

TREKKING & HIKING

Manaslu Annapurna Three High Passes Trek

'Cross Larkya-La, Kang-La & Thorong-La on this epic 30-day trek linking Manaslu, Nar Phu & Annapurna. The ultimate challenge. Book now!'

Short Itinerary

ACCOMODATION

HOTELS IN
KATHMANDU AND IN
LOCAL STANDARD TO
BASIC, SIMPLE
LODGES ON TREKS.

HIGHEST POINT

ON TOP LARKE-LA
PASS AT 5,106 M / 16,
752 FEET. KANG-LA
5,322 M / 17,463 FEET
WITH THORANG-LA AT
5,416 M / 17, 700 FEET
HIGH.

ACTIVITY REGION

NEPAL FAR NORTH
MID-WEST AROUND
GORKHA DISTRICT TO
MANANG AREA.

TOTAL DURATION

30

TREKKING DURATION

24 NIGHTS / 25 DAYS
WITH DRIVES BOTH
WAYS.

DURATION

30 DAYS, 29 NIGHTS

GRADE

EXTREME

FROM

USD 2,250

Embark on an epic 30-day adventure through Nepal's Himalayas on the **Manaslu Annapurna Three High Passes Trek**. Traverse secluded valleys, conquer challenging passes, and witness breathtaking scenery - from lush forests to glacial lakes. This trek combines the best of **Manaslu Circuit, Nar Phu Valley, and Annapurna Circuit** for a truly unforgettable experience.

The 3 Passes trek around Manaslu and Annapurna Himalayas range include **Larkya-La, Kang-La, and the highest of all Thorang-La Pass (5,416 meters 17,769 ft)**. An adventure of more than three weeks trekking, a comprehensive exploration around the high valleys of Manaslu and Manang region.

The unique culture and tradition of the **Manaslu and Manang**, as well as **Nar and Phu villages**, are equally fascinating. Where trekkers can observe on exciting and scenic walks, a complete adventure exploring the best of **Nepal Mid-West Himalayas**.

The **Manaslu Annapurna Three High Passes Trek** is quite different from other normal adventures around the Himalayas. As this trek is more of an exploration, leads you from main trekking trails to off the beaten tracks.

On visiting the most beautiful areas of **Upper Manaslu valley** and immersing in its age-old cultures of Buddhism. In the harmony of the warm hospitality of the villagers and the close shade of high majestic **Mount Manaslu 8,163 metres (26,781 ft)**.

The **world's 8th highest peak at 8,163 m high**, towers above the Manaslu scenic valley and its traditional villages. The journey continues heading at the end of Manaslu valley to cross over Larkya-La our first pass of the adventure. Leads to another lovely area at Manang, and towards the main

trails of the famous **Annapurna Circuit route**.

Walking through nice **villages of Manang district** reaching at Kodo, located close to the large town of Chame. The headquarters of Manang areas, from Kodo walk, leads towards the hidden **valley of Nar & Phu**.

On leaving the **Annapurna Circuit trail** towards remote pockets of Manang high valleys a hidden **Shangri-La**. Entering a deep river gorge covered in a forest of **pin**es and **rhododendron**, then reaching a wide-open valley. Where windblown villages of Phu Nar are located amidst arid and barren terrain, overlooking beautiful picturesque scenery. The walk leads first to main Phu village, an amazing settlement perched on a high hill, a mystical and interesting village.

Enjoy the day exploring places of great cultural interest similar to its Tibetan predecessors, and visiting its old impressive monasteries. After Phu towards our next destination to Na village, quite similar to Phu but smaller and more interesting. Observe the locals with their daily chores of farm life and raising livestock of yaks, sheep, and horses.

Slowly trek leads to cross the second pass of the adventure over the high **Kang-La pass**. From the top facing stunning views of Annapurna peaks, with **Damodar Himal and Chulu's**. The view extends as far to Himlung Himal in the west close to **Larkya La and Manaslu Himal range**. From the pass back on the main trail of Annapurna Circuit to main Manang village, an exciting place to experience.

Located in a scenic valley enclosed by a high mountain range of **Annapurna and Gangapurna peaks** in the south. The **Chulu Himal and Pisang peak** towards the north, a nice large village with various good facilities for

trekkers.

After Manang village on the **trail to Thorang-La**, the last and highest of all passes of the trek. Reaching the end of Manang valley at Phedi the bottom, the climb leads to a steep haul on top Thorang-La. The pass is festooned with colorful **Buddhist flags**, as a sign of respect to mountain spirits. Enjoy the alluring panorama of a high snow mountain range that encircles the top of **Thorang-La Pass**.

A long descent reaches at Mustang region at **Muktinath**, revered as the holiest of all holy sites for the Hindu religion. On completing all the three high passes on a downhill to Kagbeni, the gateway to Upper Mustang. An interesting village similar heritage way of life in Tibet, to explore the interesting sites.

Our adventurous walk with an interval for a day, taking an exciting drive to Tatopani village. Situated around low warm paddy farmland, a village with a natural hot spring, hence the name Tatopani. From Tatopani back on the high trail to cooler hills reaching **Ghorepani**, a lovely village amidst rhododendron forest.

Ghorepani and Poon Hill, is one of the famous and most popular treks around Annapurna Himalayas. As you can notice taking an early morning hike to Poon Hill for stunning views of the sunrise. Reflecting over an array of Himalayan peaks, facing the world's three highest peaks **Mt. Dhaulagiri, Mt. Manaslu, and Annapurna Himalaya range**. From Ghorepani and Poon Hill slowly our adventure comes to a near end reaching the hill village at Ulleri. An exciting few-hour drive reaches the beautiful city of Pokhara, completing our marvelous adventure of a wonderful experience.

Day 01: Arrival in Kathmandu.

Altitude: 1,350 m/ 4,428 feet. Overnight Tourist Standard Hotel in Kathmandu.

Day 02: At Kathmandu Preparation day & Sightseeing in Kathmandu Durbar Square, Swayambhunath Stupa.

Altitude: 1,350 m/ 4,428 ft. (Kathmandu) Includes: Breakfast only. Overnight at Hotel in Kathmandu.

Day 03: Drive from Kathmandu to Soti Khola.

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus. Overnight at Guesthouse or local lodge. Includes: Breakfast. Lunch & Dinner.

Day 04: Trek to Machha Khola.

Altitude: 930 m/ 350 ft. Approx. 6 hour walks. Overnight at Guesthouse / local lodge. Includes: Breakfast. Lunch & Dinner.

Day 05: Trek to Jagat.

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walks. Overnight at Guesthouse / local lodge. Includes: Breakfast. Lunch & Dinner.

Day 06: Jagat to Pawa.

Altitude: 1,625 m / 5,330 feet. Approx. 6 hours walks. Overnight at Guesthouse / Lodge-Tea House. Includes: Breakfast. Lunch & Dinner.

Day 07: Trek to Namrung.

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 08: Trek to Lho-Gaon.

Altitude: 2,957 m / 9,698 ft. Approx.4 hours walks.

Overnight at Guesthouse / Lodge.

Includes:Breakfast. Lunch & Dinner.

Day 09: Trek to Sama Gaon.

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 10: Acclimatization Day at Sama Gaon.

Overnight at Guesthouse / Lodge-Tea House.

Day Hike either Manaslu Base Camp, Bhirendra Tal or Pungyen Gompa.

Includes:Breakfast. Lunch & Dinner.

Day 11: Trek to Samdo.

Altitude: 3,865 m/ 12,677 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 12: Trek to Dharmasala.

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 13: Trek to Bhimthang via Larke-La Pass.

Altitude: 5,106 m / 16, 752 feet at Larke-La

3, 700 m/ 12,201 feet at Bhimthang Approx. 8 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 14: Trek to Dharapani.

Altitude: 1, 800 m / 5,904 feet. Approx. 7 hours walks.

Overnight at Guesthouse / Lodge-Tea House. Meal Includes:Breakfast.

Lunch & Dinner.

Day 15: Trek to Kodo.

Altitude: 2,610 m / 8, 563 feet at Kodo. Approx. 05 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 16: Trek to Meta.

Altitude: 3,560 m / 11, 680 feet at Meta. Approx. 06 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 17: Trek to Phu-Gaon.

Altitude: 4,250 m / 13, 944 feet at Phu Gaon.

Approx. 06 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 18: At Phu-Gaon Rest Day for local excursion.

Altitude: 4,250 m / 13, 944 feet at Phu Gaon.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 19: Trek to Nar Gaon.

Altitude: 4,110 m / 13, 484 feet at Nar-Gaon.

Approx. 06 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 20: Trek to Ngawal crossing Kang-La Pass.

Altitude: 5,322 m / 17, 460 feet on top Kang-La Pass.

3,660 m / 12,008 feet at Ngawal village.

Approx. 08 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 21: Trek to Manang village.

Altitude: 3,540 m / 11, 614 feet at Manang village.

Approx. 05 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 22: Trek to Thorang Phedi.

Altitude: 4,441 m / 14, 566 feet at Thorang Phedi.

Approx. 06 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 23: Trek to Muktinath crossing high Thorang-La Pass.

Altitude: 5,416 / 17, 700 feet on top Thorang-La the highest Pass.

3, 800 m / 12,467 feet at Muktinath areas of Pani Pawa village.

Approx. 08 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 24: Trek to Kagbeni.

Altitude: 2, 530 m / 8,298 feet at Kagbeni.

Approx. 04 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 25: From Kagbeni to Tatopani.

Altitude: 1, 991 / 6, 530 feet at Tatopani village with hot spring. Approx. 04

hours overland journey by bus.

Overnight at Guesthouse / Lodge-Tea House.

Includes:Breakfast. Lunch & Dinner.

Day 26: Trek to Ghorepani village.

Altitude: 2,860 m / 9,384 feet at Ghorepani village.

Approx.07 hour walks. Overnight at Guesthouse / Lodge.

Includes:Breakfast. Lunch & Dinner.

Day 27: Hike to Poon Hill, trek to Ulleri and drive to Pokhara.

Altitude: 3,210 m / 10,531 feet high on top Poon Hill.

Altitude: 1,960 m / 6,430 feet at Ulleri village.

Altitude: 860 m/ 4,428 feet at Pokhara.

Approx.04 hour walks and 3 hour drive to Pokhara.

Includes:Breakfast. Lunch only.

Overnight at tourist standard Hotel in Pokhara near Phewa Lake side.

Meals Included: Breakfast next morning.

Day 28: A free day in Pokhara.

Altitude: 860 m/ 4,428 feet.

Overnight at tourist standard Hotel in Pokhara near Phewa Lake side.

Includes: Breakfast only.

Day 29: Drive to Kathmandu.

Altitude: 1,350 m/ 2,821 feet. Overnight at tourist standard Hotel in Kathmandu. Meals Included: Breakfast only next morning.

Options for flight to Kathmandu of 30 minutes.

Includes:Breakfast only.

Day 30: Final International Flight Departure for Homeward Bound.

Meals: Breakfast only.

Trip Highlights

- Traverse from scenic Manaslu valley to picturesque Manang, towards Mustang.
- An exciting adventure crossing three high passes of Far Mid-West Himalayas.
- Enjoy the adventure over Larke-La, Kang-La and the highest Thorang-La Pass.
- Amazing walks from green hills to barren high country of Manaslu and Manang.
- Grand views of Himalayan towering snow peaks throughout the trek to the end.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Altitude: 1,350 m/ 4,428 feet. Overnight at Tourist standard hotel in Kathmandu.

Includes: Welcome Dinner in a nice typical Nepalese Restaurants.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg.

Then join in with other members of the group, for briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

DAY 02**TREKKING PREPARATION DAY AND SIGHTSEEING IN
KATHMANDU DURBAR SQUARE, SWAYAMBHUNATH STUPA**

Altitude: 1,350 m/ 4,428 ft. (Kathmandu)

Overnight at Hotel in Kathmandu. Includes: Breakfast only.

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for wonderful Three Passes around Manaslu & Annapurna Himalayas Trekking.

DAY 03**KATHMANDU TO SOTI-KHOLA BY DRIVE**

Altitude: 700 m/ 2,296 feet. Drive approx. 8 hours by Bus.

Overnight at Guesthouse or local lodge. Includes: Breakfast-Lunch and Dinner.

Depart for wonderful adventure to Manaslu and Manang region trek, taking a private car, comfortable tourist standard bus, or coach. As per the size of a group, a long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Soti-Khola for an overnight halt.

Soti-Khola a small farming area slowly growing into a town, as the motorable road has been connected.

DAY 04

TREK TO MACHHA-KHOLA

Altitude: 930 m/ 350 feet. Approx. 6-hour walk.

Overnight at Guesthouse / local lodge.

Includes: Breakfast-Lunch and Dinner.

Start the first-day trek of the adventure, heading due north following the Buri Gandaki upstream. The morning walk leads to a short climb for a few hours past smaller farm villages then end the day at Machha Khola.

A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream.

DAY 05**TREK TO JAGAT**

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.

Overnight at Guesthouse / local lodge.

Includes: Breakfast-Lunch and Dinner.

From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovan, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

DAY 06**JAGAT TO PEWA**

Altitude: 1,625 m / 5,330 feet. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

After a pleasant time at Jagat, from here onwards starts the Restricted Area of Upper Manaslu.

Where all foreign visitors need to obtain a special permit to enter Upper Manaslu till Dharapani villages if reached. The walk leads to climbing and then crossing a bridge to Nagjet and Philim villages, a lovely farm area.

As route leads past the neatly tended farm terraces reaching a cool shade of the forest on reaching Deng.

From here onwards into strong Buddhism culture, as walk follows higher past the village of Deng. Slowly the long day trek comes to an end on reaching a small village of Pewa, for an overnight stop.

DAY 07**TREK TO NAMRUNG**

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

From the small village of Pawa, the climb leads to a forested ridge lined with tall rhododendron, pine, and fir trees.

A slow and steady downhill to Bhi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas with nice cultivated terraces of millets and barley and then reaching Namrung. After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks.

DAY 08**TREK TO LO-GAON**

Altitude: 2,957 m / 9,698 ft. Approx. 4 hours walks.

Overnight at Guesthouse / Lodge. Includes: Breakfast. Lunch & Dinner.

Adventure today leads into the high Manaslu valley on entering one of the prettiest and charming village of Lo Gaon. Having goof breakfast, then setting off for the long enjoyable scenic trek to Lo-Gaon. As walk follows to a slow gradual climb, and within cool shade of forest lined with pine and rhododendron trees.

Trek heads high above the Buri Gandaki River, and then on winding up past few summer settlements of cattle herder. Then finally ending the enjoyable pleasant day walk on reaching at nice large village of Lo-Gaon.

Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks.

DAY 09**TREK TO SAMA-GAON**

Altitude: 3,530 m/ 11, 582 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

Enjoy the morning picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Adventure follows on gradual uphill trail around Upper Manaslu through a number of farm villages and Yak herder camps. An interesting walk on high Manaslu valley, enclosed by high rocky cliff and snow peaks.

The view of Mt. Manaslu and Sringi Himal remains constant for some hours as walk finally comes to an end on reaching at Sama-Gaon.

Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure. Check into a nice lodge, with time to browse around the village and witness the local fascinating culture of Buddhism.

DAY 10**ACCLIMATIZATION DAY AT SAMA-GAON**

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

Day Hike either Manaslu Base Camp, Bhirendra Tal, or Pungyen Gompa.

A free day as well to support acclimatization, a perfect height at 3,550 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy a day hike to Manaslu Base Camp.

A long full day walk of more than 6 hours both ways, the best hike is to Bhirendra Tal. A glacial pond on route Manaslu base camp, a walk of a few hours uphill facing grand views of Mt. Manaslu.

One can enjoy the rest day with a leisure walk exploring the village and visiting the old Pungyen Gompa.

DAY 11 **TREK TO SAMDO**

Altitude: 3,865 m/ 12,677 feet. Approx. 4 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

Adventure gets more exciting on reaching the high scenic Manaslu valley, from Sama-Gaon walk get interesting.

The route follows windswept terrain where tree lines disappear for high-altitude shrubs and bushes.

The valley gets narrow as the trek leads towards a mountainous country facing grand views of wonderful landscapes. A short half-day walk to Samdo but taking it slow due to the rise of altitude.

After a pleasant trek of some hours and then a short steep up to Samdo for lunch and overnight halt. Samdo is the last village before reaching the other side of Larke-La Pass to the Manang areas.

The village with more than forty houses with typical Tibetan style for more than two hundred inhabitants.

Rest of the afternoon explore this last village of Samdo located on route Larke-La Pass and to the Tibet border.

DAY 12**TREK TO LARKEPHEDI / DHARMASALA**

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

Walk today a short and pleasant day reaching the highest overnight stop.

The route leads to the end of Manaslu valley and the last of the Gorkha district at Dharmasala or Larke Phedi. The base of Larke-La pass from the Manaslu side of the valley, a place with few huts that serve as lodge and guest-house.

In high times, of trekking season this place is crowded with trekkers.

Where some groups have to spend on tented camps provided by the lodge owners. In the early days, it was known as Larke Bazaar, where the market was held with buyers and sellers. Merchants, and traders from across the country as far from Tibet and Manang region used to sell and exchange their products.

At Dharmasala arriving at lunchtime, and for an overnight stop. Rest of the afternoon relax and prepare for the adventure climb to Larke-La Pass.

DAY 13**TREK TO BHIMTHANG VIA LARKE LA PASS**

Altitude: 5,106 m / 16, 752 feet at Larke-La 3, 700 m/ 12,201 feet at Bhimthang Approx. 8-hour walk. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

The last final highlight of the adventure, after an early breakfast, and carrying pack lunch for the long day's walk. Start the climb before break of dawn, heading towards a high slope on rocky gravel path above the lodge of Dharmasala.

Climb contours on winding steep uphill path, after hours of strenuous walk reaching on top of Larke-La Pass. The top is adorned with prayer flags and a signpost with the name of Pass and heights.

Every hard effort rewards you with an astonishing panorama of Manaslu and Annapurna Himalayan peaks. Includes views of Himlung, Cheo Himal, and Kang Guru, as far as Ganesh Himal Far East direction.

After a tough climb, a long downhill takes you to the other side of Phedi at Bhimthang for an overnight stop. A long descent through moraine and Larcia glacier then reach Tambuche, the base of Larke-La Pass on Manang side.

From the bottom walk to Bhimthang overnight after a long, hard day, a lovely spot amidst green forest surroundings.

DAY 14**TREK TO DHARAPANI**

Altitude: 1, 800 m / 5,904 feet. Approx. 7 hours walk.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast-Lunch and Dinner.

Enjoy the last final trek of the Manaslu Circuit adventure, although a long walk to end the trek at Dharapani village. But an easy pleasant downhill trek compared to the previous tough day, start early having a good breakfast.

Walk heads towards a forested path with a few short ups and down to a small settlement of Gho. After a refreshing stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Masrsyangdi River.

Stopping at Tilje for a possible lunch break, the last phase of the walk with a short climb over a bridge. Afternoon walk to a bridge and then a short climb to our final overnight destination at Dharapani village. Located on the famous and popular Annapurna and Manaslu Circuit route, a lovely village with many good lodges and nice rooms, having a comprehensive food menu to enjoy.

DAY 15**TREK TO KODO**

Altitude: 2,610 m / 8, 563 feet at Kodo. Approx. 05 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

From Dharapani walk into a nice rhododendron and pine forest past villages of agarchap and Danque a place with apple orchard on the backyard, then route leads to a steep climb reaching Timang village for lunch stop facing views of Mt. Manaslu and Lamjung Himal. From Timang village few hours trek leads to Koto for overnight stop, located close to Chame town, a large and major town and a headquarter of Manang district.

DAY 16**TREK TO META**

Altitude: 3,560 m / 11, 680 feet at Meta. Approx. 06 hours walks.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Morning from Koto village our route diverts north on leaving Annapurna circuit trail for a week, as climb leads towards Nar & Phu villages. Located on the hidden area of Manang and beyond Annapurna Himalaya which is on route to Tibet border. Walking leads you to wilderness within the country where herd of blue sheep and snow leopard and other wild-life often spotted on walks.

Trek leads into narrow valley covered in pines and rhododendron trees, then reach a nice pasture fields with few huts and shades of Yak herder.

The area around the gorge blocked by high Pisang Peak and Kang-guru Himal, walk continues following Nar-Phu River upstream to reach Dharmasala a small farm village for refreshing stops. After a short rest walk further for an hour to Meta for overnight halt a sleepy small farm village.

DAY 17**TREK TO PHU-GAON**

Altitude: 4,250 m / 13, 944 feet at Phu Gaon.

Approx. 06 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Start the morning heading north to Phu-Gaon a remote large village, one of isolated areas beyond the main villages of Manang valley. The area similar to Tibetan landscapes dry and arid. On walks around this area chances of spotting some wildlife like Blue Sheep's, Musk deer's and other wild animals if lucky might see a glimpse of snow leopard. Walk then ends on reaching at Kyang for overnight stop after an interesting day. Kyang with dozen of Tibetan style houses serves as lodge and restaurants with impressive Buddhist culture.

From Kyang adventure leads to our destination at Phu village, the walk follows Phu River upstream for some time, and then descend with climb to enter a river gorge as climb continues to reach a wide glacial valley at Phu village of strong Tibetan influence and culture with similar tradition of Buddhist religion.

DAY 18 AT PHU-GAON REST DAY FOR LOCAL EXCURSION

Altitude: 4,250 m / 13, 944 feet at Phu Gaon.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Enjoy a rest day at Phu village, a perfect place for another acclimatization day as well to explore around impressive village. Visit the old Tashi-Khang, Samdu Choling Monastery with views of Kyuchi waterfalls. Phu Village with about 30 houses for 100 to 150 local inhabitants.

DAY 19 TREK TO NAR GAON

Altitude: 4,110 m / 13, 484 feet at Nar-Gaon.

Approx. 06 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

From Phu, after a wonderful time, morning downhill to reach a river side, on the same trail of previous day. As walk leads to the bottom of Phu village, this place is called Nar Phedi, a small settlement with few houses.

After Nar Phedi, a slow climb to reach Yughat, a small village with Mani, Chorten and Buddhist shrines, then ending the morning walk on reaching at Nar-Gaon for overnight stop. Nar-Gaon in comparison with Phu looks similar but smaller, located within remote high altitude terrain of dry windswept landscape. Nar-Gaon with few small lodge and inns for overnight stop serving excellent meals with warm friendly environment.

DAY 20

TREK TO NGAWAL CROSSING KANG-LA PASS

Altitude: 5,322 m / 17, 460 feet on top Kang-La Pass.

3,660 m / 12,008 feet at Ngawal village.

Approx. 08 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Today one of the longest and hardest day of the adventure, from Nar walk to remote wilderness, away from human settlement for few days, an interesting walk of few hours, leads to short ups and downs on rocky and arid path. As walk continues coming across cattle herders shelters towards west following Temdenzon Khola / stream within wild barren surrounding then end the day on reaching Kang-La pass base at 4,530 meters altitude.

Start the climb to the top of Kang-La, walk on steep slope for few hours facing stunning views of Pisang Peak and Chulu Far East Peak, as uphill continues to reach at Kang-La Pass. From the top marvelous panorama of Annapurna massif mountain range, includes Chulu Peaks, Lamjung Himal and adjoining peaks of Chulu and Pisang range. From the pass downhill to Ngawal past near Julu village, then completing the tough and long day on reaching Ngawal.

A small farm village with fine simple lodge, located above Manang valley, the local are similar to Nar and Phu people of Tibetan origin having surnames Gurung and Ghale like other mid-hill tribes of southern Annapurna region.

DAY 21 **TREK TO MANANG VILLAGE**

Altitude: 3,540 m / 11, 614 feet at Manang village.

Approx. 05 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Morning walk on the main trail of Annapurna Circuit to main Manang village, after being in complete isolation around remote areas of Himalayas.

Walk continues on downhill to Hondre, a moderate size village with a small airstrip that often flies to Pokhara.

From here short walk to Braga village, visit the old monastery an interesting place on a high hill. Tour leads you to witness ancient artifacts of old statue of various Buddha with panorama of snow-capped mountains.

After a wonderful visiting the monastery, an hour walk to Manang village for overnight. Manang a large village with many good lodges and restaurants as well bakery shops and stores. Located beneath Gangapurna and Annapurna-II mountains.

DAY 22**TREK TO THORANG PHEDI**

Altitude: 4,441 m / 14, 566 feet at Thorang Phedi.

Approx. 06 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Today another long day but after crossing two high passes, being well acclimatized. Walk leads to the end of Manang valley at Thorang Phedi, the bottom of the last pass. Trail follows on easy winding up past Yak Kharka and Ledar small settlements, then reaching at Phedi for overnight halt.

Phedi with number of nice lodges, located on a hidden corner of rocky high cliffs beneath the Thorang-La pass.

DAY 23

TREK TO MUKTINATH CROSSING THORANG-LA PASS

Altitude: 5,416 / 17, 700 feet on top Thorang-La the highest Pass.
3, 800 m / 12,467 feet at Muktinath areas of Pani Pawa village.
Approx. 08 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

Start the morning having an early breakfast, carrying packed lunch for a long day

walk. Following a steep path to High Camp, and then on narrow gradual trail, as climb leads on winding up to the top of Thorang-La Pass. The highest point of the adventure at 5,416 m, the pass marked with colorful prayer flags.

Enjoy breathtaking panorama of surrounding scenery of rolling hills and snow-capped mountain range of Dhaulagiri, Annapurna and Damodar Himal.

From the pass a long descent to the base at Mustang region, and then an easy walk to Muktinath. A holy site for all Hindu religion, where thousands of pilgrims all season of the year, the temple dedicated to Lord Vishnu.

Near to the temple premises, a village of Pani Pawa located with many good lodges and guest houses. From the village enjoy grand views of Dhaulagiri, Nilgiris peaks.

DAY 24 TREK TO KAGBENI

Altitude: 2, 530 m / 8,298 feet at Kagbeni.

Approx. 04 hours walks. Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

An easy day to Kagbeni village, after a long tough day crossing Thorang-La pass. Morning a long descend past Jharkot windblown village. As path leads to steep down to an old and lively village at Kagbeni, having nice lodges and inns.

Kagbeni, a village of strong Tibetan influence due to its location the gateway to Upper Mustang. Where old Trans Himalaya Salt Trade Route passed through Kagbeni village. Enjoy the afternoon exploring around this interesting village of Tibetan style houses and cultures.

DAY 25 FROM KAGBENI TO TATOPANI

Altitude: 1, 991 / 6, 530 feet at Tatopani village with hot spring.

Approx. 04 hours overland journey by bus.

Overnight at Guesthouse / Lodge-Tea House.

Includes: Breakfast. Lunch & Dinner.

From Kagbeni, taking a break for the day after continues walk. As motorable has reached from Pokhara to Mustang areas, taking a ride on local bus or jeep to Tatopani village. The road follows on windswept Kaligandaki River Valley to Jomsom, headquarter town of Mustang district. As drive follows on dusty rough track near the villages of Marpha and Tukuiche famous for apples and its products.

Slowly drive leads at the end of Mustang area at Ghasa, then reaching low warm farm country to Tatopani village. A lovely large place with number of good lodges and inns, a place with natural hot spring. Enjoy the afternoon on the warm pools refreshing the muscles from the long days of trekking.

DAY 26**TREK TO GHOREPANI VILLAGE**

Altitude: 2,860 m / 9,384 feet at Ghorepani village.

Approx. 07 hour walks. Overnight at Guesthouse / Lodge.

Includes: Breakfast. Lunch & Dinner.

Adventure continues from Tatopani village, walk follows at the end of the village

to cross a bridge over Kaligandaki River. On reaching a section where route to Ghorepani diverts from the main road, from here climb starts uphill.

Finally after an hour more reaching on top of a ridge reaching farm village of Ghara and Sikha. Walk continues into a cool forest to Chitre village, and then a last steep climb to Ghorepani. Located on a high hill within beautiful rhododendron forest on route to Pokhara our last destination before Kathmandu.

Ghorepani a popular and famous trekking destination for its scenic Poon Hill, at Ghorepani transfer to a nice lodge.

DAY 27

HIKE TO POON HILL, TREK TO ULLERI AND DRIVE TO POKHARA

Altitude: 3,210 m / 10,531 feet high on top Poon Hill.

Altitude: 1,960 m / 6,430 feet at Ulleri village.

Altitude: 860 m / 4,428 feet at Pokhara.

Approx. 04 hour walks and 3 hour drive to Pokhara.

Includes: Breakfast. Lunch only.

Overnight at tourist standard Hotel in Pokhara near Phewa Lake side.

Meals Included: Breakfast next morning.

Start the morning hike within cool air of an hour to the top of Poon Hill, catch the morning glory with stunning views of sunrise.

Reflects over array of white Himalayan peaks. Facing panorama of world's three highest mountain range of Dhaulagiri, Manaslu and massif Annapurna Himalayas.

Includes views of majestic Machhapuchare the famous Fish-Tail peaks with series of lesser snow peaks. After refreshing morning back to Ghorepani for breakfast and continue trek downhill into beautiful rhododendron tree lines.

A pleasant morning walk to a large village at Ulleri, where our last day walk completes. From here taking a vehicle for interesting drive back to Pokhara, as drive follows the Modi River towards Bhirethathi village.

Drive then reaches the main highway at Nayapul, and then on good road for few hour ride to Pokhara.

A perfect beautiful spot to conclude our marvelous Three Passes around Manaslu & Annapurna Himalayas Trekking.

DAY 28**A FREE DAY IN POKHARA**

Altitude: 860 m/ 4,428 feet.

Overnight at tourist standard Hotel in Pokhara near Phewa Lake side.

Includes: Breakfast only.

Morning at Pokhara options for short drive to Sarankot hill for sunrise views over panorama of Himalayan peaks. Although the sunrise were enjoyed from high Poon Hill, but choice for interested people. Rest of the day enjoy sightseeing around Pokhara steeped with natural wonders of David water falls.

Visit the large Gupteshwor cave nearby, and enjoy boating on Phewa Lake as well one can visit the Mountaineering Museum.

Rest of the afternoon at leisure and enjoy the views of grand Annapurna Himalayas with Machhapuchare Himal.

DAY 29

DRIVE TO KATHMANDU

Altitude: 1,350 m/ 2,821 feet. Overnight at tourist standard Hotel in Kathmandu. Meals Included: Breakfast only next morning.

Options for flight to Kathmandu of 30 minutes.

Includes: Breakfast only.

From Pokhara taking a morning drive either in private car, coach or on regular tourist bus. An exciting drive on the busy interesting main highway following the Trisuli River for some hours. As drive heads on winding up to enter the Kathmandu valley, and then back into hustle and bustle city life of Kathmandu.

Transfer to your hotel, with rest of afternoon and evening free at leisure after an interesting overland journey from Pokhara.

(Options for short 30 minutes scenic flight to Kathmandu from Pokhara)

DAY 30

**FINAL INTERNATIONAL FLIGHT DEPARTURE FOR
HOMEWARD BOUND**

Meals: Breakfast only.

Last day in Kathmandu and Nepal, after a great memorable adventure and experience on Three Passes around Manaslu & Annapurna Himalayas Trek.

Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.

Includes

- Airport pick up, drop by private vehicles.
- 05 night's standard twin- sharing accommodation in a 3 starts hotel in Kathmandu & Pokhara.
- 24 nights twin sharing accommodation during trek.
- Guided sightseeing tours with private vehicle in Kathmandu. (Entrance Fee Extra)
- Local Transportation Jeep/ Bus Kathmandu –Soti Khola , Kagbeni – Tatopani & Ulleri – Pokhara. (If you want both ways private vehicle also available on additional cost).
- Pokhara – Kathmandu by luxury tourist bus.
- Three meals a day, Breakfast, Lunch and Dinner. Tea/ Coffee in during the meals time.
- MACP & ACAP permits & Manaslu, Tsum valley & Nar Phu special permit as well. Total 5 permits.
- One highly experienced, helpful and friendly license holder guide. His food, accommodation, salary, equipment and accident insurance for all staff.
- Welcoming Dinner in a traditional Nepali restaurant with culture performance.
- Four seasonal sleeping bag. (if necessary)
- Company Duffle Bag, T- shirt.
- A self-sufficient medical first aid Kit containing vital medications.
- Company branded 01 water bottle.

Excludes

- All kind of beverage.
- Dinner and Lunch in Kathmandu.
- Porter service. (Do you need a porter? inquire to our trek expert)
- Personal travel and health insurance, insurance for helicopter evacuation.
- Tipping to staffs.
- Personal mountaineering gears
- Optional trips if extended
- International airfare.
- Visa fee, you obtain a visa easily upon your arrival at Tribhuwan International Airport Kathmandu.
- Extra expenses due to flight delays, strikes, weather condition or any event out our control

Culture, Religion & History

The **Manaslu and Manang high valleys** are located in the lower, warm areas of the Gorkha and Manang districts. These areas are populated by a mix of hill tribes, including **Gurung, Magar, Hindu Brahmins, Chhetris, Newars**, and some **Bhote people** from the higher **Manaslu and Manang areas**.

The culture and religion are a blend of **Hinduism and Buddhism**, particularly in the lowlands and mid-hills up to Jagat and Philim villages. However, from **Jagat village** onwards, the native people of the higher **Manaslu Valley** and surrounding Manang areas adhere strongly to

Buddhism. They follow ancient traditions and cultures similar to their Tibetan counterparts, as the border with Tibet is quite close.

The people of higher Manaslu are known as Bhotia, which means “**descendants from Tibet.**” Most villages around the upper Manaslu region, from Namrung onwards, have a monastery with rows of prayer walls and spinning prayer wheels.

The Manaslu region was once part of the ancient Trans Himalayan Salt Trade Route between Nepal and Tibet. Yaks and other pack animals carried goods across this challenging terrain.

The base of Larke-La Pass, presently known as **Dharmasala or Phedi**, was called Larke Bazaar in earlier times. It served as a marketplace where traders and merchants from Tibet, Gorkha, Manaslu, and even as far as Manang would gather on market days.

“Manaslu” comes from the Sanskrit word meaning “**soul or mind of the god or holy spirits.**” The Manaslu locals call it “Kutang,” which translates to “land that has been blessed” – a good place to raise livestock and farm.

Mount Manaslu, the world's eighth highest peak at **8,163 meters (26,781 feet)**, was first climbed by a Japanese expedition on May 9, 1956, with the support of a Nepalese guide named **Gyalzen Norbu Sherpa**.

Manaslu remained closed to outside visitors until 1991. Since then, trekkers can obtain special permits to enter and enjoy the Manaslu Circuit trek, as it's a restricted area. Due to its proximity to the Tibet/China border and to manage the number of trekkers, as well as to conserve the pristine environment, the area falls under the protection of the **Manaslu Conservation Area Project (MCAP)**.

The walk from Manaslu to the Manang Valley is equally rich in cultural heritage, similar to the native people of Manaslu. This region offers an adventure to Nar and Phu, a hidden land steeped in ancient Buddhist culture with strong Tibetan traditions. The trek also takes you through another Buddhist region around Lower Mustang, from Jomsom town to Ghasa villages.

Best Seasons

The best seasons for the **Manaslu & Annapurna Himalayas Three High Passes Trek** are spring (**March to May**) and autumn (**September to November**). Spring offers longer days due to more sunlight hours. Most days are bright with sunshine for clear views and pleasant walking, although it can get cloudy in the late afternoon. There are occasional chances of light rain and snowfall around higher elevations, and the temperature drops in the early mornings and nights. During springtime, the hills are ablaze with wildflowers in bloom, especially the **rhododendron, Nepal's national flower**.

Autumn (September to November) is another excellent season with clear days for views and hikes. However, the days are shorter due to fewer sunlight hours. The weather is pleasant, making it a peak time for trekking in the Himalayas. Expect colder mornings and afternoons until nighttime, with the possibility of snowfall at higher elevations.

Frequently Asked Questions

Is this trek for me?

- This trek is challenging and requires excellent fitness and experience trekking at high altitudes (above 5,000 meters).
- Expect long days with rough terrain and potential for extreme weather conditions.
- If you're an experienced trekker seeking an adventure off the beaten path, this could be your dream trek!

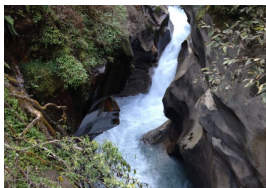
What about altitude sickness?

The high altitude increases the risk of altitude sickness. Acclimatization days are crucial to allow your body to adjust. Be aware of the symptoms and descend if needed.

What is the best time to go?

The trekking season is generally from spring (April-May) to autumn (September-October). Spring offers clear skies and wildflowers, while autumn has cooler temperatures with stable weather.

Photos





Bookings

For all trekking enquiries and bookings

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