



## **Manaslu Annapurna Trek Itinerary**

### **Day 1: Drive from Kathmandu to Soti Khola (700m)-07 hrs Drive.**

After breakfast, we will drive around 6 hours to reach Arughat via the Prithvi Highway. Earlier reaching maleku, we turn north to Dhading Besi. Then we move toward soti Khola via Arughat Bazar, which takes about 1 hour. Stay overnight in lodge.

### **Day 2: Trek from Soti Khola to Machha Khola (1200m)-05 hrs Walk**

Early in the morning, after having breakfast, our trek moves toward soti Khola through different tiny villages and woods to Laphubesi. After crossing the valley we will drop to the bank along Budhi Gandaki River. We can observe many mesmerizing views of Ganesh Himal before reaching Machha Khola. Stay overnight in a hotel.

### **Day 3: Trek from Machha Khola to Jagat(1700m)-06 hrs Walk**

After breakfast, we leave trek toward Tatopani through a tiny village called Khorlabesi. After crossing an awe woodland and a beautiful town called Dobhan, we will reach to Jagat.

### **Day 4: Trek from Jagat to Dang(2200m)-06 hrs Walk**

After having a warm breakfast, our trail begins with mesmerizing views of Mt. Singri after crossing a stony edge. We will cross the bank of river Budhi Gandaki sideway, a valley Philim Village. finally after crossing village called Chisapani, Yekle Bhatti through Pine forest, we reach Dang Village. Stay overnight in Dang.

### **Day 5: Trek from Dang to Ghap (2123m)-05 hrs Walk**

Today we will begin our trek by climbing up the Rana Village by crossing magnificent pine forest. From a bridge Bihi Phedi, we can observe heartfelt views of Mt.Kutang. After crossing off the roads, we will reach Ghap village. Stay overnight in the Hotel.

### **Day 6: Trek from Ghap to Lhi (2946m)-05 hrs Walk**

After having breakfast, we will leave Ghap village and move toward Lhi through a beautiful rhododendron and pine woodland with crippling sound of birds. By crossing villages called Namrung village and LamaGaun, we will reach a gorgeous Tibetan village of Lhi. Stay overnight.

### **Day 7: Trek from Lhi to Lho (3154m) via Hinang Glacier (3515m)-09 hrs Walk**

After having breakfast, the track slopes a slight to a watercourse through rhododendron and pine woodland. Then we go up Hinang glacier with a view of beautiful mountains and woods. After reaching a beautiful village called Lho, which prepares a lot of beautiful, stunning scenes with Monastries, Ribung Gompa, and

shortens, we will take rest in the lap of Mt.Manasku. Stay overnight in Hotel.

### **Day 8: Trek from Lho to Samagaon (3515m) via Pungyen gompa-06hrs Walk**

After having breakfast, we will leave beautiful village Lho and move toward samagaon community through heartfelt woodlands, and we will see striking views of mountains. After crossing a bridge, we will reach to the town called Pungyen through a stunning watercourse. Then our trek ascends toward a Samanaon via Potato and Barley fields where we can see local peoples with Tibetan culture and living style.

### **Day 9: Excursion to Manaslu Base Camp (5265m) for the 360-degree panoramic view - 07hrs walk**

Today is a day of excursion, so we will be there in the late morning, feeling relaxed and enjoying the smell of the beautiful village. Then we will ascend toward a vast glacier, a Birendra Lake, and beautiful mountains. we will hike back to Samagaon. Stay overnight in Hotel.

### **Day 10: Trek from Samagaon to Samdo (3800m)-03hrs Walk: Then same day: Excursion to the destination of Tibet and back**

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### **Day 11: Trek from Samdo to Dharmasala (4200m)-04 hrs Walk**

Early in the morning, the track ascends later to the Larkya Glacier. Subsequently, after climbing around 3 hours of uphill, we pass glaciers with brilliant scenes. After reaching Dharmasala, we can stare out many stunning views of villages like Larkya, Phedi, and also can visit Mani Walls, shops, etc. Stay Overnight in Hotel.

### **Day 12: Trek from Dharmasala to Bhim thang (3800m) via Larke Pass(5160m)-08hrs walk**

Early in the morning, our track descends permits through the most challenging trails of Manaslu Circuit, then we take to ascend to Larkya Glacier. Even though the trekking is a little bit tough but we can enjoy the incredible views of Larkhya Peak and Cho Danda. Then we cross the rubbles of Larkya Glacial figure and then climb the highest section of Larkya La pass (5106m.). After reaching the top, you will be rewarded by the several heartfelt views of Himlung(7126 meters), Annapurna II (7937 meters), Kang Guru (6981 meters) and many others peaks having elevation above 6000 meters. Stay overnight in Hotel.

### **Day 13: Trek from Bhim thang to Tilje (2300m)-06 hrs.**

After having breakfast, our trail descends and ascends of a glacier and reach to the lower valley through a forest. The trail inclines to Sangure Kharka then we walk from this meadowland to cross a bridge over the Dudh Koshi. Furthermore, we pass through rhododendron woodland tinny gorge to the highest cultivated land valley of Karcher. After a few steps, we reach a village Tilche where our day ends. Stay overnight.

### **Day 14: Trek from Tilje to Chame(2670m)**

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## **Day 15: Trek from Chame to Upper Pisang(3300m)-05 hrs**

The track from Chame runs through woods in a sheer and thin vale and recloses to the southern bank of the Marsyangdi Khola at 3080 m. views comprise the first view of the tall Paungda Danda rock face, a grand witness to the power of glacial erosion. The track continues to climb to the admired have lunch stain at Dhukur pokhari. After the village chased the red-and-white marker to go away the road and annoyed to the northern bank of the river. The trace leads up to Upper Pisang, where you'll get incredible views and decent lodging.

## **Day 16: Trek from Upper Pisang to Manag (Two alternatives: recommended upper route: along Ghyaru and Ngawal(no road, more beautiful)-06hrs Walk: lower way: along Humde (easier because of the road)-04 hrs Walk**

The saunter is now from side to side the drier upper part of Manang district, cut off from the full result of the downpour by the Annapurna Range. The populace of the upper part of the Manang district herd yaks and lift crops for part of the year, From upper Pisang, there are two trails, north and south of the Marsyangdi Khola The southern route through the road and airstrip at Hongde involves dropping to lower Pisang. It also requires much less mountaineering than the northern way, but the view on the higher trail via ghyaru and ngawal are much enhanced, and this walk will help your acclimatization. Both Ghyaru and Ngawal have excellent lodges. Stay overnight.

## **Day 17: Acclimatize in Manang (3540m): Hike to Gongopurna glacier -02 hrs walk OR Ice Lake (4600m)-06/07 hrs Walk (Pack Lunch)**

It is significant to use at smallest amount one day acclimatizing in Manang before approaching on to Thorung la. We'd advocate two as there are many beautiful day walks and magnificent viewpoints. More tiring day hikes comprise Milarepa's cave on the south side of the valley and the ice pond, high above the valley floor on the north side at 4600m. Manang is the main trading center, and you can buy batteries, sunscreen, chocolate, and just about no matter which else a trekker could break, misplace or crave.

## **Day 18: Trek from Manag to Yak kharka (4040m)-04 hrs walk**

From manang it's a climb of nearly 2000m to Thorung la, increase over three days. The trail climbs progressively through tengi and Gunsang, send-off the Marsyangdhi valley, and ongoing along the Jarsang Khola valley. The plants become shorter and sparser as you reach lodges in yak kharkha and then letdar. Nighttime in Yak Kharkha or letdar is essential for adaptation, despite being only three or four hours from Manang. Stay overnight.

## **Day 19: Trek from Yak karka to through Pedi (4524)-04 hrs Walk OR Thorong High Camp (4925m)-05 hrs Walk (very steep from Pedi to High camp-01 hours)**

Cross the river at 4310m and then scale up through desolate landscape and flood zones to Thorung Pedi. There is two lodge here- at the elevation of the period as many as 200 trekkers. Thorung la and bed can be in small supply. Some trekkers find themselves anguish from AMS at phedi. If you obey these, you must retreat downhill; even the descent to Letdar can make a difference, be sure to boil retreat water here. Stay overnight.

## **Day 20: Trek from Thorong Pedi. High camp to Muktinath, we can drive with jeep/bus back to Pokhara if you want to shorten the tour-12 hrs Drive.**

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### **Day 21: Trek from Muktinath to Jomson(2720m)(Two alternatives: To visit kagbeni)**

Today is the most recent day of our trek, and it is an extended one. After trekking for a while, we come to an end of our mustang trail and join the path of the Annapurna circuit. We discontinue for lunch at kagbeni. After lunch, we carry on our walk to Jomson for an overnight stay.

### **Day 22: Trek from Jomsom to Largjung (2550m)-06 hrs Walk ( or if you want to shorten the walk, you can take a plane from Jomsom to Pokhara-35 mints flight.)**

We create from Jomson where the landscape is more and drier and imposing with snowcapped peaks of Tilicho and Nilgiri. First, we hike to Marpa for having lunch. Almost immediately, we will see crossways, a stone gate that marks the access to Marpa. You can score quite a lot of white-walled houses. Marpha has a well-maintained drainage arrangement and is most well-liked for its restricted apple brandy. The trek finishes will pass through KHobnag and Tukuiche. Stay overnight.

### **Day 23: Trek from Largjung to Ghasa (2010m)-05 hrs**

Ghasa is the southern finish of the area dominated by Thakali people with fewer of this ethnic family . Ghasa is also home to many peoples and remote lodges and tea houses, with charming forests and striking views

### **Day 24: Trek from Ghasa to Tatopani (Hot Spring) (1190m)-06 hrs**

This enjoyable walk amidst the good-looking nearby continues back to the paddy fields. Tatopani is a quite warm, old-world village with sizeable hot helix pools just by the store of the River Kaligandaki. Stay overnight.

### **Day 25: Trek from Tatopani to Shika (1935m)-04 hrs Walk; Alternative: Trek/drive to Beni (830m)-02 hrsDrive/05 hrs Walk (and then back to Pokhara -04 hrs Walk**

This daylight, we head south, with the shadow climbing a staircase of stone steps. After a while, we come to a long postponement bridge which takes us crossways the Kali Gandaki river. There we go into the small village of Ghar Khola. We now cross the Ghar Khola Bridge and climb a steep hillside with terraced fields and unusual trees. At the next split, we stand right and rise an alarming never-ending stairway of the stone slab. Then from Tatopani, the track foliage the forest, and we first arrive at Santosh hill.

### **Day 26: Trek from Shika to Ghorepani (2760m)-04 hrs**

Today the hike continues to climb, and following a while send-off Shikha we go by from side to side the small resolution of Ghopte Kharka from where there are more sightings of Dhaulagiri. After that, we arrive at phalante with its big school, one shop, a teahouse, and two lodges. Further, in front, we reach your destination at Chitre, where food and drink are available. The last section of today's trek from here is motionless uphill. Lastly, it will take us to Ghorepani/ Ghorepani, an active rural community with shops, lodges, and campgrounds and since of the magnetism of nearby Poonhill /pun Hill. Stay overnight.

### **Day 27: Trek from Ghorepani to Tadapani (2630m)-04 hrs Walk(or to Hille (1430m)-05 hrs walk)**

You will be waked up very untimely in the morning to see the dawn sight in poonhill. It will be a trek for about an hour earlier than sunrise. Poonhill is the most excellent place to see the dawn and the entire mountain, including Annapurna, Dhaulagiri, Nilgiri, etc. after the sun finally will head rear to lodge to have breakfast and then head straight toward Tadapani.

**Day 28: Trek from Tadapani to Ghandruk (1940m)-03 hrs walk(or from Hile to Nayapul -03 hrs Walk and back drive to Pokhara 02 hrs**

Your stirring trek is about to an end. Today you will be climbing downhill to Ghandruk, the famous little township in Annapurna region. By early daylight, you will reach Ghandruk and seize a lunch over there. After lunch, your guide will be taking a small tour of Ghandruk. Overnight to spend at the lodge.

**Day 29: Trek from Ghandruk to Nayapul (1070m)-04 hrs Walk and drive back to Pokhara -02 hrs Drive.**

Finally, the end of your trek has here. It is a short trek from Ghandruk to Nayapool for 2-3 hours. After reaching Nayapool, you will be then driven to Pokhara to spend the night.

**Day 30: Drive back to Kathmandu -08 hrs**

Transfer to the international airport and continue your circuit.

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