



## **Round Manaslu Trek - Itinerary**

### **1. Arrival in Kathmandu Airport (1345m/4428ft)**

Airport representative from our company picks you up upon your arrival. Then transfer you to the hotel for a short briefing about the trip. In the meantime, you can roam around the city to get familiar with the city or take a rest and relax.

### **2. Drive from Kathmandu to Arughat (640m/2099ft)– 8 hrs**

After having our breakfast we take a drive to Arughat Bazaar from Kathmandu via Prithvi Highway and district headquarters of Dhading Beshi. The Highway is comfortable up to midway and starts to get bumpy afterward. This is a scenic drive in which we get to observe the beautiful views of surrounded Himalayas and local settlements Arughat – a little town on the bank of Budhi Gandaki: is the starting point of our trek and you cross some interesting bridges before you reach there. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Trek from Arughat to Soti Khola (775m/2542ft)- 6 hrs**

We trek along Budhi Gandaki River towards its source. We pass through Morder & Simre villages where we closely observe the living styles of different ethnic communities. After this, we reach Arkhat River and begin to descend down slowly. Before reaching Kyoropani, Soti Khola is the last location where transportation is accessible. so, from Kyoropani we have to trek. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Trek from Soti Khola to Machha Khola (900m/2952ft)- 5/6 hrs**

Our trail to Machha Khola for today passes through terraced fields and Budhi Gandaki River which is likely to help you along the way. First, we climb mountain ridge to Almara, during this we pass by a forest trail leading to Riden Gaon. Riden Gaon is a Gurung village where we explore the Gurung cultures and tradition followed by Gurung people. Then after arriving Lambesi, we trek down to the bed of Budhi Gandaki and finally, we are in Machha Khola. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek from Machha Khola to Jagat (1340m/4396ft)- 5 hrs**

This day, we take our breakfast and cross by many ups and downs. We cross the Machha River and Khrola Besi. Walking for some time we reach a hot spring called “Tatopani”. Then we take our trail over the ridge and pass by the bridge of Budigandaki. Our trail passes through a forest then reach Dovan; you can see massive Budhi Gandaki River just below Dovan. With the increment in altitude, you definitely are able to see the complete makeover of the scenery. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **6. Trek from Jagat to Deng (1860m/6102ft)- 7 hrs**

We initiate our trek through the river bank, cross some bridges and after a while from Shridibas you can see beautiful village of Philim. Philim is a large Gurung village full of colorful traditional and cultural people. It is situated right next to the Budi Gandaki and houses a Japanese built school so watch out for it. From there we trek through the settlement of Ekle Bhatti and pass by a narrow gorge while tagging along Budhi Gandaki and finally arrived Deng – small and silent Hotel settlement. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Trek from Deng to Namrung (2630m/8628ft)- 8 hrs**

We are about to enter most remarkable part of Manaslu. In terms of people, culture and settlement, Namrung is unique in its own grounds and we can get glimpses of deer if we are lucky enough. Namrung is located on the bank of Budhi Gandaki and locals believe that there is mine of salt. We trek by the bank of the river and even walk around the village where we can see the monastery. During the trail, we get to see the spectacular mountain views also. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge. .

## **8. Trek from Namrung to Shyala (3200m/10498ft)- 4/5 hrs**

Passing through an exclusive trail that offers the best possible views of Mountains and rhododendrons; today's trek is proficient to be the best part of the trek. We trail by Lho and stop by Shyala from where we get the best panoramic view of Himalayan range that includes Manaslu too. As Namrung is the best view point village, it offers the excellent views of mountains like Mt. Himal Chuli, Ganesh and Siring Himal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Trek from Shyala to Sama Gaon (3525m/11564ft)- 2 hrs**

Today our trail leads us to Samagaon or Ro, as the locals call it. We start through classic alpine scenery and after passing Tibet grazing settlements; we are in Sama Gaon. Sama Gaon is believed to be settled by Tibetans over 500 years ago. This village houses monastery, mani walls and the settlements that are tightly packed at the lower part. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Trek from Samagaon to Samdo (3800m/12467ft)- 3/4 hrs**

After the early breakfast, we pass nearby Birendra Lake and make our trail to the northwest of valley. Going through Kermo Khaka route we are likely to see mani wall and chortens on the way and going to cross the suspension wooden bridge. First descending from Samagaon and now ascend up to the ridge we reach Samdo. After arrival in Samdo you can take short walk around the Tibetan influenced village, capture moments or just rest. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Trek from Samdo to Larkya Phedi/Dharmasala (4460m/14632ft) -4/5 hrs**

Today we descend down to Dharmasala or Larkya Base Camp. We walk over the Budi Gandaki River, crossing the wooden bridges and flowing streams. The trail also passes through the top of the moraine (4700m/15420ft) and through Gya La. Gya la is an old trading route that leads to Tibet and from there we descend down to Duwang and walking for some hours the trail leads us to stone shelter called Dharmasala. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Trek from Larkya Phedi to Larkye La Pass (5135m/16847ft) to Bhim Thang (3855m/12647ft)- 8 hrs**

This is going to be our big day as we are going to the highest point of the trek – 5135m. We trail through Larkye La Pass, climbing over the ridge behind Dharmasala. After this, we pass a moraine (4700m/15420ft) and many frozen lakes. This is the perfect place for getting the spectacular views of Annapurna ranges along with Mt. Kangaru and Himlung. It is a difficult scale but the effort is well worth. And finally we reach Bhim Thang; possibly for celebration of our successful trek to Larkye La Pass. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **13. Trek from Bhim Thang to Dharapani (1963m/6440ft)- 8 hrs**

Today our trail descends through the village of Kharche, Gho & Tilje respectively. Then reach Dharapani following the bank of Dudh Khola to the lower belt of Marshyangdi River. We meet Annapurna trail along the way and also we can see excellent view of Manaslu and Annapurna II. Besides this, trekking through the route offers us beautiful combination of stunning pine trees. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **14. Trek from Dharapani to Jagat – 7 hrs**

We initiate our trek to Dharapani by reaching Karte from where we cross rivers and arrive at the large settlement of Tal (1675m) then cross more rivers and reach to Chamje (1430m). From Chamje we trail through forest and following the bank of Marshyangdi River we ascend to Jagat. Passing through the dense forests and suspension bridge we reach Jagat. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **15. Trek from Jagat to Besi Sahar (760m/2490ft) & Drive to Kathmandu – 5 hrs trek – 5 hrs drive**

Trekking all the way from Jagat, we reach Besi Sahar to take bus drive to Kathmandu. The drive is bumpy in the beginning but gets pleasant after a while. Once you are in Kathmandu we arrange evening cultural dinner program as a complementary perk from Sunrise Adventure Trek. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

## **16. Farewell/Departure**

After your successful trek to Himalaya, it is time to depart. You can organize your longings and share emails with your keen and kith. Once you are done, you are dropped off to the airport approximately 3 hours earlier from your scheduled flight by Sunrise Adventure Trek's representative. Or you can join another adventures trip in Nepal or outside the Nepal with Sunrise Adventure Treks.

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary

- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

## EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>