Ultimate Manaslu Trek



Duration :	23 Days
Group Size:	2+
Max. Elevation:	5306M, Kang La Pass
Best Season	Sep-Nov/March-May
Trip Grade	Moderate - Hard
Transportation	Public Bus/Car/Jeep
Meals	B+L+D
Trip Route	Arughat - Machha khola - Philim - Namrung - Samagoan - Larkye Pass 5130m - Dharapani - Besisahar to Kathmandu

Trip Highlights

- Moderately hard trekking trail embedded in the Himalayas lasting medium period with some challenging sections with adventure.
- Small Himalayan passes topped with the high Larkey La (5160 m) and Kang La (5036 m) passes in the trail.
- Himalayan culture, tradition, religion, and lifestyle of the Manaslu and Nar-Phu Annapurna region.

- Fantastic view of the Manaslu, Dhaulagiri, Annapurna, and surrounding small and significant Mountain ranges.
- Rare wildlife and vegetation, showcasing of the lower Himalayas and sub-tropical climatic regions.
- Beautiful Buddhist monasteries with amazing architecture and art.
- Magical sunrise and sunset views of the scenic landscape of the Himalayas.
- Lower Himalayan and hill cuisine with Yak and Chauri dairy products.
- Authentic trek experience in the lesser traveled trails exploring hill and mountain villages, culture, and, terraced farmlands of Manaslu and Nar Phu regions.

Trip Overview

Ultimate Manaslu Trek is a pristine trekking adventure composed of the best cultural, Himalayan, natural, and scenic delights of the **Manaslu region** in Nepal. To break it down, we can say a combination of the upper Manaslu and the Naar-Phu trail. But every part of this magical route consists of magical scenery and landscape views, topped up with panoramic mountain ranges. Passing through the local settlements and villages, we can peek into a whole different world untouched by modernization. And warm hospitality, with smiles welcoming us here, makes your every step worth it. The trail making up this wonderful trek is of many varieties can experience each of them by completing the Ultimate Manaslu Trek.

This moderately long trek commences from the peaceful settlement of Arughat and goes all the way up to some of the best passes of the Himalayas. **Manaslu Circuit, Larke La Pass 5130M,** and **Nar Phu Valley Kang La Pass 5306**. The view of the Snow-capped Mountains from the path. And especially from the top of these passes is one to remember forever. The Major Mountains like Annapurna, Manaslu, Dhaulagiri, Macchapucchre, Ganesh Himal, and their sub-ranges surround us.

Ultimate Manaslu trek is every photographer's paradise because of learning about the Nubri and other tribal art of living. But one can return with fulfillment from the trekking expedition here. So, step up to the next adventure trek of your travel journey with **Manaslu Guide**'s aid and assistance in the Ultimate Manaslu trek.

We are providing an experienced guide and strong porter from the Himalayan trekking region. We provide group joining services for your travel schedule in the Himalayas, Nepal.

Outline itinerary

Day 00: Arrival at the airport in Kathmandu (1350 m), Nepal
Time: 30 Min.

Day 01: Kathmandu - Arughat to Machhakhola (869 m)

Time: 8-9 hrs drive **Meals:** B+L+D **Accomodation:** Lodge

Day 02: Machha Khola-Khorla Bensi-Tatopani - Dovan to Jagat (1400 m)
Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 03: Jagat-Sirdibas-Philim-Ekle Bhatti-Nyak Phedi to Deng (1750 m)
Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 04: Deng-Rana-Bihi Phedi to Namrung (2165 m)
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 05: Namrung-Lihi to Lho (3180 m)
Time: 4-5 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 06: Lho-Syala to Samagaun (3525 m)
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 07: Rest day in Samagaun (3525 m)
Time: 2-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 08: Samagaun to Samdo (3875 m)
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 09: Samdo-Larkye Bazaar to Dharamsala (4460 m)
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 10: Dharamsala - Larkye Pass 5160mtrs to Bimthang (3590 m)
Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 11: Bimthang - Yak Kharka-Karche-Gho to Tilije (2300 m)
Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 12: Tilije - Dharapani -to Danaque 2300 mtrs
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 13: Danaque - Timang to Koto 2585 mtrs
Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

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Day 14: Koto - Singenge Dharmasala to Meta 3560 mtrs
Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 15: Meta - Kyang to Phu Village 4080 mtrs
Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 16: Explore day around Phu village
Time: 2-3hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 17: Phu village - Kyang to Naar Phedi 3490 mtrs
Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 18: Naar Phedi - Yughat to Nar Village 4110 mtrs
Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 19: Naar Village - Kangla Pass 5306m to Ngawal 3660 mtrs
Time: 8-9 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 20: Rest and visit day in Ngawal Village
Time: 1-2 hours **Meals:** B+L+D **Accomodation:** Lodge

Day 21: Ngawal - Pisang - Dukur Pokhari to Chame 2670 mtrs
Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 22: Chame - Dharapani - Chamje to Besisahar 800 mtrs
Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

Day 23: Besisahar to Kathmandu
Time: 6-7 hrs **Meals:** B+L+D

Costs Included

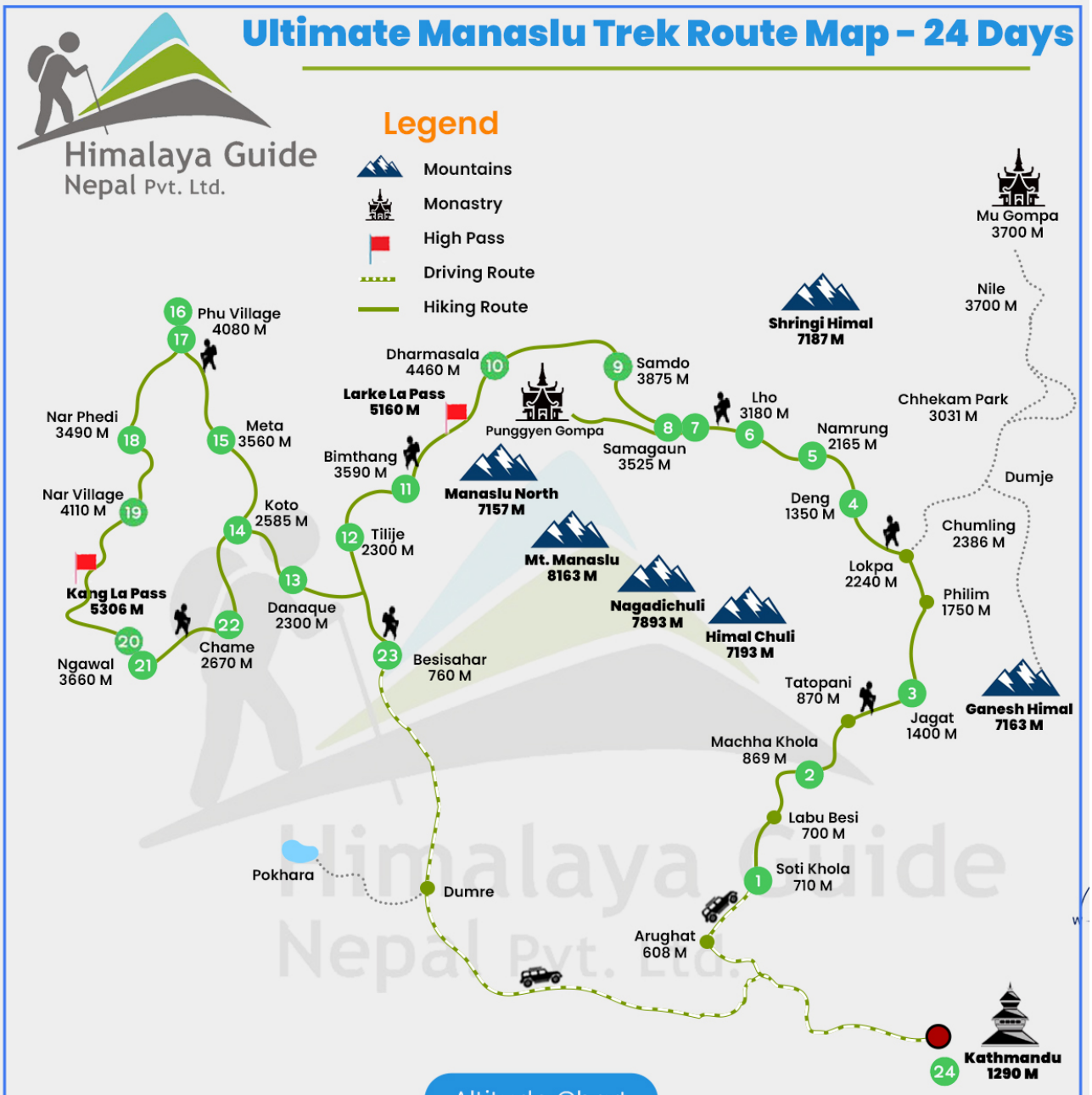
- Airport pick-up and drop-off services.
- 2 nights hotel in Kathmandu on BB Plan before and after trek.
- Bus ticket Kathmandu to Machhakhola local bus.
- Chame to Besisahar by Public Jeep.
- Deluxe bus back to Kathmandu.

- Drop by the hotel in Kathmandu.
- Three meals daily (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way.
- License holder guide (including his salary, equipment, insurance, transportation, lodging, and food).
- Equipment; Down Jacket, Sleeping Bag.
- Legal documents (MCAP permit, Manaslu restricted area permit, ACAP, Nar Phu Restricted permit).
- Local Government fees.
- All Government taxes.
- Trekking and city map.
- First aid box for trekking.
- Some fresh and dry fruits during the trek.
- Token of love from the company.
- Farewell lunch/dinner is a suitable time.

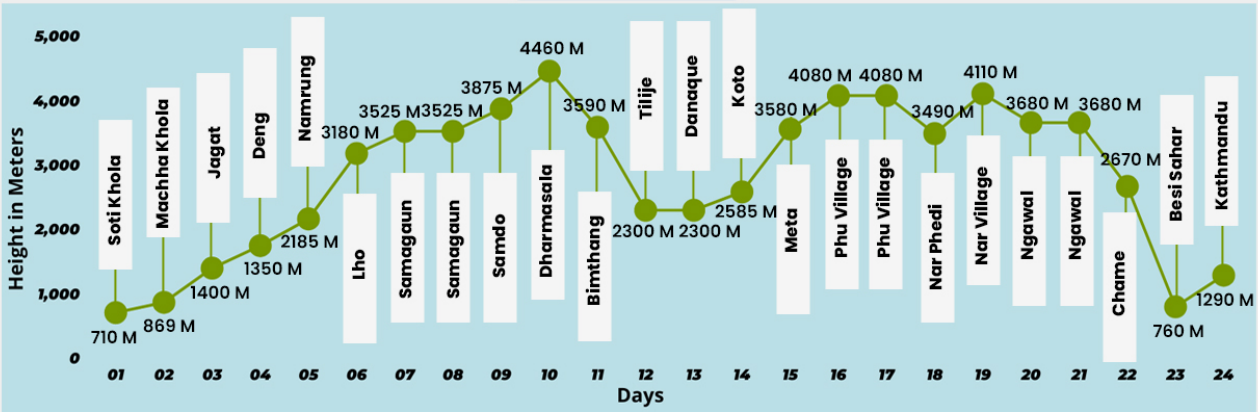
Cost Excluded

- Extra night accommodation in Kathmandu.
- Travel insurance for trekking.
- Cold drinks such as Coke, Mineral Water, Beer, etc.
- Hot drinks, Tea/coffee, and dessert.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge, shower, boiled water, and some donations).
- Tips for the uide.

Ultimate Manaslu Trek Route Map – 24 Days



Altitude Chart



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Your Journey day by day

Day 00: Arrival at the airport in Kathmandu (1350 m), Nepal

Time: 30 Min.

After landing in TIA (Tribhuvan International Airport), our representatives from Himalaya guide Nepal will meet you. You can view the bustling city lifestyle of Kathmandu on your way to the hotel. Visit our office for a quick orientation of the trekking program in Manaslu. Take an evening tour of the nearby places and markets from your hotel. Overnight at a hotel in Kathmandu.

Day 01: Kathmandu - Arughat to Machhakhola (869 m)

Time: 8-9 hrs drive **Meals:** B+L+D **Accomodation:** Lodge

After breakfast today, we will catch a bus from Kathmandu leaving to the eastern hills of Dhading district. The hill highway drive starts your day leading you to the villages of Arughat. The magnificent scenic view of nature from this drive is a perfect booster to kick-start your journey. You will end your day nearby the beautiful Budi Gandaki River in Machha Khola. Once here you can head for a quick village tour.

Day 02: Machha Khola-Khorla Bensi-Tatopani - Dovan to Jagat (1400 m)

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We start the day making our first cross of the Maccha Khola and trek up the trail surrounded by patches of Gurung settlements and hill farmlands. Continuing further in this trail we will reach the village of Khorla Bensi. You can enjoy the organic coffee here in your brief break. We will walk in the paths carved between hill forests to reach Tatopani. Tatopani is a place to relax for a while and rinse up your exhaustion with the hot-water springs. We will cross through a steel bridge from here to reach the village of Dovan (1070 m). Crossing the settlements of Thulo Dunga and Yaruphant in the adjacent side of Budi Gandaki, we will reach the beautiful Gurung settlement of Jagat. Overnight at a lodge in Jagat.

Day 03: Jagat-Sirdibas-Philim-Ekle Bhatti-Nyak Phedi to Deng (1750 m)

Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will have our permits to the Manaslu region checked here at Jagat in the morning. In the meantime you can head for a Tibetan inspired cultural village tour here with the Himalayan view. We will hike up to the Suspension bridge from Jagat and to Salleri. The segment connecting Jagat to Sirdibas is mostly flat and provides you great views of the Siringi Himal (7161 m). Crossing the Gandaki River once more from Sirdibas we will walk about an hour to reach the Philim Village. We will take our lunch break here and continue our walk to Nayapul (new bridge) via Eklebhatti. The trek routes leading to Tsum valley and Pewa separates from here in Nayapul. Choosing the left path from here we will walk to Nyak and reach the village of Deng. Overnight at a lodge in Deng.

Day 04: Deng-Rana-Bihi Phedi to Namrung (2165 m)

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

Today will be a shorter walking day in comparison to others which means we can enjoy the mountains and make stops in the beautiful intermediate sites. Walking through a canyon, we will walk beside the Budi Gandaki to reach Deng. Ascending from the other side through the Pine forest, reach the village of Rana (1980 m). Climb up to the village of Bhim Phendi and through the gorge of Serang Khola. Going traverse the Budi Gandaki overnight at a lodge in Namrung.

Day 05: Namrung-Lihi to Lho (3180 m)

Time: 4-5 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will start today with a refreshing tea and head for Namrung village in the first part of the day. The trail passes through pine and rhododendron forests beside the gorge. One can encounter many beautiful Hymalian and migratory birds in this stretch of Manaslu circuit trek. You will cross the gorge from a wooden bridge and to Namrung village. Namrung is the second checkpoint to your trek and provides you fantastic view of Ganesh and Siringi Himal. The views of these mountains accompany you walking to Lho from Lihi and Lamagaon. One can trek short hike to Ribung Gompa and return to Lho. Overnight at a lodge in Lho.

Day 06: Lho-Syala to Samagaun (3525 m)

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

The trek portion from Lho to Samagaon is gifted with amazing landscape and beautiful mountain flowers. From the viewpoints in the sites lying in the path, one can also have mesmerizing panoramic views of Manaslu and surrounding ranges. Shyala will be the midpoint of our trek with pristine rhododendron forests and crystal clear streams. An hour of walk from here will lead you to the village of Samagaon. People mostly trek further and return to Samagaon for better acclimatization results. Overnight at a lodge in Samagaon.

Day 07: Rest day in Samagaun (3525 m)

Time: 2-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Acclimatization is a must for safe and effective trekking in the Himalayas. At an altitude of 3525 meters, Samagaon is strategically the perfect place to rest and plan for the upcoming treks. The scenic mountain views from the village also make your stay worth it. You will have plenty of options for short hiking around Samagaon. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations from Samagaon. Enjoy the Himalayan sunset and rest for the day here. Overnight at a lodge.

Day 08: Samagaun to Samdo (3875 m)

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

Our trek of today is mostly elevating and with hard sections of turns to Samdo village. The Manaslu glacier and Birendra Tal views will accompany you throughout our walk to Samdo. In the middle of the trail, we can see the adjacent ridge to the Lajyang La pass (5098 m). We will walk through the pasture and Yak grazing plains and to the Mani walls leading to the Samdo village. Near to the Tibetan border, one can experience the dazzling reflection of culture and art of those regions here. Overnight at a lodge in Samdo.

Day 09: Samdo-Larkye Bazaar to Dharamsala (4460 m)

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

The Trek to Dharmasala from Samdo is a preparational walk with much time to spare for your ascend to the Larkye La pass (5160 m). We will walk past Chortens and Mani wall down to the Budi Gandaki River. After

crossing the wooden bridge over it, we will reach the legendary Larkye Bazaar. The trail to Lajyang and Gyala leading to Tibet separates from Larkye bazaar. It was one of the most significant commercial midpoints of the central Himalayas. We will walk further up, and Mani walls lead our way to Dharmashala. Rest for the day and prepare for the Larkya La Pass. Overnight at a lodge in Dharamshala.

Day 10: Dharamsala - Larkye Pass 5160mtrs to Bimthang (3590 m)

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will have a hard climb to Larkye La pass, and this stretch of the trek is the most challenging one too. The trail goes side by side to the horizontal moraine of the glacier. Follow your guide for safe and secure passage to Bimtang from Larkye La pass. Slippery and steep sections are the most difficult ones as we will walk near to the top. Prayer flags welcome you to the Pass and the magnificent view of Manaslu, Himlung, Kang Guru, and Annapurna II in Larkye La Pass. Spend some time here and start your descend to Bimtang. This stretch is mostly smooth, and the trail will drop over 1400 meters to Bimtang village. Enjoy the beautiful sunset from the ridge near and rest for the day. Overnight at a lodge in Bimtang.

Day 11: Bimthang - Yak Kharka-Karche-Gho to Tilije (2300 m)

Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will start our day with a quick downhill to Kechyaku Khola Glacier and cross it. We will walk through red hills covered with rhododendron forest and to Yak Kharka. One can get a treat of different shades of rhododendron in their blooming season in March and April. The view of the diverse face of Manaslu is equally pristine over the hills from this trek too. We will drop from Alpine to subtropical forests leading your way to Karche. We will have our lunch and continue crossing the Gurung village of Gho on the way. A short tour of Gho will give you more opportunities to witness the Himalayan culture and lifestyle. About an hour more of a walk from here will take you to the old Gurung village of Tilije. Overnight at a lodge in Tilije.

Day 12: Tilije - Dharapani -to Danaque 2300 mtrs

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will have a more relaxed trekking trail today following the Dudh Khola and through the bamboo forest to Dharapani. We will get our permits to enter Annapurna Conservation Area from here and continue the main trail to Bagarchap village. Following the Marsyangdi river, we will walk further to Danaque today. We will rest for the day at a teahouse/ lodge in Danaque.

Day 13: Danaque - Timang to Koto 2585 mtrs

Time: 5-6 hrs **Meals:** B+L+D **Accomodation:** Lodge

After breakfast, we will continue in our trail and which goes steeply up to the Timang village. Taking a brief break here, we will have our lunch in Timang. Passing by the Tibetan prayer flags and Mani walls we will reach the settlement of Chame, which is also the headquarter of Manang District. In this stretch of trail, the views of Annapurna II and Lamjung Himal are Pristine. From here, we will walk for a couple of hours to reach Koto. Overnight at a teahouse in Koto.

Day 14: Koto - Singenge Dharmasala to Meta 3560 mtrs

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will have a challenging day of trekking today as our trail is narrow and in the landslide-prone areas leading to Meta. We will pass a Check post and cross a bridge taking us near to the Nar-Phu region. From here, we will walk through pine and sparse rhododendron patches to reach Dharamsala. Our trail passes through a narrow canyon and passes under a beautiful waterfall after passing Dharmasala. In the final part of today, we will have a short ascent to the Meta village. Overnight at a teahouse in Meta.

Day 15: Meta - Kyang to Phu Village 4080 mtrs

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We have a long day of a walk today to the Phu village today. Our trail climbs up to a small valley giving us a wonderful view of the landscape of the region. The path then passes through vast pastures and streams to Junam and Chako. We will pass the campsite at Kyang where we will have our lunch today. The trail then continues beside the riverbanks and opens up with Mani Walls on both sides. We will pass through an old monastery and abandoned ancient Dzongs (Fortress) and reach Phu in the evening. Rest for the day in a lodge in Phu village.

Day 16: Explore day around Phu village

Time: 2-3hrs **Meals:** B+L+D **Accomodation:** Lodge

We will explore around the Phu village today. The village is beautiful with houses lying one over others in the whole face of the hill. We can hike up to the hills surrounding the village and enjoy the picturesque setting here. The culture and language used here are different from the rest of the world. We will visit the village Monastery and the grazing plains of the Yak herders. The mountain flowers and rare wild animals are abundant in the hills surrounding Phu. In the evening, we can head out to view the sunset over the hills and mountains. Try some local delicacies with Tibetan tea and rest for the Day. Overnight at a lodge in Phu.

Day 17: Phu village - Kyang to Naar Phedi 3490 mtrs

Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will head towards Nar Phedi after our breakfast here in Phu. We will walk to the Junam Kharka and take a brief break here and resume our walk. Our trail continues up to Kyang from here separates ascending to Nar. We will reach Nar Phedi in the late afternoon. Overnight at a teahouse in Nar Phedi.

Day 18: Naar Phedi - Yughat to Nar Village 4110 mtrs

Time: 3-4 hrs **Meals:** B+L+D **Accomodation:** Lodge

The walk to Nar village is only of few hours from the Phedi and provides us with an amazing view of Nature and scenery. We will take a brief stop at Yughat and admire the beauty surrounding us. From here it's only an hour walk to Nar village. We will reach Nar in the afternoon where the Mani Walls will welcome us to the village. Slightly, bigger than Phu, Nar is a wonderful village to get a glimpse of unique Tibetan culture. We will take a village tour and rest for the day before our Kang La Pass tomorrow. In the evening, experience the mountain farming and husbandry in the village. Overnight at a teahouse/lodge in the Nar village.

Day 19: Naar Village - Kangla Pass 5306m to Ngawal 3660 mtrs

Time: 8-9 hrs **Meals:** B+L+D **Accomodation:** Lodge

We have a long walking day ahead of us so; we start early and head towards Kang La after a refreshing Tibetan tea. Unlike the Larkey La, this pass is easier, but the long stretch of wilderness and hostility once we leave the village makes us feel that the walk is going forever. Once at the top we will start our descent to Ngawal village. From here we can enjoy the majestic views of Annapurna, Gangapurna, and Tilicho peak with the Marsyangdi valley below it. After a couple of hours, we will join the route of upper Pisang and continue our trek to Ngawal. Overnight at a lodge in Ngawal village.

Day 20: Rest and visit day in Ngawal Village

Time: 1-2 hours **Meals:** B+L+D **Accomodation:** Lodge

Today is a rest day which is necessary after the Kang La pass trek. The village is lively with prayer flags covering the houses. The views of the wonderful landscape and the snow-capped mountains make your stay more worthy. We will also have options to hike to the nearby destinations from Ngawal today. After returning from these hikes try some of the local delicacies and rest for the day. Overnight at a lodge in Ngawal.

Day 21: Ngawal - Pisang - Dukur Pokhari to Chame 2670 mtrs

Time: 6-7 hrs **Meals:** B+L+D **Accomodation:** Lodge

As our last day of the Ultimate Manaslu Trek, we will walk to the village of Pisang as the first part today. We can visit the village monastery and continue our walk to Dukur Pokhari. The path will go beside the banks of Marsyangdi River and to Dudh Pokhari. We will spend some time here and continue our trek to Chame. You will have plenty of time to spare here in which you can go hiking to the nearby sites in Chame. Overnight at a lodge in Chame.

Day 22: Chame - Dharapani - Chamje to Besisahar 800 mtrs

Time: 7-8 hrs **Meals:** B+L+D **Accomodation:** Lodge

We will take a local jeep from chame to Besi Sahar after breakfast in Chame. The drive is of 3 to 4 hours, and we will pass the settlements of Koto, Thanchock, Timang, and Chamje before reaching Besisahar. Once here, you can head out for some luxury food and beverages that you missed in the trek. Overnight at a hotel in Besisahar.

Day 23: Besisahar to Kathmandu

Time: 6-7 hrs **Meals:** B+L+D

We will take a local bus or a private vehicle to Kathmandu from here. This beautiful hill highway drive will take you past some amazing cities and settlements back to your hotel in Kathmandu.

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