



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

Manaslu Circuit with Larkya La Pass 15Nights 16 Days

Overview

Mt. Manaslu is 8th highest peak of the world and stands 8,613 meter high. It is located in remote area of Gorkha district in Nepal. Manaslu Circuit is named after this magnificent mountain. As named suggest, the trail of Manaslu circuit makes anti-clockwise circle of the mountain range. The trekking route has fewer tourists than other routes of Everest and Annapurna region. Although it is a popular and as beautiful as other trekking route, it has been lesser known cousin of Annapurna Circuit trek. Manaslu Circuit trail leads to very remote places with off beaten route where modernization is still too far. The culture and lifestyle local are still primitive. The wild and free nature is still untouched by human interference.

Highlights of the trip

- Close view of mountains of Himlung Himal, Cheo Himal, Kanguru, Siringi, Hiunchuli, Ngadi, Ganesh Himal, Annapurna II and Mt. Manaslu.
- Remote and off- the beaten rugged trails
- Beautiful nature with wide variety of flora and fauna .
- Ancient lifestyle and culture.
- Highest point on trek- The Larkya La Pass (5106m)
- Landscapes that are unique with trek passes through Budhi Gandaki river gorge
- Age old monasteries.

The trail goes through city and villages where modernization are taking place. It goes through lush green forest, rivers, cliff, farmland and settlements. As we climb altitude, the terrain become harsh and difficult. The settlements are sparse and landscape changes with distance travelled. Mountains get closer and more beautiful. People of mixture culture lives in various area of region. Brahmin, Chhetri, Tamang, Magar, Gurung, and Tibetan are main residents in the region.



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

At the remote area, people follow Buddhism (Mahayana). Their culture and lifestyle are highly influenced by religion. There are number of century old monasteries in the trail. The house and structure of remote area are still ancient and unaffected by modernization. Mountains like Ganesh Himal, ShringiChuli and part of Annapurna range can be viewed from the trail. But one of the most amazing view is of the Mt. Manaslu and its range. The trail provides very close view of this mountain which is very surreal. The Larkya La Pass (5,106 m) which gives extra excitement to this trekking adventure.

Info

Activity: Trekking | Duration: 16 Days | Grade: Strenuous | Highest Alt: 5106 m.

Trek Type: Hotel & Tea house Trek | Best Season: Mar-April-May / Oct-Nov-Mid Dec

Itinerary

Day 01: Arrival in Kathmandu (1400 m)

Arrival in Kathmandu International airport . Our office representative will welcome with Nepali tradition with garland or khadas then transfer to hotel. Hang around Thamel- a touristic hub on availability of time. Short briefing in evening with welcome dinner by Guide or office representative. Back to hotel and overnight.

Meal: Dinner

Accommodation: Hotel

Day 02: Preparation Day in Kathmandu.

Today after breakfast we have free time for shopping & buying trekking gears. You can discuss with our Guide or Staff from our office. They will arrange time & assist you for shopping. Thamel has many Outdoor shops from Local brands to high branded. Its also acclimatize your body in Kathmandu (1400m) after you fly across from sea level. Overnight.

Meal: Breakfast

Accommodation: Hotel

Day 03: Drive from Kathmandu to SotiKhola (800 m) via Arughat bazaar -7-8 hours .



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

Today after early breakfast we set ready to drive from Kathmandu to Sotikhola. It will be a long drive around of 7-8 hours. The highway road passes with beautiful landscape with black topped until Dhadingbesi. Then from it , an off road begins to SotiKhola . It might be bit bumpy, gravel ride . Reach Sotikhola, overnight in teahouse.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 04: SotiKhola to Machha-khola (900 m) 5-6 hours.

Today, the trail passes through jungle of pine tree and small settlements. We passes through ups and down hill which are stunning, with waterfalls crossing our way. You need to be careful as the path has sharp ascents and descents. We will also be passing through **Sal forests**, walking by the side of towering cliffs, and at times you might encounter mules on the path. Our path will take us through Khursani village and to Lububesi Gurung settlement and finally to Machha Khola about 6 hours. Rest and overnight.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 05: Machha-Khola to Jagat (1410 m) 6-7 hours.

After breakfast, our trail follows bank of Budhi Gandaki river. We pass through the jungle with insects noise along the make the path. Then the trail uphill with several settlements and farmland. The influence of Buddhism (Mahayana) gradually start to get visible from here. We reach at Jagat about 7 hours. Rest and overnight.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 06: Jagat to Dyang (1800 m) 6-7 hours.

The trail goes through several small villages and terraced millet field in the region. It goes to various different landscapes reaching Ekle Bhatti. Slowly our trail becomes steeper crossing Budhi Gandaki River the through Bamboo forest to Dyang Khola . We finally cross this river and reach Dyang a is a small village in bank of Dyang Khola. Overnight.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@shepakhangri.com

Day 07: Dyang to Namrung (2630 m) 6-7 hours.

Our journey starts with hearty breakfast. We pass by Bihi Phedi with descend to Rana Bridge. Continuing it we will ascend quite good altitude onwards with zigzags in and out of many canyons. The leads follows suspension bridge to reach Ghap then passing goes through dense fir, rhododendron, oaks and bamboo forest. The trail have many religious wall (stoned carved with holy mantra) which shows the devotion of local towards the religion. Finally with few ascend and suspension bridge stone stairs we reach Namrung. Rest and overnight.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 08: Namrung to Samagoan (3530 m) 6-7 hours.

Our journey starts reaching Lho and passing of Lihi village. We will ascend to altitude with first glimpse of Mt. Manaslu today. Local people dressing and appearance seems to be distinct from people at lower altitude. People wears traditional dress and speaks differently. Their facial features are different. We will reach Samagoan and stay overnight at teahouse.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 09: Samagoan: Acclimatization day

It is very necessary to acclimatize in high altitude. It helps body to adjust and rejuvenate to go further in altitude. You can explore the village or take short hike in rest day. You can visit Buddhist monasteries, hike to Glacier Lake if you are feeling like staying active. Stay overnight in Samagoan.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 10: Samagoan to Samdo (3860 m) 5 hours.

It will short walk today. It also helps in more acclimatization. As we continue in trail, we will see farmland of locals. There are not high yielding farmland. The land produces limited amount of crops in a year. There are grazing lands for animals. People rely on animal's husbandry, special yaks. Samdo is a beautiful village where yak herding is one of main occupation. Our trail lead us to forest with juniper and birch. Passing down Budhi Gandaki river crossing wooden bridge we reach Samdo- a Tibetan refugee village. Rest and overnight.



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 11: Samdo to Larkya Phedi (4460 m) 4 hours.

We will head to Larkya Phedi from Samdo. It will be short distance. We will crossing small streams and follow the path alongside with mani walls. Great view of Larkya glacier can be seen from the trail. There is steep climbing near the glacier.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 12: Larkya Phedi to Bhimthang (3700 m) via Larkya La Pass (5160 m) 8-9 hours.

It will be long and most difficult part of journey. We will reach highest point of the trip too which is 5160 meter. Mountains like Himlung (7,215 m), Kang Guru (6,980 m), CheoHimal (6,820 m) and Annapurna II (7,940 m) and many more can be seen on the way to pass. The trail drops down. Its steep and slippery path to Bhimthang. Careful with guide we follow and reach Bhimthang.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 13: Bhimthang to Dharapani (1963 m) 8 hours.

We will enter to more relaxing altitude. Its gradual descend to Dharapani. The trail now goes through dense forest of oaks, pine, and rhododendron. The view is great on the trail. There are pasture lands where animals are grazing around with small huts made by Sheppard. We will get to Dharapani which is also a part of other trekking route, Annapurna Circuit trek.

Meals: Breakfast, Lunch, Dinner

Accommodation: Teahouse

Day 14: Drive from Dharapani to Kathmandu -8 hours

It will be long drive to Kathmandu. It's off road till Besi Sahar. It will be bumpy ride. After its black topped road highway. After reaching Kathmandu transfer to hotel, completely rest and overnight..

Meals: Breakfast, Lunch

Accommodation: Hotel



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

Day 15: Rest day in Kathmandu

Today you can rest and explore Kathmandu (upon request). Free day / shopping. Later evening followed by cultural farewell dinner with team member. Overnight .

Meals: Breakfast, Dinner

Accommodation: Hotel

Day 16: Departure.

After breakfast timely transfer to International airport for your onward journey.

Meals: Breakfast

Cost includes

1. Pickups & Drop according to itinerary.
2. Welcome and farewell dinners in Kathmandu.
3. 4 nights Hotel Accommodation in sharing Kathmandu on BB plan.
4. Transportation to Sotikhola and from Dharapani to Kathmandu.
5. National park & Necessary Permits.
6. Meal during Trekking (Breakfast, Lunch & Dinner).
7. Tea House accommodation in sharing during Trekking.
8. Experience Trekking Guide
9. Porter Service 2:1
10. Staff Insurance and Salary.
11. Medical kit.
12. Travel and rescue arrangement only.

Cost Excludes

1. Nepalese visa fee.
2. International airfare to and from Kathmandu.
3. Extra night accommodation(s).
4. Meal in Kathmandu.
5. Travel and rescue/heli insurance (recommended)
6. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, internet access wifi etc.).



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

7. Personal trekking gears.
8. Personal guide or porter if needed.
9. Trips and sightseeing if extended.
10. Gratuity for guides and porters.
11. Other services, tours not mention in itinerary.