

Manaslu Annapurna Circuit Trek

Duration: 30 Days



Overview

Trip Grade: Strenuous	Max Altitude: 5416m
Activity: Trekking	Group Size: Min 02 pax
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

“The human spirit needs places where nature has not been rearranged by the hand of man.” • **Manaslu trek**, also known as **Around Manaslu Trek**, is considered the best trek of Nepal by many expert trekkers these days. Mt. Manaslu, at an altitude of 8163m, is the eighth highest peak in the world. This trekking around **Manaslu** lets you marvel at the magnificent views of **Mt. Manaslu**. It is undoubtedly one of the best treks to explore untouched natural splendor and unexploited culture of local people. Although it is considered as a great alternative trek to Annapurna circuit, it has the advantage of being less crowded nature compared to popular Annapurna circuit. The trekking trail is through amazing landscapes, traditional bridges, foothills and local villages. The highest point of the trek is the top of Larkya La Pass (5,215m), a dramatic pass crossing the Himalayas. It was a camping trek when it was opened in the early 90s but it is a tea house trek now with the establishment of tea houses on different parts of the trail. Camping is required only if we go off the beaten track. **Annapurna Circuit Trek** takes you to the region of extremities and provides you with enough thrills and adventure during the entire journey in the rain shadow areas of **Annapurna region**. From climbing across the widest pass in the world to trekking past the deepest river gorge in the world, trekkers can experience many diversities and contrasts during **Thorong La Pass Trek**. Lushness of landscape and its arid nature, face to face view of lofty Himalayas, influence of Hinduism at lower altitude and Buddhism at higher altitudes, diverse vegetation, flora and fauna and the side trip to one of the world's serene and highest lake; Annapurna Circuit trek tests your patience and rewards you with the best of challenge, diversity and beauty. **Thorong La Pass Trek**, the adventure of the lifetime, begins from Beshisahar, the district headquarters of Lamjung district in western Nepal. The adventure continues along the company of mighty Marsyangdi River and passes through Gurung settlements and continues along to the region dominated and inhabited by locals following Tibetan Buddhism. Greenery and lushness of hills, terraced fields, several suspension bridges, waterfalls and very popular settlements of Bahundanda, Syange, Jagat and Sattale are main highlights of your trek before you enter into Manang from Tal village. Ahead we trek past Mani walls and Chhortens, prayer flags and prayer

wheels, settlements of Koto, Chame, Hongde and others, and arid landscape to reach the mystic Manang village. Take a side trip to the gorgeous Tilicho Lake and head on towards the formidable Thorongla Pass (5,416m). After a challenging uphill climb to the summit of the pass enjoy the marvellous scenery, panoramic view of the Himalayas and vast landscape. Trek down to the holy Muktinath Temple, considered sacred by Hindu and Buddhists alike, and then to Jomsom before returning back to Pokhara and then to Kathmandu to wrap up the Thorong La Pass Trek. Opened to foreign trekkers in 1977, Thorong La Pass Trek (a part of Annapurna Circuit) has been drawing the attention of adventurers from around the world.



Itinerary

Arrival in Kathmandu airport (1350 meters) and transfer to your booked hotel.

Full day city guided tour in Kathmandu valley.

Drive to Aarughat by Landcruiser or Scarpio, 7-8 hrs.

Trek to Sotikhola (775 meters) 6 hours.

Trek to Machhakhola (900 meters) 5.30 hours.

Trek to Jagat (1340meters) 6 hours.

Trek to Nyak (2310 meters) 6 hours.

Trek to Ghap (2100 meters) 6 hours.

Trek to Lho Gaun (3200meters) 6 hours.

Trek to Sama Gaon (3500 meters) 6 hours.

Trek to Samdo (3850 meters) 4-5 hours.

Acclimatization and exploration day at Samdo village.

Trek to Dharmasala/Larke Phedi (4460 meters) 4 hours.

Cross Larke-La (5215 meters) and trek to Bimtang (3590 meters) 7 hours.

Trek to Tilje (2500 meters) 5 hours.

Trek to Danaque (1725 meters) 4-5 hours.

Danaque to Chame(2670m)-walk about 5hr.

Chame to Pisang(3300m)-walk about 5hrs.

Pisang to Manang(3540m)-walk about 3/4 hrs.

Rest day in Manang, explore old village of Manang, visit cave and Gangapurna lake.

Manang to Siri kharka(3900m). walk 3/4 hrs.

Siri kharka to Tilicho Base Camp (4950m). Walk about 3 hrs.

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Hike to Tilicho lake(3hrs) early morning and back to Siri Kharka.

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Siri Kharka to Yak kharka(4050m),5-6 hrs.

Yak kharka to Thorong La phedi(4450m).3-4 hrs walk.

Thorong phedi to Muktinath(3800m) via Thorong pass(5416m).Walk about 7 hrs.

Muktinath to Jomsom(2710m)-walk about 4/5 hrs.

Jomsom to Pokhara flight (20m) 850m and transfer to hotel.

Pokhara to Kathmandu (1350m) 7 h drive by A/C tourist bus. Farewell dinner at the evening in a Nepali restaurant.

Final Departure Day.

Cost Includes

- => Transfer to and from the international airport (Airport-Hotel-Airport) in Kathmandu.
- => Transfer to and from the airport in Pokhara.
- => Hotel in Kathmandu with B/B basis.
- => Hotel in Pokhara with B/B basis.
- => All necessary domestic transportation as per mentioned in itinerary.
- => Well experienced guide and Porters.
- => Insurance for all trekking staffs such as: guides, porters, sherpa and cooks during your whole trek.
- => Food and accommodation for guide and porters.
- => All-inclusive trekking activities with standard accommodation, breakfast, lunch and dinners during in the trekking period.
- => All special trekking permits for restriction zones such as Manaslu or Lower/upper Dolpo, Nar Phu and Mustang region.
- => ACAP permit and TIMS card.
- => Provide experienced and license holder trekking guides, Sherpas, trail helper, cook and kitchen boys.
(Posted guide will be well spoken of English, and French with well experienced etc.)
- => Farewell dinner.
- => Trekking map.
- => T-shirt from company.
- => Trip completion certificate.

Cost Excludes

- => Accommodation and foods during your stay inside Kathmandu and Pokhara.
- => International airport tax at the international airport in Kathmandu.
- => Personal expenses/insurance.
- => Nepal entry visa.
- => Sightseeing around Kathmandu valley that can be arranged by our city-guide upon the request of guests.
- => Helicopter rescue flight in case of emergency during your trekking period.
- => Political evacuations, land Slides etc.
- => Bar bills, cold drinks and laundry service.
- => Tips for your guide, driver and porters.