

## Manaslu Trek



### Introduction

**Manaslu** is a stunning trek with spectacular views of Mt. Manaslu (8163 m), Ngadi Chuli (7879m.) or (peak 29) and the Ganesh Himal Range and interesting Tibetan-style Buddhist villages, protected wildlife, rhododendrons and wild flowers, raging rivers, precarious bridges. The trek has restricted area, it requires a special permit which is issued by our company. The group has two or more members and that a government certificate holder **trekking guide** leads the group. The trail follows the spectacular Budhi Gandaki River all the way from Arkhet to its source just below the Larkya Pass (5125 m). As you start low, at around 608 m, the landscapes are incredibly varied ranging from green countryside and lush forests to spectacular high altitude landscapes skirting huge glaciers. Some call it the best all-round trek in Nepal. It's certainly a great alternative to the Annapurna Circuit. Camping is not required unless you go off the beaten track. The crossing of the **Larkya Pass** (5125 m) can be tough when there is snow. However, the stunning landscape with the mighty Himalayas towering straight above you and the spectacular glaciers make it more than worth the effort. The pass links the Budhi Gandaki with the Marsyangdi valley. The descent passes through beautiful alpine meadows at **Bhimtang** before joining the main Annapurna Circuit route heading to the trail head at Chyamche. Manaslu trek is getting more and more popular as a new trekking destination. Due to the increasing number of travelers, lodges in the major places are being developed. So, now you can trek by staying on **local lodges (tea houses)** without camping in this area. The trek starts in **Arkhet** and ends in **Chyamche** which is also the starting point for the Annapurna circuit. The trek can be made longer or shorter depending on the length of your walking days and starting point. You can combine the Manaslu Circuit with the Tsum Valley, a beautiful, secluded valley where century old Tibetan traditions prevail.

## Trip Facts

Trip Duration	16 Days
Trip Grade:	Strenuous
Best Season	March to May & September-November
Per Day Hiking:	4-9
Elevation	Minimum 700m-Maximum 5125m
Accommodation	Lodge and Hotel
Transportation	Car/Jeep/Bus/Van

## Cost Includes

### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 3 Nights Hotel in Kathmandu on BB Plan.
3. Kathmandu-Arkhet Bazar and Chyamje -Kathmandu by Bus or Jeep.
4. All the Meals (Breakfast, Lunch and Dinner) and accommodation during the trek.
5. One experienced and qualified English speaking guide and required porters.
6. Manaslu restricted trekking permit fee.
7. Manaslu / Annapurna Conservation area (MCAP) and (ACAP) permit fee.
8. First Aids Kit.
9. Local seasonal fresh fruit like orange, banana, apple, grape etc.
10. 13% government VAT and Official charge.

### What are Excluded?

- International airfare and visa fee (15 days for USD\$25 and 30 days for USD\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks such as: coke, beer, mineral water etc.
- Your Trekking Gears and Personal shopping.
- Your travel insurance which should include emergency rescue.
- Tips for the staffs.

## Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Manaslu Restricted Permit preparation day

**Day 03:** Drive to Arkhet

**Day 04-14:** Trekking

**Day 15:** Drive to Kathmandu

**Day 16:** Departure from Kathmandu (1350m).

## Itinerary Details

### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

### 2. Manaslu Restricted area Permit

Manaslu Restricted area Permit and trekking gears Preparation.

### 3. Kathmandu - Arkhet

Drive from Kathmandu to Arkhet by public bus (620m, 9 hours driving), overnight at Lodge

### 4. Arkhet Bazar - Machha Khola

Trek from Arkhet Bazar to Machha Khola (869m, 6-7 hours walking) , overnight at Lodge

### 5. Machha Khola - Jagat

Trek from Machha Khola to Jagat (checkpoint), (1340m, 7 hours walking) , overnight at Lodge

### 6. Jagat - Deng

Trek from Jagat to Deng (1860m, 6-7 hours walking) , overnight at Lodge.

### 7. Deng - Namrung

Trek from Deng to Namrung (2630m, 6-7 hours walking) , overnight at Lodge.

### 8. Namrung - Samagaon

Trek from Namrung to Samagaon (3520m, 5 hours walking) , overnight at Lodge.

### 9. Rest day in Samagaon

- Trip to Pungyen Gompa
- Way to Manaslu Basecamp
- Birendra Tal

### 10. Samagaon - Samdo

Trek from Samagaon to Samdo ,(3875m, 3-4 hours walking), overnight at Lodge.

**11. Samdo - Dharmashala / Larke Phedi**

Trek from Samdo to Dharmashala/ Larke Phedi (4460m, 4 hours walking) , overnight at Lodge.

**12. Dharmashala - Larkya La Pass- Bimtang**

Trek from Dharmashala to Bimtang (3590m, 7-8 hours walking) via Larkya La Pass (5160m), overnight at Lodge.

**13. Bimtang - Gho**

Trek from Bimtang to Gho (2515m, 5-6 hours walking), overnight at Lodge

**14. Gho - Dharapani**

Trek from Gho to Dharapani (2 hrs walking) Dharapani- Besishahar (830m, 5/6hrs driving) and overnight at Lodge.

**15. Besishahar - Kathmandu**

Drive from Besishahar to Kathmandu and overnight at the Hotel in Kathmandu.

**16. Departure to your Home.**

Final departure to international airport to fly your home country.