



Global Treks & Expedition P. Ltd.

**Chakshibari Marg 591, Thamel
Kathmandu, Nepal**

Mount Manaslu Trek Brief Itinerary

Day 1 : Arrival to Kathmandu. (1,350 M)

Our guide will meet you at the airport after that you will be taken to the hotel where you prefer to stay. Some hours will give you for the rest and then in the hotel, Guide will briefing about the activities and the equipment.



Day 2 : Kathmandu Sightseeing

Next day morning we have a guided tour of some of the city's most memorable sights. The afternoon is free for relaxing or further independent sightseeing.

Day 3 : Drive from Kathmandu to Sotikhola

From Kathmandu we drive through the foothills of the Himalaya to the village of Aarughat Bazaar (670 m) in the Budhi Gandaki Valley. We will drive or trek through the villages of Aarkhet and Kyropani to reach the confluence of the Budhi Gandaki with its tributary Sotikhola.

Day 4 : Sotikhola to MachhaKhola(890m)

We continue our ascent of the Burhi Gandaki on an undulating trail, finally climbing to reach the village of Machha Khola (890m).

Day 5 : Machhakhola to Jagat(1410m)

We travel through forests of bamboo and Rhododendron and then sections where the trail climbs high above the river to negotiate deep gorges, before arriving at a wide and open part of the valley. Here we check into a lodge in the village of Jagat.

Day 6 : Jagat to Deng (1860 M)

We trek through terraced hillside on an undulating trail. We cross the river on a suspension bridge at Nagjet and recross to climb to Nyak. From here the trek continues to the Gurung village of Deng (1860m), a superb viewpoint for the peaks of the Shringi Himal to the north east. We overnight in a lodge at Deng.

Day 7 : Deng to Namrung (2,630 M)

We cross to the east bank before continuing north. We traverse a very dramatic section of the gorge as the river turns towards the west and we reach the Bhuddist village of Ghap (2,040 m). Crossing now to the south bank, we continue to Namrung (2,630 m) where there is a check post.

Day 8 : Namrung to Lho (3,150 M)

You will Climbing and get our first views of Manaslu North. Our lodge tonight is in the village of Lho .

Day 09 : Lho to Samagaun

We are surrounded by the snowy peaks of Kutang Himal to the north east and Manaslu to the south west. We pass the village of Shala before reaching Samagaun (3,520 M) which has a Gumpa with impressive views of Manaslu

Day 10 : Acclimation day in same place

We have a shorter day today, climbing up to the last permanent settlement in the valley at Samdo (3,860 M.). This is as high as we can go for today until we are better acclimatized to the new altitude

Day 11 : Samagaun to Dharamsala (4,450 M)

Passing the trail to the Gya La, a centuries old trading route into Tibet, we ascend to Duwang (4,450 M) also known as Dharamsala. There is a basic lodge here or we may opt to stay in tents.

Day 12 : Dharamshala To Bhimthang(3720 m)

you will start the trek viewing Cho Danda and Larkya Peak. Taking ascend gradually through the snow enclosed rock and intense Larkya La Pass. Observing outstanding sight of Kangguru, Himlung, Annapurna II and Cheo will take you downward to Bimtang.

Day 13 : Bhimtang to Dharapani(1,963 M)

Next day you will views of Manaslu and Annapurna II as we descend through the villages of Kharche, Gho and Tilje to reach Dharapani (1,963 M), where we meet the Annapurna Circuit trail.

Day 14 : Dharapani to besisahar

From Dharapani to we drive on a rough road by vehicles as far as the large town of Beshisahar.

Day 15 : Back to Kathmandu

Back to Kathmandu along the bank of Marshyangdi and Trishuli rivers with views of green hills, mountains, farming terraces and villages at both sides of the road.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 N Kathmandu Hotel accommodation sharing basis with B/B(Bed & Breakfast)
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners).**
- Lodges/Guesthouses accommodation during the trek.
- Local GLOBAL TREKS English speaking guide.
- All necessary paper works; trekking permits (special permit for Manaslu)
- National Park permits and TIMS permit ACAP & MCAP for trekking.
- Local bus transportation entire this trek. (Kathmandu-Arughat- Beshisahar-Kathmandu)
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges.
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.

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- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in 'Price Includes' section.