

Manaslu Two Passes Trek



Duration :	22 Days
Group Size:	1+
Max. Elevation:	Larkya La Pass 5106M/Thorong La Pass 5416M
Best Season	Sep - Nov /March - April
Trip Grade	Hard
Transportation	Public Bus/Public Jeep
Meals	B+L+D
Trip Route	Kathmandu - Machha khola - Philim - Namrung - Samagoan - Larkye Pass 5130M - Dharapani - Manang - Thorong La Pass 5416M - Muktinath - Pokhara to Kathmandu

Trip Highlights

- Moderately hard trekking trail embedded in the Himalayas lasting moderate period with some challenging sections with adventure embedded with Annapurna and Manaslu circuit delights.
- Small Himalayan passes topped with the high Larkey La pass (5160 m) and Thorong La (5416 m) in the trail.

- Sherpa, Tamang and Gurung culture, tradition, religion, and lifestyle of the Manaslu and Annapurna region.
- Rare wildlife and vegetation, showcasing from the Lower Mountain and sub-tropical climatic regions to the Alpine zones too.
- Beautiful Buddhist monasteries with amazing architecture and art.
- Magical sunrise and sunset views of the scenic landscape of the Himalayas.
- 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 Annapurna and Manaslu region.

Trip Overview

Manaslu Two Passes Trek is a perfect combination trip of **Larkya La Pass** and **Thorong La Pass**. Two of the passes lie in the best trekking routes of the Himalayas. The Manaslu two-pass trek constitutes all the cultural, scenic, and picturesque delights. In the Annapurna Base Camp and the Manaslu circuit in the central Himalayan range.

Individuals have limited time and interest to make this excellent trek every time of the year. These passes also provide mesmerizing views of the Manaslu and Annapurna mountains with their sub-ranges. The transition of service will be one to rejoice as you will witness the authentic village life at the Manaslu, half leading to the well-serviced lodges in the **Annapurna region**.

Manaslu Two Passes Trek is well prepared, looking at the high altitude factors as the tour advances further. We will have strategic acclimatization days to rest and prepare our bodies for the upcoming challenges in the trek route. Annapurna, Gangapurna, and Tilicho follow the excellent views of Manaslu, Ganesh, Himalchuli, and Shringi.

And Dhaulagiri makes this trek a successful one. But one can sit back and prepare to get a pleasant surprise, areas constituting fantastic sunrise, sunset, flowers, and fauna. And because of the homely environment and hospitality, and topping in this fascinating trekking piece of heaven on earth. So, with proper guidance from the Manaslu guide, make the Manaslu Two Passes Trek of a lifetime, effective, safe, and simply amazing.

We are happy to organize the Manaslu Circuit and Annapurna Circuit trek. So it means we should cross [Larkya La Pass 5106M](#) and Thorong La Pass 5416 M. This is the best trekking trail and a combination of the Manaslu and Annapurna trek at one time. If you are a solo traveler, we will provide group joining services for your holiday schedule in the Himalayas in Nepal.

Outline itinerary

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

Time: 30 Min. **Accommodation:** Hotel

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

Time: 8-9 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

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

Time: 7-8 Hours walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

Day 03: Jagat-Sirdibas-Philim-Nyak Phedi to Deng (1860 m)

Time: 6-7 Hours walk/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 04: Deng-Rana-Bihi Phedi to Namrung (2630 m)

Time: 5-6 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

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

Time: 3-4 Hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

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

Time: 3-4 Hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 07: Rest day in Samagaun (3525 m)

Time: 2-4 visit around for hike **Meals:** B+L+D **Accommodation:** Lodge

Day 08: Samagaun to Samdo (3875 m)

Time: 3-4 Hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

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

Time: 3-4 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

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

Time: 8-9 Hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

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

Time: 7-8 Hours walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

Day 12: Tilje - Dharapani - Bagarchhap to Timang 2300 mtrs

Time: 3-4 Hours walk/11.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 13: Timang -Koto to Chame 2713 mtrs

Time: 3-4 Hours walk/8.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 14: Chame - Dukur Pokhari to Pisang 3245 mtrs

Time: 5-6 Hours walk/14KM **Meals:** B+L+D **Accommodation:** Lodge

Day 15: Pisang - Ghyaru - Ngawal to Manang 3540 mtrs

Time: 7-8 Hours walk/19.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 16: Manang: Acclimatization day.

Time: Rest day and look a round **Meals:** B+L+D **Accommodation:** Lodge

Day 17: Manang to Yak Kharka/Chauri Lader 4095 mtrs

Time: 3-4 Hours walk/15KM **Meals:** B+L+D **Accommodation:** Lodge

Day 18: Chauri Lader to Thorong Phedi 4550 mtrs

Time: 3-4 Hours walk/6.1KM **Meals:** B+L+D **Accommodation:** Lodge

Day 19: Thorong Phedi to Muktinath 3710mtrs via Thorong Pass 5416mtrs

Time: 7-8 Hours walk/13KM **Meals:** B+L+D **Accommodation:** Lodge

Day 20: Muktinath - Kagbeni to Jomsom to Tatopani 1190 mtrs

Time: 4-5 Hours drive/70KM **Meals:** B+L+D **Accommodation:** Lodge

Day 21: Tatopani to Pokhara 859 mtrs

Time: 6-7 Hours drive/106 **Meals:** B+L+D **Accommodation:** Lodge

Day 22: Pokhara to Kathmandu

Time: 7-8 Hours drive/200KM **Meals:** B

Costs Included

- International airport pick up and drop service.
- 2 nights hotels in Kathmandu on BB Plan(1 night in Kathmandu and 1 night in Pokhara).
- Bus ticket to Machha Khola by Public bus.
- Mukatinath to Tatopani by public jeep.
- Tatopani to Pokhara by public jeep.
- Deluxe tourist bus ticket from Pokhara to Kathmandu.
- Three meals a day (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way.
- License holder trekking guide (Including his salary, equipment, transportation, flight tickets, insurance, lodging and food)
- Equipment; Down Jacket, Sleeping Bags, and Trekking duffle bag.
- Manaslu Conservation Area Project (MCAP permit)
- Manaslu Restricted Area Permit.
- Tsum Nubri Government Fees.
- Annapurna Conservation Area Project (ACAP).
- All Government taxes.
- Trekking and city map.
- First aid medical kit.
- Some fresh and dry fruits during the trek.
- Token of love from the company.
- Farewell lunch/dinner.

Cost Excluded






- Extra night accommodation in Kathmandu.
- Travel insurance.
- Porter services (if you need we are happy to organize anytime)
- Hot and Cold drinks such as; Tea/Coffee, Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge shower, and boiled water).
- Tips are expected.

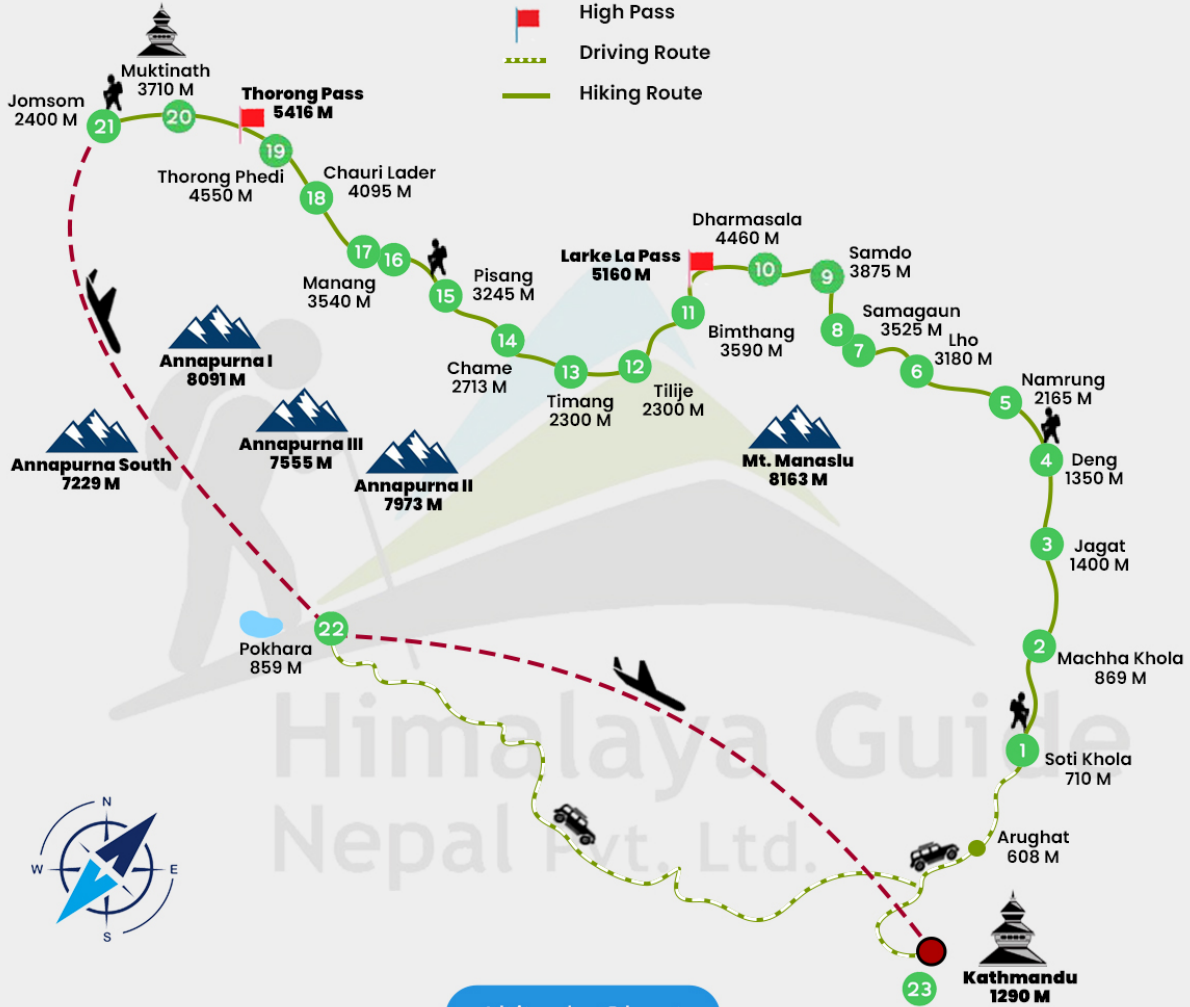
Manaslu Two Passes Trek Route Map - 23 Days



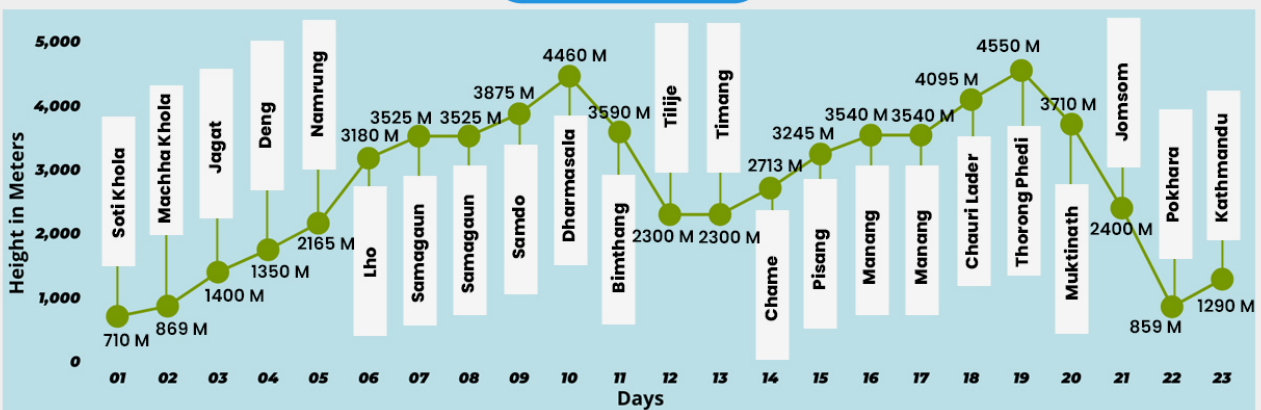
Himalaya Guide
Nepal Pvt. Ltd.

Legend

-  Mountains
-  Temple
-  High Pass
-  Driving Route
-  Hiking Route



Altitude Chart



Your Journey day by day

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

Time: 30 Min. **Accommodation:** Hotel

After landing at 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 and Annapurna. 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 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

After breakfast today, we will catch a bus from Kathmandu, leaving for the eastern hills of Dhading district. The hill highway drive starts your day, leading you to the villages of Arughat. This drive's magnificent scenic view of nature is the perfect boost 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 Hours walk/17.4KM **Meals:** B+L+D **Accommodation:** 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 in this trail, we will reach the village of Khorla Bensi. You can enjoy the organic coffee here during 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). Passing the settlements of Thulo Dunga and Yaruphant on 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-Nyak Phedi to Deng (1860 m)

Time: 6-7 Hours walk/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

In the morning, we will have our permits to the [Manaslu region](#) checked here at Jagat. 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 primarily flat and provides excellent 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 (the new bridge) via Eklebhatti. The trek routes to Tsum valley and Pawa are separate from here in Nayapul. Choosing the left path, we will walk to Nyak and reach the village of Pawa. Overnight at a lodge in Pawa.

Day 04: Deng-Rana-Bihi Phedi to Namrung (2630 m)

Time: 5-6 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

Today will be a shorter walking day compared to others which means we can enjoy the mountains and make stops at 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). Climb up to the town of Bhim Phendi and through the gorge of Serang Khola. Going traversing the Budi Gandaki. Overnight at a lodge in Namrung.

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

Time: 3-4 Hours walk/9.5KM **Meals:** B+L+D **Accommodation:** 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 the Manaslu circuit trek stretch. You will cross the valley from a wooden bridge and to Namrung village. Namrung is the second checkpoint on your tour 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 a 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 Hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

The trek portion from Lho to Samagaun is gifted with a fantastic landscape and beautiful mountain flowers. From the viewpoints in the sites lying on 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 Samagaun. People mostly trek further and return to Samagaun for better acclimatization results. Overnight at a lodge in Samagaun.

Day 07: Rest day in Samagaun (3525 m)

Time: 2-4 visit around for hike **Meals:** B+L+D **Accommodation:** Lodge

Acclimatization is a must for safe and effective trekking in the Himalayas. At an altitude of 3525 meters, Samagaun 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 Samagaun. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations from Samagaun. Enjoy the Himalayan sunset and rest for the day here. Overnight at a lodge.

Day 08: Samagaun to Samdo (3875 m)

Time: 3-4 Hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

Today's trek is mainly elevating and with challenging 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, Yak grazing plains, and the Mani walls leading to the Samdo village. Near the Tibetan border, one can experience the dazzling reflection of the 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 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** 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 chorten, and Mani walls 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 us to Dharmashala. Rest for the day and prepare for the Larkya La Pass. Overnight at a lodge in Dharamshala.

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

Time: 8-9 Hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

We will have a challenging climb to Larkye La pass, and this trek stretch is the most challenging one. The trail goes side by side to the horizontal moraine of the glacier. Follow your guide for safe and secure passage to Bimthang from Larkye La pass. Slippery and steep sections are the most difficult ones as we will walk near 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 descent to Bimthang. This stretch is mostly smooth, and the trail will drop over 1400 meters to Bimthang village. Enjoy the beautiful sunset from the ridge near and rest for the day. Overnight at a lodge in Bimthang.

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

Time: 7-8 Hours walk/18KM **Meals:** B+L+D **Accommodation:** 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 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. 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 walk from here will take you to the old Gurung village of Tilije. Overnight at a lodge in Tilije.

Day 12: Tilje - Dharapani - Bagarchhap to Timang 2300 mtrs

Time: 3-4 Hours walk/11.5KM **Meals:** B+L+D **Accommodation:** Lodge

After breakfast today, we will cross the bridge over Dudh Khola and descend to the Marsyangdi Valley. The trail passes through a small scrub forest and to the settlement of Thonje. Crossing the suspension bridge after an hour of walk from here will take you to Dharapani. We will catch the ABC trail after the authorities check the permits to the Annapurna region here. Passing Bagarchhap on the way, we will reach Timang in the late afternoon. Overnight at a lodge in Timang.

Day 13: Timang -Koto to Chame 2713 mtrs

Time: 3-4 Hours walk/8.5KM **Meals:** B+L+D **Accommodation:** Lodge

We will walk to the village of Timang after breakfast today. The stretch from Timang to Koto gives us the best view of Lamjung Himal and the Annapurna ranges. Passing through pine and rhododendron forests, we will reach Thanchock village. We will walk through the flatland village of Koto and to the beautiful settlement of Chame. Overnight at a lodge in Chame village.

Day 14: Chame - Dukur Pokhari to Pisang 3245 mtrs

Time: 5-6 Hours walk/14KM **Meals:** B+L+D **Accommodation:** Lodge

Chame is the district's headquarters of Manang district and the administrative center of the Manang area. We will walk through the south bank of the Marshyangdi River and up to the village of Telkhu. Continue the rocky path to Brathang and Dhukure Pokhari (Dove Lake). In the scenic setting, take your lunch here and continue the trek to Pisang village. Overnight at a lodge in Pisang village.

Day 15: Pisang - Ghyaru - Ngawal to Manang 3540 mtrs

Time: 7-8 Hours walk/19.5KM **Meals:** B+L+D **Accommodation:** Lodge

From Pisang, we have two options for the Manang village. The lower trail is more relaxed, while the upper one provides the best view of the landscape and mountains. We will leave the lower route from Mungi and take the

upper one to Ngawal and Manang. The views of the Annapurna, Gangapurna and Pisang peak from this path are pristine. We will descend to the Braga village next. The gompa here is an optional hiking destination you can choose if there is enough time. We will have a walk for an hour or so to Manang for the day today. Overnight at a lodge in Manang.

Day 16: Manang: Acclimatization day.

Time: Rest day and look a round **Meals:** B+L+D **Accommodation:** Lodge

Manang is the best place to rest for the day and ease up before the Thorang La Pass. Take a brief Manang tour here and try some Tibetan tea. Visit the monastery here and try some of the local cuisines. Hike up to the Gangapurna Lake and view the landscape here. The Milarepa cave is the next great place to visit today. The hike is easy and is of about two to three hours to Milrepa cave. You can also take a long day hike to Ice Lake from Manang today. Return to Manang and prepare for the Thorang La pass in the upcoming days. We will rest for the day here in Manang. Overnight at a lodge here in Manang.

Day 17: Manang to Yak Kharka/Chauri Lader 4095 mtrs

Time: 3-4 Hours walk/15KM **Meals:** B+L+D **Accommodation:** Lodge

The first part of the trek today is a plain walk to the village of Tanki. We will start the gradual ascend from Tanki to Yak Kharka. Leaving the Marsyangdi valley, we will pass Ghungsang village next. We will pick the path beside Sang Khola and north to Churi Ladar. Cross a small wooden bridge and head towards Yak Kharka. The Mani Walls and Chortens will welcome you to the village of Yak Kharka. Overnight at a lodge in Yak Kharka.

Day 18: Chauri Lader to Thorong Phedi 4550 mtrs

Time: 3-4 Hours walk/6.1KM **Meals:** B+L+D **Accommodation:** Lodge

We will have a short trek today to Throng Phedi. Our trail is mostly uphill, and the landscape view is impressive to Phedi. Walk the path crossing the Jarsang Khola and to Deurai. Take a brief break here and continue the route to Thorang high camp and back. In your spare time, hike up to the nearby ridge and prepare for the big climb to the pass tomorrow. Overnight at a lodge in Thorang Phedi.

Day 19: Thorong Phedi to Muktinath 3710mtrs via Thorong Pass 5416mtrs

Time: 7-8 Hours walk/13KM **Meals:** B+L+D **Accommodation:** Lodge

We will start early today and walk to the top of the Thorong La pass. The trail gets challenging as we move nearer to the Pass. Follow the guide and climb steadily to the Pass; the prayer flags will welcome you here. One can get a 360-degree view of the Annapurna, Dhaulagiri, Tukucho, Dhampus, and Macchapucchre (Fishtail) mountain peaks. The descending side also gives us great views of the Kali Gandaki valley landscape from the Pass. Take some pictures here and start your descent to Muktinath. The latter half of the trek is comfortable, with a plain trail and some steep sections following it. In the late afternoon, we will reach Muktinath and rest for the day here. Overnight at a lodge in Muktinath.

Day 20: Muktinath - Kagbeni to Jomsom to Tatopani 1190 mtrs

Time: 4-5 Hours drive/70KM **Meals:** B+L+D **Accommodation:** Lodge

Visit the holy temple of Muktinath first thing today after your breakfast. Muktinath is one of the area's most significant shrines, with Buddhist and Hindu pilgrims visiting the temple from all over the country. It is an excellent opportunity to learn about these areas' Hindu and Buddhist Himalayan cultures and traditions. Start your drive to Tatopani by public jeep. Normally it takes 5-6 hours drive then after that you can fully enjoy in natural hot spring pool.

Day 21: Tatopani to Pokhara 859 mtrs

Time: 6-7 Hours drive/106 **Meals:** B+L+D **Accommodation:** Lodge

After breakfast in Tatopani day trip start to Pokhara. It is drive by public jeep all the way tatopani to Pokhara 850mtrs. When you have time you can visit around lake side with beautiful lake in Pokhara.

Day 22: Pokhara to Kathmandu

Time: 7-8 Hours drive/200KM **Meals:** B

You can either fly or drive back to Kathmandu today. Head out for some souvenir shopping once here in Kathmandu. Head out for an evening tour of Thamel and try Nepali cuisine and Music. Overnight at a hotel in Kathmandu.

Contact Us

Nepal Office 
Himalaya Guide Nepal Pvt. Ltd.

P.O.Box: 25659 Thamel,
Nepal
+9779841442511,
info@manasluguide.com

USA 
Skip Moss

1196 Pineridge
Dr.Cambria, USA
mossvilles@gmail.com

Australia 
Menios Constantinou
8/38 MCKEON ST
MAROUBRA NS 2035
meniosc@gmail.com

New Zealand 
Jane Louise Roberts
Putaruru, New Zealand
dandjroberts@xtra.co.nz