



Lower Manaslu trek - 10 Days

The Lower Manaslu is a relatively less- visited area but full of natural grandeur trek on the [lap of Himalayas](#) in the western part of Nepal, in the Gorkha district, offering a quieter and more remote trekking experience. It is named after [Mount Manaslu \(8163 m\), the eight highest mountains in the world](#). This trek offers stunning views of peaks like [Manaslu, Himalchuli, Ganesh Himal](#), and others. Similarly, the trek also provides insights into the great ancient historical, ecological, religious, archaeological, and cultural significance places in the [Gorkha district](#). Historically, during the time period of 17 th century, Gorkha was ruled by the late king [Prithvi Narayan Shah](#)- ran Nepal for 240 years, unified [Nepal](#) into one Kingdom. It was the first capital city of Nepal. It is a home of Gorkhas who are worldwide known as the name of legendary brave warrior after their crucial contributions to the British during world war. It is a fantastic choice for those willing for historical tours, community- based home stay treks and pilgrimage tours and agro- tourism in Nepal. You will get the opportunity to explore [Manakamana temple, Sita Cave, Gorkha Durbar](#), and traditional art and craftsmanship.

10 days Lower Manaslu trek is newly introduced trekking route in the Manaslu region of Nepal, one of the nearest trekking region from the capital city of Kathmandu that can be easily accessible by bus ride along the Prithvi Highway from Kathmandu to Kurintar cable car station. The trek typically begins from Manakamana temple and takes you through picturesque villages, lush forests, terraced fields and serene river valleys. You will also have the opportunity to experience the local culture and lifestyle of the Gurung, Magars, and Tamang ethnic communities who reside in the [region](#). Moreover, thought the trekking routes from Manakamana to Gyamshal, you can explore historical palace (the birthplace and home of Prithvi Narayan Shah), [Gorkhakali temple](#) (goddess of Kali), and [Gorkha museum](#) where you can see a collection of artifacts and personal belongings of King Prithvi Narayan Shah.

The highlight of the trek is the journey to Darche Danda. It is a place of serenity and break from the hustle and bustle of city life. It is a peaceful location to relax, meditate, or simply enjoy the tranquility of the hills. The changing colors of the sky and the mountains create a mesmerizing and serene atmosphere. It is an ideal location for enjoying the natural beauty of the region. You can also explore the historic Gorkha durbar, which is the former palace of the [Shah Dynasty](#).

The Lower Manaslu trek is considered a moderate trek which involves some uphill and downhill sections. Unlike the [Manaslu circuit](#) which involves crossing the [Larkey Pass](#) at a high altitude, the Lower Manaslu trek stays at lower elevations, making it suitable for all age groups who prefer to avoid extreme altitude. While it's not as popular as classic trek still offers a chance to observe stunning Himalayan landscapes, diverse culture, and rich biodiversity.



PRICE INCLUDES

- Kathmandu to Kurintar by local bus
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- Trekker's Information Management System (TIMS) card fee
- Transport from Gyampesal to Kathmandu by local bus
- Cable car fees
- All taxes and company service charge

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



ITINERARY IN DETAIL

Day 1: Drive to Ghairung from Kathmandu

We will begin our trek with a scenic drive to Ghairung from Kathmandu. It is about 3 hours of drive, along Manakamana with the bank of the Trishuli River. After having lunch, we will gather at Manakamana bazaar, from where the journey starts to Bakeswori Mahadeva temple which is 2 Km north of Manakamana temple. The trek will continue until Pipalchhap village at Ghairung VDC.

Day 2: Trek to Gorkha Bazaar via Bungkot & Kaule Bhangar

The next day, after having breakfast, we will start our trek to Gorkha Bazaar via Bungkot which is a historic birthplace of Lakhan Thapa (the first martyr of Nepal). Most of the visitors visit Kaule Bhangar to pay tribute to the first martyr of the nation. Besides the historical significance, other attraction is Lakhan Thapa memorial park built in the remembrance of the first martyr where a bust of the martyr has been caught up. The park has a collection of Lakhan Thapa's belongings like swords and stone spout. The locals have stepped up efforts in preserving those works of arts with any external assistance. Majority of the population in the village is from the Magar community. Bungkot offers a home stay facility and a delicious gracefulness made with fresh and locally grown produce. From here, Gorkha Bazaar is one and half hours of walk.

Day 3: Excursion tour in Gorkha Palace

The historical Gorkha palace from where King Prithvi Narayan Shah initiated unification of modern Nepal is suspended one thousand feet above Gorkha Bazaar. The place dominates the surroundings and is visible from all surrounding area. It is regarded as a holy shrine. It also offers visitors with fantastic views of green valleys and the Himalayan panorama. Gorkhanath Cave is situated about 10 meters below the palace. The cave is believed to be the shelter of Gorakhnath Baba (great sage) after whom the district obtained its name. The sage was the guide of Shah Dynasty who blessed and provided his precious guidance to the home stay for the fusion of nation. Gorkha Museum situated at Gorkha Bazaar has a wide range of pieces and personal belongings of late King Prithivi Narayan Shah along with his 52 feet long chino. Apart from these collections it has also widened the objects such as art, sculptures, coins and several other articles on display.

Day 4: Gorkha Bazaar to Sirandada

From Gorkha Bazaar, we will drive to Bhachek. It is about 6 to 7 hours drive by bus or jeep. Driving through curved mountain roads overlooking Daraudi River is an unforgettable experience. Sirandanda, the final leg of day four, is arrived after a short hike of one hour from Bhachek. A Hyolmo village, it is situated at the hilltop from where its name has been derived from Sirandanda. Major attractions of Sirandanda are Nage pokhari, Dudh pokhari, Bhot dodar, Chima, Dharadi and tea garden. It also offers a splendid view of sunrise and astonishing Manaslu range. The village has a rich diversity of medicinal herbs as well.

Day 5: Sirandada to Barpak village

After a one and half hours of walk, we will reach Ghyachowk towards Northeast in Mathar village. Today's our destination is Barpak village. It will take about 4 and half hours from Ghyanchowk on walking. On route to Barpak are Dewalsara, Sum River, Daraudi River, Goje and Alagang.



Day 6: Barpak to Laprak

On the way to Laprak, we will come across Basukang. Laprak village is located at Laprak VDC which is a landslide defenceless zone. The rain triggered a landslide in 1999 swept away houses and about 12 hectares of cultivated land. The most remarkable character of Laprak is the wooden-roofed houses which bear a uniform look in the entire VDC. Laprak is a typical Gurung village and is also a pit stop for the Manaslu trekkers.

Day 7: Laprak to Nambai Kharka

The Kharka arrives after a moderate walk of 4 hours from Laprak. The Kharka is an open pasture land with few temporary houses of Laprak which provides them shelter during plantation and harvest period of potatoes. Trekkers need to be self-sufficient for food and lodging. There is no toilet facility as well. During the stay in Nambai Kharka, it is advised that one should stick with a vegetarian diet as local believe that slaughtering of animals will bring ill to the trekkers.

Day 8: Nambai Kharka to Darche Danda

Darche, the highest point of the lower Manaslu trekking route, offers an awe-inspiring 180-degree panoramic view of more than 20 Himalayan peaks. Among Gurung community, Darche Danda holds a religious significance. They offer prayer to the hill holy being to avoid natural calamities. Also, no felling of trees is allowed in the area. It is also believed that if tourist offer prayer to the hill holy being, they will be blessed with clear visibility and will ward off bad luck while on a trek. Some of the well-known peaks that can be viewed from the top of Darche are: Annapurna, Annapurna I, Annapurna II, Bharatsikhar, Gangapurna, Machhapuchhre, Lamtang, Himalchuli, Buddha Himal, Sarang peak, Malhunti peak, Babu Himal, Sringi Himal, Ganesh I, Ganesh II and Ganesh II among many others.

Day 9: Darche Danda to Gyampesal via Sita cave

The famous cave Sita Cave is reached after walking down 1.8 Km from Tallo Thotneri. The cave is situated at 1165m. It is surrounded by dense forest, which holds religious importance among Hindus and it is one of the major tourist attractions. Every year during Ram Navami, thousands of Hindu devotees gather to pay homage to Lord Ram. It is believed that goddess Sita, (wife of Lord Ram) spent some time and stayed here. The caving experience in Sita Cave is thrilling and daring. After touring the cave we end the day in Gyampesal, the final destination of the trek, which is few hours walk from for the Sita cave for an overnight stay on camp or homestay with full board meal (Breakfast/Lunch/Dinner).

Day 10: Gyampesal to Kathmandu

After taking a hot breakfast, we take a drive to Gorkha Bazaar at sharp 8 am which is about of 2 and a half hours from Ghyampesal. Bus services are available on a regular interval from Gorkha to Kathmandu which is 6 hrs of journey. We will also transfer you to the hotel for overnight.