



Himalayan Dream Team Treks & Tours Pvt. Ltd.

registration number PAN 601874246
Address: 7 Corner (Satghumti),
Thamel-16,
P.O. Box: 25177,
Kathmandu, Nepal.

Mountain of the spirit

Manaslu trekking

Manaslu Trekking is an attractive trekking route, providing pristine mountain views, a rich culture and genuine adventure around the 8156m high Manaslu. The area opened in 1992 and offers a combination of genuine culture heritage, incredibly beauty and a great biological diversity. Not many trekkers visited this pristine region which makes a trek here still an unique and unspoiled experience. The area is marked by two cultural and historical highlights: Gorkha, which is the ancestral seat of the Royal Shah dynasty and the temple of Manakamana. The trekking in this region elevates from 1000 meters to high pass of 5200 meters.

Manaslu region is encircled by the eight highest mountains of the world, close to Chinese border. The trekking gives you an idea about intact tradition & culture, high & remote mountain trails.

Tibetan monks inhabit sacred monasteries & combined with the views of Tibetan plateau against snow capped Himalayas proves it as a truly spiritual place. As we continue further, we can visit very old monastery "Sama Gompa" at Sama Gaou, along with close up view of Mt. Manasalu, and our biggest challenge will be crossing Larkya La pass (5.214m), where you are rewarded with great mountains views & descending from alpine to tropical areas, bursting with ferns, bamboos, pine, waterfalls & aqua-blue green lakes laced with white beaches, makes it severely rewarding.

Day 01: Arrival in Kathmandu, o/n in a hotel +D

Himalayan Dream Team will pick you up at the international airport for your transfer to the hotel. As a welcome you will have a typical Nepalese dinner with some of the staff members, typical food coming up! And do not forget to try our typical Nepalese drink with great mood of cheers.

Day 02: Sightseeing/free day in Kathmandu, preparations for climbing/permits, o/n in a hotel +B

After breakfast we will start for the sightseeing tour in the Kathmandu, visit the main temples of Swoyambhunath (Monkey temple), Pashupatinath, the most venerated Hindu temple of Nepal and Bouddhanath, the biggest Buddhist stupa of the world. In the afternoon we show you Durbar square with an orientation tour through lively Thamel. Transport and entree fees included!

Day 3: Driveto Arughat, (550m, 7/8hrs) o/n in lodge +B/L/D

Take a drive from Kathmandu to Arughat by local bus. This drive is beautiful for it goes through beautiful countryside with the Ganesh Himal range at the horizon.

Day 4: Trek to Lapubesi (787m, 6/7hrs) o/n in lodge +B/L/D

The trail ascends gradually crossing through small villages of Gurung tribes. After the lunch the trail goes ahead following the Budi Gandaki River. Then the trail goes down allows you to walk through the forests and a few waterfalls. You will nestle down at Lapubesi.

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Day 5: Trek to Machhakhola (825m, 5/6hrs) o/n in lodge +B/L/D

The trail moves further passing by amazing landscape and alpine pastures. Following river bank of Budhi Gandaki, the trail ascends gradually, and passes through forest. After you pass by Georges and a few waterfalls you ascends to Machhakhole, passing by some Gurung settlements, and crossing few tributaries of the Budhi Gandaki. At the edge of the hills far away you can see the glimpse of Sringi Himal (7187 m). It takes extra few hours to the amiable village of Machhakhola.

Day 6: Trek to Jagat (1330m, 6/7hrs) o/n in lodge +B/L/D

the day starts with a steep descend via stairs to the Budhi Gandaki. Cross the Budi Gandaki by suspension bridge. Again following the Budi Gandaki River will allow you to see the beautiful river valley and snow capped mountains like Buddha himal, Sirangi Himal, Peak 29 etc. This is the same day when you inside the Mansalu Conservation area. Jagat has a surprisingly beautiful slate-paved trail.

Day 7: Trek to Philim (1560m, 4/5hrs) o/n in lodge +B/L/D

The day trail gets developed with gradual uphill walk. It goes further with river valley and passing by many villages. Chances to see different life style, vegetation, landscape, Philim is also one of the beautiful villages of this area, and especially the village is the inhabitant of Gurung people.

Day 8: Trek to Deng (1860m, 5/6hrs) o/n in lodge +B/L/D

this trail keeps ascends passing by some forests and small settlements of Lamochoutara Chisopani. The Budhi Gandaki gorge gets quite narrow, which makes for an impressive landscape, with steep rocks towering high above you which is followed by tropical lush forest, with lots of bamboo. The trail climbs high above to the entrance to the Nubri Valley which is highly influenced by Tibetan Buddhism. We can see mani walls (walls with loose stones, with Buddhist inscriptions carved on it) and stupas (chortens) stone. It takes another half hour to reach Deng.

Day 9: Trek to Namrung (2580m, 5/6hrs) o/n in lodge +B/L/D

You continue northwards and cross the Budhi Gandaki. The trail offers dramatic views of the Budhi Gandaki gorge. You cross a few wooden bridges and pass a beautiful waterfall, and then enter the village of Bihi Fedi. From Bihi Phedi you can continue straight to Ghap or make a small village. The trail then climbs through the forest to the village of Prok with beautiful traditional houses and monasteries.

Trail goes into beautiful woodland of rhododendron with lots of birds and a good chance to see langurs. You will nestle at Namrung which is provides good chance to explore interesting architectural characteristic.

Day 10: Trek to Samagaon (3480m, 6/7hrs) o/n in lodge +B/L/D

The trail goes down to the beautiful fields, and fir, rhododendron and oak forest. You get acknowledged with Tibetan culture, with most people wearing the traditional Tibetan dress, small monasteries and lots of stupas and mani walls. You get closer to the mountains, and have beautiful views of Himal Chuli, Mount Pangar, Larke Himal and Arka Gurung Chuli, among others. Besides, Mount Manaslu is coming into view.

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Another 3 hours walking will take you to Lho which possessed excellent view of Manaslu (8163m) and Manaslu North (7157m), which are very close. From Lho it takes 4-5 hrs to step in, to the large village of Samagaon.

Day 11: Trek to Samdo (3865m, 5/6hrs) o/n in lodge +B/L/D

the trail to Samdo goes north through wide yak pastures, long mani walls. You have beautiful views of the Himalayas, among which HimalChuli and Buddha Himal. You enter Samdo through a beautiful white gate stupa. Samdo is a charming village at the base of the Samdo Himal (6335 m).

Day 12: Rest day in Samdo, o/n in lodge +B/L/D

There are two options for us today. The option that we highly recommend is a hike, up the valley directly at the back of the Samdo village. This hike will take us to one of the trade passes to Tibet for excellent views of Mt. Manaslu along with other Himalayan ranges including Simrang, Hiunchuli, Ngadi, Larkye Peak, Cheo and possibly Kang Guru behind the pass. En route to these viewpoints we pass many seasonal herding settlements called doksas and sight some beautiful mountain birds like the Lophophorus (the national bird of Nepal), Lammergeyer and Himalayan Griffin soaring high above us. Another option for today could be a trip to the Gya La ('large pass') to the north of Samdo, a more frequently used trading route to Tibet. But, this is a rather longer hike (whole day) and hence could be a little tiring.

Day 13: Trek to Dharamsala (4470m, 4/5hrs) o/n in lodge +B/L/D

The trail gets start with gradual ascends and crosses over few rivers .You have beautiful views of Manaslu North and Arko Gurung Chuli. After about 3-3 ½ hours you reach Dharamshala, or Larke Phedi,

Day 14: Trek to Bimtang (3740m, 6/7hrs) o/n in lodge +B/L/D

Wake up early in the morning (around 5:00 am) because the (very icy) wind gets stronger later in the day. The trail climbs over a ridge behind Dharmasala and goes beside a large cross moraine of the Larke Glacier. The climb is not too difficult but it is long and rocky underfoot. The trail climbs on several rocky moraine hills and you find yourself surrounded by these rocky hills and snowy ridges beyond. You pass a few small shallow lakes, just before the final climb to the prayer flags marking the first part of Larke Pass. It normally takes 4-5 hours to reach Larke Pass from Dharamshala. The scenery is breathtaking, with the mighty Himalayas all around you, like Larke Peak, Larkya Himal, Himlung (7126 m), Cheo Himal (6812 m), Upche Danda, Ponkari and Namjung

Day 15: Trek to Tilche (2550m, 5/6hrs), o/n in lodge +B/L/D

Going downhill through the forest. You will see beautiful Mountain View and rivers valley. At Tilche you will see different cultures, lifestyles, vegetation, and even wildlife if you are lucky.

Day 16: Trek to Tal (1700m, 6/7hrs) o/n in lodge +B/L/D

Descend gradually through the beautiful forest and you will catch the Annapurna Circuit trail one of

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the famous trekking route of Nepal. The encounter with this new trail will add extra flavor in your journey.

Day 17: Trek to Syange (1109m, 3/4hrs) o/n in lodge +B/L/D

this is the last day of our trek. The tough but pleasant days you have walked for couple of weeks is comes to the conclusion when you arrive at Syange. The take a drive over bumpy road to Besisahar. The way is downhill through the Marshynagdi valley with the view of Marshynagdi River, waterfall, mountain and the villages.

Day 18: Drive to Kathmandu (8/9hrs) o/n in a hotel +B/L

The drive from Syange to Kathmandu via Besi Sahar offers one an opportunity to enjoy both hill and mountain landscapes. The drive is often along the banks of the Marsyangdi and Trishuli rivers. We also drive by some beautiful villages with farming terraces on both sides of the road.

Day 19: Free day for shopping , o/n in a hotel +B+D

The free day in Kathmandu either will be for leisure to rest or for perhaps some shopping before going home or further trek /tours or explore any sights we missed during our first day in Kathmandu.

Day 20: Transfer to international airport for fly back to home +B

Trip highlights:

- Authentic Nepali style welcome dinner in Kathmandu
- Sightseeing main attractions in Nepal's capital
- Exciting Bamboo bridge to cross
- Familiarizes to the multiethnic villagers of the region
- Tibetan Buddhist gompas
- Rara views of Mt. Manasalu (8163meters) from the north

Price:

From € 1.525 p.p. based upon 2 participants

Included:

- Welcome dinner upon arrival
- Sightseeing in Kathmandu with private transport and guide, entry fees temples and all monuments
- Hotel with breakfast in Kathmandu
- Teahouse/Lodge during trekking

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- Full board during trekking B/L/D
- All equipment and local, public transport according to program
- All necessary staff with experienced English speaking trekking guide and porters to carry luggage,
- All necessary paper works; Special permit for Manasalu and trekking permits
- Staff insurance
- All government and local taxes

Excluded:

- International flights
- private transport
- Nepal visa fee USD 40 for 30 days and 4 passport sized pictures
- Travel and rescue insurance (*please make sure your insurance covers emergency transport from mountains)
- Personal expenses
- Tips for guides and porters
- Extra costs in case of unforeseen changes in the planned program (e.g. weather conditions)
- All others that is not mentioned in the Include section