

TREKKING & HIKING

Lower Manaslu Trek

‘Explore the hill villages of Barphak and Laprak around lower Manaslu’



Overview

ACTIVITY REGION

GORKHA DISTRICT,
GANDAKI PROVINCE,
NEPAL

HIGHEST POINT

ON TOP DARCHÉ
DANDA 3,220 M / 10,564
FEET

TREKKING DURATION

05 NIGHTS & 06 DAYS
WITH DRIVES BOTH
WAYS

TOTAL DURATION

11 DAYS

DURATION

11 DAYS, 10 NIGHTS

GRADE

MEDIUM

TRIP TYPE

GROUP JOINING TREK

Lower Manaslu Trek offers travelers, a unique perspective of exploration. The new but old discovered villages, Barphak and Laprak showcase the rural lifestyle of Nepal.

Lower Manaslu Area Trekking is one of the newly explored trekking destinations. The trekking takes place in Gorkha, where the unification of modern Nepal was started by the late King Prithvi Narayan Shah.

The district carries historical, and archaeological significance and is equally blessed with serene vegetation and lovely views of peaks and landscapes.

Related: Manaslu Circuit Trekking & Larke Peak Climb

Barphak and Laprak are the major highlights of the trip. The 11-day trip takes you on a blissful trekking experience in Nepal.

Highly inhabited by ex-army men, Barphak village at 1,920 m / 6,300 feet high, contains all the basic amenities. Such as electricity, internet facilities, medical services, and hotels. The hill villages are also famous for clustered stone-roofed houses, narrow stone alleys, and serene panoramic views.

Overlooking the stunning peaks of **Boudha Himal** rise at 6,672m (21,889 feet) high, above the rolling green hills. On the other hand, Laprak is situated at a much higher altitude above **2,100m (6,890 feet)**. The village of Laprak is fairly cool, which holds the entire Laprak Village Development Committee of nine wards.

Mostly inhabited by the Gurung natives, the main hill tribes of the Mid-West and Annapurna Himalaya range. The village with a checkpoint for the trekkers en route to higher areas of the Manaslu region. The accommodation is basic, however, the villagers are engaged in tourism and have good

knowledge of tourism and trekking.

Lower Manaslu Trek is an exclusive journey around Nepal Mid-West in the close shadow of the Manaslu and Ganesh Himal range.

Drive leads to a historical town at Gorkha, as well headquarters of the district itself. Time here to explore places of great cultural and historical interest, and then move towards the high green hill. Reaching Siran Danda, located on a green hill covered in a lovely forest of rhododendron, oaks, and pine trees.

The hill of Siran Danda offers a grand panorama of the Manaslu Himalaya range with a close peak of Boudha Himal. From Siran Danda, then towards **Barphak and Laprak villages**, one of the main highlights of the trip.

These hill villages, allow travelers to catch a glimpse of local traditional farm life of age-old heritage and culture. Walk then follows on high trails to Nambi Kharka and Tallo Thotneri, on the highest point of the trek.

In these remote Gurung villages, hardly trekkers pass through these undisturbed isolated areas of the Lower Manaslu Area.

The beauty of this wonderful Lower Manaslu Area Trekking is exploring the hidden pockets of Gorkha. As well as around Nepal's Mid-West Himalayan hills on the least ventured route by the main flow of trekkers.

After an exciting and scenic cultural country walk, from the village of Ghyampesal, rich farmland. Where our great walks of less than a weekend, then taking an interesting drive back to Kathmandu. On reaching Kathmandu our marvelous experience on Lower Manaslu Trek concludes.

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Day 01: Arrival in Kathmandu.

Altitude: 1,340 m / 4,396 feet. Overnight tourist standard Hotel.

Day 02: From Kathmandu to Gorkha Bazaar drive.

Altitude: 1,060 m / 3,476 ft. at Gorkha Bazaar.

Drive approx. 6 hours by public Bus or private cars.

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

Day 03: At Gorkha Bazaar Excursion.

Altitude: 1,060 m/ 3,476 ft.

Includes: Breakfast. Lunch & Dinner.

Overnight at Guesthouse.

Day 04: From Gorkha Bazaar to Siran-Danda.

Altitude: 1,900 m/ 6,232 ft.

Driving approx. 5 hours.

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

Day 05: Trek from Siran-Danda to Barphak.

Altitude: 1,920 m / 6,297 ft. at Barphak.

Approx. 06 hours walks.

Includes: Breakfast. Lunch & Dinner, Overnight at Guesthouse.

Day 06: From Barphak to Laprak village.

Altitude: 2,100 m/ 6,888 ft. at Laprak village.

Approx. 06 hours walks.

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

Day 07: Trek from Laprak to Nambi Kharka.

Altitude: 2,700 m / 8,856 ft. Approx. 04 hours walks.

Includes: Breakfast. Lunch & Dinner. Overnight at Homestay.

Day 08: Trek from Nambi Kharka to Tallo Thotneri.

Altitude: 1,560 m / 5,118 feet and 3,220 m / 10,564 feet at Darche Danda.

Approx. 07 hours walks.

Includes: Breakfast. Lunch & Dinner.

Overnight at Homestay Cottage.

Day 09: Trek from Tallo Thotneri to Ghyampesal.

Altitude: 970 m / 5,348 feet.

Approx. 06 hours walks.

Includes: Breakfast. Lunch & Dinner. Overnight at Homestay.

Day 10: Ghyampesal to Kathmandu.

Altitude: 1,340 m / 4,396 feet.

Approx. 8 hours drives from dirt road to main highway.

Includes: Breakfast & Lunch Overnight tourist standard Hotel.

Day 11: Final Departure Homeward bound.

Includes: Breakfast only.

Trip Highlights

- An exclusive country to explore around scenic, cultural Mid-West Himalayas.
- On off the beaten tracks, least ventured areas of Lower Manaslu by trekkers.
- Enjoy the beautiful walks to cultural and heritage villages of Barphak and Laprak.

- Explore the serene wilderness facing grand views of Manaslu Himalaya range.
- Impressive and exciting traditional farm villages of cultural, historical interest.

Itinerary

DAYS	HIGHLIGHTS
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DAY 01	ARRIVAL IN KATHMANDU
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Overnight: Kathmandu · 1,340 m / 4,396 ft · Tourist standard hotel · Meals:
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 the jet lag.

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**FROM KATHMANDU TO GORKHA BAZAAR DRIVE**

Overnight: Gorkha Bazaar · 1,060 m / 3,478 ft · 5 hours drive by public bus or private cars · Guesthouse · Meals: Breakfast, lunch & dinner

Distance of 145 kms / 90 miles.

Morning after breakfast and getting ready for an overland journey as per size of group. Either in private cars, coach on in the comfort of Tourist Bus, for an interesting drive to Nepal Mid-West.

Reaching a historical hill town in Gorkha, located on a hill, a historical town of old Shah Dynasty palace.

Towers above Gorkha town, from here the King Prithivi Narayan Shah started conquest of the country's different smaller kingdoms and unified into a single nation to one Nepal.

DAY 03**AT GORKHA BAZAAR EXCURSION**

Overnight: Gorkha Bazaar · 1,060 m / 3,478 ft · Guesthouse · Meals:

Breakfast, lunch & dinner

Morning visit the fort palace stands high above the town of Gorkha Bazaar;

the fort palace dominates the surrounding. Visible from all around Gorkha town. The palace also boasts magnificent work of architecture, although only Hindus are allowed to enter the palace premises. But worth walking up the stairs for the view and for a short little exercise, from here visit Gorakhanath cave, believed to be the meditating site of the great Guru (Sage) Gorakhanath. Hence the name Gorkha is named after the Sage according to legends. The cave at mere distance from the palace premises.

Another interesting place to visit the Gorkha Museum is a repository holding many artefacts. Which reflect the culture, tradition and history includes others information of Gorkha and ancient Nepal.

Afternoon at leisure to explore the Gorkha Bazaar and witness the local culture and daily life of hill people.

DAY 04

FROM GORKHA BAZAAR TO SIRAN-DANDA

Overnight: Siran-Danda · 1,900 m / 6,234 ft · 5 hours walk · Home Stay-Guesthouse · Meals: Breakfast, lunch & dinner

Morning after breakfast, taking a few hour ride to Bhachek farm village reaching our destination to Siran-Danda. The drive follows Darundi River facing views of Snow Mountains, then reaching Bhachek through a small place of Chanute.

After a refreshing stop, hike starts to Siran-Danda for an hour, a beautiful hill top and a plateau. Enjoy visit of Nage-Pokhari, Dudh-Pokhari and the small tea garden are the main highlights of Siran-Danda. The area is also famous for beautiful wildflowers and herbs, after an exciting day transfer into a lodge.

Which serves a home stay, run and managed by the village communities, having local meals of organic farm products.

DAY 05

TREK FROM SIRAN-DANDA TO BARPHAK

Overnight: Barphak · 1,920 m / 6,299 ft · 6 hours walk · Guesthouse in a Home-Stay · Meals: Breakfast, lunch & dinner

A pleasant morning, having breakfast start the day walk to Ghyachok heading through a small farm areas of Mathar. A gradual winding hilly trail, as walk leads to Barphak village, past Dewalsar, following a Sum stream and Darudi River.

Walk towards Goje, Alagang, finally reaching Barphak by late afternoon facing views of sunset, reflecting on high snow-capped peaks.

DAY 06 **FROM BARPHAK TO LAPRAK**

Overnight: Laprak · 2,100 m / 6,890 ft · 6 hours walk · Guesthouse · Meals: Breakfast, lunch & dinner

Morning after breakfast, a short tour of Barphak interesting village, the main epicenter of the massive earthquake. Which was on the month of April and May 2015, the whole villages is returning back to normal life. After a mass destruction from the earthquakes, the village is near of completion of its restoration.

Walk leads to Basukang, where two trail branches off, where one leads to high Rupina La Pass. The trail follows continues towards our overnight destination at Laprak, another lovely hill village which is a fantastic symbol of unity here.

Arriving at Laprak by late afternoon before dusk, transfer to a nice cottage which is part of Home Stay program.

DAY 07 **TREK FROM LAPRAK TO NAMBI KHARKA**

Overnight: Nambi Kharka · 2,700 m / 8,858 ft · 4 hours walk · Homestay · Meals: Breakfast, lunch & dinner

An enjoyable walk on today's section of the trek, allows trekkers to explore the local farming and animal husbandry. Our destination towards Nambi Kharka, which means a rich pastureland for cattle herder. The trail follows a short and scenic walks with few steep climb to a high hill of Myas Bhanjyang.

Offers spectacular panorama of surrounding beautiful landscapes scenery with distant snow-capped peaks. Enjoy having a short rest on this short stretch of walks, and continue hike to Nambi Kharka for overnight in another Home-Stay cottage.

DAY 08

TREK FROM NAMBI KHARKA TO TALLO THOTNERI

Overnight: Tallo Thotneri · 1,560 m / 5,118 ft · 7 hours walk · Homestay
Cottage · Meals: Breakfast, lunch & dinner

Altitude: 1,560 m / 5,118 feet and 3,220 m / 10,564 feet at Darche
Danda.

Today the longest walk of the trip, start the day as early as
possible.

The trail leads to a steep climb on top Darche Danda, the highest
point of the trek.

From the top facing glorious panorama of stunning sunrise over
rolling green hills as it reflect on Himalayan peaks. Facing views of
whole massif range of Annapurna Himalayas with Vara-Shikar /
Annapurna Fang, Gangapurna, Sringi Himal.

Includes Langtang, Himal Chuli, and Bauddha Himal with Ganesh
Himal.

After a great scenic view, walk continues reaching another lovely
Gurung farm village of Tallo Thotneri for overnight. In the comfort
of nice simple Home Stay hut, after a long day walk.

DAY 09**TREK FROM TALLO THOTNERI TO GHYAMPESAL**

Overnight: Ghyampesal · 970 m / 3,182 ft · 6 hours walk · Homestay ·

Meals: Breakfast, lunch & dinner

After breakfast, visit the religious Sita Cave of Tallo Thotneri and then start the day following the path within a tropical forest to Sita Cave. A sacred site for Hindu devotees and pilgrims, visits the cave for offering and worships. After visiting Sita Cave, walk leads to Gyaji and then heading further down to Ghyampesal village for overnight halt. The last and final ending point of our Lower Manaslu Trek. Overnight in a tent or a staying in the comfort of village Home Stay at Ghyampesal.

DAY 10**GHYAMPESAL TO KATHMANDU**

Overnight: Kathmandu · 1,340 m / 4,396 ft · 8 hours drive · Tourist standard hotel · Meals: Breakfast, lunch

Completing our marvelous trek at Ghyampesal village, from here an early morning drive from Ghyampesal to the Gorkha Bazaar. A rough ride on dirt road for few hours reaching Gorkha Bazaar. From the town of Gorkha, either on a private jeep/car or taking a regular local bus to Kathmandu. The drive is pleasant on main highway through many farm villages and towns. As the drive ends on reaching at Kathmandu by late afternoon or evening time.

**DAY 11 FINAL INTERNATIONAL FLIGHT DEPARTURE FOR
HOMEWARD BOUND**

1,340 m / 4,396 ft · Meals: Breakfast only

Last day in Kathmandu and Nepal, after a great memorable experience on Lower Manaslu Area Trekking. 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.

Service INCLUDED

- Airport pick up, drop by private vehicles.
 - 02 night's standard twin- sharing accommodation in a 3 starts hotel in Kathmandu.
 - 8 nights twin sharing accommodation during trek.
 - Local Transportation Jeep/ Bus.
 - (If you want both ways private vehicle also available on additional cost).
 - Three meals a day, Breakfast, Lunch and Dinner. Tea/ Coffee in during the meals time.
 - One highly experienced, helpful and friendly license holder guide. His food, accommodation, salary, equipment and accident insurance for all staff.
 - 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.
- Local and government taxes.

Service NOT INCLUDED

- All kind of beverage.
- Personal travel and health insurance, insurance for helicopter evacuation.
- Porter service. Do you need a porter? Inquire to our trek expert.
- 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.

Hike Through Diverse Landscapes and Rich Culture

Experience breathtaking Himalayan beauty on the Lower Manaslu Trek, ideal for trekkers seeking stunning scenery and cultural immersion.

Perfect Trekking Seasons:

- **Spring (March-May):** Witness vibrant wildflowers, including Nepal's national flower, the rhododendron, under extended daylight hours. Be prepared for occasional afternoon clouds and possible light rain/snow at higher elevations. Temperatures drop significantly in mornings and evenings.
- **Autumn (September-November):** Enjoy crystal-clear skies and comfortable trekking temperatures during the peak Himalayan trekking season. Days are shorter due to less sunlight.

Cultural Tapestry Awaits:

- **Unique Hill Tribes:** Immerse yourself in the rich traditions of the Gurung, Magar, Hindu Bharamins, Chettries, and Newars. Encounter the Bhot people, who migrated from the Manaslu and Tsum regions.
- **Fusion of Faiths:** Explore the captivating blend of Hinduism and Buddhism reflected in the religious practices of the lower and mid-hill villages like Barphak and Laprak.
- **Gurung Heritage:** Witness the strong Buddhist influence in the Gurung community inhabiting the high-altitude villages. Their culture integrates Shamanism, a belief system venerating nature and mountain spirits.

Always check with local authorities or trekking agencies for the latest weather conditions before your trek.

More information

Why Choose this Trip?

The 11-day Lower Manaslu Trek is an ideal choice for individuals seeking to experience the manifold wonders of the Manaslu Region within a limited timeframe. This trek offers a comprehensive exploration of the region's natural beauty, cultural richness, historical significance, and unique way of life, all condensed into a shorter duration. Here are some compelling reasons to embark on this adventure:

1. **Natural Beauty:** Immerse yourself in the awe-inspiring natural beauty of the Lower Manaslu region, replete with verdant forests, meandering rivers, and breathtaking mountain vistas. This trek allows you to revel in the region's captivating landscapes without ascending to high altitudes.
2. **Cultural Experience:** Delve into the vibrant culture and lifestyle of the Manaslu Region, particularly the Gurung and Tamang communities. Gain invaluable insights into their distinct customs, traditions, and legendary hospitality, forging a deeper connection with the local way of life.
3. **Short Duration:** The 10-day itinerary offers a shorter alternative to the full Manaslu Circuit Trek, which typically spans 14-16 days. This makes it an excellent choice for individuals with time constraints who still yearn to explore and savor the essence of the region.
4. **Enchanting Villages:** Traverse through picturesque villages that epitomize the charm of the Manaslu Region. These settlements provide an authentic glimpse into the traditional lifestyles of the local residents, allowing for cultural immersion and memorable encounters.

5. **Terraced Fields:** Feast your eyes on the mesmerizing terraced fields, a hallmark of the lower Manaslu Region. Marvel at the meticulously crafted agricultural landscapes, adorned with crops like rice, corn, and millet, showcasing the harmonious relationship between humans and their environment.
6. **Scenic Vistas:** Revel in the panoramic vistas offered by the Lower Manaslu Trek. Feast your eyes on the majestic peaks of the Manaslu Range, including the imposing Manaslu, Ganesh Himal, and Himalchuli, painting a sublime backdrop for your journey.

In conclusion, the 11-day Lower Manaslu Trek is a perfect choice for those seeking an immersive experience of the Manaslu Region's natural wonders, cultural tapestry, historical significance, and unique way of life within a limited timeframe.

FAQs

Is Lower Manaslu Trek in Nepal safe?

Yes, it is completely safe to trek to the Lower Manaslu with proper gears and instruction. If there are any obstructions at the time of booking, our team will let you know. Invest in professional guides to stay well-informed during the trip.

How difficult is Lower Manaslu Trek?

Lower Manaslu Trek is considered a beginner level trek. An average adult with no major health issues can complete the trek with ease. Just make sure to follow the safety precautions provided during the training session.

Howlong does Lower Manaslu Trek in Nepal take?

Manaslu Circuit Trek in Nepal is of 11 days and 10 nights. The days include acclimatization time and an average of 4-5 hours of trekking every day.

Do I need permit for Lower Manaslu Trek in Nepal?

Yes, you do need permits for Manaslu Circuit Trek in Nepal. Following are required permits:

1. TIMS – Trekkers' Information Management System
2. Manaslu Conservation Area Permit
3. Special Permit for Manaslu Region

How to book the Lower Manaslu Trek in Nepal?

To book the Manaslu Circuit Trek in Nepal, there are 3 options that MCT offers, they are:

1. Online Booking
2. Wire Transfer
3. Cash on Arrival

Note: Go through our Booking Policy before you proceed with booking.

What is the best time for Lower Manaslu Trek in Nepal?

Lower Manaslu Trek in Nepal can be done throughout the year. Every season has its own pros and cons. However, Spring and Autumn are best for Manaslu Circuit Trek in Nepal.

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering

the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after deduction will be transferred to your Lifetime Deposit account for the next trip.

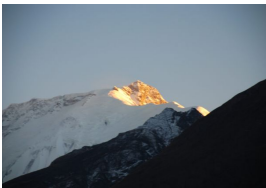
Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance company before flying to Nepal.

Photos



Bookings

For all trekking enquiries and bookings

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