



MANASLU TREK

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

- Traditional welcome on arrival with Nepali scarp or Garland
- Fresh wet towel on arrival, surgical gloves, facemasks and sanitizer
- Disinfection of your baggage and belongings at the airport
- Arrival & departure transfers by private vehicle as per the group size
- 02-nights' accommodation in Kathmandu on Twin sharing basis (MAP Plan)
Only Welcome and Farewell dinner
- 01-nights' accommodation in Besisahar on Twin sharing basis (BB Plan)
- All Meals (B, L, D) included while Trekking
- Accommodation while Trekking
- Transportation Charge KTM-Arughat-Besisahar-Kathmandu
- All Trekking Permit Fees
- Applicable Govt Taxes

- Fulltime assistance
- Price included for four star category.

Excludes

- International Air ticket
- Travel Insurance
- Nepal Entry Visa Fee
- Lunch in Kathmandu
- All expenses of personal nature
- Rescue and personal insurance
- Extra arrangements due to flight cancel, delay or any other factors beyond our control
- Any other services not mentioned in cost includes section

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 distance: 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 Meal Board with tea/coffee enroute

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 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.

Elevation of Jagat Checkpoint: 1340m/4395ft

Trek duration: 6/7hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee

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. Phillim 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 the 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 Meal Board with tea/coffee enroute

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 monkey. 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 Meal Board with tea/coffee enroute

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 Naike 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 Meal Board with tea/coffee enroute

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 Meal Board with tea/coffee enroute

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 Meal Board with tea/coffee enroute

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 Meal Board with tea/coffee enroute

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. From the pass, 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, a 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 Meal Board with tea/coffee enroute

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 Meal Board with tea/coffee enroute

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 Meal Board with tea/coffee enroute

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 Meal Board with tea/coffee enroute

Day 15: Departure

Breakfast and transfer to the airport for your onward destination

Highlights

- Stunning view of forests, rivers, and landscapes
- Experience the unique culture and tradition of the Himalayan people
- Reach Larkya La Pass, the highest point
- Breathtaking view of peaks such as Manaslu, Himlung Himal, Kang Guru, [Annapurna](#), Cheo Himal, and many more
- Walking in dense forests with abundant wildlife and vegetation such as Tahr, Agali, rhododendron, etc

Travel Information

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Infants must sit on laps
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions
- Travelers should have a moderate physical fitness level
- This is a private tour/activity. Only your group will participate

Things to know

- Getting a Nepal Visa upon Arrival
- We will be there at the Airport to receive you before an Hour your flight lands,
- You will be greeted by enthusiastic Namaskar
- You will always welcome with warm charming smile
- You should not have biff in Nepal
- If you are planning for a SIM card, you can get it in the Airport.
- Mention in the itinerary destinations Entrance fees for the world heritage site will be paid by GoingNepal.
- Most often you will be welcome by Tikka and khata.
- You should strictly remove the footwear before entering any religious areas.
- Nepal consist of Eight out of Ten highest peak of the Mountains in the world.
- Before bag packing it's always better to talk with your guide

Breakfast and transfer to the airport for your onward destination