

Manaslu Trekking Cost , Route, Recommend & Details itinerary 2019,



Introduction

Manaslu Treks is falling in Dhading through Gorkha region **Manaslu (8163 m)** will be decorated all the way through **Tibet** in the Northern area. With Sanskrit, Manaslu signifies “Mountain with the Spirit”. **the highest mountain in the Manaslu is, in fact, the eighth e world. Manaslu trek** offers the eye-catching Himalayan panorama to the west area as well as Himlung Himal (7126 m), Cheo Himal, Gyaji Kang, Kang Guru (6981 m), along with Annapurna II (7937 m) and a number of others.

Also, we come across **the Larkya- La Pass (5200m)** that is the biggest, most complex as well as stirring stage of the trip. From **Larkya-La normally**, the way down is spiky. Shifting further on from Tengboche the small trail then makes its way into a wide pasture where many of us set our camp. After that, we will move downhill the Dudh River then through the incredible woods of Pinus radiate, rhododendron, juniper in during **the #manaslu trek**, then we will stroll to Thonje and after that to Dharapani. As we go lower further the alpine plant life tends to alter to subtropical lushness. We after that go down to the Marsyangdi River until Besisahar.

This is 14-day Manaslu Treks designed by **Nepal Planet Treks and Expedition** gives you a chance to observe geographically arresting, unusual environment, exceptional plant life, and wild animals and remarkable way of life with more terrific experiences.

If you have a more extra day, the same way u can do Tsuam valley treks as well, it is one of the best area parts of the Manaslu, it will be around 6/7 days, After end then joins Manaslu treks and cross the Larkya pass, will be total 20 days. so it depends on your holidays and your time table, and the same route you do can to Rupi Nala, Ganesh Himal treks, other much more option, So all the trekking route is part of the Manaslu Region.

Trip Facts

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Trip Duration	16 days
Trip Grade:	Moderate
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	8848m
Accommodation	Tea House
Group Size	1-15 PAX
Trip Start	Soti Village to Soti Village
Trip End	Beshisahar
Fix Departure	March,18,25,30 April 19, 25,May 12,16,27,Oct, May 16,22,,28,30, Nov,03,12,25,

Itinerary Details

Day 01 : Arrival to Kathmandu (1400m)

After Arrival in Kathmandu International Airport and you will be greeted by our representative of Nepal planet treks who will drop you off at our hotel- then check-in at the hotel, be refreshing and rest too. then, the evening we have welcome dinner Nepalese culture restaurant and overnight Kathmandu.

Day 02 : Full days Sightseeing in Kathmandu Valley

Today's sightseeing the Kathmandu Valley and after Breakfast you will be visiting ethnic heritages enlisted with UNESCO World heritage list in Kathmandu valley – the holy Hindu temple, Pashupatinath, the biggest Stupa, Boudhanath, Swoyambhunath Stupa (monkey temple) and also fantastic Kathmandu Durbar Square, as more as possible. Overnight at hotel in Kathmandu.

Day 03 : Kathmandu - Sati Khola (1000m)

Today after breakfast you will move from Kathmandu via private jeep or Local bus, it depends on our Finances. Then we are enjoying views of the Nepalese countryside along with the mountain hill then we will travel on the secondary route to Dhading Beshi. We get to Aarughat/salendar . After reaching the Arughat/salentar down in the region we drive further towards Seti Khola, overnight shitikhola.

Day 04 : Sati Khola - Machha Khola (1300m)

Our way today, we will go slowly and steadily to climb again. Then, we will head out of the woods to arrive at Riden Gaon. This ravine right here cuts instantly into yet one more river to arrive at Budhi Gandaki. At Lambesi, the track moves downhill to Budi Gandaki. We stroll for about 5 hours. We will set a new camp at Machha Khola. Overnight in Machha Khola.

Day 05 : Machha Khola - Jagat (1360m)

On this day, the track moves over the Thado Khola with a new pebbly ravine to Khorlabesi. We can also view a smaller temperate early spring from Tatopani. The track after that mounts prior to going across the Budhi Gandaki River, over a suspension bridge. After that, we will arrive at Dobhan. For the reason that elevation increases, the surroundings run all the way through a full modification. In Jagat, you can get a police check-post. Overnight in Jagat.

Day 06 : Jagat - Nayak (2300m)

We go away from Jagat to arrive at the riverbed yet another time. Right after going on along the river, we ensure up to terraced hill Saguleri after that from you will arrive at Sringi Himal (7177 m). After reaching Ghatte river, we will yet again cross the Budhi Gandaki until we will reach to Sirish Gaon. From now Gandaki Valley will contract. Overnight camp in Nayak.

Day 07 : Nayak - Ghap (2095 m)

Leaving Nayak, we will walk across the upstream of Deng Khola where we will observe a small village with households. At Ghap, the Tibetan lifestyle can be witnessed together with Mani stones to chortens on a lot of facets. Overnight at camp.

Day 08 : Ghap - Lho Gaon (3150m)

Through Ghap, most of us traverse all the way through the ridge to Budhi Gandaki where on the way down with the number of houses. At Namru, we can see check post once more. Then, most of us come across the Hinan River via Linda Glacier and also carry on in order to arrive at Sho. Manaslu upper (7774 m), Naik peak, Manaslu (8150 m) is frequently visible from here. We will make way close to Lho gaon - a tiny town to stay overnight.

Day 09 : Lho Gaon - Sama Gompa (3500 m)

Today we will visit Gomba and after that with the magnificent maximum landscape. Then, we all go around the distinctive alpine path ahead all of us to arrive at Pung Gyan Gomba, right through these meadows and also to the 500 years old region, Sama Gaon. Dzongkha Dzong (fortress) lying within national boundaries of Tibet. Overnight in Sama Gompa.

Day 10 : Sama Gompa - Sama (4000 m)

By Sama Gompa, we all go across the long mani wall as well as Chorten at Kermo Kharka afterward walk down towards Budi Gandaki. This is business spot linked with the far-east and Indian reasonable length of time ago. You will finish up observing people preserving livestock yaks, goats, sheep etc. Tonight camp at Sama.

Day 11 : Sama Rest days

We have a day rest at Sama and you also choose the area for the excursion. Overnight in Sama.

Day 12 : Sama - Dharmashala (4450 m) 5-6 hrs.

From Sama all of us move crossways through Gyala Khola. Rising again, all of us move toward the flourishing Larke bazaar. Also, we will arrive a couple of small estuaries and streams previous to Larke Glacier. And we will go to built structures called " Dharmashala". Overnight in Dharmashala.

Day 13 : Dharmashala - Bhimtang (2785 m)

After a short walk and we will reach a valley on the north side of the larky Glaciers from where we can see with enjoying best views of the cho danda and lakya peak,

Finally, we walk across moraines of the glacier. Making a gradual ascent which becomes steeper only in the last section of the pass. From the pass, there are outstanding views of the Himalayas Cheo Himalaya, khanguru and the huge Annapurna.

It is a longer day than usual to Bimthang village, but to walk into these low pastures with the evening mist coming in with Mt: Manaslu looming close by is an overwhelming experience and overnight Bhinthang Village.

Day 14 : Bhimtang - Dharapani (1943 m) 6-7 hrs.

We will leave Karcher to go up to paddy meadows in the track of Karche La. When getting ahead of the way we will have to walk down through the number of pastures to Tillije. All of us traverse Dudh Khola

to enter Thonje check post. After that, we meet up with Marshyangdi region coming from beneath. Overnight at camp in Dharapani.

Day 15 : Dharapani - Chamje(1433 m) 5-6 hrs.

After Breakfast we are ahead from Dharapani to Chamje, it will 6-hour walk and will walk on the track down to the reach Marshyangdi river. After that, we will shift through the widen villages to get there at Tal community and walk to Chamje village overnight Chamje.

Day 16 : Chamje – beshoshair/Kathmandu 7-8 hrs.

After Breakfast drive to join jeep to beshear and take to bus back to Kathmandu will be around 5 -6hrs drive. Overnight in the hotel at Kathmandu,

Day 17 : Departure

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until your departure flight/drive or to commence any extra trips or activities you may have booked with us. If departing, you'll be transferred to the International Airport for your departure flight to your onwards destination.

We wish you a wonderful Himalayan adventure with us

Cost Includes

- Airport / Hotel / Airport pick up & drop by private car or van. It depends on the group.
- 3 nights accommodation in 3-star category hotel in Kathmandu located tourist center, or up to you.
- Meals on full board (Breakfast, lunch, and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana, and grape, etc.
- All accommodations during the trek.
- trekking map.
- Kathmandu to Via bus to Soti Khola and back to Kathmandu
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salaequipmentents, transportation, local tax for Guide

and porter

- Group medical supplies (first aid kit will be available).
- If you need we will provide your sleeping bag, down jackets, Duffle bag and, if necessary, etc.
- All necessary Government paper works and national park entry permits and special Manasalu permit with
- TIMS Card etc.
- Travel & Rescue arrangement. All government taxes and Vote.

Cost Excludes

- Meals yourself Kathmandu (L+D)
- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind of drinks (Alcoholic, hot and cold drinks)
- Personal shopping and laundry etc, if u want private jeep/van/heli
- Personal trekking Equipment.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.