

# Mount Manaslu Trek



The best possible circuit trek of Nepal is **Manaslu Trek**. The trail surrounds the highest peak of the region. Manaslu stands as the eighth highest mountain of the world. The Gorkha district of Manaslu conservation gives you the ideal opportunity to enjoy the pristine view of the mountain, the typical Tibetan culture, and also the village tourism. The tour had been opened in the year 1991. The trek is geographically fascinating and culturally spectacular.

The trek starts from Arughat. Its course follows a narrow trail along the bank of the river Budhi Gandaki till Lapubesi. You will pass through the local village of Gurung, terraced fields of potato, tobacco, corn, and millet, and then you will reach Topani. Over here you will be able to take a natural hot water shower. During your trek you will come across Chorten, Stupa, and many other monasteries during the trek.

## The Best Time for Trekking

The most appropriate time to trek is from the month of March to May or from the month of September to November. This is because from June to August, the rain drowns almost the entire region. Also, the frigid winter of Himalaya makes the visit to the mountain miserable in the early months of the year. This is also the reason that most of the annual visitors go for pilgrimage in the month of October.

## Permits Required for the Trek

When you go for a trek in Manaslu, you would require the Manaslu and Annapurna Conservation entry permit, the specialized Manaslu permit and also the site entry permit for the world heritages.

## Safety Considerations for the Trek

All trekkers should maintain their safety while trekking around Manaslu. As a matter of fact, trekking agencies of that area also maintain some safety measures. Here are some of the particulars of the Manaslu trek:

- The Manaslu Trek is known to be a high altitude trek. This is the reason it needs careful acclimatization.
- The day you will cross Larke Pass, it will prove to be pretty difficult for you to trek. Make sure that you start early and carry sufficient water and food along with you.
- Manaslu trek can be hiked in an anti-clockwise manner but you should avoid this at all cost. This is because the ascent is steep and sudden and you put your proper acclimatization at risk.

### **Things that You Need to Carry**

**Sleeping Bags:** You should carry your own sleeping bag. The primary reason is hygiene. The place that you are staying in may provide you mattresses and blankets but they are often found to be unclean. Also, sleeping bags and tents provide you protection from the chilly winds of the mountain.

**Food:** Unless you are good at hunting animals and eating plants, you need to carry some food. Make sure you stock up enough snacks in your backpacks.

**Water Bottles:** Carry your own water bottles, for water is very costly in higher altitudes. It is very important to keep yourself hydrated. If you are unable to carry bottles, take a water purifier, so that you can add the purifier to local water to drink it.

Duration: 21 days

Price: \$1550

Rating: 5 Star

Group Size: Minimum 01 pax

Grade: Medium

Destination: Nepal

Activity: Trekking in Nepal

### **Accommodation:**

Bed and breakfast at Kathmandu

Fullboard Package means breakfast, lunch and dinner during the trek.

### **Vital Information**

2-5 pax will tea house trek and more than 6 pax, there will be camping trek.

Manaslu Himalaya, Lamjung Himalaya, Larkey Pass, Manang, Gorkha, Beshisahar and Tal in Annapurna region.

### **Itinerary:**

## Day 01

### Arrival at Kathmandu

Our representative meets you at airport and transfer to Hotel. If time permits, you will visit some places your own.

## Day 02

### Kathmandu City Tour

Half Day city tour and preparation for trekking permit and equipment.

## Day 03

### Kathmandu to Arughat (570m) drive

Drive from Kathmandu to Arughat and overnight stay at Arughat which is 8 hours drive from Kathmandu.

## Day 04

### Arughat to Soti Khola (710m)

The trek starts to go ahead to Soti Khola via Sante Bazaar and Budhi Gandaki valley, on the way to Soti khola meets some water fall, Magar villages and Gurung villages.

## Day 05

### Soti Khola to LabuBesi (880m)

After crossing the bridge, the trek goes up a ridge above the Budhi Gandaki Rivers and walk along with some Gurung Villages and overnight stay Labu Besi..

## Day 06

### LabuBesi to Doban (1000m)

The trek forwards to Machha Khola after crossing several streams on the way and reaches to the place the trail again forwards to Doban Khola via Khorlavesi, Tatopani etc.

## Day 07

### Doban to Jagat (1410m)

The route climbs on a Rugged Rocky trail with passes the villages, crossing Budi Gandaki and reach to Jagat.

## Day 08

### Jagat to Ngyak Bensi (2300m)

The day begins by following the river bank again and crossing the eastern bank walk up to Philim where Manaslu Conservation Project office is located. One can see mount Lapuchun too. Overnight stay Ngyak Bensi.

## Day 09

### Ngyak Beshi to Ghap

This day you will walk along with big forest area and some narrow valley. After completing the forest and narrow valley you get to Dang and again continue to walk and get to Ghap. You can see Mount Manaslu from there.

## Day 10

### Ghap to Namrung (2660m)

Again this day walk through some dense forest and valley. Then slowly get to Namrung and Stay there.

## Day 11

### Namrung to Samagaon (3530m)

This day trekking walks through along the forest and get to Samagoun, after Samagon meets Buddhist Village along the way which area is influenced by Tibetan culture so some monastery and chorten are there. Samagoun is largest village on the way to trekking for Manaslu where more than hundreds houses settled there. Also you can see Mount Manaslu and Kuang Himal.

## Day 12

### Rest Day in Samagaon

Trekking rest day at Samagoun. You will explore some monastery and excursion to Manaslu Base Camp.

## Day 13

### Samagano to Samdo (3860m)

Trekking starts along with river and slowly walk up to Samdo which site of Tibetan refugee camp where you can feel some Tibetan culture and lifestyle. But people are Nepalese.

## Day 14

Samdo to Dharmashala/Larkya Rest house (4480m)

Trekking to Dharmashala or Larkya Pass, route follow the Larke Khola and get to Dharma Shala.

Day 15

Dharmashala to Bimtang (3720m)

This day is tough day for you. Sometimes you have to walk on glacier too. Route is different types because you have to cross over the Larkya Pass (5,213m) The terrain consists of glacial moraine with a lot of scree to scramble up and over.

Day 16

Bimtang to Tilje (2300m)

This trekking day gradually walk down with Rhododendron forest and Pine too. Also you can see the north face of Mt. Manaslu.

Day 17

Tilje to Tal (1700m)

Trekking route goes through Dudh Khola which starts Marsyangdi River. This day slowly walk to Dharapani which is route to Annapurna circuit. You walk down to Tal which is same route to Annapurna but you will back to route of Kathmandu not Annapurna circuit trekking. But sometimes trekker continues to trek completing the Manaslu.

Day 18

Tal to Syange (1100m)

Trekking ahead to Syange is foothills of Himalayas via some Gurung villages and Brahmin. Meets some terrain and Paddy fields on the way back to Syange from Tal.

Day 19

Syange to Khudi

Trekking starts from Syange to Bahundanda where some few lodges and Gurung settlements are there. But this day you will descend to Khudi.

## Day 20

Khudi drive back to Kathmandu

We will take drive back to Kathmandu city. You can have rest of the day leisurely walk. By the night, we will join for the dinner with cultural program.

## Day 21

Departure Day.

We will see you off at Hotel and transfer to International airport for onward destination.

### **Cost Include:**

- Airport picks up & drops by private car.
- Standard accommodation with breakfast in Kathmandu.
- Guided city tour in Kathmandu by car.
- Full board meal during your trekking with Tea & coffee.
- Sharing tented accommodation and equipment during the trek.
- A local government licensed English speaking Guide during the trek, required porters, their food, accommodation, salary, insurance, equipment, medicine, transportation.
- Boiled and purify drinking water for the trek.
- All special trekking permits & fees. ACAP Fee
- Surface Transfer to and from Kathmandu.
- All our government taxes.
- Official documentation expenses.

### **Cost exclude:**

- Lunch and dinner whilst in Kathmandu
- Your travel insurance.
- Emergency Helicopter Rescue, if needs
- Items of a personal nature such as alcoholic drinks, cold drinks, laundry.
- Personal trekking Equipments.
- Tips for trekking staff and driver-tipping is expected.
- Sightseeing/Monuments entrance fees in Kathmandu
- Any others expenses which are not mentioned on Price Includes section.