore Samagaun, Manaslu Base Camp & Pungyen Gompa

## **What's Included:**

- Airport pick up and drop
- Welcome and farewell dinner
- All sightseeing trip as mentioned
- All entry fees during sightseeing
- All Hotel accommodation as mentioned with breakfast
- All Transport on Private Coach
- 3 meals during trek
- Special manaslu Permit
- Annapurna Conservation and Manaslu conservation fee
- TIMS permit

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch & dinner in the city
- Additional costs due to illness, rescue, force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill
- Battery charge ( about 1\$) and hot shower cost (2-4\$)

## **Arrival and transfer to hotel**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Kathmandu sightseeing**

Your first day begins with breakfast at your Hotel. You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

## **Kathmandu-Arughat (550 m) 7 hours bus/ jeep; 1-2hours more by jeep to Soti Khola (597 m)**

After breakfast you will be taken to the scenic drive to Arughat bazaar along the Trishuli river. One can explore scenery and rural lifestyle. You will be driving to Dhadingbensi from Kathmandu. Further you will drive north to Arughat from Dhadingbensi, the district headquarters of Dhading, for few hours. Finally you reach Arughat Bazaar (670m), a clustered settlement on both sides of the Budhigandaki river linked by a suspension bridge. It is the popular trade centre in the region. Drive further towards Soti Khola. Overnight in Soti Khola.

## **Soti Khola (597 m) - Machhakhola (825 m) 6 hours**

Your day will begin with breakfast at your hotel. After crossing a bridge the trail passes through beautiful Sal forest. Then you climb into a ridge above huge rapids of the Budhigandaki. You will pass a number of small of villages. You will climb further behind a outcrop until you reach a wide valley at the confluence where a large tributary mixes at the Budhigandaki river. You will descend along the wide sandy riverbed. Cross another suspension bridge to reach Machha Khola village. Overnight in Machha Khola.

## **Machhakhola (825 m) - Jagat (1330 m) 7-8 hours**

You will cross a stream named Machha Khola. The trail is full of ups and downs. After crossing the Tharokhola stream you will head upstream to the tiny village of Khorlabesi. After few more ascends and descends you will come across a small hot spring in Tatopani. The route now switches to the left bank of the river through a suspension bridge. Climbing on a wide, well-crafted staircase you will finally reach tea house at Doban after crossing a short section of forest. After crossing a suspension bridge over the Yaru Khola, you will climb again over a ridge, trek along the river and ascend towards beautiful village of Jagat. Overnight in Jagat.

## **Jagat (1330 m) - Deng (1860 m) 6-7 hours**

You will descend to the river bank through a long series of stone steps. Your trekking will begin by climbing over a terraced hill to Salleri from where you can see Sringi Himal (7187m). You will then descend to Sirdibas. The valley widens a bit as the trail reaches at Ghatta Khola. At Ghat Khola, you will cross the river through a suspension bridge and climb steeply to Philam. Philam is a large Gurung village. Your next destination is Chisopani. Now you will cross the hillside which offers stunning views of a waterfall. Then descend to the grassy slopes, cross the Budi Gandaki river. This region is alpine zone where you can see pine trees. The trail continues along the west bank of the river for a while, then cross to the east bank and back again. The trail passes through the bamboo forest to Deng Khola. Upon crossing the stream, you will reach the tiny village of Deng. Overnight in Deng.

## **Deng (1860 m) - Namrung (2580 m) 6-7 hours**

Today you will trek to Namrung from Deng. Descend about 40 minute, cross the Budi Gandaki river to reach Rana (1910m). Climb about an hour up and down to reach Bhi, head west to the Budi Gandaki valley beyond the village by crossing the Serang Khola. The trail passes through the impressive mani stone through forest where you will turn towards a corner that contours to Ghap. It will take approximately two and half hours to reach Ghap from Bhi. You can see the Tibetan influence at Ghap village. There is another route as well. You can take that route through Prok village. Prok has a viewpoint for a beautiful sight of Siringi Himal. The trail follows the river upstream through a dense forest. Trekking will be pleasantly cool as you start to gain the height and enter the alpine forest of pines and juniper. Cross the river again and climb some steep staircases up to the village of Namrung. Overnight in Namrung.

## **Namrung (2580 m) - Samagaon (3480 m) 6 hours**

Today you will trek from Namrung after exploring Sringi and Ganesh Himal as well as Mt.Himal Chuli in the south. There are extensive barley field and pastures as you trek through the village. Climbing quite steeply, you will reach the picturesque village of Lihi (2920m). It is a fine village with many chortens and barley terraces. You will cross a large stream flowing down the Lidanda Glacier and pass through the Tibetan village of Sho. Just about the village you will get a splendid view of Manaslu north and Manaslu itself ahead. Further pass through Lho and Shyala village before reaching Samagaun village. Lho is a large village with a lovely little monastery and numerous chortens, mani walls and a very ornate white stupa. You will enjoy extraordinary views of Mt.Manaslu from Lho village and also explore the famous Ribung Gompa. In the Shyala village you will be surrounded by high mountains like Himal Chuli and Peak 29 (Nagi Chuli) to the left, Manaslu and glaciers straight ahead and other snow clad summits to the right. And at the far end stands Ganesh Himal. You will stay tonight at Samagaun.

## **Rest day Samagaon (3480 m); acclimatization walk to Birendra Tal and eventually to Manaslu Base Camp (4500 m)**

Today is a rest day at Samagaun (3520 m). Make fit yourself for the further journey. This day is for acclimatization. Prepare physically and mentally for adaptation in the changed climate or environment. We suggest you to stay active even in the rest day as it is helpful for further journey. You will enjoy thousands of mani stones with Buddhist text and pictures. You will see Sherpa women clad in traditional clothes and

ornaments. One can have opportunity to explore the impressive Sama Gumpa. Enjoy breathtaking views of the granite pyramid of Manaslu. You will walk to Birendra Tal and also go to visit Manaslu Camp.

## **Samagaon (3480 m) - Samdo (3865 m) 3-4 hours**

Today you will descend to Budhi Gandaki River and follow its course upward. You will have excellent mountain views around. Manaslu, which is now behind you, is particularly impressive from the meadows at Kermo Kharka which also marks the start of the trail to Manaslu Base Camp. It is an easy trail on a shelf above the river passing the juniper and birch forests of Kermo Kharka. Drop off the shelf, cross the Budhi Gandaki on a wooden bridge and climb steeply onto a promontory between two forks of the river. After crossing to the east bank of the river you will reach Somdu (3860m). Somdu is the last permanent settlement in the valley.

Overnight in Samdo.

## **Samdo (3865 m) - Dharmasala/Larke Phedi (4470 m) 3-4 hrs**

Today you will continue your trek walking down the edge. You will cross the wooden bridge over Budhi Gandaki and begin walking upward. Again cross the stream which runs down from the Gya la, another pass crossing into Tibet. You will pass another village here known as Larkya Bazaar. Nearing the Larkya Glacier, you will reach Dewang (4450), which is known as Dharmasala. This place is also known as Larkya Phedi which means the "Foot of Larkya" and this is the place where the climb of Larkya La begins. Overnight in Dharmashala.

## **Dharmasala/Larke Phedi (4470 m)-Bimtang (3740 m) 8-9 hours walk via Larkya La (5125 m) (Time depending on your pace and weather conditions)**

Today's trek is the longest during the trip. Initially you will climb to the north to reach the ablation valley of the Larkya Glacier. You will pass small frozen lakes from where you can enjoy views of Cho Danda and Larkya Peak. You will cross boulder fields and crest several times. You can see the summit cairn and its lines of fluttering prayers flags. You have incredible panoramic views of Himalayan peaks including Himlung Himal, Cheo Himal, Kang Guru and Annapurna II. There is steep descent first which is likely to be over snow and then scree to reach the ablation valley trail leading to Dangboche Kharka. It is a good place to take rest before continuing the descent to the welcome lodges of Bimthang (3855m), located in a broad and level ablation valley. A long, hard but ultimately rewarding trekking of the day in the Himalaya. Overnight in Bimthang.

## **Rest day at Bimthang**

Today is for rest. You can explore Bimthang and its surroundings. You will get extraordinary views of Himlung, Cheo, Kangguru and Annapurna II. You can enjoy the day with beautiful scenery. You can have stunning view of mountains like Mt Manaslu, Mt Kangaru, Himlung, Cheo Himal, Lamjung Himal, Phungi Himal and Poker Mountain etc. Overnight in Bimtang

## **Bimtang (3740 m) - Dharapani (1860 m) 8 hours**

Today you will descend further and cross a high pasture (Sangure Kharka) followed by a bridge over Dudh Khola. You will walk through rhododendron forest and follow a trail through a narrow valley until you reach the highest cultivated land of the valley at Karche (2785 m). You will pass across fields before making a steep climb over a ridge. The trail comes off the ridge in a big, sweeping arc to the river bank at 2580m. Within a short distance there is the village of Gho where we will take a lunch break and Walk further to Dharapani. Overnight in Dharapani village.

## **Drive from Dharapani (1860 m) to Besisahar(760 m) 6 hours, bus to Kathmandu 5-6 hours**

Today after having an early breakfast, we will further continue our trip to drive from Dharapani to Besisahar in local transport. Here we will stop for our lunch break and continue our trip to Kathmandu in private transport. Enjoy the scenic drive from Besisahar to Kathmandu. After reaching in Kathmandu, transfer to Hotel and rest.

## **Day at leisure/ reserve day in case of flight cancel/Hotel**

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before setting for the airport.

## **Drive to Airport for Return flight**

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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