



COMMUNITY ACTION TREKS

Around Manaslu Trek

An alternative to the Annapurna circuit with the opportunity to see the work of Community Action Nepal along the way.

NEPAL





GRADE
DEMANDING

MAX ALTITUDE
5160m

TREKKING DAYS
11

TRIP LENGTH
18 days

MIN PEOPLE
4

Around Manaslu Trek

Standing at 8163m east of the Annapurna's in central Nepal is Manaslu, the eighth highest peak in the world. The circuit around the mountain is compared to that of Annapurna in terms of its magnificent and extraordinarily varied scenery, but without the crowds!

From the sub-tropical Budhii Gandaki Valley, the route winds through deep gorges to reach a remote desert-like region bordering Tibet. Here in a hidden valley the people are Buddhists of Tibetan descent living in villages with names like Li, Lho and Sho. Pagoda gates, prayer walls and gompas (monasteries) are among the architectural wonders we pass, set to a backdrop of breathtaking views of Manaslu.

The 5160m pass of Larkya La brings further rewards as another dazzling array of peaks come into view. Trekking through the Nubri Valley you will have the opportunity to see several health posts built and supported by our sister charity Community Action Nepal.

If you're looking for an alternative to the Annapurna circuit, a trek amidst fantastic scenery but without the 'crowds', then Manaslu is an option to consider.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£1750 per person* (land only price - see last page)

*prices subject to change



Around Manaslu Trek

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around local markets on your own.

Day 2

Free day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Drive to Machha Khola 869m (7-8 hour drive).

An early start this morning for the long drive to Machha Khola in a 4WD jeep. We stop for lunch at Arughat Bazaar. After lunch the road becomes quite rough, however the route is very beautiful: very green, passing alongside rivers and hills. We continue to the starting point of our trek at Machha Khola, where we stay overnight.

Day 4

Machha Khola to Jagat 1370 meters (5-6 hours walking).

Our trek today takes us over a couple of ridges until we reach Tatopani ('hot water') where there are hot water spouts under the sheer cliffs. The rice fields are slowly making way for fields of millet and buckwheat. After Tatopani we cross the bridge to the east bank of the river and continue our way to the Gurung village of Jagat. The Manaslu Conservation area begins here and we will need to present our trekking permits.





Day 5

Jagat to Philim 1590m (2.5 - 3 hours walking).

Trekking today involves a relatively short walk from Jagat to Philim. Here we stop for lunch and remain overnight. On the way we catch a tantalizing view of the Shringi Himal [7175m] to the north, close to the border with Tibet. After lunch there will be time to explore the upper part of the Gurung village. The gumpa is about half an hour's walk and 150m above the village. Philim is also the location of the Government-run regional health hub, which services both the Nubri and Tsum Valleys. Based here are two CAN-funded nurses and a laboratory technician. Also worth a visit are the Manaslu Conservation Area Project (MCAP) office and the Japanese-funded school.

Day 6

Philim to Bihi 2300 meters (6 hours walking).

Shortly after leaving Philim the trail divides and we bear left into the Nubri Valley (with the entrance to the Tsum Valley to the right) over another bridge at the confluence of two rivers. By now we have entered into wholly Buddhist territory: mani walls and kanis (entrance gates), prayer flags and prayer wheels all form part of the landscape. The day starts with a gradual ascent, but during the day, the trail becomes increasingly steep as it rises and then falls. We pass partly through beautiful primeval forest with the thunder of the fast-flowing river below us and then again over open areas where the wind, which often comes from the north, can be quite fresh. At the village of Chumjet we pass the Chhuling Khola. A little further on we climb another 150 meters to the village of Bihi. Bihi is the site of a CAN Health Post.

Day 7

Bihi - Lho 3150m (5-6 hours walking).

Initially the trail rises gradually but after lunch the terrain becomes steeper and we have to deal with landslides, wet areas and slippery stones. The direction of travel is now west; the Tibetan border is less than 10 km north as the crow flies. The landscape keeps changing and becoming more barren. We have many ascents and descents. We always have beautiful views over the fields and pass many mani walls and stupas - or chortens as they are called in Tibetan. We pass the gompa of Lihi (the village has a CAN Health Post) and continue ascending until we pass through the stone gate of Sho village. We walk onto Lho, a beautifully situated village with walled fields that are golden yellow with ripe grain in the autumn. In the east we have a view of the peaks of Ganesh Himal and in the north the glaciers on the mountains that mark the border with Tibet. Lho village has a CAN Health Post.

Day 8

Lho to Samagaon 3350m (3.5 hours walking).

Should we choose to rise slightly before dawn and walk to a small hillock on the outskirts of the village, then we will be able to enjoy the magical and unforgettable experience of watching the sun as it rises behind Manaslu, the light gradually creeping over the summit with Lho monastery in the foreground. Today is another shorter walking day, so we will walk straight from Lho to the large and beautiful village of Samagaon, where we will spend two nights. First, we follow the river until we arrive in Syaula. This is a fairly new village and it is populated by Tibetan refugees who still arrive in Samdo via the former trade route via the Lajjung Bhandjyang and the valley of the Sanam Khola. We continue our walk to Samagaon, the route crosses a large plain and the village nestles in a kind of bowl. Samagaon has a CAN funded Health Post.



Day 9

Acclimatisation/Rest Day at Samagaon.

Today we have many options: hold a Puja (prayer service) for the success of our trip in the gompa of the monastery or walk through the village and see how the villagers of Tibetan ethnicity live and work. You could take a walk to the Birenda valley or follow the path towards Manaslu Base Camp. There is also a longer walk to Pung Gyen Gompa which would be useful for acclimatisation. The Gompa is located at about 3900m on one of the slopes along the Numla Khola. Of course, we can also just relax.

Day 10

Samagaon to Samdo 3780m (3.5 hours walking).

The trail to Samdo starts with a climb up through the forest. Later the trail opens by a lake and a cold wind can pick up. Carrying some warm clothes in your backpack is recommended if you haven't done so before. We follow the Budhi Ghandaki in a northwesterly direction to Samdo, the last inhabited village before the Larkya La. We walk through yak meadows with dozens of long mani walls. The gain in height is noticeable and there are still a few steep climbs in the last part of the trail. We lunch in Samdo. From the edge of the village, looking down on our route up from Samagaon, we may well spot a majestic Lammergeier (bearded vulture) soaring above in the sky and playful Marmots on the hillside below us. After lunch the energetic and enthusiastic can make a trip to a 200m higher peak to enjoy the view. At Samdo we will see a CAN funded Health outreach post.



Day 11

Samdo - Dharmasala (Larkya La Base Camp) 4450 meters (4.5 hours walking).

Today we trek to the last overnight stop before we cross the pass. We will be taking it easy today as we ascend about 800 metres and a tough day awaits us tomorrow when we cross the pass. On the south side of the trail, we have a view of the North Peak and the Larkya Peak of the Manaslu massif and on the north side the barren, rugged stone desert that lies between us and the Tibetan plateau. This will be the coldest night on this trip and most likely the shortest.

Day 12

Larkya La Base Camp - Larkya La 5105m – Bhimtang 3800m (10 – 11 hours walking).

Now the time has come for the long crossing over the Larkya La to Bhimtang. We rise very early and leave in the dark. Most of the pass is snowy and that can make the long steep descent especially difficult and time consuming. The approach to the pass is gradual and hopefully it will be a clear sunny day so that we can enjoy the impressive landscape as soon as it is light. In the subsequent descent we go up again slightly to a second pass. Then our route descends for a long time and quite steeply, but we occasionally take the time to enjoy the phenomenal view. We walk along the moraine wall to the large lawn with some houses. The duration can vary greatly on this day and is very dependent on the terrain. Now, we are in Annapurna Region.



Day 13

Bhimtang – Tilje 2000m (6 hours walking).

We lie-in and then continue the journey down. Through beautiful forests with a great view of the peaks of the Manaslu range behind us we walk quietly along the river to Karche. This is just past the Surki Khola, a river that comes from the northwest and flows into the Dudh Khola. We walk along the Dudh Khola further down to the south. First a climb over the Kharche Pass but then mainly descent along moraines, yak meadows, white beaches and stones along the swirling river that lives up to the name Dudh (milk). We also see beautiful forest with beard mosses. It is wonderful to have green around us again after the wild beauty of rocks, snow and ice. On the way we still keep a view of the majestic mountains around us. We spend the night at the large Gurung village of Tilje.

Day 14

Tilje - Jagat 1300m (7 hours walking).

Trekking down from Tilje we reach a point where the Dudh Khola joins the Marsyangdi River and we enter the Annapurna trail. At Dharapani we cross the bridge to the west bank of the Marsyangdi. Our Restricted Area permits will be presented at the checkpoint. We are now in a completely different world with many tea houses, restaurants and lodges. It is much busier on this route than we are used to, especially because we are walking against the current. We pass characteristic villages such as Tal and Chamje. We will spend the night in Jagat, where the Restricted Area ends.





Day 15

Jagat – Besisahar 760m (4 hour drive).

After breakfast, we board the local reserved 4WD jeep for the drive to Besisahar. Up to Besisahar the road is still unpaved and probably in a bad condition with quite a few potholes! Overnight stay in Besisahar.

Day 16

Besisahar - Kathmandu by 4WD (6-8 hour drive).

From Besisahar there is an asphalt road and driving by 4WD is (slightly) faster. At Dumre we reach the road that runs from Pokhara to Kathmandu. On the way there we will have lunch in Mugli. The ride will take 6 to 8 hours depending on traffic. The road passing over into the Kathmandu valley can sometimes cause delays. The rest of the day is free to shower and rest after our trek and to explore the wonderful city of Kathmandu.

Day 17

Free day in Kathmandu.

A day to explore Kathmandu and do some last-minute shopping.

Day 18

Depart Nepal.

Transfer to Kathmandu airport.



The price includes (on a lodge basis):

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

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Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.