



Manaslu with Nar Phu Valley Trek - Itinerary

1. Day 1: Arrival in Kathmandu (1350m)

A representative from our office picks you up at airport on your arrival at Tribhuvan International Airport. Then, transfers to the hotel take a rest and at evening there is a briefing program regarding your trip.

2. Day 2: Drive from Kathmandu to Arkhet and next drive to Soti Khola

We take a drive from Kathmandu to Arkhet which takes nearly 5 to 6 hours via Prithvi Highway. Attractive views of Himalayas, terraced fields, landscapes and local floras and faunas on the way are very amazing. We again take a drive of 6.3km from Arkhet to Soti Khola of about 20 minutes. You cross some interesting bridges and get to see the enchanting Buri Gandaki River while you reach to Soti Khola. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

3. Day 3: Soti Khola to Maccha Khola 869m [3,181 feet] 6 hours trekking

SotiKhola is a small village and the starting point of our trek to Macchakhola. Trek starts by exploring the local cultures of people and villages situated at the slope of hilly region. We get many ups and downs passes by the Buri Gandaki River, thrilling bridges and amazing green forests. Trekking over the cliff Almara, we pass through the forest trail of Ridegaon and reach to Larpubesi. Again trekking down, we reached to the charming and pleasant villages of Macchakhola. We get a chance to explore Armala, Khanibesi and Nauli Khola during the trail. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Day 4: Machha Khola to Jagat 1340m [4,438feet] 6 hours trekking

Trail during Machakhola to jagat includes Tatopani, Tatopani to Yuru and again from Yuru to Jagat. Firstly we pass the river called “Maccha” and “Khorla” and reach to Tatopani (Hot spring water). Tatopani is situated on the narrow trail at the bottom of cliff. Here this takes us to Dobhan were we get to observe the local villages and then to Yuru Phant. From Yuru Phant we can observe the excellent series of Buri Gandaki River. Now from Yuru to Jagat it takes 2 to 3 hours to reach at an elevation of 1410 m. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Day 5: Jagat to Deng 1700m [6101 feet] 6 hours trekking

Here you follow the trail near Buri Gandaki via the slate paved routes of villages: Salleri and Paimo. Passing the suspension bridges and water operated mills, we reach to the Philim. Philim is the central village area where there is MCAP office to show your permits and tickets. Now trekking from Philim to Ekle Bhatti, we can explore the gorge of Chhilung Khola. Continuing the main trail over the bridge crossing Buri Gandaki River, we reach Pewa. From Pewa walking a bit more than 1 hour takes us to Deng at 1860 m above from the sea level. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Day 6: Deng to Ghap 2000m [7085 feet] 6 hours trekking

Trekking from Deng to Ghap takes nearly 7 to 8 hours. At first we cross the Buri Gandaki River, after having breakfast and trek upward. Walking along the trail offers a chance to explore the enchanting waterfall and streams flowing on the way. After this we pass by the amazing settlement of Gurung people and closely observe the daily living style with cultures and traditions follow by them. At last we cross the Shring Khola and reached at Ghap. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Day 7: Ghap to Lho and Samgoan 3520m [11,483 feet] 7 hours trekking

First trekking from Ghap for about half hour takes us to the beautiful Namrung village. Then again walk from Nagrung for 2 hours takes you to Lihi. Lihi is also known as Ligaon. The main attraction of this place includes Hinang Gompa and Himal Chuli range. Trekking for 2 and half hours, crossing the Hinang Khola, we reach to Lho. Lho is mainly known for the Gompa, where you can observe more than 150 children getting education. Region lies on the slope of the hills offers you the panoramic views of Mt. Manaslu with local villages surround there. Now we trek from Lho to Samagoan passing the place Shyala. In Shyala, you can observe the yaks grazing there. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Day 8: Acclimatization day in Sama (Here you may explore Pungen Gumba 5 hours or Manaslu Base camp 6 hours hiking)

Samagoan, a very beautiful village offers great Tibetan community with their unique traditions and living styles. Samagoan is the nearest village to the Manaslu Base Camp and the first station for the expeditions. We stay an overnight here for acclimatization and exploring the village area along with ancient monasteries. On this day we can hike either to Manaslu Base Camp which worth noting for spectacular mountains, lake and valleys views or to Pung Gyen Gompa providing scenic walk. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Day 9: Samagaon to Samdo 3850m [12,467 feet] 4 hours trekking

Trekking trail from Samagaon to Samdo takes us to the northern part of the valley, upper the Buri Gandaki River. Trail offers you maniwalls and chortens on the way. Now arriving at Samdo, you can explore the village located just below the Samdo Peak and Samdo glacier. Walking along the hill sides over the green grass territory we get to see blue sheep. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Day 10: Samdo to Dharmasala 4460m [14,633 feet] 4 hours trekking (limited available lodges)

Samdo to Dharmasala is a half day trek. We trek from Samdo passing the Athatra Saya Khola along with Larke Khola. Crossing the bridge, climbing over the trade markets at Larkya Bazaar this leads us to the ancient route used for trading services with Tibetan countries. Dharmasala is a wide mountain campsite slope and the high camp for Larkya La Pass surrounded by stunning mountainous views. This is the only place for fancy touristic products. The remote high point is very expensive. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Day 11: Dharamsala to Bhimtang 3590m [11775 feet](Need to wake up early for Crossing Larkya 5160m pass and descend down reach Bimtang) [12,139 feet]; 10 hours

trekking

We start our early trek from Dharmasala, passing the Larke Pass. This takes us to another world with beautiful surroundings covered by the snowy mountains. We pass by numerous rocky moraines along with some enchanting lakes on the way. It takes 4 to 5 hours to reach Larke Pass. Descending down to the Bhimtang takes 3 to 5 hours. The slippery trail to Bhimtang takes us to explore Salpudanda Glacier. We explore the Pongkar Lake to the west of the trail, parallel to Bhimtang Glacier. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Day 12: Extra day trek if incase for late to arrive in Bimantang –

If in case, we can't arrive in Bhimtang in Day 11, Day 12 will be the complete day from Dharmasala to Bhimtang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Day 13: Bimtang to Tilje 2300m [7,290 feet] 6 hours trekking

Trekking from Bhimtang to Tilje takes us at an elevation of 2300m / 7290 ft. in 6 hours. It seems to be an easiest trek through Dudh Khola and bamboo pine forests. We descend down ward and pass by the beautiful small villages and then continue walking for some hours takes us to the largest settlements of Tibetan people where we get a chance to closely observe their cultures and traditions. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Day 14: Tilje to Koto (2,610m/8,563ft): 5-6 hours

Walk for about 5 to 6 hours to reach Koto from Tilje at an elevation of 2610m/ 8563ft. we walk through the trail of Annapurna Circuit. So, the trail offers you the spectacular views of Annapurna II and Manaslu Peak with daily lifestyle of Thanchowk village people. Following the trail over the Marsyangdi River, we pass by Bagarchap Village. Then we move to Koto through pine forest, passing Timang at 2510 m. reaching at Koto we get to see the spectacular views of Annapurna, Lamjung and Manaslu range. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Day 15: Koto to Meta (3,560m/11,680ft): 7-8 hours

From koto we walk for 7 hours. During the trail we explore Nar River and many pilgrimages, caves along with the stunning view of Lamjung Himal. Walking through the trail, passing checkpoint and crossing a suspension bridge leads us to Nar Phu valley. Now we trek under the wide waterfall and reach Meta. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

16. Day 16: Meta to Phu Gaon (4,250m/13,944ft): 7-8 hours

After breakfast, we ascend up to the valley along with edge of the river. Following the rocky trail with barren surroundings takes by the Chyakhu and Kyang village. We see yaks grazing there and descend down to the Phu valley. During the trail we get to observe many semi-permanent settlements of Tibetan people like: Meta, Khampas, Junam and Chako. Here we also get to observe the remains of ancient forts. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

17. Day 17: Acclimatization at Phu Gaon

This is the day for acclimatization. We explore the local people living in this region following their different traditions and norms with the unique way of living life style and also the famous Lakhang monastery. Lakhang monastery is also known as the world's oldest monastery. We spend the rest of the day, analyzing Tibetan cultures and languages. Meals included: Breakfast, lunch and dinner and finally an overnight stay in

trekking lodge.

18. Day 18: Phu Gaon to Nar (4,110m/13,484ft): 6-7 hours

Trek to Nar for about 6 to 7 hours offers the beautiful views of terraced fields filled with barley and mustard. After breakfast, we trek down to the river and steep back to Junam Khola. During the trail we explore the Gompas also. The daily living style of local people impress you as they are involved in spinning and weaving woolen clothes, grazing yaks carrying wood etc. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

19. Day 19: Nar to Kang La Pass (5,322m/17,460ft) to Nyawal (3,660m/12,008ft): 7-8 hours

Here we have to pass through the altitude of 5306 m so we need to make more effort than usual. From the top of the pass we can observe the excellent views of Himalayas like Annapurna I, Gangapurna, Tilicho etc. Now descend to the beautiful part of Annapurna circuit called Ngwal. Ngwal is very beautiful village. Here we get to observe Mani walls with prayer wheels. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

20. Day 20: Nyawal to Chame (3,540m/11,614ft): 4-5 hours

Trek to Chame from Ngwal takes us at 3540 m above the sea level in 4 to 5 hours with unexpected through observing the views of surrounding Himalayas and local settlements of Tibetan people. Walking down slowly takes us to Pisang Village and then walking ahead over Marsyangdi River, we reach Chame. Chame is the headquarter of Manang district. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

21. Day 21: Chame to Besisahar by Jeep 6 hours

Trek to Chame from Ngwal takes us at 3540 m above the sea level in 4 to 5 hours with unexpected through observing the views of surrounding Himalayas and local settlements of Tibetan people. Walking down slowly takes us to Pisang Village and then walking ahead over Marsyangdi River, we reach Chame. Chame is the headquarter of Manang district. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

22. Day 22: Besisahar to Kathmandu 6 hours

After breakfast we take a bus from Besisahar to Kathmandu. Enjoy the scenic drive and we reach Kathmandu. After arriving at Kathmandu, take some rest or do some shopping. After this join the evening meal and cultural program offer by the company. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

23. Day 23: Farewell/ Departure

Now it's time for departure! You will drop to the airport by the representative of Sunrise Adventure Trek before 3 hours of your schedule time. Or you can join another adventures trip in Nepal or outside the country with Sunrise Adventure Treks. We are always here to operate your trip program. Have a safe flight!

INCLUSIONS

- Government trained license holders guide his insurance, meals, accommodation etc.
- All necessary paper works; trekking permits (ACAP, special permit for Manaslu/Nar Phu)
- Travel and rescue arrangements but your travel insurance should cover it
- All government taxes, VAT and service charges
- Farewell dinner prior to departure
- First Aid Kit

EXCLUSIONS

- Breakfast, Lunch and Dinner and any types of drinks items, transportation, accommodation during trek
- Your travel Insurance
- Tips for Trekking guide
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, heater, etc.

URL: <https://sunriseadventuretrek.com>