



Manaslu Round

From the Hindu middle hills culture to the Tibetan high-country dwellers, the Manaslu Circuit trek in the heart of the Nepal Himalaya is a cultural trek par excellence, without a doubt one of the best treks in Nepal. Manaslu, 'The Mountain of the spirit', is the eight highest peaks in the world, and one of the most beautiful ones; the spectacular mountains scenery has to be seen to believe.



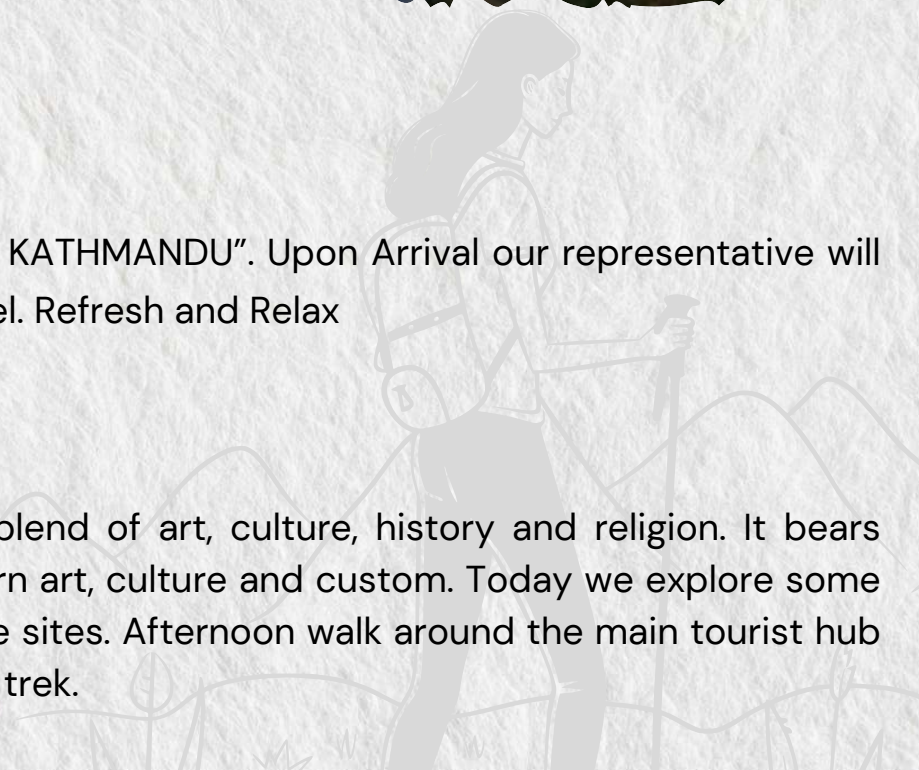
Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.



Day 3: Drive to Soti Khola

We start the journey with 8 hours' drive through beautiful landscape, rivers and river valley to Soti Khola for overnight.

Day 4: Trek to Machhakhola

The first part of the day begins with uphill walk through deep forest then we encounter several ascends, descends and climb the paddies just prior to the beautiful Gurung village. Away from the valley, the trail goes down onto the banks of river to the village of Machhakhola (Fish River) just above the river which offers the good views of Ganesh Himal (7,000m).



Day 5: Trek to Jaga

Following the forest path, which is small and segmented, we arrive at tatopani (meaning hot water), you pass by the natural hot water and reach to Dobhan. It is an advantage to experience the rapids of Budhi Gandaki. At Lauri, we will cross the river on a suspension bridge, and then get ready to go up on a high pathway to the grassland of Jagat.

Day 6: Trek to Philim

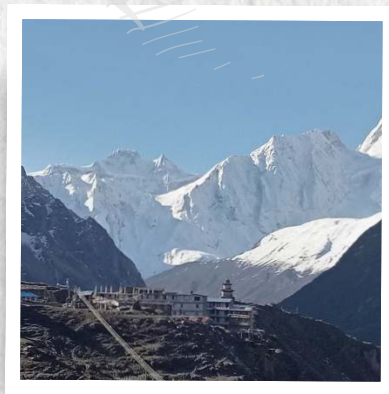
Cross the West bank of the Budhi Gandaki and go up a fold following the River smoothly uphill to the village of Sirdibas. Moving down to Sirdibas we meet an additional suspension bridge which leads to the East bank that gives an exhausting ascend up to Philim. Philim a flourishing Gurung village, the Chholing Sandu Gompa which is bounded by the grassland of maize and millet.

Day 7: Trek to Deng

Crossing on the top of stunning gorge and entering the mainly unoccupied area of pine trees previous to drop to a trail junction at New Bridge, we will be following the trail towards the left to Ghap, the Budhi Gandaki and then entering into its narrow gorge on an up-and-down trail with river crossings. After a suspension bridge the trail enters bamboo forest and rises to the village of Deng.

Day 8: Trek to Namrung

Start the day with gentle ascends which is followed by steep uphill hill walk later on. On the way there comes a bridge which should be crossed, to cross the river where it goes down to a gorge after which the forest thins and the trail becomes so easier. Then, it ascends through the bamboo forest and reach Namrung



Day 9: Trek to Samagaon

The trail crosses a bridge over the Numla Khola that exhausts the Pungyen Glacier from the Manaslu, a trail shows the method to Pungyen gompa. The main part of Samagaon (3530m) is formed with the two rows of houses taking 5 to 6 hours. Above the far end of the village, overlooking the valley stands the Kargyu Chholing Monastery.

Day 10: Samagaon Rest Day

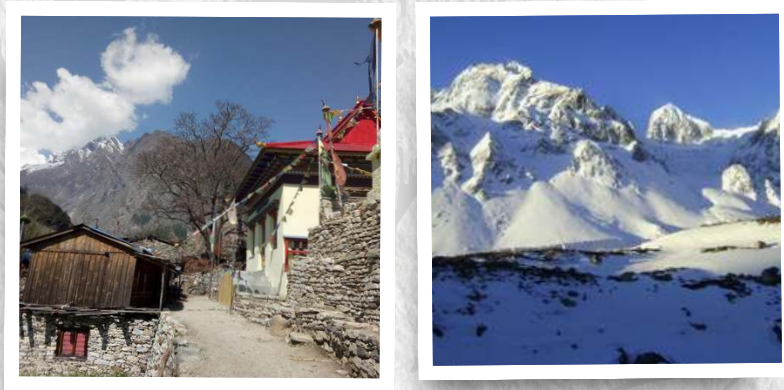
Today we have a comfortable day with short exploration to the village and monasteries. You can also hike to Birendra Tal and Manaslu base camp.

Day 11: Trek to Samdo

We move to Samdo (3780m) taking breakfast early in the morning. Samdo is the community of a group of people whose houses are situated at the back of an edge. In the afternoon we will walk for the viewpoint on the Pana Danda. We can even go to Samdo Peak, the Northeast that will present the optimum views of Manaslu.

Day 12: Samdo - Dharmasala

It is uphill alpine walk for about 4 hrs. Perfect surrounding mountain views could be seen. Take rest and be prepare for the pass the next day.



Day 13: Dharamsala (4460m) Larke La Pass (5160m) – Bimtang

We start our day very early morning to larke- la pass following the gentle ascend. The climb is not that much technical but requires patience. Enjoy the stunning mountains and valleys from the pass. Then we descend to Bimtang (3720m). It's a long downhill walk from the pass which needs more patience and control. Bimtang is a wide valley with adequate numbers of stone walls and abandoned houses.

Day 14: Trek to Tilche

We proceed towards Tilche (2360m) from Bimtang through dense mixed forest and pass by some small villages.

Day 15: Trek to Tal

From Tilche we descend down to dharapani which joins the main Annapurna circuit trail. Then we follow the road to Tal passing by some nice waterfall. Tal is a dazzling place situated next to the riverbank with beautiful surrounds.

Day 16: Trek to Syange

From tal trek down to chamje through the mixed forest then follow the jeep track again all the way to syange.

Day 17: Drive to Kathmandu

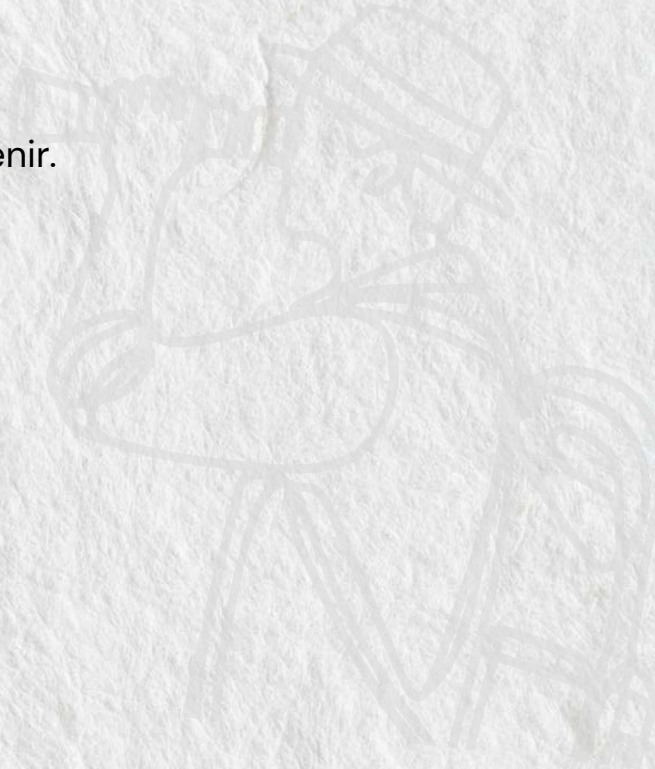
Drive back to Kathmandu after completing the magnificent Manaslu trek and Relax.

Day 18: Free day and Shopping

Its free day today, walk around and find a nice souvenir.

Day 19: Fly Back

We drive you to airport and farewell.





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