

Lower Manaslu Eco Trek

Duration: 13 Days

Starts At: Kathmandu

Grade: Moderate

Accommodation: Hotel, Homestay

Transport: Local Bus And Private Vehicles.

Altitude: 3220m

Ends At: Kathmandu

Group Size: Min 2: Max 14 Pax

Meals: Breakfast, Lunch, Dinner

Highlights

- Visit cultural world Heritage sites in Kathmandu city.
- Incredible landscapes and breathtaking mountain views of Manaslu and others.
- Hiking to the new trekking route of the Manaslu region.
- Explore the cultural and natural beauty of the Manaslu region.

Overview

Lower Manaslu Eco Trek is recently discovered by the Trekking Agency's Association of Nepal (TAAN) in association with the Nepal government for adventure trekkers. Gorkha, place from where the unification of Nepal was started by King Prithivi Narayan Shah, is the first capital of Nepal. There are several places of historical and archaeological importance in the district. Blessed by nature splendor and landmarked by a plethora of historic, religious, ecological and cultural importance it has every potential to be featured as one of the favored touristic destinations of the country. However, the number of tourists coming to this region is limited. Besides the Manaslu circuit trek, the lower Manaslu route offers moderate trekking, historic tour, pilgrimage tour; agro-tourism and community-based homestay. The locals are also committed to the development and promotion of tourism in the district.

Check out our designated itinerary for **Lower Manaslu Eco Trek** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 1: Arrival in Kathmandu - (1360m)

You will be warmly welcomed at the airport by our office representative and then you will be transferred to the hotel. Our staff will give a brief explanation of the program. This day you can stay within the hotel or enjoy a night at Thamel, Kingsway especially famous for clubs and bars.

Day 2: Sightseeing Day in Kathmandu

Today, you will visit many cultural heritages, which includes some of the famous world's heritages like Pashupatinath, Swyambhunath, Kathmandu Durbar Square, Bouddhanath stupa and many more. You can do the shopping for various Nepalese cultural pieces of stuff on this day. And Back to the hotel for overnight.

Day 3: Kathmandu to Ghairung - (1090mm) 3 hrs Drive & 5 hrs Trek

After breakfast, we take a drive for 3 hours to Kurintar, Manakamana along with the bank of the Trishuli river. After lunch session at Manakamana bazaar, begins the first leg of the trek to Bakeswori Mahadeva temple (1515m) situated 2 Km north of Manakamana temple and the trek goes until Pipalchap village at Ghairung VDC. No commercial lodging is available; however, the village has a homestay service with genuine local food and rooms. (BLD)

Day 4: Trek to Gorkha Bazaar via Bungkot, Kaule Bhangar - (900m) 5 hrs Trek

We start our trek to Gorkha Bazaar after breakfast. Bungkot is a historic birthplace of Lakhan Thapa, the first martyr of Nepal. Lakhan Thapa (1891-1933 BS) was hanged to death with friend Jaising Chumi Magar at his own home on Falgun 2, 1933 BS for opposing the tyrant Rana regime. Many people visit Kaule Bhangar to pay tribute to the first martyr of the nation. Apart from the historical significance, other attraction is Lakhan Thapa memorial park built in the commemoration of the first martyr where a bust of the martyr has been stalled. The park has a collection of Lakhan Thapa's belongings like swords and stone spout. Interestingly, locals have stepped up efforts in preserving these artifacts with any external assistance. The majority of the population in the village is from the Magar community. Bungkot offers a home stay facility and a delicious delicacy made with fresh and locally grown produce. From here, Gorkha Bazaar is 1.5 hours of walk, the district headquarter of Gorkha. Overnight at a guest house with full board meals (Breakfast/Lunch/Dinner).

Day 5: Gorkha Excursion Day - Gorkha Palace

The historical Gorkha palace from where King Prithivi Narayan Shah initiated unification of modern Nepal is perched one thousand feet above Gorkha Bazaar; the place dominates the surroundings and is visible from all surrounding areas. It is regarded as a holy shrine. It also offers visitors fantastic views of green valleys and the Himalayan panorama.

Gorkhanatha Cave

The cave of Gorkhanath is situated about 10m below the palace. The cave is believed

to be the shelter of Gorakhnath Baba (great sage) after whom the district obtained its name. The sage was the guide of the Shah dynasty who blessed and provided his precious guidance to the dynasty for the unification of the nation.

Gorkha Museum

Gorkha Museum is situated at Gorkha Bazaar. It has a wide range of artifacts and personal belongings of King Prithivi Narayan Shah along with his 52 feet long chiro (birth detail). Apart from these collections it has also a wide range of objects such as art, sculptures, coins and several other articles on display. Overnight at a guest house with full board meals (Breakfast/Lunch/Dinner).

Day 6: Drive and Trek to Sirandada - (1900m) 6/7 hrs drive.

Bhachek is about 6/7 hours of bus/jeep drive from Gorkha Bazaar. Driving through curvaceous mountain roads overlooking the Daraudi River is a thrilling experience. Sirandanda, the final leg of day four, is arrived after a short hike of one hour from Bhachek. A Hyolmo village, it is situated at the hilltop from where its name has been derived to Sirandanda. The major attractions of Sirandanda are Nage Pokhari, Dudh Pokhari, Bhot Dodar, Chima, Dharadi and tea garden. It also offers a magnificent view of sunrise and a stunning Manaslu range. The village has a rich diversity of medicinal herbs like Nirmasi, Jedamasi, Jatamasi, rato Unyu, Yarsagumba, Stuwa, etc. Overnight at homestay houses with the full board of meals. (BLD)

Day 7: Trek to Barpak Village - (1920m) 7 hrs Trek.

After a walk of about 1.5 hours towards Northeast in Mathar village which is at an elevation of 1790m. Further, a distance of 1.5Km lies Ghyachowk, a stopover for lunch where one can ask local to prepare lunch. The destination for the fifth day i.e. Barpak village is at the walking of about 4 and half hours from Ghyanchowk. En route to Barpak is Dewalsara, Sum River, Daraudi river, Goje, and Alagang. Overnight at homestay houses with the full board of meals. (BLD)

Day 8: Trek to Laprak village - (2100m) 6 hrs Trek.

While on way to Laprak, one will come across Basukang(a junction that also leads to Rupinala Pass -famous destination among Manaslu trekkers). Laprak village located at Laprak VDC is a landslide vulnerable zone. The rain triggered landslide in 1999 swept away houses and about 12 hectares of cultivated land. The most notable character of Laprak is the wooden roofed houses which bear's a uniform look in the entire VDC. Laprak, a typical Gurung village, is also a pit stop for the Manaslu trekkers. Overnight at Homestay based houses with full board meals (BLD).

Day 9 : Trek to Nambai Kharka - (2700m) 5 hrs Trek.

The Kharka (pasture or cowshed) arrives after a moderate walk of 4 hours from Laprak. The Kharka is open pasture land with few temporary houses of Laprak which provides them shelter during plantation and harvest period of potatoes. Trekkers need to be self-sufficient for food and lodging. There is no toilet facility as well. During the stay in

Nambai Kharka, it is advised that one should stick with a vegetarian diet as locals believe that the slaughtering of animals will bring ill to the trekkers.

Day 10: Wake up early and hike to Dharche Danda - (3220m)

Darche, the highest point of the lower Manaslu trekking route, offers a breathtaking 180-degree panoramic view of more than 20 Himalayan peaks. Among the Gurung community, Darche Danda (hill) holds a religious significance. They offer prayer to the hill deity to avoid natural calamities. Also, no felling of trees is allowed in the area. It is also believed that if tourists offer prayer to the hill deity, they will be blessed with clear visibility and will ward off misfortune while on the trek. Some of the prominent peaks that can be viewed from the top of Dharche are: Annapurna, Annapurna I, Annapurna II, Bharatsikhar, Gangapurna, Machhapuchhre, Langtang, Himalchuli, Buddha Himal, Sarang peak, Malhunti peak, Babu Himal, Sringi Himal, Ganesh I, Ganesh II and Ganesh II among many others.

Day 11: Trek to Gyampesal via Sita cave - (1165m) 6 hrs Trek.

The famous cave is reached after walking down 1.8Km from Tallo Thotneri. The cave is situated at 1165m. Sita cave, surrounded by dense forest, holds a religious significance among Hindus and it is one of the major tourist attractions. Every year during Ram Navami which is celebrated on the ninth day of the bright fortnight of the Hindu month of Chaitra (March & April) thousands of Hindu devotees gather to pay homage to Lord Ram. It is believed that the goddess Sita, wife of Lord Ram, spent some time and stayed here. The caving experience in Sita Cave is thrilling and adventurous. After touring the cave we end the day in Gyampesal, the final destination of the trek, which is few hours walk from for the Sita cave for an overnight stay on camp or homestay with full board meal (Breakfast/Lunch/Dinner).

Day 12: Drive back to Kathmandu.

After taking a hot breakfast, we take a drive at 8 am to Gorkha Bazaar which is 2.5 hours of drive from Ghyampesal. Bus services are available on a regular interval from Gorkha to Kathmandu which is 6 hrs of drive. Transfer to hotel for overnight on BB plan.

Day 13: Departure to your destination

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

Trip Includes:

- Airport pick-up and drop by private car/van.
- Kathmandu to Manakamana ground transportation by local bus / private car / private van/ tourist coach. (In your wish)
- One day full Kathmandu sightseeing by private car/van
- All the world heritage sites entry fees for Kathmandu sightseeing.
- Helpful trekking guide and porters salary / accommodation/ insurance
- All the accommodation with three meals during trekking period (Breakfast, Lunch & Dinner)
- Rain protection duffel bag for client luggage
- The company guarantees the rescue services; please hand over your insurance policy copy to us
- TIMS card (Trekking Information Management System) fees
- Manaslu Conservation Area entry fees
- All the government taxes and company service charge

Trip Exclude:

- International airfare
- Nepal Visa can be obtained at Tribhuvan international airport after arrival.
- Lunch & dinner in Kathmandu Hotel
- Alcoholic beverages, bottled mineral and hot/boiled water, soft drinks and snack foods
- Extra cost on natural disaster
- Any personal medical or evacuation expenses incur and strongly recommend international Travel insurance which included rescue
- Extra porter for the personal day bag pack
- Helicopter charter and all accommodation on flight cancellation due to bad weather
- Your Travel insurance
- Tips to the crews