

MANASLU TREK 15 DAYS



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Url: <https://mandalatrek.com.np/trip/manaslu-trek/>

Country

Nepal

Difficulty

easy

- 15 days KTM / KTM
- Maximum altitude Larkey Pass 5200m

Day 01: Arrive in Kathmandu.

Day 02: Kathmandu / Gorkha / Baluwa Road (6h-900m)

Overnight and dinner at the lodge

Day 03: Baluwa Trek / Barpak (5h-1950m).

Night and dinner at the Lodge

Day 04: Trek Barpak / Laprak (5h-2100m)

Walk up to Gupsi pass danda 2670m and down laprak village. Night and dinner at the Lodge

Day 05: Laprak - Khola Besi (5h-970m)

- There are several climbs and descents before arriving at the village of Machha Khola. It is best to stay on the upper path that bypasses the village and arrives at another suspension bridge where there are some tea shops.
- Night and dinner at the Lodge

Day 06: Trek Khola Besi - Philim (6h-1570m)

- After a small hot spring in Tatopani (*tato=hot, pani=water*), the route crosses the Buri Gandaki to go up the left bank by a series of stone stairs to Doban. This step is difficult.

- Night and dinner at the Lodge

Day 07: Trek Philim - Deng (5h-1860m)

- Philim is the starting point to go to the Ganesh Himal base camp and the valley behind the massif is the Tsum Valley, populated by Tibetan shepherds. The region is however forbidden to foreigners. You follow the trail relatively flat and across fields of millet and corn to Serson. A gorge and grassy slopes dotted with tall firs leads to a bridge over the Buri.
- Night and dinner at the Lodge

Day 08: Trek Deng - Ghap - Namrung(5h-2630m)

- After the village of Rana, the trail heads west following the Buri Gandaki valley. Some ascents and descents, outlines and detours lead to the Shringi Khola which descends from Shringi Himal, on the Tibetan border. The trail climbs steeply and crosses over the river flowing at the bottom of a canyon with vertical walls.
- Night and dinner at the Lodge

Day 09: Trek Namrung - Sama Gaon (6h-3530m)

- Today you enter the region inhabited by the Nupri, descendants of Tibetan immigrants. After the many fields and houses of Barcham, you arrive at the village of Li at 2900 meters. Find above the village, behind gumpa.
- Night and dinner at the Lodge

Day 10: Trek Sama Gaon - Samdo(4h-3875m)

- The river heads north again and the trail is easy, passes the stone houses of Kermo Kharka and then becomes painful going up a ridge where yak caravans have damaged it pretty much. From a promontory between two rivers you can see a large white kani that seems close. However, it will take you a long time to get there and enter the village of Samdo behind a

ridge (3860 m). (From here, a path goes east and in a good day's walk leads to Lajyang La pass at 5098 meters and Tibet.)

- Night and dinner at the Lodge

Day 11: Samdo Trek - Larkya Glacier(Dharmasala (5h-4460m)

- You have to cross the river which is now very small on a wooden bridge. After a mani wall, the path climbs through the tundra and juniper trees, facing the huge Larkya Glacier that descends from Manaslu. The trail becomes less obvious and climbs along a ridge to the right to reach a fantastic view point to 4000 meters.
- Night at the Lodge

Day 12: Ice Trek - Larkya La - Bhimthang(8h-3590m)

- A gradual climb along a moraine leads to a lake and continues until 4700 meters. The trail becomes a bit more difficult and some cairns mark the path. Soon we see the prayer flags of the pass. After passing four frozen lakes, you have the last steep climb to the Larkya La pass at 5100 meters. Three to four hours are needed to reach the summit. The panorama is incredible: Himlung Himal (7126 m), Cheo Himal (6820 m), Kang Guru (6981 m) and Annapurna II (7937 m). The descent follows the course of the moraine then crosses the slopes. The trail is quite steep and zigzags. 700 meters down the path becomes better and easier and goes down to a small pasture and a source at 4080 meters. The valley widens and you pass near a big mani and a shelter (3700 meters). This place is called Bhimthang, "the sand plain" in Tibetan.
- Night and dinner at the Lodge

Day 13: Trek Bhimthang - Tileche (6h-2300m)

- Below, a small wooden bridge allows us to cross the Dudh Khola then you go down in a forest of pines and rhododendrons until Hompuk (3430 m). The walk becomes easier going down and you arrive at the fields of the

village of Karche to 2700 meters. Then climb a ridge while the river makes a detour. Prayer flags at the top take you down a big loop to the river at about 2600 meters. A little further on appears the village of Gho (2560 m) where a real tea shop awaits you. The trail continues through fields and forests. Staying on the right bank you finally arrive at Gurung village of Tileche (2300 m).

- Night at lodge.

Day 14: Trek Tileche - Dharapani(6h-1963m)

- Today you follow the left bank to a bridge that takes you back to Thonje. Here your sirdar and liaison officer will have to complete the formalities and show the trash that any trekker is meant to bring back with him, according to the "Restricted Area Regulations" . Then you cross the village of Dharapani (1900 m)
- Night and dinner at the Lodge

Day 15: Dharapani / jagat (6h-1300m)

- Continue down along the Marsyangdi Khola. You have joined the classic route of the Annapurna Tour and the trail is good. Tourist infrastructures are also more numerous. You arrive at the end of the day in Jagat (1300 m).
- Night at the lodge.

Day 16: Jagat Road / Bensishar / Kathmandu.

- Jeep to Bensishar then mini bus to Kathmandu.
- End Tour