



Manaslu Round Trek - 17 Days

Manaslu Region offers you with wide varieties of trekking options. This reason is suitable for tea house trek as well as for camping treks. Some of the other most popular treks in Manaslu region are **Manaslu Circuit trek, Manaslu Base Camp Trekking; Manaslu Larke passes Trek, Tsum Valley Trek** etc. If you are looking for the best trek in the Manaslu region, the favourable weather is between September to May.

So you are desperately wanting to experience the rural beauty of Nepal and also wishing to make lifetime memories, then do not wait for a second to sign out with **Visit Mount Treks and Tours**. We will provide you with highly experienced guides with good networking in the Himalayan areas. Where you can freely trek without any sorts of troublesome. We will also help you to prepare permits so that you can genuinely involve yourself in some of the **adventurous** in the lap of the rural part of Nepal.

HOW DO WE START MANASLU BASE CAMP TREKKING?

We start our **Manaslu Base Camp** Trekking after the arrival at Kathmandu. Initially, we take a long drive to the town of Arughat from Kathmandu passing through bamboo forests and Gurung villages for about 6 hours. After we reached to Arughat, which is also the starting point of our **Manaslu trekking**, we cross suspension bridges and make our way through beautiful forests, and Gurung villages.

We also pass through Budhi Gandaki river, village-like Jagat, Deng, Namrung, Samagaon and hike to the old monasteries nearby named as Pung Glen Gompa. We take **acclimatization** at Sama Gaun. After trekking for some days we get to the highest point of the trek **Larke La Pass**.

The view from the Larke La Pass is mind-blowing, we will see **Himal Chuli, Manaslu, Cheo Himal and Himlung Himal mountains**. In this way, we will discover the culture and topography of the region. And at last we descend towards Jho, Jagat and Bhulbhule to reach Besisahar from where we drive back to Kathmandu.

Our Manaslu Base camp is one of the **longest trekking** which lasts more than 2 weeks so it is better to be in a good physical condition with proper fitness level. As trekkers, we prefer March to late May in the Spring Season and early September to the late November in the Autumn as the best season for trekking in the Manaslu Region.



PRICE INCLUDES

- All airport pick up and drop by a private vehicle
- 3-night stay in twin sharing room in Kathmandu two star Category
- Kathmandu to Soti Khola and Dharapani to Kathmandu by public bus (Private vehicles are also available on additional cost)
- ACAP and MCAP permit and special permit for Manaslu Trek
- Accommodation in the tea house during the trek
- Three meals a day including breakfast, lunch and dinner and tea coffee during the trekking
- A highly experienced, helpful, Friendly, knowledgeable, well- English speaking, Government license holder guide with all his salary, food, drinks, accommodation, transport and Insurance
- Medical support kit box
- All applicable government and local taxes as per the itinerary
- Farewell Dinner (Nepali Cuisine)

PRICE EXCLUDES

- Nepal Visa Fee
- International airfare to and from Kathmandu
- Dinner and Lunch in Kathmandu Hotel
- Personal travel and health Insurance, Insurance for helicopter evacuation
- All entrance fee during sightseeing
- Extra night accommodation lunch and dinner in city
- Personal expenses
- 2 guest = 1 porter
- Tips to the trekking crews and drive
- Equipment (sleeping bag, down jacket, trekking pole etc)
- Extra expenses due to flight delays, strikes, weather condition or any event out of our control
- Expenses for beverages, drinking water, desserts, extra porters, shower, laundry or any other services which are not mentioned by the company



ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and transfer to hotel

This is the arrival day at Kathmandu. One of our office staff or representative with a warm greeting and then you will be transferred to your hotels in the city. Checking into your rooms and getting refreshed. overnight in Kathmandu.

Day 2: Preparation day for trekking

On the day very second you will have a short sightseeing in Thamel areas. Later in the afternoon, the whole group is briefed about the trekking. Overnight at Kathmandu.

Day 3: Drive to Soti Khola via Arughat

In the Morning, an attractive overland journey heading Nepal Mid-West on the country and the main highway as the journey continues heading into low warm areas past farm villages and towns with views of snow capped peaks. As the journey continues with few refreshing stops heading west to reach at Dhading and towards Gorkha district unto Arughat town by the raging Budhi-Gandaki River, from here drive continues on newly built dirt along Budhi-Gandaki River past farm villages reach our first overnight stop at Soti Khola, a small farm village.

Day 4: Trek to Machha Khola

On the Forth day our walk begins from Soti-khola, where route leads into a steep valley, within densely forested areas and into number of villages to reach farm cultivated field villages and then path descends towards wide, sandy river banks following a trail that meanders below along the valley side. After a good walk of the day with last short climb on the trail to Machha Khola for over night stop, with a number of teashops with small lodge, the word Maccha Khola means Fish Stream.

Day 5: Trek to Jagat

On the fifth day, a long day walk to reach at Jagat village, as our route leads following winding up hill path leaving the river for sometimes then reaching past Tato-pani 'hot spring' time permitting enjoy the refreshing bathe on hot-spring. As journey continues heading cooler areas into forested areas then finally our day walks ends at nice village in Jagat, which is a moderate size village of mixed hill tribe that makes this place more interesting.

Day 6: Trek to Dyang

On the sixth day, a morning walk leads to cooler areas as walk leads uphill into farm villages with well tended fields of rich crops of barley, wheat as per the season around the nice village of Philm. After Philm walk leads to neat farm terraces of golden fields of wheat's and barley, then a climb towards rocky ridge within the bamboo groves area to our overnight stop at Dyang village.

Day 7: Trek to Ghap

On the seventh day leads to the cooler area with the slow rise in elevation, as walk enters within Himalayan high areas, where first – day walk leads downhill to the river side to reach Bihi Bazaar a small village by the river. From here on where you will soak into more Tibetan culture of Buddhist religion, as our walk continues on a gradual path with few short ups and downs to reach at Ghap village for an overnight stop.



Day 8: Trek to Lo - Gaon

On the eighth day from Ghap village walking along Budhi Gandaki River after a short walk cross the river towards small farm villages at Numrung village with closest views of Mt. Manaslu North Face includes its range of peaks. Our journey continues past villages of Banjham, Lhi and Sho, as altitude gains to reach with an hour up to Lo-Gaon for overnight stop. On the fifth day, a long day walk to reach at Jagat village, as our route leads following winding up hill path leaving the river for sometimes then reaching past Tato-pani 'hot spring' time permitting enjoy the refreshing bathe on hot-spring. As journey continues heading cooler areas into forested areas then finally our day walks ends at nice village in Jagat, which is a moderate size village of mixed hill tribe that makes this place more interesting.

Day 9: Trek to Sama - Gaon

On the ninth day's walk leads to main large village of upper Manaslu at Sama-Gaon where tree lines disappears for short juniper bushes with some willow trees, morning walk follows a nice trail with views of Manaslu peaks, as walk proceeds to end the day at Sama-Gaon for overnight stop, one of the largest villages of upper Gorkha district which lies route Manaslu base camp.

Day 10: Rest day at Sama Gaon

On the tenth day is an important rest day at this high altitude for acclimatization before reaching higher terrain unto Larke-la pass, here with enough time to explore around village of great interest adorned with Tibetan Buddhist religion and culture. On this leisure day enjoy walk up to Sama Gompa just above the village one of the major Nyligpa (red hat sect) Monastery of the region.

Day 11: Trek to Samdo

Today walk leads to remote and last village of Manaslu area of Upper Gorkha region, where Samdo lies close on route to Tibet border, the native of the area have long history trading with Tibet, the trade continues till present. As walk leads with slow up with fabulous views of peaks and then reaching at Samdo village, a moderate size village with shops and stores selling many Chinese goods.

Day 12: Trek to Dharamshala Larke Phedi

From Samdo we enjoy half day walk to Larke Phedi means bottom of the hill or pass also called Dharmasala, after overnight at Samdo village, morning walk heading into dry and barren country. As altitude gains walking on trail that leads to few short ups and downs then completing the day walk on reaching at Larke Phedi, with afternoon free at leisure and preparation for the next day early climb over highest point of the adventure Larke-La at 5,106 m high.

Day 13: Cross Larke - la to Bhimthang

One of the longest and big days of the adventure, start with early breakfast and then heading to a slow climb to reach on top Larke-la pass, as walk progress encountering a steep path rewarded with fabulous views of Mt. Manaslu, Larke peak, Bouddha Himal, Himal-Chuli and Peak 29. After a strenuous climb on reaching the pass, the top marked with Buddhist prayer flags and cairns of stones, enjoy the super views of great giant peaks, after a refreshing break, along descend to reach at Bimthang for an overnight stop. Bimthang located on a beautiful green valley surrounded with tall rhododendron and pines trees enjoy the afternoon with rest after the longest walk of the adventure.

Day 14: Trek to Gho



After a tough long walk of previous day, from here on an easy trek with much descend into forested areas all the way to Gho, located in the middle of the forest.

Day 15: Trek to Dharapani

On the fifteenth day from this small settlement in the middle of the woods at Gho, morning walk leads downhill all the way to reach at Telje village located by the Masrsyangdi River, after a rest at Tilje, continue our last day walk of the adventure with last final climb to reach at Dharapani for overnight stop in a nice lodge. Dharapani a large village with many fine lodges located in Manang district and on popular Annapurna Circuit trekking trail.

Day 16: Drive to Kathmandu via Besisahar Lamjung from Dharapani

Ending our adventurous and scenic Manaslu Circuit Trekking at Dharapani, morning drive leads into several farm villages following Marysangdi River downstream reaching low and warmer areas, past Tal, Chamje and another Jagat village, as drive leads continues on good road to large town at Besisahar, headquarter of Lamjung district. From Besisahar with time for rest and possible lunch stop, continue drive back to Kathmandu on good road, on reaching Kathmandu check into your hotels with rest of the evening free at leisure with last day in Nepal.

Day 17: Final International departure from Nepal

On the seventeenth day will be your last day in amazing Nepal, the land of Himalayan wonders as per your international flight time back home or to respective connecting destinations. Our staff and guide transfer you to Kathmandu airport after a mesmerizing memory and great time on Manaslu Circuit Trekking.