Manaslu Circuit Trip Key Info

<table>
<thead>
<tr>
<th>Trekking Destination: Larkya Pass</th>
<th>Meals: Full board on trek</th>
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<tbody>
<tr>
<td>Activities: Trekking, Sightseeing, Cultural Tour</td>
<td>Group Size: 2 - 10</td>
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<tr>
<td>Difficulty: Moderate, Strenuous</td>
<td>Transport: Tourist bus or private vehicle</td>
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<td>Max Elevation: (5,160) at Larkya Pass</td>
<td>Best Time: Sept - Nov and Mar - May</td>
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<tr>
<td>Trek/Tour Style: Tea House and Home Stay</td>
<td>Trip Length: 13 Days</td>
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<tr>
<td>Start: Arughat Bazaar</td>
<td>End: Beshishahar</td>
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Trip Highlight

- Recently open Restricted Area Trek in Nepal through the beautiful landscape.
- Unique Cultural, rarely flora and fauna and Religious believer’s with Mountains vista.
- Cross through the Larkya Pass at elevation of 5,160 meters.
- Nearby Tibet border; language of here and tradition is similar of Tibetan.
- An amazing view including world 8th highest Mt. Manaslu (8,163m) and other so on.
- 7 to 8 hours Scenic drive Kathmandu to Arughat Bazaar by bus or private vehicles.

Manaslu Circuit Trek Suggested Itinerary - 13 Days

Day:

Upon arrival at international airport, our waiting support team will meet and greet you at the airport assist and transfer to the Hotel.

Day:

Trekking preparation and permit organize day. Please, check your insurance details and have a copy of your travel medical insurance policy with you.

Day 01: Drive from Kathmandu to Arughat Bazaar (535m) - 8 to 9 Hours

Our Guide and Potter come to in your hotel at 6:00 am. Then we are heading to Arughat, by bus or Land cruiser (depending on group size) scenic drive. While passing ridge of Kathmandu Valley, you catch a glimpse of Annapurna, Manaslu, Ganesh Himal and Langtang Himal magnificent view and terraces and green hills. After Dhading Bisi or Gorkha Bazaar the road is tricky because of the grubby road. To get in Arughat through the Gorkha Bazaar or Dhading
Besi depends on your time and choice. The village of Arughat is in two parts, on opposite sides of the Buri Gandaki. Arughat Bazaar is large, clean and prosperous with hotels and shops selling cloth, food and hardware. Stay overnight at Tea House or Tented camp.

Day 02: Drive Arughat to Soti Khola (720m) -1 ½ to 2 hours & Trek to Machha Khola (930m) -6 to 7 Hours

After having breakfast, we drive by public jeep to Soti Khola following banding Bdhigandaki river bank. Along the way we enjoy splendid views of Shringri Himal and local live hood. It goes through the Gurung and Magar villages, past fields and cascading waterfalls, till we reach Soti Khola. Then trek from Soti Khola to Machha kholo (Fish River) goes through the rice field and exploring people live hood. Machha kholo is a village, which is situated above a stream with the same name of Budahigandaki. We camp for the night by a wide campsite or find some tea house.

Day 03: Trek Machha Khola to Doban /Thulo Dhunga (1,250m) -6 to7 Hours

After hot breakfast, journey leads us to ascend on a rugged rocky trail. Then we climb up and down ravines and notched trees. Several water falls on both side of the Budhi Gandaki River and hundred species of Birds in the forest makes our trip enjoyable. Liding, Machhhkhola, Jagat and Philim provide the unique hospitality with culture and religion. During this trekking the narrow valley shaping by Budhi Gandaki provides the magnificent vistas of Ganesh Himal, Shringi Himal and Himal Chuli, as we continue up to the large Gurung village and fields of corn and millet. There are several good campsites and we set up camp surrounded by alder, blue pine and poplar trees or stay at the tea house.

Day 04: Trek Doban to Philim (1,570 m) -5 to 6 Hours

The trekking leads today, on a high beautiful trail through a narrow dramatic gorge section with towering walls, past a thundering waterfall just above us and cross the suspension bridge,
ascend gradually along a wide hillside. After trekking through dense forest the small village of Deng, lower Nubri region called Kutang, where the people are ethnically pure Tibetans. We have views of Lumbo Himal as well as Lapuchen and Dwijen Himals. We camp nearby village, and get fresh greens from owns the land. It starts to feel like a piece of old Tibet at last.

Day 05: Trek Philim to Ghap (2165m) - 7 to 8 Hours

If weather is clear, you can see beautiful mountains view and amazing Bhudigandaki Valley view below Philim. After breakfast, your day trip starts through a small settlement Ekle Bhatti. In thirty unites you will get in wonderful waterfall before junction of Tsum Valley and Manaslu Circuit main trail. Done be confuse for trail; the right trail goes heading for Tsum valley but for the Manaslu you need to drop down to cross the bridge and continue follow the river bank with narrow gorges. Probably you will have meals at Nayak or Pewa. Today you need cross three times same river Bhudigandaki. Again the trail follows the river bank and finally gets in Dang. The trail goes through the valley with across the bridge twice switchback steeply up to the small, poor village of Rana, after more climbing through lovely woods of pine and we reach Bihi Phedi, views of Kutang Himal and start to see Mani stones, sign of the tiny Tibetan footholds mark in the high Himalayan places. Some trekkers heading to Tsum Valley from Rana Village is blocked between Lokpa to Chumling. Eventually we reach Ghap, where we set up camp wonderful village.

Day 06: Trek Ghap to Lho (3180m) – 5 to 6 Hours

Today is a wonderful trekking day; through dense forest crossing Budhi Gandaki wooden bridge, ascent gently up to Tibetan-run lodge Namrung, views of mountains. Then the trail goes to extensive pastures land to the ancient Lihi village and flowing down the Lidanda Glaciers reach the picturesque Tibetan village of Sho at 3000. On the way to Lho, the spectacular views of Ngadi Chuli and Manaslu itself; is quite an impressive afternoon. We set up camp in Lho, sprawling village decorated with many prayer flags, in the
yard of a small lodge and Gomba. Sunset and sunrise from the campsite are wonderful.

**Day 07: Trek Lho to Sama Gaon (Ro) (3525m) - 5 to 6 Hours**

After breakfast the trail leads us from new Gomba and then ascends to the idyllic Tibetan settlement of Shayla with amazing mountain panoramas. Dzongka Dzong (fortress) at the border of Tibet, a few days walk from Sama Gaon, as late as the 1940’s until it was taken over by Gorkhas in the late 19th century. Later, make shelter by Tibetan guerrillas, it was closed for the treks until 1992. Take the afternoon to hike up to the old Gomba settlement above town, and to wander the streets of the fascinating Sama Gaon village.

**Day 08: Explore day in Sama Gaon for acclimatization**

We have a rest day in Sama Gaon to explore the village and Gombas; a little piece of old Tibet. This is also an extra day in case anyone is having trouble acclimatizing. A great excursion is a hike towards Manalsu Base Camp and Birendra Lake where we’ll have stunning views of the lake, glacier and valley. Another option is a hike up to Pung Gyen Gompa, at 3870 meters, explore around unique natural beauty.

**Day 09: Trek Sama Gaun to Samdo (3850m) - 4 to 5 Hours**

After having breakfast, the trail leads us breathtaking mountains scenery and blue sheep territory, grazing nearby on the barren hill-sides. Perhaps, this will be one of the best trekking days on whole trip, regarding the view and walking. After 3 to 4 hours walking you will get in Samdo, where more than four teahouses for your accommodation. Still Samdo is best for view and cultural activities. If you have still energy then you may hike up to the view point about 1 ½ to 2 hours. This is best for the acclimatization as well.

**Day 10: Trek Samdo to Dharamsala (Larkya Phedi) (4460m) - 4 to 5 Hours**
The trail leads us to the old trade route towards Tibet, cross a bridge, and climb through the trade markets of Larkya bazaar. After about three hours of climbing past glaciers, with increasingly overwhelming panoramas, we come to the campsite at Dharamsala, the high camp for the Larkya La pass, where we have lunch surrounded breathtaking mountains scenery and blue sheep territory, grazing nearby on the barren hill-sides. You'll really feel the altitude and the cold here, so enjoy a more leisurely afternoon and keep warm. We’ll have an early dinner in preparation for our pass crossing tomorrow...

Day 11: Trek Dharmashala to via Larkya La (4930m) to Bimtang (3590m) - 7 to 8 Hours
After very morning breakfast, the trail goes to North side of the Larkya Glaciers where we have views of Cho Danda and then of Larkya Peak. Then walking about four hours we will get on the top of the Larkya La (4930m), view of wonderful panoramic mountains; Himalung Himal (7126meter), Cheo Himal (6820meters), Gyagi Kung, Kang Kuru (6981meters) and the Annapurna II (7937meters) equally stunning from both sides. The descent is steep, through moraines, towards Bhimphedi. After praing the God and yelling 'Ki ki so so Iha gyalo' (may the Gods be victorious), get ready drop often slippery trail following the glacial moraine finally to the Bimphedi, where 'Three Sisters Hotel', is the evening clouds gather and turn pink behind the surrounding peaks. It's all worthwhile now.

Day 12: Trek Bimtang to Tilje (2300m) - 7 to 8 Hours
The trail descents along the fig tree and rhododendron fortes, through the rocky river-bed and sliding hill-sides to several small green villages. Eventually, after long but very scenic day, we reach the large village of Tilje, inhabitants of mix of Manangis (of Tibetan descent) and Chettris (Hindus), so have a unique architecture and culture, and eat mix foods - Dal Bhat, buckwheat Dhido, Tsampa and Tibetan salt-tea. We will stay overnight at teahouse.
Day 13: Trek Tilje to Dharapani (1930m) – 1 ½ to 2 hours and drive to Besi Sahar (825m) - 2 to 3 hours, Again drive Besi Sahar to Kathmandu -5 to 6 Hours

It's an easy trekking day following the Dudh Khola through bamboo forests about 1½ to 2 hours walk down, we see ahead marks of ACAP (Annapurna Conservation Area Project) board at Dharapani. Now we are in Annapurna Circuit Trekking main trail, an atmospheric Tibetan village with prayer flags fluttering at the Gomba in Thongje. Drive Dhrapani to Besisahar 2 to 3 hours by jeep or bus. Again drive Besihar to Kathmandu 5 to 6 hours with our scenic driving, so we'll try to head off early and stop for lunch en route back. It is a different world back in the Nepali hills, and the gentle light sends us on our way back to the bustle of Nepal's capital city Kathmandu. A celebration is definitely in order tonight!

Day:

In this pleasant day you may have full day at leisure either relax at hotel or explore the around Thamel. Today is day of ending your journey, so we would like offer you farewell dinner in Nepali typical Restaurant and hand over you Trip Certificate, Trekking Permit and TIMS Card for memory of Nepal trip.

Day:

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until departure flight/drive. Our assist will be transfer to the International Airport for your departure flight to your onwards destination, taking with you the memory of a life time.
[III] Manaslu Circuit Trek Suggested Itinerary - 18 Days

Day:
Upon arrival at international airport, our waiting support team will meet and greet you at the airport assist and transfer to the Hotel.

Day:
Trekking preparation and permit organize day. Please, check your insurance details and have a copy of your travel medical insurance policy with you.

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Our Guide and Potter come to in your hotel at 6:00 am. Then we are heading to Arughat, by bus or Land cruiser (depending on group size) scenic drive. While passing ridge of Kathmandu Valley, you catch a glimpse of Annapurna, Manaslu, Ganesh Himal and Langtang Himal magnificent view and terraces and green hills. After Dhading Bisi or Gorkha Bazaar the road is tricky because of the grubby road. To get in Arughat through the Gorkha Bazaar or Dhading Besi depends on your time and choice. The village of Arughat is in two parts, on opposite sides of the Buri Gandaki. Arughat Bazaar is large, clean and prosperous with hotels and shops selling cloth, food and hardware. Stay overnight at Tea House or Tented camp.

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Day 03: Trek Soti Khola to Machha Khola (930m) - 6 to 7 Hours

The trail involves some steep ascents and descents to the Doban. The trail gives the glimpses of diversity of flora & fauna, and people with different religion and cultures. We ascend a well – crafted staircase over a ridge to Doban. Doban means confluence of the stream, where Shiar Khola comes from the east, and the Sarpu khola meet from the west. We set our camp here or stay overnight at tea house.

Day 04: Trek Machha Khola to Doban (1,070m) - 6 to 7 Hours

After hot breakfast, journey leads us to ascend on a rugged rocky trail. Then we climb up and down ravines and notched trees. Several waterfalls on both side of the Budhi Gandaki River and hundred species of Birds in the forest makes our trip enjoyable. Liding, Machhakhol, Jagat and Philim provide the unique hospitality with culture and religion. During this trekking the narrow valley shaping by Budhi Gandaki provides the magnificent vistas of Ganesh Himal, Shringi Himal and Himal Chuli, as we continue up to the large Gurung village and fields of corn and millet. There are several good campsites and we set up camp surrounded by alder, blue pine and poplar trees or stay at the tea house.

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so enjoy a more leisurely afternoon and keep warm. We'll have an early dinner in preparation for our pass crossing tomorrow...

**Day 13: Trek Dharmashala to Bimtang (3590m) via Larkya La (4930m) - 7 to 8 Hours**

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**Day 14: Trek Bhimtang to Tilje (2300m) - 7 to 8 Hours**

The trail descents along the fig tree and rhododendron fortes, through the rocky river-bed and sliding hill-sides to several small green villages. Eventually, after long but very scenic day, we reach the large village of Tilje, inhabitants of mix of Manangis (of Tibetan descent) and Chettris (Hindus), so have a unique architecture and culture, and eat mix foods - dal bhat, buckwheat dhi, tsampa and Tibetan salt-tea. We will stay overnight at teahouse.

**Day 15: Trek Tilje to Chyamje (1430m) - 5 to 6 hours walk stay overnight at Teahouse**

It's an easy trekking day following the Dudh Khola through bamboo forests about 1½ to 2 hours walk down, we see ahead marks of ACAP (Annapurna Conservation Area Project) board at Dharapani. Now we are in Annapurna Circuit Trekking main trail, an atmospheric Tibetan village with prayer flags fluttering at the gomba in Thongje. From Dhrapani, the road has been building; you may drive from here to Besisahar by jeep or bus if you are tried after many days walk. It will be bumpy drive to Besisahar, that's
why we would suggest you walk until Besisahar through the classical trekking trail avoiding the road. Trekking south on the main Annapurna Circuit trail, and following down the Marsyangdi River crossing bridge twice to reach the small village of Karte. And continue decent along the cliff rocky trail before crossing the Marsyangdi River. Before us, we see the wide plain and waterfall at scenic Tal (lake), the last village of the Lower Manang region. Continue down through the lush forest and wild Mariana to another suspension bridge nearby Chamje with a beautiful waterfall. We’ll stay overnight in the simple facilitate hotel in Chamje.

Day 16: Trek Chyamje to Bahumdanda (1310m)-5 to 6 Hours stay overnight at Teahouse

Continuing walk down along the Masyangdi riverside until Sange, then cross the Masyangdi River to the Gharmu Phat with amazing view of water fall, rice terrace and mini hydro power. The people of here are mixed Hindu and Buddhist. We will having lunch on the way somewhere, at the end we will climb about 30 munities to the amazing landscape at the Bahundanda. We will stay overnight in teahouse.

Day 17: Trek Bahumdanda to Besisahar (825m)-5to 6 hours stay overnight at Hotel

This is last day of trip, after having breakfast we will begin our walk to Besisahar. At first, the trail goes down through the rice trace and scatter village. And still we will descend to Lili Bhir through the forest and having lunch at Nadi. Now, again we follow the Masyangdi river bank to the Bhulbule, Simal choura with different ethnic group settlement and mountain scenery at behind us. We are ready for our last night's party with the staff and porters in the evening!

Day 18: Drive Besisahar to Kathmandu -5 to 6 Hours
In the morning we will back to Kathmandu with our scenic driving, so we'll try to head off early and stop for lunch en route back. It is a different world back in the Nepali hills, and the gentle light sends us on our way back to the bustle of Nepal's capital city Kathmandu. A celebration is definitely in order tonight!

Day:
In this pleasant day you may have full day at leisure either relax at hotel or explore the around Thamel. Today is day of ending your journey, so we would like offer you farewell dinner in Nepali typical Restaurant and hand over you Trip Certificate, Trekking Permit and TIMS Card for memory of Nepal trip.

Day:
Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until departure flight/drive. Our assist will be transfer to the International Airport for your departure flight to your onwards destination, taking with you the memory of a life time.

[Manaslu Circuit Trek Suggested Itinerary - 20 Days]

Day:
Upon arrival at international airport, our waiting support team will meet and greet you at the airport assist and transfer to the Hotel.

Day:
Trekking preparation and permit organize day. Please, check your insurance details and have a copy of your travel medical insurance policy with you.
Day 01: Drive to Gorkha (1135m) – 5 to 6 hours

Our trekking staff will pick up you at the hotel early in the morning for the scenic five to six hour drive from Kathmandu to the historic town of Gorkha, with its old 'durbar', or King's palace. After organizing gear and loads with the porters, we head up to our first night's campsite above the Gorkha Fort, stopping en route to visit this well maintained site, home of the powerful Gorkha royalty until about a century ago. It is also possible to stay at the hotel.

Day 02: Trek Gorkha to Arkole (570m) - 6 to 7 hours

We wake up with mountain views in the morning over fresh coffee and chai! The trekking trail goes to through the classic middle hills scenery - forested hills, snaking winding rivers where fishermen casting their nets, iridescent rice fields, trees loaded with fruit, water buffalos, thatched huts with diverse ethnicities, and local 'bhattis' (Nepali tea-houses). Along the traditional villages trail we stop for a quick dal bhat or cup of tea. After leisurely six to seven hour first day trekking, we set the camp below the small village of Arkole, and enjoy our first mountain sunset over the neighboring river.

Day 03: Trek Arkole to Kalibote (800m) -5 to 6 hours

The trail lead us to more lovely scenery though the bustling Gurung villages, over several suspension bridges spanning the river, past a high waterfall trail and back up just a bit to reach our camp at Kalibote in the early afternoon. Then the rest of the time you can explore around the village or walk down to the river and rest on you on the smooth river rocks next to the wonderful swimming pond. The staff might even pick up some small fish for dinner.

Day 04: Trek Kalibot to Barpak (1915m) - 4 to 5 hours

After having breakfast we start another beautiful day early morning, to avoid the afternoon sun on the steep long climb up with several chautaras (rest stops) to the wonderful village of Barpak.
Barpak is a large Ghale (royalty) Gurung village and is extremely clean with a weekly market, wide passage between the houses, grain and vegetables drying on the courtyard, several shops, viewpoints and flowers planted along the charming Gurung houses. This places makes for the photographer’s paradise. We can see Baudhdi Himal, a high, snow capped peak which makes for wonderful sunrises and sunsets.

Day 05: Trek Barpak to Laprak (2200m) - 5 to 6 hours

Today the trekking trail leads us up a picturesque climb through the rhododendron forest and rewarding panoramic mountains views such as Baudhdi Himal, Shringi Himal, Ganesh Himal and the Langtang range. This is truly a breathtaking view. After a 5 to 6 hours walk, we arrive down to another large Gurung village, Laprak. Perhaps not quite as scenic as Barpak but just as interesting. We explore rest of the day, walking down the hill with symbolic murals on the mud-brick walled houses. People here are friendly and there is a lot to explore in Laprak's winding maze of lanes.

Day 06: Trek Larpak to Korlebesi (875m) - 7 to 8 hours

We descend through agricultural fields below the Larpak village and cross the suspension bridge. Afterwards we climb an equally steep trail back up past terraced fields of pink sorghum. We contour around several hillsides on a narrow trail up to a small chorten just below the Singla village. We enjoy the views of the Manaslu Himal, Kutang Himal and Shringi Himal to the north as we walk down through along a narrow, winding trail to Korlebesi on the Buri Gandaki River and make camp nearby the stream. We will probably get a visit in the evening from this village’s loclas and perhaps have another show.

Day 07: Trek Korlebasi to Jagat (1370m) - 5 to 6 hours

After breakfast our journey starts along the river, by tobacco and buckwheat fields, past rocks washed smooth by the river, often climbing up
stone steps, to reach the hot springs in the centre of the small, terraced village of Tatopani (hot spring). A gentle climb through the forest and spectacular waterfalls, across a suspension bridge and through a short section of forest path and we reach Dobhan and climb high on stone steps below Jagat, the entrance to the Manaslu park. Stay overnight camp.

Day 08: Trek Jagat to Dang (1865m) to Deng (1865m) - 5 to 6 Hours

Today long series stone steps trail descending to the river, then climb on wonderful stone steps along a terraced hill-side to the small hamlet of Saguleri with impressive Shringi Himal (7187m). The trail splits with the right-hand branch heading off towards the Ganesh Himal nearby a high suspension bridge at Gata Khola. Our route continues upstream, and again we have a steep climb to reach Philim. If weather is clear, you can see beautiful mountains view and amazing Bhudigandaki Valley view below Philim. After breakfast, your day trip starts through a small settlement Ekle Bhatti. In thirty unites you will get in wonderful waterfall before junction of Tsum Valley and Manaslu Circuit main trail. Done be confuse for trail; the right trail goes heading for Tsum valley but for the Manaslu you need to drop down to cross the bridge and continue follow the river bank with narrow gorges. Probably you will have meals at Nayak or Pewa. Today you need cross three times same river Bhudigandaki. Again the trail follows the river bank and finally gets in Dang for overnight stay.

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We have a rest day in Sama Gaon to explore the village and Gombas; a little piece of old Tibet. This is also an extra day in case anyone is having trouble acclimatizing. A great excursion is a hike towards Manalsu Base Camp and Birendra Lake where we'll have stunning views of the lake, glacier and valley. Another option is a hike up to Pung Gyen Gompa, at 3870 meters, explore around unique natural beauty.
Day 13: Trek Sama Gaun to Samdo (3850m) - 4 to 5 Hours

After having breakfast, the trail leads us breathtaking mountains scenery and blue sheep territory, grazing nearby on the barren hill-sides. Perhaps, this will be one of the best trekking days on whole trip, regarding the view and walking. After 3 to 4 hours walking you will get in Samdo, where more than four teahouse for your accommodation. Still Samdo is best for view and cultural activities. If you have still energy then you may hike up to the view point about 1 ½ to 2 hours. This is best for the acclimatization as well.

Day 14: Trek Samdo to Dharamsala (Larkya Phedi) (4460m) - 4 to 5 Hours

The trail leads us to the old trade route towards Tibet, cross a bridge, and climb through the trade markets of Larkya bazaar. After about three hours of climbing past glaciers, with increasingly overwhelming panoramas, we come to the campsite at Dharamsala, the high camp for the Larkya La pass, where we have lunch surrounded breathtaking mountains scenery and blue sheep territory, grazing nearby on the barren hill-sides. You'll really feel the altitude and the cold here, so enjoy a more leisurely afternoon and keep warm. We'll have an early dinner in preparation for our pass crossing tomorrow...

Day 15: Trek Dharmashala to Bimphedi (3590m) via Larkya La (4930m) - 7 to 8 Hours

After very morning breakfast, the trail goes to North side of the Larkya Glaciers where we have views of Cho Danda and then of Larkya Peak. Then walking about four hours we will get on the top of the Larkya La (4930m), view of wonderful panoramic mountains; Himlung Himal (7126meter), Cheo Himal (6820meters), Gyagi Kung, Kang Kuru (6981meters) and the Annapurna II (7937meters) equally stunning from both sides. The descent is steep, through moraines, towards Bhimphe. After praing the God and yelling 'Ki ki so so lha gyalo' (may the Gods be victorious), get ready drop often slippery trail following the glacial moraine finally to the Bimphedi, where 'Three Sisters Hotel' , is the evening clouds gather and turn pink behind the surrounding peaks. It's all worthwhile now.

Day 16: Trek Bhimtang to Tilje (2300m) - 7 to 8 Hours

The trail descents along the fig tree and rhododendron fortes, through the rocky river-bed and sliding hill-sides to several small green
villages. Eventually, after long but very scenic day, we reach the large village of Tilje, inhabitants of mix of Manangis (of Tibetan descent) and Chettris (Hindus), so have a unique architecture and culture, and eat mix foods - Dal Bhat, buckwheat Dhido, tsampa and Tibetan salt-tea. We will stay overnight at teahouse.

**Day 17: Trek Tilje to Chyamje (1430m) - 5 to 6 hours walk stay overnight at Teahouse**

It's an easy trekking day following the Dudh Khola through bamboo forests about 1½ to 2 hours walk down, we see ahead marks of ACAP (Annapurna Conservation Area Project) board at Dharapani. Now we are in Annapurna Circuit Trekking main trail, an atmospheric Tibetan village with prayer flags fluttering at the Gomba in Thongje. From Dhrapani, the road has been building; you may drive from here to Besisahar by jeep or bus if you are tried after many days walk. It will be bumpy drive to Besisahar, that's why we would suggest you walk until Besisahar through the classical trekking trail avoiding the road. Trekking south on the main Annapurna Circuit trail, and following down the Marsyangdi River crossing bridge twice to reach the small village of Karte. And continue decent along the cliff rocky trail before crossing the Marsyangdi river. Before us, we see the wide plain and waterfall at scenic Tal (lake), the last village of the Lower Manang region. Continue down through the lush forest and wild Mariana to another suspension bridge nearby Chamje with a beautiful waterfall. We’ll stay overnight in the simple facilitate hotel in Chamje.

**Day 18: Trek Chyamje to Bahumdanda (1310m)-5 to 6 Hours stay overnight at Teahouse**

Continuing walk down along the Masyangdi riverside until Sange, then cross the Masyangdi River to the Gharmu Phat with amazing view of water fall, rice terrace and mini hydro power. The people of here are mixed Hindu and Buddhist. We will having lunch on the way somewhere, at the end we will climb about 30 munities to the amazing landscape at the Bahundanda. We will stay overnight in teahouse.

**Day 19: Trek Bahumdanda to Besisahar (825m)- 5to 6 hours stay overnight at Hotel**
This is last day of trip, after having breakfast we will begin our walk to Besisahar. At first, the trail goes down through the rice trace and scatter village. And still we will descend to Lili Bhir through the forest and having lunch at Nadi. Now, again we follow the Masyangdi river bank to the Bhulbule, Simal choura with different ethnic group settlement and mountain scenery at behind us. We are ready for our last night’s party with the staff and porters in the evening!

**Day 20: Drive Besisahar to Kathmandu -5 to 6 Hours**

In the morning we will back to Kathmandu with our scenic driving, so we'll try to head off early and stop for lunch en route back. It is a different world back in the Nepali hills, and the gentle light sends us on our way back to the bustle of Nepal's capital city Kathmandu. A celebration is definitely in order tonight!

**Day:**

In this pleasant day you may have full day at leisure either relax at hotel or explore the around Thamel. Today is day of ending your journey, so we would like offer you farewell dinner in Nepali typical Restaurant and hand over you Trip Certificate, Trekking Permit and TIMS Card for memory of Nepal trip.

**Day:**

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until departure flight/drive. Our assist will be transfer to the International Airport for your departure flight to your onwards destination, taking with you the memory of a life time.
Note: If you wish to stay longer, we can offer plenty of suggestions: mountain biking in the Kathmandu valley, Rafting in white water, wildlife Safari, Bungee Jump, Hotel Booking, an Everest view flight, a trip out to Bhaktapur or Patan, the Kathmandu valley's other historic cities, or a night at the Fort Hotel in Nagarkot for a bit of luxury and some worthwhile sunset and sunrise mountain panoramas. We help to arrange any of these excursions for you. Namaste and see you during your next trip to the Nepal Himalayas!

Trip Cost Includes

- Arrival and Departure all transportation (airport to Hotel to airport).
- All ground transportation by private vehicles or Comfort Tourist bus.
- Warm down Jacket and Sleeping Bag for the trek.
- Government license holder experienced Local Guide with English Speaking and friendly their food, accommodation, salary, insurance, equipments.
- Porter (between every 2 person basis) Max.20-25 kg. Plus their food, accommodation, salary, insurance and equipments.
- One Sherpa (assistance guide) if group size more than 6 people. Plus their food, accommodation, salary, insurance and equipments.
- MCAP (Manaslu Conservation Area Project), Manaslu Restricted Area permit, ACAP (Annapurna Conservation Area Project) Fee.
- Duffle Bag during trek.
- First Aid medical kid.
- Full board meal (breakfast, lunch, dinner) with Tea, coffee each meal in a cup.
- Tourist service charge, vat, Governments Tax and official expansen if necessary.
- Welcome and Fare well program.

Trip Cost Does not Includes

- All kind of beverage including mineral water, Phone calls, laundry, hot shower during Trek.
- Travel and Rescue Insurance (compulsory).
- Tipping to crew.
- Personal expenses like Shopping, souvenirs or gift.
- Personal mountaineering gears.
- Optional trips and sightseeing if extend.
- International airfare and airport departure tax.
- Visa fee, you obtain a visa easily upon your arrival at Tribhuwan International Airport.
- Not mention above services.
Optional Additional Trip

If you would like to extended some more days after or before trip, then we are glad to organize your trip following area or glad to offer you according to your desire, holiday period and interest with reasonable price.

[I] Jungle Safari in Chitwan National Park

We arrange for 1 night 2 days to 2 nights 3 days Jungle Safari trip in Chitwan National Park either by airplane from Kathmandu to Bharatpur and back to Kathmandu or regular tourist bus. In this package will includes all accommodation and activities such as Elephant safari, Canoe ride, Bird watching, Jungle walk, village walk, visit to the Gharial (A rare type of crocodile) Breeding Center and a cultural show of the indigenous people of Chitwan. Read more.....

[II] Everest Mountain Flight

People who have short time and physically unfitness, those people won’t be able to get in Himalaya explore around in their life time. But now do not need to worry about, Everest Mountain Flight would be best way to explore around Himalaya range at once glance. Nepal Mountain Flight conducts every morning regular flights by Yeti, Simrik, Guna and Buddha Airlines craft towards the Himalayan range. This is the quickest way to get a close look at Mt. Everest, the highest mountains in the world. And other mountains that can be viewed at close range are Nuptse (7,879 m), Lhotse (8,501 m), Cho Oyu (8,210m), Makalu (8,475 m) and Kanchenjunga (8,584 m). Aircraft have large and clear windows and provide superlative sights of the Great Himalayan Range. You are provided by the window seat to enjoy the whole flight viewing the snowy peaks, and from the cockpit it is even a superb and undisturbed view. It begins North East of Kathmandu offers you eye-level sun rising views of the snow capped peaks and bring you back to Kathmandu within an hour. Read more....

[III] Kathmandu Sightseeing Tour

It is possible 1 day to 2 days sightseeing around Kathmandu valley with our professional tour Guide. Having explored historical and spiritual attractions; including the historic Durbar Square, Bouddhanath; one of the largest stupas in Nepal, Swayambhunath; top on the hill in the city knows as the Monkey Temple, Pashupatinath; Hindu holy place, Sadhus and pilgrims bathing at occasionally, funeral pyres burning on the ghats, located on the holy Bagmati River. Read more.....
[IV] White River Rafting

White River Rafting is another option for your additional day trip. Nepal Mother House offer you Trishuli River Rafting /Kayaking for 1 day to 3 days trip, which will be starting at Charaudi on the way to Pokhara Prithivi Highway and taking out at before Narayanghat. During this trip you will get full satisfying exciting adventure experience, you run all the major rapids watch the river grow as its tributaries join, awesome sight as it cuts its way through impressive gorges, and then leave it when it spreads out over the great plain of the Ganges. This rafting is the best including for training purpose, Kayaking and Rafting as well. Read more.....

[V] Bungee Jumping

Bungee Jumping could be another optional trip for your additional day; it is situated 160m over the Bhote Koshi River, near to the Nepal-Tibet border, 3/4 hours bus ride from Kathmandu and can back to Kathmandu same day. It was designed by one of New Zealand’s leading bungee consultants, and operated by some of the most experienced jump masters. Bungee Jumping here is probably best in the world as it is not only the highest but also provides the most wonderful view in the world. The thrill and excitement of bungee is absolutely a once in life time experience. Read more.....

[VI] Paragliding and Jeep Flyer

If you are looking for adventure experience during additional day, it would be best do Paragliding and Jeep flyer in Pokhara. In 2to 3 days period you participate for this activities, you can get in Pokhara either by plane scenic 20 munities flight or comfort tourist bus. We take a 20 min jeep ride from Pokhara to Sarangkot (1,592m), which offers great panoramic mountain views and tranquil Fewa Lake, where the sunrise and sunset rays land in amazingly. For the paragliding, you do not need to have experience, Nepal Mother House provides you qualified pilots will provide you full briefing before your trip launch. If you want to have funs with gliding and Jeep flyer in beautiful city Pokhara why don’t let us serve you. Read more.....