

Trek Around Manaslu

Facts

Destination: Nepal

Trip Difficulty: Hard

Trip Style: Trekking

Food: Breakfast, Lunch, Dinner (BLD)

Accommodation: Budget Hotels & Mountain Lodges

Group Size: 2 to 14 persons

Max Elevation: 5135 metres (Larkya Pass)

Trip Route: Kathmandu: Arughat – Soti Khola – Machhakhola – Dovan – Philim – Deng – Namrung - Sama Gaun – Dharamsala – Larkya Pass – Bhimthang – Goa – Chamje – Bahundanda - Besishar – Kathmandu

Best Season: Mid-Feb to May and last September to December

Permits Required: Restricted area permit, ACAP and MCAP permit, TIMS Card

The region around Mt. Manaslu (the world's eighth highest peak stands at 8156 metres) is less well known than many other parts of Nepal, and visited relatively infrequently by trekkers. The Manaslu area is a fantastic hidden haven of secrecy and seclusion, where yaks outnumber the Gurung people (ethnic group), who live in village settlements perched among the foothills.

Just east of its better known but slightly less high neighbour Annapurna, Mt. Manaslu and its surroundings offer some staggering trekking scenery including precipitous gorges and thundering rivers as well as soaring peaks. This makes trekking here quite strenuous, but

there are countless highlights to compensate for the physical exertion, including the crossing of Larkya La (5135m) - a pass connecting the head of the Buri Gandaki valley with the Dudh Khola, a tributary of the Marshyangdi. Although Larkya La is some 300 metres lower than Thorang La on the Annapurna circuit, views from Larkya La are considered to be even more spectacular.

Manaslu trek is popular among trekkers that provide numerous views of snow capped mountains, close interaction with the different ethnic groups and their different cultures and traditions of locals who live in hill villages scattered along the trek routes. It offers a rare combination of historical, archaeological, religious, and cultural of different ethnic communities.

Highlights

- Soak in the immensity of Mount Manaslu.
- Circle around the world's eighth highest peak (8,156m).
- Climb to Larkya La (5,135m).
- Spectacular views from Larkya La (at 5,100m).
- Witness the deepest gorges, thunderous rivers and steepest cliffside shelves.
- Experience Tibetan Buddhist Culture.
- Interact with Gurung Communities.

Day to Day Itinerary

Day 01: Arrival in Kathmandu:

Day 02: Kathmandu Sightseeing:

Day 03: Drive to Arughat Bazaar (Kathmandu to Arughat Bazaar: approx. 7 hours drive):

- Day 04: Trek to Soti Khola (Arughat to Sotikhola: approx. 6 hours walking):**
- Day 05: Trek to Machhakhola (Soti Khola to Machhakhola: approx. 6 hours):**
- Day 06: Trek to Dovan (Machhakhola to Dovan: approx. 5 hours):**
- Day 07: Trek to Philim (Dovan to Philim: approx. 5 hours):**
- Day 08: Trek to Deng (Philim to Deng: approx 6 hours):**
- Day 09: Trek to Namrung (Deng to Namrung: approx 7 hours):**
- Day 10: Trek to Samagaun (Namrung to Samagaun: approx 4 hours):**
- Day 11: Exploration at Samagaun:**
- Day 12: Trek to Dharamsala (Samagaun to Dharamsala: approx. 7 hours):**
- Day 13: Trek to Bhimthang via Larkya-la Pass (Dharamsala to Bhimthang: approx. 7 hours):**
- Day 14: Trek to Goa (Bhimthang to Goa: approx. 6 hours):**
- Day 15: Trek to Chamje (- Goa to Chamje: Approx 6 hours):**
- Day 16: Trek to Ghermu (Chamje to Ghermu: approx. 5 hours):**
- Day 17: Trek to Bahundanda (Ghermu to Bahundanda: approx. 4 hours):**
- Day 18: Trek to Besisahar (Bahundanda to Besishar: approx. 7 hours):**
- Day 19: Drive back to Kathmandu:**
- Day 20: Departure:**

Cost Includes

- All mentioned transfers in Nepal.
- All accommodation in Kathmandu and during the trek.
- Guide, Porter....
- Trekking Permit for restricted area, TIMS Card, ACAP.

Cost Excludes

- Flights to and from Nepal.
- Tourist Entry Visa.