TREKKING & HIKING

Lower Manaslu Volunteer Trek Program

‘Volunteer in rural Nepal & trek to Barphak and Laprak villages on this unique 16-day Lower Manaslu program. Book your trip today!’

Overview

TOTAL DURATION
15 NIGHTS & 16 DAYS ARRIVAL TO DEPARTURE

HIGHEST POINT
AT LAPRAK VILLAGE 2,100 M/ 6,888 FEET HIGH

ACCOMODATION
HOTELS IN KATHMANDU AND IN LOCAL STANDARD TO BASIC, SIMPLE LODGES WITH HOME STAY COTTAGES.

DURATION
16 DAYS, 15 NIGHTS

GRADE
MEDIUM

Lower Manaslu Volunteer Trek Program offers an unforgettable experience, allowing you to explore Nepal's rural hill villages while contributing to the local community. This unique program provides a fresh perspective on exploration, showcasing the authentic lifestyle of Nepal through visits to the newly rediscovered **villages of Barphak and Laprak**.

Nestled in the **Lower Manaslu Area**, a hidden gem waiting to be discovered, you'll have the opportunity to immerse yourself in the rich traditions and customs of Nepal's **mid-western hilly people**. Over a week-long stay, you'll have ample time to interact with villagers and experience firsthand the daily life of a rural farm family.

This program represents a new approach to tourism, combining breathtaking scenery with the chance to give back. You'll participate in various **volunteering activities** organized by team leaders and the village chief, contributing to projects that uplift the standard of living in rural villages. With a focus on flexibility, you can choose how you'd like to support the community within the week-long program.

Most rural farm areas rarely see foreign visitors. Here, every guest receives a warm welcome steeped in tradition. Spend your mornings volunteering alongside the villagers, fostering a sense of community, and your afternoons exploring the **local landscape**. This program is a fantastic way to become an integral part of a village and contribute to a brighter future for the children.

Following your enriching and enjoyable time volunteering in **Masel village**, your journey continues towards the Lower Manaslu region, exploring other captivating villages within the **Gorkha district**. Barphak and Laprak are undoubtedly the program's highlights.

This **12-night, 13-day adventure** takes you through breathtaking surroundings, offering a constant stream of excitement. The Lower Manaslu region boasts a majority of ex-military personnel who served in the **British and Indian Armies**.

Barphak village, situated at a comfortable elevation of **1,920 meters (6,300 feet)**, offers all the essential amenities you might need, including **electricity, internet access, medical services, and hotels**. Picturesque stone-roofed houses line narrow alleys, creating a serene atmosphere with panoramic views. Towering above these rolling green hills are the stunning peaks of Boudha Himal, reaching an impressive **6,672 meters (21,889 feet)**.

In contrast, Laprak sits at a higher altitude, exceeding **2,100 meters (6,890 feet)**, offering a refreshingly cool climate. This village, which serves as the headquarters for the **Laprak Village Development Committee**, houses nine wards. Primarily inhabited by the **Gurung people**, the main indigenous tribe of the Mid-West and **Annapurna Himalaya range**, Laprak serves as a checkpoint for trekkers heading towards the **Upper Manaslu region**. Accommodation here is basic, but the villagers are adept at both farming and catering to tourists.

The Perfect Combination: Hike and Volunteer in the Lower Manaslu Area

The Lower Manaslu Area is an ideal destination for those seeking a unique blend of hiking and volunteering, all within the majestic shadow of **Manaslu and Ganesh Himal.** Your journey begins with a drive to the historical town of Gorkha, the district headquarters itself. From there, you'll continue to Masel, a small farm village nestled on a hillside adorned with rows of

terraced fields.

The Lower Manaslu hills and the Gorkha district unveil a breathtaking panorama of the Manaslu and Ganesh Himalaya range, offering the closest possible view of **Boudha Himal.** These unspoiled villages grant travelers a glimpse into the traditional farm life, steeped in **generations-old heritage and culture**. Venture off the beaten path and explore the hidden gems of Gorkha and the Mid-West Himalayan foothills, rarely frequented by mainstream trekkers.

Following your captivating volunteering program and unforgettable time in Masel, Barphak, and Laprak villages, the trek descends towards the warm, subtropical farmlands. Your journey concludes at Tatopani, a haven renowned for its **natural hot spring**, where you can indulge in a refreshing soak. From there, a short walk takes you to **Macha-Khola village**, your final overnight stay within the Gorkha district. The next morning, a scenic drive you back to Kathmandu, marking the end of your incredible experience on the **Lower Manaslu Volunteer Trek Program**.

- **Day 1:** Arrive in Kathmandu — airport pickup, hotel, trek briefing and welcome dinner.
- **Day 2:** Kathmandu -> Gorkha Bazaar -> Masel — approximately 8-hour drive.
- **Day 3:** Masel — volunteering.
- **Day 4:** Masel — volunteering.
- **Day 5:** Masel — volunteering.
- **Day 6:** Masel — volunteering.
- **Day 7:** Masel — volunteering.

- **Day 8:** Masel — volunteering.
- **Day 9:** Masel — volunteering.
- **Day 10:** Masel — final day of volunteering.
- **Day 11:** Masel -> Barphak — approximately 2-hour drive; explore Barphak.
- **Day 12:** Barphak -> Laprak — approximately 5-hour hike.
- **Day 13:** Laprak -> Khorla Besi -> Tatopani -> Machha Khola — approximately 6-hour hike.
- **Day 14:** Machha Khola -> Kathmandu — approximately 6-hour drive.
- **Day 15:** Depart Kathmandu — airport transfer and departure.

Trip Highlights

- Enjoy the local activities in the close shade of Manaslu and Ganesh Himal
- Immerse within village social works of traditional farm life and its cultures.
- An excellent way of knowing the inner depth of Nepalese age-old traditions.
- Various programs to get engaged in the harmony of scenic surroundings.
- A great way to explore and to experience rural villages of great cultural interest.

Itinerary

DAYS	HIGHLIGHTS
DAY 01	**ARRIVAL IN KATHMANDU** 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

FROM KATHMANDU TO GORKHA BAZAAR AND MASEL ON DRIVE

Altitude: 1,060 m / 3,476 ft. at Gorkha Bazaar.
Drive approx. 8 hours by public Bus or private cars as per group size.
Includes: Breakfast. Lunch & Dinner. Overnight at local lodge / Guesthouse.

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.

After a refreshing stop at main town and headquarter of Gorkha district, journey continues heading downhill. Following a river for a while through several small farm villages and then a slow uphill into a forested trail. Then reaching Masel village our main destination of the journey for volunteering service to the villagers of Masel communities.

At Masel either in Home-Stay in local huts and simple cottages or in tented camps depending upon the group size.

DAY 03	**FOR 8 DAYS ENGAGE IN VOLUNTEERING ACTIVITIES** Altitude: Approx. 1,260 m / 4, 134 feet at Masel village. What can you do during a weeklong volunteering? Engaging in farm life and teach as well learn the modern and old traditional ways. Painting the school and its class rooms, as well teaching young children the art and skill of paintings and drawing. Reading story books and helping them with English vocabulary and pronounces, planting sampling trees, creating a community nursery, bringing fresh water from nearby stream or creeks. As well playing with children different good games for physical exercise, singing dancing, as well having music western or local folk songs. On this volunteering activities you will be learning as well the art of farming, milking cow, buffalo or goats. How to make curd, and Nepali simple dishes using fresh organic vegetables.
DAY 04	**VOLUNTEERING ACTIVITIES**
DAY 05	**VOLUNTEERING ACTIVITIES**
DAY 06	**VOLUNTEERING ACTIVITIES**
DAY 07	**VOLUNTEERING ACTIVITIES**
DAY 08	**VOLUNTEERING ACTIVITIES**
DAY 09	**VOLUNTEERING ACTIVITIES**

DAY 10 **VOLUNTEERING ACTIVITIES**

DAY 11 **DRIVE TO BARPHAK VILLAGE**

Altitude: 1,920 m / 6,297 feet at Barphak. Approx. 02 hours drives. Includes: Breakfast. Lunch & Dinner, Overnight at Guesthouse or Home-Stay.

A pleasant morning, having breakfast and bidding farewell to the villagers.

The village community, organizes a traditional farewell with garland or Khada / silk scarf. After farewell ceremony a drive on rough dirt country road with few ups and down to Barphak village. Afternoon after getting organized in a local lodge or in Home Stay huts. Afternoon explore the interesting village of Barphak with views of sunset, reflecting on high snow-capped peaks.

DAY 12

HIKE FROM BARPHAK TO LAPRAK VILLAGE

Altitude: 2,100 m/ 6,888 ft. at Laprak village. Approx. 05 hours walks.
Includes: Breakfast. Lunch & Dinner. Overnight at Guesthouse.

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 13

HIKE TO MACHHA KHOLA VIA KHORLA BESI 975M

Altitude: 930 m/ 350 ft. Approx. 06 hour walks.
Overnight at Guesthouse / local lodge.
Meal Included: Breakfast, Lunch & Dinner.

After a pleasant overnight at Laprak village, morning walks to Khorla Besi begins with a steady descent to a suspension bridge. From here short trek to the village of Singla for possible lunch stop, with grand views of Manaslu and Ganesh Himal range. After lunch trek continues downhill towards Budhi Gandaki River and then on main trail of Manaslu route as the path joins of Arughat and Macha-Khola.

Walk carries on with few short ups and down to reach a small farm village of Khorla Besi, located on a low warm area of semi-tropical climate.

After Khorla Besi on gradual path to Tatopani a place with natural hot spring, time permitting enjoy the hot refreshing bath. From Tatopani few hours of good walk to Macha Khola for last overnight around Gorkha area.

DAY 14

DRIVE FROM MACHHA KHOLA TO KATHMANDU

Altitude: 1,350 m. / 4,428 feet at Kathmandu. Drive approx. 06 hours on private jeep or Bus. Overnight in Hotel at Kathmandu. Meal Included: Breakfast and Lunch.

Leaving Macha-Khola having early breakfast as drive leads past Soti-Khola farm village to Arughat town. From here with options of two routes either drive the short way through Dhading Besi or by Gorkha Hill town.

Taking the best shortest route heading towards Dhading district, as drive leads on winding ups to Dhading Besi town. From here on winding road down to Trisuli River reaching Malekhu town on the main busy highway.

Journey continues with uphill to the valley rim of Kathmandu city, and then drive amidst the busy road. Then reaching the city and back to hotel.

After a great wonderful experience on Lower Manaslu Hike & Volunteering Program.

DAY 15

FINAL INTERNATIONAL FLIGHT DEPARTURE FOR HOMEWARD BOUND

Includes: Breakfast.

Last day in Kathmandu and Nepal, after a great memorable experience on Lower Manaslu Trek & Volunteering Program. 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 days volunteering activities in village.
- 13 nights twin sharing accommodation on the mountain.
- Local Transportation Jeep/ Bus.
- (If you want 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 volunteer certificate & trip certificate.
- 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.

Culture, Religion & History

Cultural Tapestry: The lower warm areas of the Manaslu region around the Gorkha district are inhabited by a diverse mix of indigenous hill people, including Gurung, Magar, Hindu Brahmins, Chhetris, and Newars. Some Bhote people, who migrated from the high Manaslu and Tsum Valley regions, also reside here. This blend of ethnicities creates a rich cultural tapestry, reflected in the religious practices throughout the region.

Best Season

Spring (March-May) and Autumn (September-November) offer the most pleasant conditions for visiting the Lower Manaslu Area and participating in social activities and volunteering. Spring boasts longer days with ample sunshine, perfect for clear views and comfortable hikes. However, expect occasional cloud cover in the late afternoons, with the possibility of light rain

or snowfall at higher elevations. Temperatures can drop significantly in the mornings and evenings. Witness the beauty of the region come alive with blooming wildflowers, especially the national flower of Nepal, the rhododendron. Autumn provides clear skies and pleasant weather, making it a popular trekking season throughout the Himalayas. However, days are shorter due to less sunlight. While mornings and evenings are much colder, with a chance of snowfall at higher altitudes, autumn offers a comfortable environment for volunteering and cultural immersion.

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.

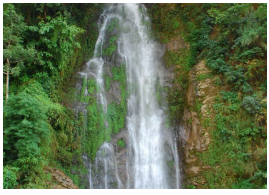
Refund policy

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

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