



## Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel  
Kathmandu, Nepal

### Manaslu Circuit Via Larkya La Pass Trek Brief Itinerary

#### Day-1 : Arrival to Kathmandu (1,350 M)

Our representative 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. Overnight in Kathmandu hotel.



#### Day-2 : Drive from Kathmandu to MachhaKhola (890 m) (157 KM )

On the following day, you will leave Kathmandu about 6.30 am drive to Machha Khola via Dhading, Gorkha, Arughat Bazaar. This road journey offers you beautiful views of hills, rivers, and rural villages along the Budhi Gandaki River. The terrace which will come to appear to belong to Lapbesi. (local village) where you Stay overnight at lodge.

#### Day-3 : Trek from Machhakhola to Jagat (1,410 m) - (13.5 km )

You cross the Machha Khola - Fish Stream - and head upstream to the tiny village of Khola Bensi and the hot springs at Tatopani. The valley sides are steeping until they are impassable and the route then switches to the left bank by way of a suspension bridge. The trail is quite exposed and challenging in places. After a short section of the forest path, you reach the single teahouse at Dovan. Above Dovan, the Buri Gandaki descends an impressive series of rapids. Beyond this steep section, the river is much more placid, meandering across a broad gravel bed. At Lauri, you re-cross the river on a suspension bridge, and then climb on a high path to the fields of Jagat, where you camp.

#### Day-4 : Trek from Jagat to Dyang (1,800 m) - (20 km )

From Jagat, you will head to Film after taking breakfast. At first, you will take upward and downward movement. Then, the trail will again make you scale up where you will get to view the pleasant setting of nature. Taking downward movement passing the river you will ascend to Saguleri and from here you can capture the sight of Sringi Himal. For another time you will pass from Gata Khola viewing Ganesh Himal.

#### Day-5 : Trek from Dyang to Namrung (2660 m) - (19 km )

Moving all through the Alpine area, adding the views of mountains with some mani walls will take you to Namrung. Before that, you will also pass the Budhi Gandaki and over the village, you can enjoy the beautiful village with extensive pastures.

#### Day-6 : Trek from Namrung village to Shyala (3,500 m) (18 km )

From Namrung to the pretty village of Shyala (3,500 m), which offers incredible view of Mt. Manaslu and Himalchuli, you pass through cultural communities like Lihi and Lho. You'll see people going about their everyday lives in the mountains as you travel through stone villages and forests.

#### Day-7 : Trek from Shyala to Samagaun via Pungyen Monastery (3585 m) (17 km )

+9779851002579, +977-1-4701585

[info@globaltreksnepal.com](mailto:info@globaltreksnepal.com), [globaltreksnepal15@gmail.com](mailto:globaltreksnepal15@gmail.com)

The path then proceeds towards Samagaun (3,585 m) with a detour to the beautiful and peaceful Pungyen Monastery, where you can see how the glaciers sit in breathtaking, calmness and feeling the spiritual energy. The path reveals beautiful scenery, accompanied by occasional sightings of Himalayan fauna. Reaching the heart of Manaslu.

#### **Day-8 : Acclimatization Day Hike to Manaslu Base Camp (4800 m) - (13.5 km)**

Day 8 is a rest day to help your body get used to the high altitude. You can take an easy hike to Manaslu Base Camp, which is a beautiful spot near the big mountain. This helps you feel stronger for the harder days ahead. You will spend the night again in Samagaun.

#### **Day-09 : Trek from Samagaun to Samdo (3,860 m) - (5km )**

you will trek towards Manaslu Glacier all through the forests occupied by birch, juniper, and rhododendron. You will ascend and stroll below a stone arch to Samdo. Samdo, the trekking trail divides to the Tibetan border.

#### **Day-10 : Trek to Dharmasala / Larkya La Phedi (4,460 m) - (6 km )**

you will leave Samdo and head to trek Dharamsala where the level of difficulty will add. Covering higher altitude and viewing Larkya Glacier you will take upward all through the juniper forests. you will start the trek viewing Cho Danda and Larkya Peak. You will spend a night in Larkya la phedi.

#### **Day-11 : Cross Larkya la 5,106 m and decent to Bhimthang (3,790 M) - (16 KM )**

As you cross the challenging **Larkya La Pass** (5,106 m), offering breathtaking views of Himlung Himal, Annapurna II, and Kang Guru. After conquering the pass, you descend to Bhimthang (3,790 m).

#### **Day-12 : Trek from Bhimthang to Tilje village (2300 m) - 4 hrs - 13km) then drive to Besisahar**

will make you sense a trouble less trek. Again viewing remarkable panoramas of the astonishing peak you will continue the trek. The forest, the pasture land all will greet you and will take you to Gurung village which is known as Tilje. From Tilje, you'll drive around 3 hours to Besisahar for the night.

#### **Day-13 : Drive back to Kathmandu or Pokhara by local bus (1350 m/175km)**

Now drive back to Kathmandu or Pokhara. After finishing your trek, you'll take a long but scenic ride through hills, rivers, and villages. You'll finally reach the city where you can rest, relax, and enjoy a good meal after your big mountain adventure.

#### **Day-14 : International departure for homeward bound.**

The trip concludes today. Our Airport Representative will drop you at the international airport in Kathmandu for your flight departure from Nepal carrying unforgettable memories of the Manaslu region.

#### **Cost include**

- Airport / Airport pick up & drop by private tourist vehicle.
- 2 N Kathmandu Hotel accommodation sharing bases with B/B( Bed & Breakfast)
- All your standard mentions Meals during the trek (**B-Breakfasts, L-Lunches, D- Dinners**).
- Lodges/Guesthouses accommodation during the 7 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Private transportation entire this trek. ( Kathmandu-Aarughat-Kathmandu)
- Food, accommodation, salary, insurance and medicine for all staff.
- All our government taxes, vat, tourist service charges

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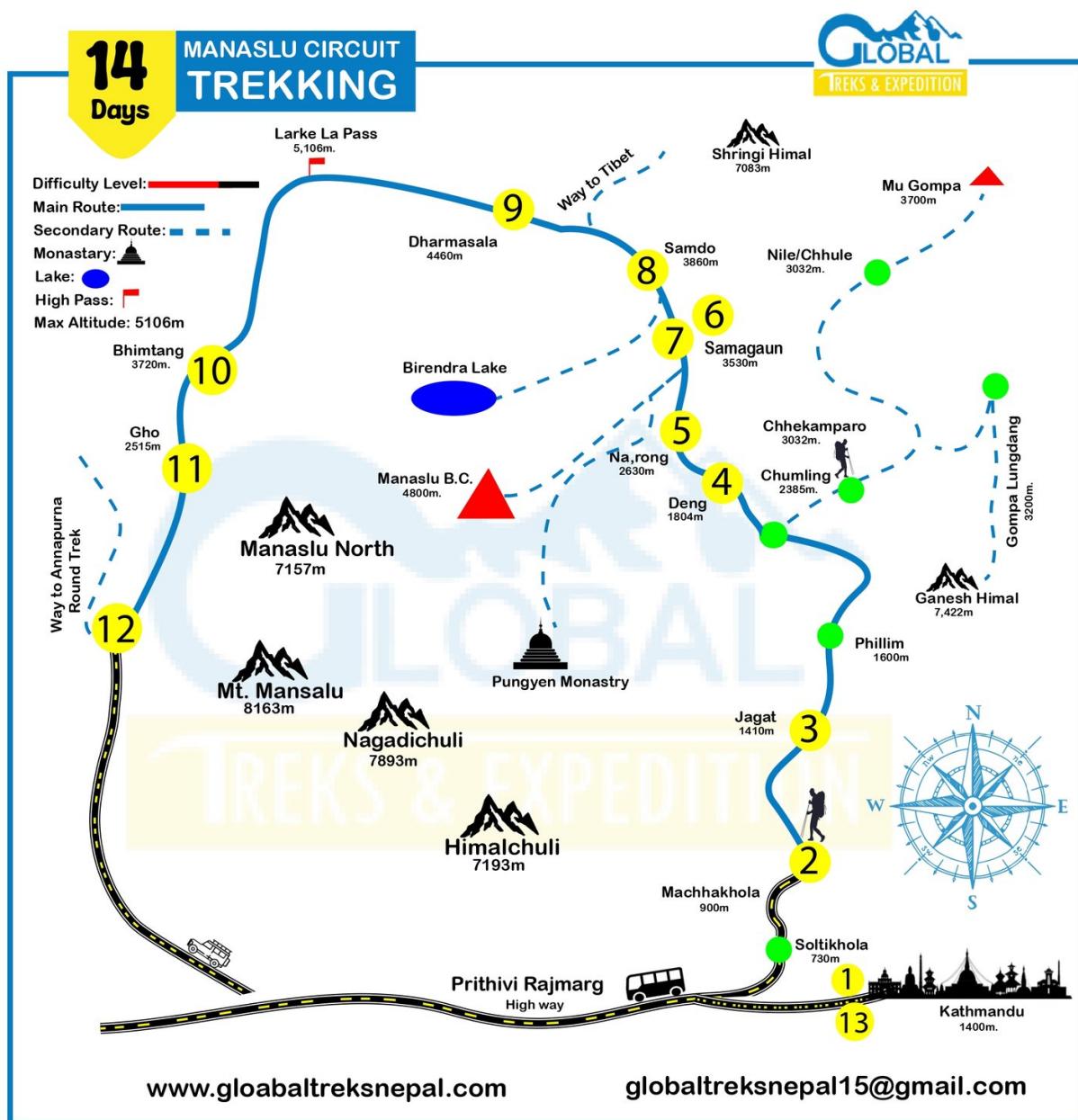
[info@globaltreksnepal.com](mailto:info@globaltreksnepal.com), [globaltreksnepal15@gmail.com](mailto:globaltreksnepal15@gmail.com)

- Official expenses.

## Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- 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 on 'Price Includes' section.

## Trip Map



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*info@globaltreksnepal.com, globaltreksnepal15@gmail.com*