

Lama Adventures Pvt. Ltd.

Manaslu Round Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accommodation
Moderate	21 Days	Manaslu	5140m	Trekking	2 - 20 PAX	Tea House and Hotel

Overview

Manaslu is the eighth highest mountain in the world at 8163 m, standing isolated and yet in the very center of the Nepalese Himalaya and the trail around this majestic peak is outstanding. The Manaslu Round Trek climbs up to Larke pass (5,213 m), from where there are not only exceptional views in every direction but the low-to-high range of altitudes presents such diverse flora and, most noticeably, a wide cultural spectrum, including strong influences from Tibet mixing with Nepali ethnic diversity.

Thanks to its striking mountain scenery and raging rivers this circuit proves to be a ferociously beautiful experience that all trekkers will enjoy. This trek will take you around on a off-the-beaten trail following the mighty Budi Gandaki River northwards. The greatly improved trails along the Budi Gandaki river gorge provide beautiful walking conditions to absorb the inspiring scenery in peace and harmony.. The spectacular unbeatable views of Manaslu, the Hindu and Buddhist culture, protected wildlife, rhododendrons and wild flowers, raging rivers precarious bridges and stunning mountain scenery provide a cluster of wonder that makes the circuit a true hidden gem.

You will meet a lot of interesting local people along the way and also yaks. This trek is far less crowded than the other treks Nepal offers. Although the trek is wild and remote, there are teahouses at every corner so food and accommodation are easily accessible. You'll trek from the subtropical jungle at lower elevations, through the Himalayan foothills to the high, cold and challenging crossing of the Larkya La Pass.

The highest point of the trek is the Larkya La Pass at 5135 m. The trail to the pass climbs steeply and at times can be really slippery because of the constant ice and snow scattered in the trail. The top of Larkya La provides astounding panoramic views of Manaslu, Cheo Himal, Himal Chuli and Himlung Himal.

Itinerary

Days 01: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 02: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03: Kathmandu Arughat

A 7-8 hours drive from Kathmandu into the western mountains takes us to Arughat via Dhading Besi, headquarter of the Dhading district. Through the dirt road from Dhadingbesi viewing the greenery hills we reach Arughat, our trek start point. Arughat is a major town in the region and is divided in two parts with the Budhi Gandaki river flowing between them. Overnight in Arughat.

Day 04: Trek to Lapubesi

Many trekkers take a jeep to Soti Khola to save 3 hours of walking but the trail to Lapubesi from Arughat remains uncongested and passes through pleasant fields and villages. We trek through numerous Gurung and Tamang villages on the more scenic upper road. The second part of the trek is on a shady sal forest which climbs up and down for some time offering views of the wild rapids below and eventually drops to the Gurung village Lapubesi. Overnight in Lapubesi.

Day 05: Trek to Khorla Besi

After breakfast at Lapubesi, we follow the trail through the river till we reach Machhe Khola. Then, after Machhe Khola, we tread past some hills and forests till we arrive at our destination Khorla Besi. Overnight in Khorla Besi.

Day 06: Trek to Jagat

After breakfast in Khorla Besi, the trail goes ascending and descending until you arrive at a small hot spring in Tatopani. From here, we'll climb over another ridge, then cross the Budhi Gandaki on a suspension bridge to reach Dovan. After Dovan,

we'll climb over a ridge, trek along the river and then climb towards the village of Jagat. Overnight in Jagat.

Day 07: Trek to Deng

After leaving the village of Jagat, we will climb over a rocky ridge to Salleri, and then descend to Sirdibas. Then, we'll continue walking upstream to a long suspension bridge in Philim, a large Gurung village. The route now enters a steep, uninhabited gorge where you'll descend to the grassy slopes, and then cross the Budhi Gandaki river. We'll make our way through various landscapes and dense sub-tropical forests, as well as small rivers and rustic villages until we reach the tiny village of Deng. Overnight in Deng.

Day 08 : Trek to Ghap

After breakfast in Deng with the view of Siringi Himal. We take a short descent after Deng and then a steep ascend takes us to Rana Bridge. Through the pine forests and bridge, we reach Buihi Phedi. Beyond Buihi Phedi, we cross the Sereng River located high off the main Budhi Gandaki River and experience the unique environment provided by breathtaking gorge, culturally rich chorten and cross another suspension bridge before we reach Ghap. Overnight in Ghap.

Day 09: Trek to Lho

We leave Ghap passing through villages decorated with rich Buddhist cultural ensembles and ascend ahead through the quiet beaten forest towards the other settlement of Lho. After Lho, we head towards Samagaun on a forested path. We arrive at the village of Shyala after walking for an hour from Lho. With significant agricultural activity, the village of Shyala is also engaged in construction of wooden houses presumably aimed at making it a resting place. We march ahead in the trail crossing the slopes that drain the Punggen glacier and reach the nice flat area that hosts the lovely village of Samagaun. With properly aligned houses with beautiful courtyards and fields located on both sides of the village, Samagaun is busy during the season of Manasalu climbing expedition as it is the closest village to the Manaslu Base camp. Overnight in Samagaun.

Day 10: Acclimatisation

Today is an acclimatization and rest day at Samagaun to acclimate your body with the changing environment and climate. It is recommended to stay active even in acclimatization days so we explore around the area of Samagaun and see the locals busy in their daily chores. Enjoy the magnificent view of the mighty Manaslu. You can also hike up to Birendra Tal and Manaslu Base Camp. Overnight in Samagaun.

Day 11: Trek to Samdo

The trail today to Samdo village turns to the north on the upper region of the Budhi Gandaki River. Following the gradual ascends, we pass through the point of confluence of Larke river and the river formed due to Samdo glacier, also the origin of the torrential Budhi Gandaki and we reach to the settlement at Samdo. Before that we leave the trail to Manaslu Base Camp to our left and ahead the point where we part from the trail to Manaslu Base Camp, we pass through beautiful juniper and birch forests of Kermo Kharka. We march ahead through wooden bridges and steep climb on to the headland from where a large white kani can be viewed. Past the kani we reach to our destination for today. Overnight in Samdo.

Day 12: Trek to Larkya Base Camp

This is another adventurous day in the high altitude. So, you must watch your body signs properly. Enjoying the scenic views of the chain of Himalayas you will walk slowly across the rugged terrains of Manaslu region before you reach Dharamashala also known as Larkya Base Camp.

Day 13: Larkya-La pass

We start early from Dharamshala since we have to pass the Larkya-La and reach Bhimtang. We set off early in the morning for a long trek today. After a short climb, we reach to the north of the Larkya Glacier, into a valley that provides spectacular views of Cho Danda and Larkya Peak. Further we march across the moraines, make a slow climb initially and more steeper into the last section of the Larkey La pass. The view from the top of the pass includes the Samdo Peak and other peaks bordering Tibet, Larkya peak to the southeast, Annapurna region along with several mountains and a bit further down to the west for the view of Annapurna II. We have a steep descent on the slippery path out of the Pass following the trail to the left of Salpudanda glacier moraine. Past the grassy moraine and rock fall area, flatter valley with primulas and azalea bushes we reach to the sandy plain of Bhimtang. Overnight in Bhimtang.

Day 14: Trek to Tilje

We traverse along the magical trail to the south after we enjoy the views of Lamjung Himal, Himlung Himal, Manasalu, Cheo Himal from a ridge at Bhimtang. After we cross pasture and bridge, we navigate through the rhododendron forest, further through a narrow valley and reach to the valley at Karache. Along the rocky river-bed and on the trails on hillsides we pass through the small and lush villages signifying the lower altitudes. Further ahead we reach the village of Tilje, a culturally vibrant and coexisting village populated by Ghale Gurung, Chhetris and Manangis. Overnight in Tilje.

Day 15: Trek to Jagat

Our journey today takes us on a previously trekked section of our trek as we march towards Syange village (1,175m). The dusty roads will eventually let us tumble through them and lead us to the small village settlement of Syange where numerous chortens and prayer flags can be seen along with some beautifully painted Mani walls. Lastly, we further trek to Jagat before ending the day.

Day 16: Back to Kathmandu

After breakfast at Jagat, we drive back to Kathmandu. After arriving in Kathmandu, take a shower and freshen up and celebrate your successful trek with drinks and sumptuous dinner. Overnight in Kathmandu.

Day 17: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 18: Final Departure

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Airport Pick Up and drop and all transportation.
Hotel twin sharing room on B/ Basis.
Sightseeing in Kathmandu with Guide & Entry fee.
Kathmandu to Arughat by private Bus.
Manaslu conservation fee and Manslu special permit.
T-sum valley special permit.
Two men sharing tent and necessities.
Guide, Assistant Guide and necessary porters.
Insurance equipments for staff.
Return Private Bus to Kathmandu.

Cost Excludes

All Personal expenses and equipment
Health and medical insurance
Alcoholic bar bills
Nepali Visa Fees
Due to nature evacuations
Tips
and Other mentioned above