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MANASLU TREK: A JOURNEY TO THE HIDDEN GEMS OF WESTERN NEPAL

The Manaslu area is bordered by River Budhi Gandaki and to the west River Marshyangdi. This area is marked by two cultural highlights: Gorkha, which is the ancestral seat of the reigning Shah dynasty, and the temple of Manakamana. Since the treks in the Manaslu region originate at around 1000 meters and reach as high as 5200 meters, the trekker will see a wide range of flora typical of the middle hills and alpine regions of Nepal. The wildlife includes barking deer, pika, and Himalayan marmots, and Plants to be seen around here are pine, and rhododendron, Birds to be sighted in the region are pheasant, raven, and chough. People of Tibetan origin inhabit several villages. Other groups found here are Gurung and Tamangs. The best time to trek here is between September and May. A few teahouses are seen in the Manaslu Conservation Area; however, teahouse trekking is not a suggested option. Government regulations require all the groups trekking to the Manaslu Circuit to be fully sufficient.

Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 14. nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 14 breakfasts, 12 lunches and 14 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu.
- Seasonal and regional festivals and unique experiences as per region.

- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu.
- Other festivals, and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

Includes While on Trek:

- Langtang National Park Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry

- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

Itinerary

Day 1: Arrival Day at Kathmandu

Arrival at Tribhuvan International Airport Kathmandu, Welcome and transfer to the hotel. Late-night welcome dinner at a Nepali restaurant with a Going Nepal member and a short briefing about the trip. Overnight at the hotel.

- Elevation of Kathmandu: 1300m/4264ft
- Transportation : Private car
- Accommodation: 4-star hotel
- Meal: Welcome dinner

Day 2: Drive from Kathmandu to Soti khola

After the early breakfast, we drive from Kathmandu to Arughat, and then to Soti Khola. In the first few hours, we will reach Dhading Besi. From there, we will drive to Arughat where the roads are a little rough. Throughout the drive, we will be able to view beautiful mountains such as Mt. Manaslu and Ganesh Himal range. The next few hours' drives will take us to Soti Khola where we will spend our night.

- Elevation of Soti Khola: 710m/2328ft
- Transportation: Private car
- Driving Disatance: 138km/5-6hrs
- Accommodation: Tea house/Lodge
- Meal: Breakfast and dinner

Day 3: Trek from Soti khola to Machha Khola

we will cross Soti Khola with a fresh view of waterfalls and rivers. After that, we will walk through the dense Sal forest, to reach a ridge above the huge rapids of the Budhi Gandaki River. After passing some of the rocky trails, we will reach Khursane. Then we will trek down to the rice fields to Lapubesi, which is a Gurung Village. After a few hour's walk through the sandy river beds of Budhi Gandaki, we trek down to Naulikhola

crossing a suspension bridge. We will then reach Maccha Khola village where we will spend the night at a tea house.

- Elevation of Machha Khola: 900m/2952ft
- Trek duration: 6/7hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 4: Trek from Machha Khola to Jagat check point

The trail has some ups and downs which will make our trail challenging to some extent. From Machha Khola, we will cross the TharoKhola and reach Khorlabesi. Khorlabesi is another small yet beautiful Gurung village. After another steep climb, we will reach Tatopani, a hot-spring site where we will be spending some time enjoying the natural sauna. Then we will climb over a ridge, crossing the Budhi Gandaki River through the suspension bridge and climbing up the staircase and a ridge to finally reach Doban. After crossing another suspension bridge, we climb another stone staircase, go down to the river and climb the stairs again to reach Thado Bharyang. Then we will cross the west bank of Budhi Gandaki River, climb over the ridge and walk along the river to reach Jagat village. It is the entry checkpoint of the Manaslu Conservation Area. We will stay here for a night.

- Elevation of Jagat Checkpoint: 1340m/4395ft
- Trek duration: 6/7hrs
- Accommodation: Tea house/Lodge
- Meal: Full-Board Meal with tea/coffee, Lunch, Dinner

Day 5: Trek from Jagat to Bihi Phedi

We will start with a climb over a ridge towards Sirdibas. We continue to Ghatta Khola and walk through a long suspension bridge to reach Phillim. Philim is another large Gurung settlement village. As we head north across the terrace fields to Ekle Bhatti, we will enter a steep, deserted gorge. Then we descend down to the grassy land slopes with tall pine trees and cross the Budhi Gandaki bridge. As we trek along the west bank, we will pass through bamboo forests. We will then reach Deng Khola. After crossing the river, we reach Bihi Phedi. We spend our night in the village.

- Elevation of Bihi Phedi: 1990m/6529ft
- Trek duration: 6/7hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board meal with tea/coffee en route, Lunch, Dinner

Day 6: Trek from Deng to Namrung

As we follow the trail upstream of Deng river, we continue our trek further with more steep climbs and winding forests. We will pass a route with Mani walls to reach Ghap. From Ghap, we will take the route through the Pork village which is an amazing viewpoint of Siring Himal. We cross the Budhi Gandaki a few times and follow through a forest that has a variety of birds and animals including Danphe, Nepal's national bird as well as a tribe of gray Langur monkeys. We will also be walking through deep bamboo forests to reach Namrung village where we will spend our night.

- Elevation of Namrung: 2700m/8858ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 7: Trek from Namrung To Sama

Past Namrung, the trek goes into upper Nupri where the lingo changes to a type of Tibetan style, and the vast majority dress in chubas, the Tibetan style of folding over a shroud. The trail leaves the town through a Kani and makes a long range into a lush ravine and intersection the Hiran Khola on a twofold range cantilever connection. One would now be able to catch a terrific sight of Manaslu, Manaslu North (7157m), and Naika Peak (5515m). The trail will go through Lho (3080m), Syala (3350m) and we should cross an edge and trek all through the gully of the Thosang Khola. We will at that point slide onto a stone-strewn moraine and reach Sama Gaon.

- Elevation of Sama (Ryo): 3520m/11548ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, lunch, Dinner

Day 8: Acclimatization day at Sama

Today we can visit the Pungyen Gumba. We'll appreciate seeing a huge number of mani stones with Buddhist messages and pictures and the Sherpa ladies clad in conventional garments and adornments. On a little slope close to the Sama town is an old Gompa (Pungyen Gompa), a religious community with incredible perspectives on the ice sheet.

- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 9: Trek from Sama (Ryo) to Samdo

As we proceed with our trek, the valley starts to augment. The course is a simple trail on a rack over the stream past juniper and birch woods and the stone cabins of Kermo kharka. From a stone curve, you will most likely observe a huge white Kani. It gives a deception of being close however will set aside a long effort to achieve the Kani before coming to Samdo. Samdo is at the intersection of three valleys.

- Elevation of Samdo: 3780m/12402ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 10: Trek from Samdo to Dharamsala/ Larke Phedi

We leave on the trade route to Tibet and climb through the ruins of Larkya bazaar, one of the trade markets that flourished years back. After two hours of climbing passing glaciers, with increasingly awe-inspiring panoramas, we come to the campsite at Dharamsala, where we have lunch and gaze out at the views. You'll really feel the altitude and the cold here, so enjoy a more leisurely afternoon and keep warm. We'll have an early dinner in preparation for our pass crossing tomorrow. Overnight at Lodge/Tea house.

- Elevation of Dharamsala/Larke Phedi: 4460m/14632ft
- Trek duration: 3/4hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 11: Trek to Bimthang via hike to Larke la enroute

We have views of Cho Danda and Larkya Peak. We continue across the moraines of the glacier, making a gradual ascent that becomes steeper only in the last section to the pass, which takes us about three hours to summit. In the past, there are outstanding views of Himlung Himal, Cheo Himal, Kanguru, and the huge mountain Annapurna II. If there is fresh snow, we may see Snow Leopard prints from the evening before; it's also blue sheep (Bharal) and Tibetan Snow Cock territory. The views from the top of the pass are truly astonishing. After hanging our Tibetan prayer flags, and yelling 'Ki ki so so lha gyalo' (may the Gods be victorious), get ready for a steep, drop to a trail following the glacial moraine, very slippery if covered in snow so your 'Yak tracks' ready if you've brought them, and definitely use trekking poles. It is a long day than usual to our campsite at Bimthang, but to walk into these low pastures with the

evening mist coming in and Manaslu; it's an experience of a lifetime not to be missed. A boulder-strewn descent brings us, finally, to Bimtang, where the three sisters of the 'Three Sisters Hotel' are on hand with Himalayan chilled beer. Overnight at Lodge/Tea house.

- Elevation of Bimthang: 3590m/11778ft
- Trek duration: 7/8hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, lunch, Dinner

Day 12: Trek from Bimthang to Dharapani

We will walk south underneath Bimthang behind the moraine divider for quite a while before intersecting the Bimtang Glacier. We will move up the far moraine divider rapidly to stay away from stonefall and enter probably the best woods in Nepal. With the delicate riverside strolling to Karcher (2700m), we take lunch after about 3.5hrs. In the following hour, we will see numerous indications of an icy flood, with tree trunks crushed and banks undermined – the track ending up very harsh. We will climb steeply over an edge and drop to Gurung Goa (2560m), the principal genuine town since Samdo. At that point, we will go towards Dharapani and we will rest in one of the inns at Dharapani.

- Elevation of Dharapani: 1963m/6440ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, dinner

Day 13: Drive from Dharapani to Besisahar

Breakfast and drive towards Besisahar from here, you can hire a jeep or even take a local bus to Besisahar from Dharapani. It makes you about 4-5 hours to reach Besisahar from Dharapani. Dinner and overnight at Besisahar

- Drive duration: 5/6 hrs.
- Accommodation: Hotel/ lodge
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 14: Drive from Besisahar to Kathmandu

Begin in the morning with a scenic drive across several small villages. You drive along

the Prithivi Highway, enjoying the beautiful scenery of hills, flowing rivers, terrace fields, small towns, and occasional mountains. After driving for about 5-6 hours, you'll reach [Kathmandu](#).

- Drive duration: 5/6 hrs.
- Accommodation: 3-star Hotel
- Meal: Full Board Meal with tea/coffee en route, Lunch, Dinner

Day 15: Departure

Breakfast and transfer to the airport for your onward destination

Highlights

- Trekking through the remote and rugged region of Manaslu, in west-central Nepal, known for its stunning mountain vistas and diverse cultures.
- Spectacular views of Manaslu (8163m) and other peaks in the Himalayas
- Passing through traditional villages and terraced farmland
- The opportunity to experience the unique culture and way of life of different ethnic groups in the region, such as Gurung, Tibetan and Tibetan-origin people.
- Challenging trek that will test your physical fitness and mental endurance
- The chance to reach Larkya La Pass (5106m) for panoramic view of Manaslu and other peaks.
- The trek also offers the chance to explore the beautiful rhododendron forest, alpine meadows and glaciers.
- The trek is also known for the hospitality and warmth of local people.
- The trek is considered as less crowded and less commercialized compare to other popular trekking routes in Nepal.

Travel Information

- Permits: A Manaslu Restricted Area Permit (MRAP) and a TIMS (Trekking Information Management System)

Information Management System) card are required for trekking in the Manaslu region. These can be obtained in Kathmandu or through a trekking agency.

- **Best time to go:** The best time to trek in the Manaslu region is between September and November and March to May when the weather is clear and stable.
- **Route:** The most popular route for trekking in the Manaslu region is the Manaslu Circuit Trek, which typically starts and ends in Arughat and takes around 8-12 days to complete.
- **Accommodation:** Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- **Physical fitness:** The Manaslu trek is considered challenging, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- **Altitude sickness:** Altitude sickness is a concern at high altitude. It is important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Guides and porters:** It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.
- **Insurance:** It is important to have comprehensive travel and trekking insurance before embarking on a Manaslu trek. Make sure it covers emergency evacuation and medical expenses.
- **Respect the local culture and customs:** The Manaslu region is home to diverse ethnic groups and it's important to respect their culture and customs. Dress modestly and be mindful of cultural sensitivities.
- **Be prepared for changeable weather:** Weather in the mountains can change rapidly, so make sure to pack accordingly and be prepared for any eventuality.
- **The trek is challenging and it's important to be prepared for a remote and rugged experience.** Be prepared for the fact that facilities and services are limited and basic.

Things to know

- **Visa requirements:** Make sure to check the visa requirements for Nepal before

you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.

- **Currency:** Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- **Weather:** Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- **Altitude sickness:** Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Food:** Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mos (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- **Language:** Nepali is the official language of Nepal, but many people also speak English.
- **Culture:** Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- **Conservation and sustainability:** Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.