

Lower Manaslu Trek



Duration :	10 Days
Group Size:	1+
Max. Elevation:	3220M, Darche Danda
Best Season	Sep to Nov
Trip Grade	Easy
Transportation	Jeep, Local Bus
Meals	B+L+D
Trip Route	Kathamndu - Kurintar - Ghyachock - Barpak - Laprak - Dharche Danda - Thotnery - Kathmandu

Trip Highlights

- Moderate trekking trail embedded in the Himalayas with some beautiful sections with adventure.
- Fantastic view of the Manaslu and surrounding Mountain ranges.
- Wildlife and vegetation showcasing of the Lower Mountain and sub-tropical climatic regions.
- Beautiful and historically significant pilgrims and shrines with amazing architecture.
- Opportunities of encountering rare vegetation, wildlife and herbs in the Lower Manaslu area.

- 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 villages, culture, and, terraced farmlands of Manaslu region.

Trip Overview

Lower Manaslu Trek is the perfect trek vacation in the Manaslu package. It has amazing mountain scenery, undiluted [Himalayan](#) culture, and historical places of great significance in Nepal. This trek covers the major delights of the [Manaslu](#) region within a lower altitude threshold for safe and effective trekking. The major Gurung culture of the settlements here pairs up with warm hospitality to give you a homely experience.

You will have an opportunity to get more than the amazing mountain views on this trek. Darche Danda, Sirandanda, Laprak, Nambai Kharka, and Barpak are some of the culturally significant destinations. Waking up with a pristine sunrise, the fresh breeze, and views will rinse your soul and prepare you for the next walk. Lower Manaslu trekking means knowing your life better in the lap of Nature, enriched with the joy of traveling.

This lower Manaslu trek is an ideal substitute for the [Manaslu circuit trail](#), which is considered pretty challenging in most sections. Lasting fewer days and with an authentic experience of the delights of the region. Lower Manaslu Trek is compatible with all.

This trek is less packed with tourists, so you can enjoy everyday life in Lower Manaslu. The lower Manaslu trek also gives us options to live the everyday life of locals and enjoy homemade meals. With the aid of the [Manaslu guide](#) in Nepal.

Lower Manaslu: Experience & Mountain View

Lower Manaslu Trek is considered a moderate-level trek; some trekkers face challenges because of the difficulty level. This trek covers a distance of approximately 177km and reaches an altitude of 5165m, crossing Larkya la pass. The trek takes around 10 days to complete. The Highlight of the trek is the climb to Darche Danda is 3220 meters. From this point, we can enjoy a panoramic view of over 20 Himalaya peaks, including Annapurna, Annapurna I, Annapurna II, Langtang, Machhapuchhre, Sringi Himal, Buddha Himal, Ganesh I, and many more. This view is one of the best in the Annapurna region of Poonhill and Sarangkot.

The trek difficulty is high altitude, which can lead to altitude sickness. To prepare for the trek, recommend regular physical activity such as strength training and cardio exercises, and build stamina. It is important to stay hydrated throughout the trek. Proper packing and gear are also essential for the trek, including warm clothing, rain gear, hats, gloves, shoes, and a first aid pack.

Lower Manaslu Trek Journey Ends

One can truly explore and enjoy their journey to the fullest. We can do the trek all year, however, for bonus delights. You can overlap your trek with the festive seasons here.

Besides Manaslu trekking, we organize trekking, world heritage tours, and peak climbing in another region of the Himalayas of Nepal. See us below and visit us once you are here.

Outline itinerary

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

Time: 30 Min drive

Day 00: Permit and trip preparation day in Kathmandu

Day 01: Kathmandu-Kurintar drive and trek to Piplechhap (1090 m)

Time: 3 hrs drive & 5 hrs walk **Accommodation:** Homestay

Day 02: Piplechhap-Kaulebengar to Gorkha Bazaar (900 m)

Time: 4-5 hrs **Accommodation:** Hotel

Day 03: Gorkha Bazaar Excursion

Day 04: Gorkha Bazaar-Chanaute-Bhachhek to Sirandanda trek (1900 m)

Time: 1 hr Trek & 5 hrs Drive **Accommodation:** Homestay

Day 05: Sirandanda -Gyachock to Barpak (1920 m)

Time: 6-7 hrs **Accommodation:** Homestay

Day 06: Barpak-Mache to Laprak (2100 m)

Time: 5-6 hrs **Accommodation:** Homestay

Day 07: Laprak-Myas Bhanjyang to Nambe Kharka (2700 m)

Time: 4 hrs **Accommodation:** Lodge

Day 08: Nambe Kharka-Darche Danda (3220 m) to Tallo Thotnery (1560m)

Time: 6-7 hrs **Accommodation:** Homestay

Day 09: Tallo Thotnery-Gyaji (Tala Khani)/Deurali to Gyampesal (970 m)

Time: 5-6 hrs **Accommodation:** Homestay

Day 10: Gyampesal - Gorkha Bazaar to Kathmandu by Drive (1350 m)

Time: 8-9 hrs Drive

Costs Included

- International Airport Pick Up and Drop Service.
- Bus Ticket to Kurintar by tourist bus.
- Transportation along the trek.
- Local Bus or Private Car back to Kathmandu.
- Drop to Hotel in Kathmandu.
- Three meals a Day (Breakfast, Lunch and Dinner along the trek with Tea or Coffee).
- Lodge accommodation on the way (home stay).
- An experience guide (Including their salary, equipment, insurance, lodging and fooding)
- Equipment; Down Jacket, Sleeping Bag.
- Required Legal Documents.
- Farewell Dinner.






Cost Excluded

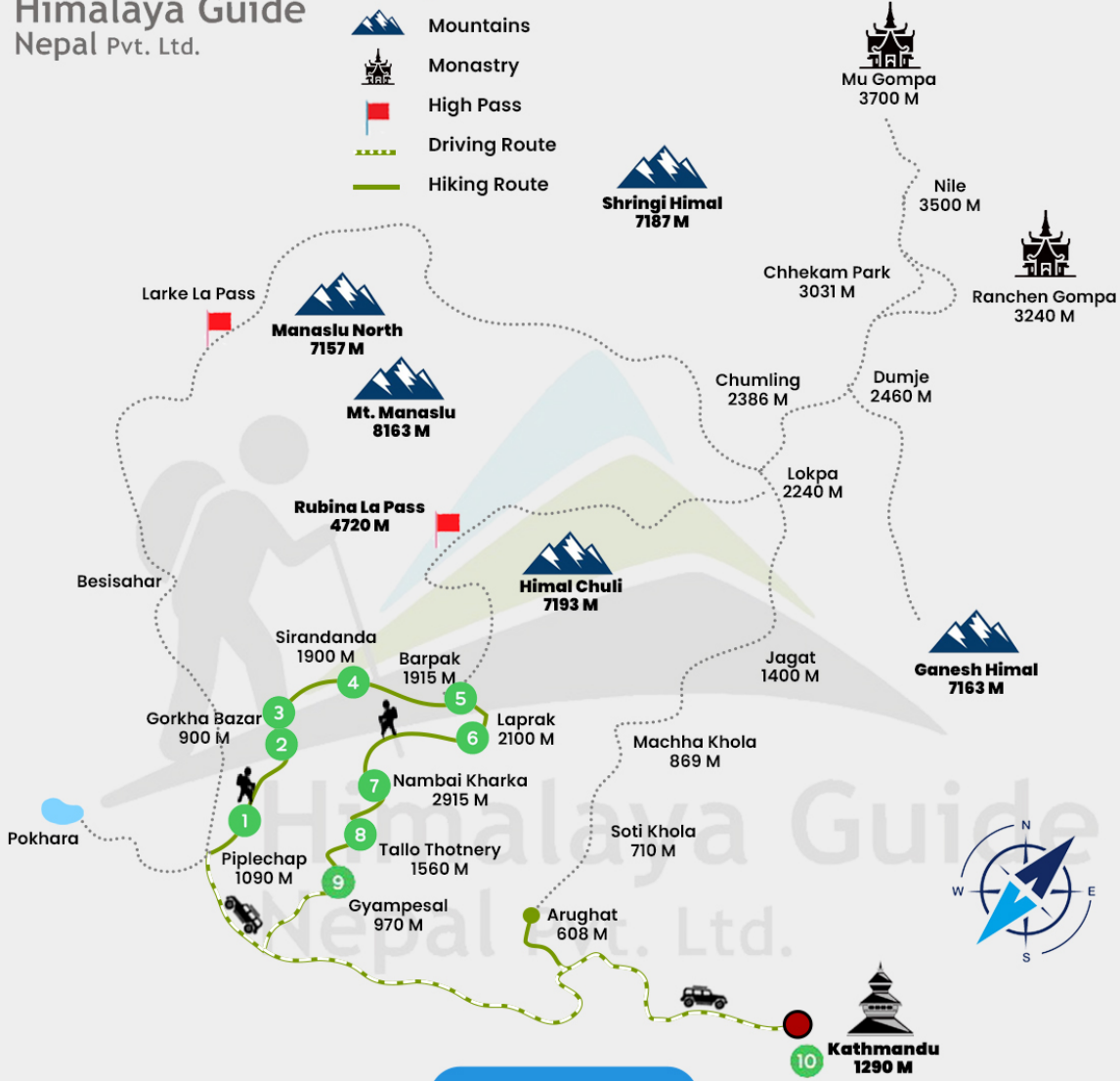
- Extra night accommodation in Kathmandu.
- Travel insurance.
- Cold drinks such as; Coke, Mineral Water, Beer etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge shower and boiled water).
- Tips for guide.

Lower Manaslu Trek Route Map - 10 Days



Legend

-  Mountains
-  Monastery
-  High Pass
-  Driving Route
-  Hiking Route



Altitude Chart



Your Journey day by day

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

Time: 30 Min drive

After landing in the Tribhuvan International Airport (TIA), our representative will approach you. After a brief introduction, take a lovely drive to your hotel. We will also have a short trek orientation session of lower Manaslu. Take an evening walk around markets in Thamel. Try a traditional Nepali cuisine for your dinner and rest for the day. Overnight at a hotel in Thamel.

Day 00: Permit and trip preparation day in Kathmandu

After breakfast, our day will be divided into cultural tour and trek preparation today. Meet your guides for the trek and prepare the gears and items of equipment for Lower Manaslu. Drive to the heritage and religious sites near the hotel and explore them. Return to your hotel and rest for the day here. Overnight at a hotel in Kathmandu.

Day 01: Kathmandu-Kurintar drive and trek to Piplechhap (1090 m)

Time: 3 hrs drive & 5 hrs walk **Accommodation:** Homestay

You will drive out of the Kathmandu valley early and to Kurintar bazaar. The scenic highway drive offers you a great view of green hills and Trishuli river below. A 10-minute ride of a cable car with a great view will take you to Manakamana temple. Manakamana is one of the most significant Hindu shrines in the country and devotees visit here all around the year. This temple is a great place to learn about Hindu culture and rites in Nepal. After some time here, have your lunch and visit the places in the trail to Pipalchhap. Temple of Bakyaswor Mahadev and Lakhan-Thapa caves are two of the best sites of Gorkha. The stretch from here to Tinmane Bhanjyang provides you the best views of Himalayan ranges. Overnight at a homestay in Pipalchhap village.

Day 02: Piplechhap-Kaulebengar to Gorkha Bazaar (900 m)

Time: 4-5 hrs **Accommodation:** Hotel

After your breakfast today, we will walk to the village of Bungkot. Bungkot is a historically significant village

as the birthplace of Nepal's first martyr Lakhan Thapa. Spend some time in the park here dedicated to late Lakhan Thapa. The village is a great way to hear the legends and stories of the hero and others. The local Magar people always welcome visitors with smiles and hospitality. In the homestays here, try some of the organic products grown in the village farmlands here. You will continue your walk to Gorkha Bazaar which will take about two hours from here. Stroll around your hotel in the spare time here. Overnight at a hotel in Gorkha Bazaar.

Day 03: Gorkha Bazaar Excursion

Today will be a rest and exploration day of the Gorkha bazaar. The city is one of the most important commercial centers of lower Manaslu. The Gorkha Palace of P.N. Shah, Gorakhanath Cave, and Gorkha Museum will be the main attractions here.

Gorkha Palace:

Gorkha was the commencing point of the Unification of Nepal from small states by King Prithvi Narayan Shah, and it all started in this very palace. This Palace provides us a fantastic view of the Gorkha Bazaar as situated at the top of a high hill. The palace is also a showcase of the lifestyle of the Shah kings before the unification. About 1000 ft. above Gorkha Bazaar, this palace is a living history of medieval Nepal. The Panoramic view of Annapurna, Manaslu, and Ganesh ranges in the north is also pristine from here.

Gorakhnath Cave:

The Gorakhnath cave is believed to be the meditating site of the great Guru (Sage) Gorakhnath. Gorkha is named after the very Sage according to the legends. The sage guided young king P.N. Shah to unify the small states and make it as now. The cave is only about 10 meters from the southern face of the Palace.

Gorkha Museum:

Located at the Gorkha Bazaar, Gorkha Museum is a repository holding many artifacts reflecting the culture, tradition, history, and others of the Gorkha and ancient Nepal. The 52 feet long script, hundreds of old coins, and royal materials of the previous ruling kings Gorkha are among many attractions here.

After your visit to these places return to your hotel and rest for the day. Overnight at your hotel in Gorkha Bazaar.

Day 04: Gorkha Bazaar-Chanaute-Bhachhek to Sirandanda trek (1900 m)

Time: 1 hr Trek & 5 hrs Drive **Accommodation:** Homestay

After your breakfast in the Bazaar, take a jeep ride to Bhachek village. The drive is a thrilling one with multiple tight turns and corners constituting the road. Driving beside the Darundi River with amazing scenery and mountain views, you will reach the lively village of Bhachhek via Chanute. Rest for a while here and start your hike to Sirandanda. Siran danda is a complete package of destinations on its own. Nagepokhari, Dudhpokhari, tea garden, Chima, and Dharani are the major attractions here in Sirandanda. Beautiful wildflowers and herbs are also the specialties here. One can spot Jatamashi, Yarsagumba, Rato Unyu, Satuwa and many other amazing herbs in this hike and tour section. Overnight at a village homestay in Sirandanda.

Day 05: Sirandanda -Gyachock to Barpak (1920 m)

Time: 6-7 hrs **Accommodation:** Homestay

We will start our trek to the Ghyachock village through Mathar. We will have a simple and locally traveled trail to here. Gyachock is a popular option for enjoying organic Nepali lunch with fresh vegetables. From here we have a 4 hour of walk to reach the village of Barpak. We will cross the settlements of Dewalsara, Sum River, Daraudi River, Goje and Alagang before reaching Barpak in the late afternoon. Barpak is an amazing place to view the sunset over the Himalayas. Overnight at a hotel/lodge in the Gurung settlement of Barpak.

Day 06: Barpak-Mache to Laprak (2100 m)

Time: 5-6 hrs **Accommodation:** Homestay

After breakfast, we will head for a brief tour of Barpak village. As the epicenter of the massive earthquake of 2015 BS, this village is on the verge of completion of the restoration. Starting the first section of the walk, we will reach Basukang. From here our trail separates in two ways. One leads to the famous Rupina La Pass (Manaslu trekking) and the other continuing to our destination for today, Laprak. The unity and hospitality of the local people here will be a great experience for you. A single village constitutes the VDC of Laprak which is a fantastic symbol of unity here. Rest for the day in Laprak. Overnight at a homestay in Laprak.

Day 07: Laprak-Myas Bhanjyang to Nambe Kharka (2700 m)

Time: 4 hrs **Accommodation:** Lodge

This trek section offers us bliss of hill farming and husbandry experience. Our final site for today, Nambe Kharka translates as the rich pastureland so, one can imagine the setting here. The walk is short and scenic with some steep sections as well. Myas Bhanjyang will be our break site providing us a great view of Nature. We will take our own lunch pack in this short stretch and continue all the way to Nambe kharka. Try some

vegetarian delights here and rest for the day. Overnight at a homestay in Nambe Kharka.

Day 08: Nambe Kharka-Darche Danda (3220 m) to Tallo Thotnery (1560m)

Time: 6-7 hrs **Accommodation:** Homestay

We will take an early breakfast and hike to the top of Darche Danda today. This will be the highest point of our whole Lower Manaslu trek and is worth every step too. The majestic view of sunrise over the green hills and the Himalayas will be a sight to relive. Annapurna I, Annapurna II, Bharasikhar, Gangapurna, Sringi Himal, Lamtang, Himalchuli, Buddha Himal, and the whole Ganesh Himal range is visible on a clear day from the top. We will continue our trek from here to another beautiful Gurung village of Tall Thotnery. We will visit the local attractions like Sita cave and Olajung Danda here. Overnight at a homestay here with cultural programs.

Day 09: Tallo Thotnery-Gyaji (Tala Khani)/Deurali to Gyampesal (970 m)

Time: 5-6 hrs **Accommodation:** Homestay


After breakfast, we will visit the religious Sita Cave from Tallo Thotnery. We will have a walk of about 90 minutes in the tropical forest to reach there. Hindu devotees visit the cave with offerings on many occasions. If you overlap your trek to the Ram Navami festival here, you will witness the local culture and Hindu traditions in Lower Manaslu. After some spiritual time here continue your trek to Gyaji. We will walk further down to the Gyampesal village which is the terminating point of our Lower Manaslu trek. Overnight at a tent or a village homestay in Gyampesal.

Day 10: Gyampesal - Gorkha Bazaar to Kathmandu by Drive (1350 m)

Time: 8-9 hrs Drive

We will take the morning bus leaving early from Gyampesal to the Gorkha Bazaar. A local bus ride of about 2.5 hours will take you to the Gorkha Bazaar. From Gorkha Bazar you can either hire a private jeep/car or a local bus to Kathmandu. The highway ride passing beautiful, historical, and commercial settlements will take you to Kathmandu. Drive to your hotel and head out for some souvenir shopping here. 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
