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MANASLU TREK

The Manaslu Circuit Trek in Nepal is a 14-18 day journey around Mount Manaslu, featuring diverse landscapes, rich cultural experiences with local Gurung and Tibetan communities, and stunning mountain views. Highlights include the challenging 5,106-meter Larkya La Pass. This less crowded trek requires special permits and a registered guide, offering a serene and unspoiled adventure in the Himalayas..

Includes

- Transfers (KTM-Machha Khola) (Dharapani-Besisahar-Kathmandu)
- 02 mineral water each day while on a city tour or traveling outside Kathmandu. Except in trekking.
- 01-Full-day Kathmandu City sightseeing with the service of a licensed guide.
- Visit local Schools and Villages
- Chitwan –Kathmandu by Tourist Coach transfers
- 02 Nights / 3 Days Chitwan National Park Safari Package
- 05-nights' accommodation in Kathmandu on Twin sharing on a BB basis
- Welcome and Farewell dinner in a typical Nepali Restaurant with folklore.
- All meals (Breakfast, Lunch, and Dinner) during the trek
- Porters (2 trekkers: 1 porter) to carry your personal belongings during the trek

- Monumental areas entrance fees while sightseeing Tour in Kathmandu and National Park permit
- Applicable Govt Taxes
- Fulltime assistance

Excludes

- International Air ticket
- Nepal Entry Visa Fee
- Travel Insurance with coverage of COVID-19
- Meals except those mentioned above
- Expenses of a Personal Nature i.e. beverages and other services except those mentioned in the itinerary
- TIPs and Donations and gratuities

Itinerary

Day 01: Arrival in Kathmandu

Arrive at the Tribhuvan International Airport, where our office representative will be there to welcome you, pick up by office representatives, and transfer to the hotel. The hotel is around 5-6 km from the international airport and it takes around 15-20 minutes to drive from the airport. Check into the hotel with a refreshment drink. The rest of the day you can relax at the hotel. Later in the evening Welcome dinner at the typical Nepali restaurant or at the hotel with the Going Nepal crew where you can meet the team and discuss the trip and possibilities during the Nepal trip and Overnight at the hotel

Day 02: Explore Kathmandu City

After breakfast, meet the guide for sightseeing. Today you will visit Pashupatinath, Boudhanath Stupa, and Kathmandu Durbar Square.

Pashupatinath Temple: The temple lies 5 km to the east of the city center. Located on the banks of the sacred Bagmati River, this temple is the most revered Hindu temple in Nepal. Bagmati River is an extremely sacred river; Pashupatinath is the Nepali equivalent of Varanasi on the sacred River Ganges. The cremation Ghats along the Bagmati river city's most important location for open-air cremations. Fire is burned here day and night. The main temple is only open to Hindus; non-Hindus can observe the area from another side of the Bagmati River

Boudhanath: the world's largest stupa Boudhanath is the center of Tibetan culture in Nepal. The 36-meter-high stupa of Boudhanath is one of the largest stupas in South Asia. Boudhanath Stupa was renovated by the Licchavi rulers in the eighth century. The mandala design in Boudhanath is a copy of the one in Gyantse in Tibet. The stupa is located in the area of the ancient trade route to Tibet where Tibetan merchants rested and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Boudhanath. Hence, a complete township has developed around Boudhanath. Smaller stupas are located at the base. Gompa monasteries, curio shops, and restaurants surround Boudhanath.

Kathmandu Durbar Square: the highest and most popular fascination in Kathmandu lies in the old town of Kathmandu, before the previous imperial castle. It is one of the three Durbar Squares in Kathmandu Valley recorded as UNESCO World Heritage Sites. As a group of exemplary models and more than 50 sanctuaries, castles, and yards that go back to the twelve to the eighteenth hundred years, the square keeps up its unique structure style and fabulousness.

After exploring the Kathmandu city stop for Lunch and then drive back to the hotel after lunch. Check-in and rest. Dinner and Overnight at Hotel.

Day 03: Drive from Kathmandu to Soti khola

After the early breakfast, we drive from Kathmandu to Arughat, and then to Sotikhola. 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' drive will take us to Soti Khola where we will spend our night.

Day 04: Trek from Soti khola to Machha Khola

On the fourth day, we will cross SotiKhola with the fresh view of waterfalls and rivers. After that, we will walk through the dense Saal-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 hours 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.

Day 05: Trek from Machha Khola to Jagat check point

The fifth-day 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 to enjoy the natural sauna. Then we will climb over a ridge, crossing the Budhi Gandaki River through the suspension bridge and climb 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.

Day 06: Trek from Jagat to Deng

After breakfast in Jagat village, you will travel to your ultimate destination across a variety of scenery, including thick subtropical woods, tiny rivers, and quaint towns. Start the walk by ascending a rugged slope to Salleri, and then make your way down to Sirdibas. As the trail proceeds to the Ghatta Khola river, the valley slightly widens. You will go upstream to Philim, a sizable Gurung village, where there is a lengthy suspension bridge. From here, the trail heads north, passing just over the village's lowest dwelling, and continues on a fairly flat path across millet fields to Ekle Bhatti. The path now descends to the grassy slopes of a steep, deserted valley, where you will cross the River Gandaki Budhi. After a while, trek down the west bank, cross to the east bank, and then head back to the west side. The Deng Khola River is reached by traversing bamboo trees and a wider section of the valley trail. You will come to the small settlement of Deng after crossing

Day 07 : 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 for Siring Himal. We cross the Budhi Gandaki a few times and follow through a forest that has a variety of birds and animal including Danphe, Nepal's national bird as well as a tribe of gray Langur monkey. We will also be walking through deep bamboo forests to reach Namrung village where we will spend our night.

Day 08 : Trek from Namrung to Samagaon

You can take a stroll through the village of Namrung after breakfast to get a great view of Siring, Ganesh Himal, and Mount Himal Chuli to the south. After starting the trek, you'll initially go through woodlands and ascend steadily until you reach Lihi, a charming settlement with a lot of stupas and barley terraces. After there, the trail descends and traverses Simnang Himal's side valley, with Ganesh Himal constantly nearby. You will eventually come to Sama Village after passing via the villages of Sho, Lho, and Shyala. From Lho, you may take in breathtaking views of Manaslu and visit the well-known Ribung Gompa. High mountains such as Himal Chuli and Peak 29 (Ngadi Chuli) to the left, Manaslu and massive glaciers to the right, and so on surround Shyala hamlet. To the right are more snow-capped peaks, with Ganesh Himal visible at the distant end. You'll spend the night at Samagaon, where your journey comes to a conclusion

Day 09 : Acclimatation day at Sama (Ryo)

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

Day 10: 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 you a long effort to achieve the Kani before coming to Samdo. Samdo is at the intersection of three valleys

Day 11 : 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

Day 12 : 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 which becomes steeper only in the last section to the pass, which takes us about three hours to summit. From the pass, there are outstanding views of Himlung Himal, Cheo Himal, Kangguru 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, ankle straining drop to a trail following the glacial moraine, very slippery if covered in snow so have 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.

Day 13 : Trek from Bimthang to Dharapani

We will walk south underneath Bimthang behind the moraine divider for quite a while before intersection the Bimthang Glacier. We will move up the far moraine divider rapidly to stay away from stone-fall and enter probably the best woods in Nepal. With the delicate riverside strolling to Karche (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.

Day 14 : Drive Dharapani to Besisahar

After your trek, you'll take a 4-hour jeep ride from Dharapani to Besisahar, stay night in Besisahar. Lunch and Dinner at hotel. * Deal the local jeep fare locally and pay directly.

Day 15 : Drive Basisahar to Chitwan National Park

Breakfast at Besisahar, Drive to Chitwan National Park by Local Bus, Guide will arrange the transfers to Chitwan. Upon arrival, guests will be greeted with welcome drinks. A briefing about the program and resort facilities will be provided. Check-in at the resort. Enjoy a delicious lunch. Embark on a Tharu/Derai Village Tour to experience the local culture and lifestyle. Relax by the poolside while enjoying the beautiful sunset with tea or coffee. In the evening, a slide presentation on the natural beauties of Chitwan will be held in the Villa meeting room, Indulge in a delightful buffet dinner at the resort.

Day 16: Drive or Fly from Chitwan to Kathmandu

Wake-up call, enjoy tea or coffee, have a free and easy morning, allowing guests to relax and enjoy the hotel premises, enjoy a buffet breakfast at the resort. Proceed to check-out from the resort and travel to onward journey

Day 17: Kathmandu

Breakfast, visit Bhktapur Durbar Square and Nagarkot, excursion, and Swyambhunath Stupa.

Option: Mt. Everest Experience flight in the morning

Day 18: Departure

Breakfast and drive to Tribhuvan International Airport for your onward destination. Or
Extend your Yoga and Meditation Program

Highlights

- Trekking through the Annapurna region of Nepal, known for its diverse landscapes and cultures
- Spectacular views of Annapurna and Dhaulagiri peaks and other famous 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
- Challenging trek that will test your physical fitness and mental endurance
- The chance to reach Annapurna Base Camp (4130m) or to Poon Hill (3210m) for panoramic view of Annapurna and Dhaulagiri range.
- The trek also offers the chance to explore the beautiful rhododendron forest.
- The trek is also known for the hospitality and warmth of local people.
- A scenic drive or a flight to Pokhara, a city known for its natural beauty and adventure opportunities.
- The chance to enjoy the beautiful view of Annapurna and Dhaulagiri range from Sarangkot hill.
- The chance to explore the Fewa Lake and its surroundings.

Travel Information

- Permits: A TIMS (Trekking Information Management System) card and Annapurna Conservation Area Permit (ACAP) are required for trekking in the Annapurna region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Annapurna region is between September and November and March to May when the weather is clear and stable.
- Route: There are several popular routes for trekking in the Annapurna region. Some of the most famous include the Annapurna Circuit, the Annapurna Base Camp Trek, and the Jomsom Trek.
- 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 Annapurna treks are 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 an Annapurna trek. Make sure it covers emergency evacuation and medical expenses.

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.