# Manaslu & Annapurna High Passes

**3 Star Hotel Package**

**3200**USD per person

*Including healthy meals

**5 Star Hotel Package**

**3400**USD per person

*Including healthy meals

**Trip Style:** Cultural Tour + Trek

**Trip Difficulty:** Demanding

Experience the extraordinary **Manaslu Annapurna Circuit Trek** with Mountain Sherpa Trekking, an exceptional adventure meticulously crafted to immerse you in the unspoiled beauty of the Himalayas. This journey begins with the iconic **Manaslu Circuit**, where you'll delve into a tapestry of cultural diversity, from the lush Hindu middle hills to the enchanting Tibetan high-country communities steeped in ancient Buddhism. Manaslu, the world's eighth-highest peak, graces you with awe-inspiring vistas.

If you're physically fit and seeking adventure on a stunning trek in Nepal, our **Manaslu Annapurna Circuit Trek** is the ideal choice. Our journey begins in the historic town of Gorkha, guiding you through picturesque villages and into the heart of Nubri, where centuries-old trading traditions with Tibet persist. The Manaslu Himal Circuit offers an enchanting fusion of culture and physical challenges.

Upon conquering the formidable **Larkya La pass at 5,215 meters**, we seamlessly transition to the **Annapurna Circuit trail**, unveiling breathtaking panoramas of Annapurna, Manaslu, Macchapuchare, and more. Upper Manang's rich Buddhist culture, the enchanting world of pony transportation, and the allure of unique villages await your discovery.

After crossing the high-altitude **Thorung La pass at 5,400 meters**, our descent leads us to the sacred pilgrimage site of Muktinath, opening the gateway to Upper Mustang via Jomsom. A scenic flight from Jomsom whisks us to Pokhara, renowned as the 'city of lakes,' providing a well-deserved interlude for relaxation before we return to Kathmandu, concluding this unforgettable Himalayan sojourn. Don't miss this once-in-a-lifetime opportunity to embark on the **Manaslu Annapurna Circuit Trek.**

DURATION: 28 days

## ITINERARY

**Day 01:: Arrival in Kathmandu and transfer to hotel. Check in hotel and rest after long flight**

If you're fortunate enough to have clear skies when you arrive in Kathmandu, your adventure begins right from the moment you step onto the plane. The breathtaking views from your window seat reveal majestic, snow-capped mountain peaks stretching out below, setting the stage for the incredible journey that lies ahead. These sights ignite a sense of excitement and wonder, promising unforgettable experiences that will stay with you for years to come.

As soon as your plane lands at Tribhuwan International Airport, a warm welcome awaits you. A representative from Mountain Sherpa Trekking will be standing by, ready to greet you and assist you in making your transition to Nepal as smooth as possible. They will accompany you to your designated hotel, ensuring a hassle-free check-in process.

Once you've settled into your comfortable accommodations and had a chance to refresh yourselves, you'll have the opportunity to gather for a briefing on your daily itinerary. This briefing will help you get oriented and prepared for the exciting days ahead. Afterward, you'll have some free time to explore the neighborhood, allowing you to

become acquainted with the local surroundings and immerse yourself in the vibrant atmosphere of this ancient city.

In the evening, you'll have the pleasure of meeting our experienced senior trek guide. This knowledgeable guide will provide the group with essential details about the upcoming trek, ensuring that you are well-prepared for the adventure ahead.

Your first night will be spent in the heart of Kathmandu, a city renowned for its rich cultural heritage and countless temples, making it one of the most temple-dotted cities in the world.

**Day 02:: Full Day sightseeing of KTM Durbar Square, Swoyambhunath, Boudhanath and Pashupatinath**

After a restful night's sleep and a hearty breakfast, our city tour begins with a visit to Swayambhunath, known as the Monkey Temple. The name "Swayambhu" signifies its self-creation myth, where the hill emerged from a former Kathmandu Valley lake.

Next, we explore the UNESCO-recognized Basantapur Durbar Square. This historic square boasts medieval temples, palaces, and winding streets dating back to the 12th and 18th centuries. Highlights include the Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), and Kasthamandap, all steeped in Kathmandu's rich history and culture.

Our journey continues to the renowned Boudhanath Stupa, one of the world's largest stupas and a focal point of Tibetan culture in Kathmandu, designed as a colossal mandala symbolizing the Buddhist cosmos.

We then visit the sacred Pashupatinath Temple, dedicated to Lord Shiva and revered as Nepal's holiest Hindu shrine. Here, we may witness the solemn cremation rituals at 'Aryaghat,' a site used by both the royal family and ordinary Nepalese, illustrating the intertwining of spirituality and daily life.

Returning to our hotel, we refresh ourselves and do some shopping for our upcoming trek, followed by an early supper and a well-deserved night's rest. These adventures provide a glimpse into Nepal's rich history and culture, setting the stage for our upcoming trek.

**Day 03:: Drive from Kathmandu to Sotikhola (720m/2,362 feet) Private 4x4 jeep ~7-8 Hours drive**

**Vehicle:** Private 4x4 Jeep. Approx. **Drive Time & Distance:** 8-10 hours (88 miles / 141.3 km)

After an early breakfast, you'll drive west along the Kathmandu-Pokhara highway toward the village of Sotikhola by a private 4x4 jeep, enjoying the scenic views. We'll pass through some of Nepal's enchanting countryside landscapes, which can be seen right from the windows of our vehicle.

We will then continue further toward the hill bazaar of Gorkha, an ancient historical town from where Nepal derived its present shape. The road may become a bit rutted and turn into a dirt path after Gorkha. However, you will still be able to enjoy the views of the southern slopes of Annapurna, Ganesh Himal, Manaslu, and Langtang Himal. We will reach our destination, Sotikhola, after approximately seven to eight hours of driving from Kathmandu.

**Day 04:: Trek from Soti Khola to Machha Khola (900 m/2,920 feet) ~ 6-7 hours**

**Estimated Walking Time: 6-7 hours. Estimated Walking Distance: 8 miles (14 km)**

After enjoying breakfast in Soti Khola, your adventure begins with a classic trek that takes you through a captivating range of landscapes. Along the way, you'll encounter lush jungles, picturesque rice paddies, a thrilling cliff-face ridge, a babbling stream, and numerous enchanting waterfalls.

As you embark on today's trekking journey, you'll soon notice the changing elevations. Initially, you'll traverse a broad valley that gradually becomes steeper as you delve into a dense forest.

The trek commences with a bridge crossing, leading you into a dense forest. Following this, you'll ascend to a ridge high above the tumultuous rapids of the Budhi Gandaki River, which originates in the Tibetan plateaus and joins with the Tum Khola River. Your path then winds its way along a rocky trail, hugging the cliff's edge as you pass by two tropical waterfalls. Descending past terraced rice fields, you'll eventually ascend to the charming Gurung village of Labubesi.

Continuing your journey, you'll climb near a rocky outcrop, revealing a picturesque valley alongside the gently flowing river. After descending to the river's edge and walking along its rounded stones, you'll ascend over a side ridge. Your path leads you down once more to the river, where you'll cross another suspension bridge, eventually arriving at the village of Machha Khola.

**Day 05:: Trek from Machha Khola to Jagat (1,410 m/4,626 feet.) 6-7 hours**

**Estimated Walking Time: 6-7 hours Estimated Walking Distance: 17 kilometers**

We begin our day early, continuing our journey alongside the Budhi Gandaki River, one of Nepal's major rivers. The trail follows a narrow path with some gentle inclines and declines, eventually leading us to the Tharo Khola and the village of Khorlabesi.

After a few more climbs and descents, we arrive at Tatopani, a charming terraced village known for its hot springs. Here, we'll have ample time to relax and rejuvenate our weary bodies by soaking in the warm, natural hot water. If you're feeling adventurous, you can even take a refreshing dip in the cold river nearby before drying off on the picturesque river-side beach.

Leaving the hot springs behind, our route takes us over another ridge, where we cross the Budhi Gandaki River via a suspension bridge. From there, we ascend a well-constructed staircase and navigate across a landslide before reaching Dobhan. Our day's journey concludes as we settle in for the night at a lodge in Jagat.

**Day 06:: Trek from Jagat to Ekle Bhatti (Chisopani)1600 meter/5250 feet- 4-5 hours**

**Estimated Walking Time: 4-5 hours Estimated Walking Distance: 12 kilometers**

Following a satisfying breakfast in the picturesque village of Jagat, our day's journey begins. Today, we'll have the opportunity to cross the Budhi Gandaki River twice, both times on impressive suspension bridges. As we traverse this stunning landscape, we'll also encounter the charming stone village of Jagat, known for its cobblestone paths and timeless character.

Throughout our route, we'll come across numerous Mani Walls adorned with Buddhist inscriptions, reflecting the influence of Tibetan culture and spirituality in the region. The journey unfolds with a memorable crossing of the Budhi Gandaki on an expansive suspension bridge, followed by a trek to the village of Ekle Bhatti.

Our accommodations for the night await us at a welcoming Mountain Lodge in Ekle Bhatti, where we can unwind and prepare for the adventures that lie ahead.

**Day 07:: Trek from Ekle Bhatti (Chisopani) to Deng Village 1,860 m/6,102 ft. ~ 4-5 Hours**

**Estimated Walking Time: 4-5 hours Estimated Walking Distance: 8 kilometers**

Today promises a breathtaking day of trekking. As we depart from Philim, human settlements become increasingly scarce. The trail winds its way high above the Budhi Gandaki River, clinging to the cliffside. Along this path, we are treated to the sight of magnificent waterfalls cascading down, and we may even catch a glimpse of eagles gracefully soaring on the thermals high above the river.

Midway through the day, our path veers westward, still closely following the Budhi Gandaki. Here, the river narrows, creating a picturesque gorge as we approach the village of Deng. Throughout the journey, we are afforded

captivating vistas of Mt. Manaslu and the surrounding snow-capped peaks that envelop us in their grandeur.

Our ultimate destination for the day is the charming village of Deng, where we will settle in for the night. This remote haven will be our sanctuary as we continue our trek, surrounded by the majesty of the Himalayas.

**Day 08:: Trek from Deng to Namrung (2660 meter /8727ft) - 5-6 hours**

**Estimated Walking Time: 5-6 Hours Estimated Walking Distance: 12.1 Miles / 19.5 KM**

Following a hearty breakfast in Deng, you embark on one of the most culturally significant segments of your trek. To start, you'll cross the Budhi Gandaki River and ascend to a bridge. From there, you'll continue climbing, eventually joining a trail that arrives from Bhi. The path leads westward up the valley, guiding you through lush jungles, alpine flora, and picturesque settlements inhabited by indigenous communities from the Manaslu region. As you progress, prominent peaks on the horizon begin to reveal themselves, enhancing the scenic beauty of the journey.

En route, you'll pass through verdant forests and mani (stone walls inscribed with Buddhist prayers), eventually making your way to Ghap. While there is an alternative route, we opt for the path that takes us through Prok village. Prok offers a captivating viewpoint, where you can admire the snow-capped Siringi Himal. It's an excellent spot to take a break before continuing your trek. Along the way, you'll crisscross the Budi Gandaki River several times, passing by several gompas (Buddhist monasteries).

The trail follows the river upstream, leading you through dense forestry. After a particularly exhilarating river crossing, where the river cascades dramatically through a narrow gorge, the jungle begins to thin out, and the trail becomes more manageable. The enjoyable hike persists, and after a final steep ascent, you'll arrive in Namrung, where you'll spend the night.

Namrung offers a well-deserved resting place, with its unique blend of natural beauty and cultural richness. It's a chapter in your trek that holds great promise for memorable experiences and stunning vistas.

**Day 09:: Trek from Namrung to Lho (3,180m/10,433) -4-5 hours**

**Estimated Walking Time: 4-5 hours Estimated Walking Distance: 10.9 miles / 17 km**

The trek from Namrung to Lho is a captivating journey through the Himalayan landscape. Departing from Namrung, situated at an elevation of approximately 3,180 meters (10,433 feet), you'll embark on a trek that typically takes 4 to 5 hours to complete.

The trail treats you to breathtaking vistas of the surrounding terrain, featuring towering peaks, lush forests, and charming villages along your route. As you ascend towards Lho, you'll notice a gradual transformation in the scenery, encountering unique flora and fauna that are native to this region.

Lho, situated at an elevation of 3,180 meters, is renowned for its tranquil ambiance and traditional Tibetan-influenced architecture. The village is nestled amidst awe-inspiring mountain panoramas, offering a window into the rich cultural heritage of the area.

This trek allows you to fully immerse yourself in the natural beauty and cultural diversity of the region while gradually ascending to higher altitudes. It's a rewarding journey that not only showcases the splendor of the Himalayas but also grants you a glimpse into the local way of life.

**Day 10:: Trek from Lho to Samagaon (3,530 meters/11,910 feet)- 4-5 hours**

The trek from Lho to Samagaon is a picturesque journey through the captivating Manaslu region of Nepal. It's an adventure that not only treats you to breathtaking views of the Himalayas but also allows you to immerse yourself in the rich culture of the local communities. Beginning your trek from Lho, situated at an elevation of

approximately 3,530 meters (11,910 feet), you can typically expect this leg of the journey to take around 4-5 hours to reach Samagaon.

As you traverse this scenic trail, you'll wind your way through lush forests, traverse charming villages, and pass by terraced fields, providing you with a genuine glimpse into rural life in the Himalayas. Along the way, you may have the pleasure of meeting friendly locals, encountering monasteries that exude tranquility, and witnessing the vibrant colors of prayer flags fluttering in the breeze.

Upon reaching Samagaon, you'll discover a welcoming haven for trekkers, complete with tea houses and lodges. It's an ideal spot to pause, catch your breath, acclimatize to the altitude, and soak in the awe-inspiring mountain vistas that surround you. This interlude in Samagaon allows you to recharge before continuing your remarkable adventure along the Manaslu Circuit.

**Day 11:: Rest and acclimatization day in Samagaon. Explore the village**

Today, you have a designated day for altitude acclimatization. Begin your morning with a refreshing breakfast before embarking on a day of relaxation in the serene village of Samagaon. This is an excellent opportunity to immerse yourself in the rich Sherpa culture that surrounds you.

As you explore the village, you'll encounter a multitude of mani stones adorned with Buddhist manuscripts and intricate portraits. These ancient stones stand as a testament to the deep spirituality of the region and add a touch of mystique to your surroundings.

In addition to the mani stones, you'll notice Sherpa women gracefully adorned in traditional attire and adorned with beautiful ornaments. Their clothing and jewelry carry with them a sense of history and tradition, providing a glimpse into the timeless customs of the Sherpa people.

One of the highlights of your day in Samagaon is a visit to an old Gompa known as Pungyen Gompa. Perched atop a small hill near the village, this monastery offers breathtaking views of the glacier below. It derives its name from Manaslu, with "Pungyen" translating to "bracelet," a fitting name given the twin peaks' appearance resembling a pair of bracelets.

Interestingly, this Gompa has a unique history tied to the early attempts to conquer Manaslu. After the initial unsuccessful Japanese expedition, the Gompa was tragically demolished. The locals believed that the ascent had angered the gods, leading to this unfortunate incident. When the Japanese returned a year later, they faced strong opposition from the local community, forcing them to abandon their mission. However, perseverance prevailed, and they ultimately achieved success in their climb in 1959.

As your day unfolds, take in the beauty of Samagaon, immerse yourself in its cultural treasures, and savor the serenity of this Himalayan village. Tonight, you will spend the night in Samagaon, preparing for your further adventures in this awe-inspiring region.

**Day 12:: Trek from Sama village to Samdo 3860m/12,660 ft. ~ 4 - 5 hours**

After enjoying a hearty breakfast in Samagaon, you will embark on today's trek. The estimated walking time for this leg of your journey is approximately 4-5 hours.

Your route begins by descending to the Budhi Gandaki River, which has now turned north. Follow the trail alongside the river until you reach a bridge over a smaller tributary. Here, it's important to note that the path to the left leads to the Manaslu Base Camp.

As you continue along the Larkya la Track, you will encounter numerous mani walls. The valley will gradually widen, providing a more spacious and open landscape. The trail remains relatively gentle as it winds its way along a shelf above the river, passing through juniper and birch forests in the Kermo Kharka region.

At a certain point, you will descend from the ridge and cross the Budhi Gandaki River using a wooden bridge. Afterward, you'll embark on a steep ascent onto a headland situated between two branches of the river. Here, you'll come across a stone arch and be able to catch sight of a substantial white Kani.

Upon reaching the Kani, you will eventually pass through it, leading you to the village of Samdo. This picturesque village is where you will spend the night. It's an ideal place to rest and recharge before continuing your trek in this breathtaking region.

**Day 13:: Another acclimatization day in Samdo. Hike up and then come down**

Today is designated as an additional day to ensure proper acclimatization. After enjoying a wholesome breakfast, you have two options for how you'd like to spend your day. Here are the details:

**Option 1:** We highly recommend a hike that takes you up the valley directly behind Samdo village. This scenic walk will lead you to one of the trade passes that connect to Tibet, offering you exceptional panoramic views of Mt. Manaslu and a range of other Himalayan peaks, including Simrang, Hiunchuli, Ngadi, Larkye Peak, Cheo, and possibly Kang Guru beyond the pass. Along the way to these stunning viewpoints, you will encounter seasonal herding settlements known as "doksas" and have the opportunity to spot some remarkable mountain birds such as the Lophophorus (Nepal's national bird), Lammergeyer, and Himalayan Griffin soaring majestically overhead.

**Option 2:** Alternatively, you can opt for a trip to Gya La, which translates to 'large pass,' located to the north of Samdo. This pass has historically served as a more frequently used trading route to Tibet. However, please note that this is a relatively long hike, taking up a full day. Therefore, we recommend going only halfway and then returning to Samdo. This option is particularly suitable for ensuring proper acclimatization.

Whichever option you choose, Samdo offers a tranquil and comfortable base for your acclimatization day. After your chosen activity, you will spend the night in Samdo, preparing for the adventures that lie ahead.

**Day 14:: Trek from Samdo to Dharamsala 4460 m/14, 628 ft.~ 4/5 hours.**

**Morning:** Begin your day with a hot and hearty breakfast, providing you with the energy needed for the day's adventure. Your first task is to descend along the edge, eventually crossing a sturdy wooden bridge over the Budi Gandaki River. Once across, you'll start your ascent.

As you hike onward, you'll encounter two streams to cross, and your path will offer glimpses of the magnificent Larkya Glacier. The trail then leads you around the valley of the Salka Khola. After circumventing the valley, it's time for another ascent.

Your destination for today is a stone guest house located at an elevation of 4,460 meters. It's important to note that this isn't a typical lodge but rather a shelter referred to as Dharmshala, also known as Larke Phedi. As you approach this shelter, make sure your camera is ready with fully charged batteries because you won't want to miss capturing the awe-inspiring views of the surrounding mountains and the enchanting natural beauty.

**Afternoon:** After reaching Dharmshala, take some time to relax and refuel with lunch while gazing out at the lovely vistas that surround you. At this altitude, you'll begin to feel the effects of both the thin air and the cold, so take it easy in the afternoon. Enjoy some tea or coffee to warm up and savor a more leisurely afternoon.

Evening: To prepare for the challenges of crossing the next high pass tomorrow, you'll have an early dinner. Proper rest and nourishment are crucial as you continue your trek through this stunning Himalayan terrain.

With your camera full of captivating photos and your body well-rested, you're ready for the next leg of your journey, which promises more breathtaking scenery and adventure.

**Day 15:: Trek from Dharamsala to Bimthang (3720 meter/ 12,205 feet)**

Today is not only the longest but also the most captivating day of your journey, thanks to the high pass of Larkya la standing tall at **5,160 meters (16,924 feet)** and the awe-inspiring views of the magnificent peaks that surround you. Here's a fresh take on your day:

**Duration:** Be prepared for a full day of trekking, approximately 8-9 hours, covering a distance of roughly 15 miles (24 kilometers).

**Early Morning:** Your adventure kicks off with an early breakfast, providing you with the fuel you need to conquer the day ahead. The journey begins with a short yet invigorating climb, leading you to a valley on the northern side of the Larkya Glaciers. Here, you'll be greeted by breathtaking vistas of Cho Danda and Larkya Peak, setting the stage for the extraordinary experience that lies ahead.

**Midday:** As you continue your trek, you'll traverse the moraines of the glacier, ascending gradually. The terrain only becomes steeper in the final stretch before reaching the pass. Once you stand atop Larkya la, at an impressive altitude of 5,160 meters, you'll be treated to unrivaled views of Himlung Himal, Cheo Himal, Kangguru, and the colossal Annapurna II. It's worth noting that this day's journey to reach Bimtang is lengthier than usual, but the experience of descending into the lower terrains as the evening mist gracefully envelops the landscape, with the imposing Mt. Manaslu drawing closer, is nothing short of magical.

**Afternoon:** The view from Bhimtang is nothing short of mesmerizing. This village holds historical significance, having been a sanctuary in the 1960s for Tibetan Khampa fighters who undertook "attacks" against the Chinese in Tibet and sought refuge in Nepal.

**Evening:** You'll spend the night in Bhimtang village, allowing you to soak in the stunning scenery and reflect on the challenges and triumphs of your day's trek. As you savor the moment, remember that your Himalayan adventure is far from over, promising even more extraordinary experiences in the days ahead.

**Day 16:: Trek From Bimtang to Tilche 2,300 meters (7,546 feet): 4-5 hrs**

The lodge at Bimtang can be quite chilly in the morning, so it's a good idea to head to the dining room promptly for a steaming cup of fresh coffee! Your options for getting warm may be somewhat limited, but relief is on the way as you descend down the valley and into the welcoming embrace of the sun. The trail takes you through forested hillsides, eventually leading you to Tilche, which marks the end of your journey through this remote world.

In Tilche, the local population is a blend of Manangis, who have Tibetan heritage, and Chettris, who follow Hindu traditions. This cultural mix is reflected in the variety of food you can savor here. You'll have the chance to enjoy a combination of dal bhaat, buckwheat dhiro, tsampa, and even indulge in some salted Tibetan butter tea. These dishes are not only delicious but also quite nutritious, fueling your body for the day's adventure.

As you continue your trek, the gorge that lies ahead marks the transition into a more populated area known for its comforts such as apple pie, cold beers, and hot showers - characteristics of the Annapurna Circuit. It's a place where you can relish the simple pleasures of life.

You will spend the night at a cozy lodge in Tilche village, reflecting on the incredible journey you've undertaken and the warm hospitality of the locals. Enjoy your evening with a well-deserved meal and rest, knowing that you are now in the more familiar territory of the Annapurna Circuit.

**Day 17:: Trek from Tilche to Bagarchhap 2,080 meters/6,824 feet-Approx. 5-6 hrs**

Today, our day begins with a rocky trail following the Marsyangdi River steadily uphill to Tal. Tal is the first village in the Manang District. Crossing the wide and flat valley, our trail continues up and down to Dharapani (1890m). Upon reaching the lovely village of Bagarchhap, we can witness the typical flat roofed stone houses of local Tibetans. The village is surrounded by apple Orchards and maize fields. We stay overnight at our lodge – B. L. D

**Day 18:: Trek from Bagarchhap to Chame 2,720 meters/8,924 feet- Approx. 5/6 hrs**

After a hearty breakfast today, your trek takes on an enjoyable character as you continue to ascend amidst the serene forests of pine and oak. Passing through Dhanakyu, you'll soon come across a thundering waterfall with its crystal-clear, gushing waters, adding to the natural beauty of the surroundings.

Further along the trail, the Marshyangdi Khola river enters a dramatic gorge, and your path transforms into steep stone steps. While catching your breath on this challenging ascent, take a moment to look back and appreciate the magnificent views of Manaslu.

Once the arduous incline comes to an end, you'll find yourself on a path surrounded by splendid rhododendron forests, creating a vibrant and colorful atmosphere. Your journey continues to Ratamron, where you'll traverse a gently rising path and cross a stream before entering a serene pine forest.

From here, you'll navigate a loose hillside that leads you to the charming hamlet of Kotho. As you arrive, cast your gaze upwards, and you'll be rewarded with a close-up view of the majestic Annapurna II, a sight that serves as a reminder of how deeply immersed you are in the heart of the Himalayan mountains.

The trail then meanders through a tranquil forest of fir and pine until you reach Chame. As the administrative headquarters of the Manang district, Chame offers government offices, shops, and hotels. Despite the challenging terrain, today's trek is relatively short, allowing you ample time to explore and appreciate the unique beauty of this region.

**Day 19:: Trek from Chame to Pisang 3,060 meters/10,039 feet: 3-4 hours**

After a delicious b/fast, we see Lamjung Himal at (6893m) gleaming in the morning sun, and with this lovely sight, we set off for Pisang. The mountain disappears as we climb the path up the valley, passing a huge apple orchard. We continue through a fir and pine forest, climbing to a high, rocky area, as the opposite bank becomes an impassable cliff. From this point the valley becomes extremely steep-sided as we follow the path to Bratang. In earlier years, this area was the military station for troops who fought against the Khampa tribal revolutionaries. The dilapidated buildings are the only reminders of that era. A short climb from the village brings us to a rock-strewn area where we cross a wooden bridge and follow a high, winding path, before crossing back to the right bank again. We now walk through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, opening up a wonderful landscape before us. We can see the east peak of Annapurna II as well as Pisang Peak to the north-east. Trudging along, we come to a long mani stone wall by a bridge and the lower village of Pisang. A steep, narrow path through a very dense forest will bring us to the dramatic curved rock face, rising 1500m from the river. As the trail opens up we are surrounded by majestic Himalayan Peaks. Overnight in Pisang – B. L. D

**Day 20:: Trek from Pisang to Manang 3,440 meters/11,286 feet- 4 hours**

From Pisang, today we enter the upper Manang region, where we will notice a contrast with the landscape and vegetation. The cold, dry climate creates a much rougher environment. We also get to experience amazing views of the towering Himalayan Peaks that surround us. Overnight in Manang – B. L. D

**Day 21:: Trek from Manang to Yak Kharka 4,200 meters (13,779 feet) - 4/5 hrs**

From Manang, we ascend up to Yak Kharka, which lies on the main cicuit trail, and avoids backtracking to Khangsar. We descend from Siri Kharka toward Thare Gomba and in only a few minutes reach a trail junction. Again, we stay left and reach Old Khangsar after walking for a while. Khangsar is uninhabited except for occasional herders and during festival periods. We follow rock a wall north out of Khangsar. We walk further more until we reach a seasonal bridge in the Thorang Khola valley. We cross the river to the east band and ascend along for a while to a plateau. We then hike further more until reaching Yak Kharka. Overnight in Yak Kharka - B L. D

**Day 22:: Trek from Yak Kharka to Thorong Phedi 4,450 meters (14,600 feet) - 4 hrs**

From Yak Kharka, we climb to the next village of Tengi, with the awesome Annapurna Himal in view, while behind us we can see Peak 29 and Himalchuli on the horizons. We are now past the tree line and the vegetation consists of alpine grasses and scrub juniper. Climbing the path, past the summer village of Gunsang, we cross the Gundon Khola via a wooden bridge. From here we can see ahead the mountains surrounding the Thorung La, which we are going to cross tomorrow. The trail fluctuates up and down for some time. As the elevation gradually increases, we soon enter an alluvial delta where there are yak pastures. An hour beyond this, we come to the small settlement of Letdar. Leaving Letdar, we climb gradually to a ridge before descending to the headwaters of the Marshyangdi and cross a wooden bridge. After a short ascent up the mountain path on the right bank, we follow a narrow trail across an unstable screed slope before descending to Thorung Phedi. B. L. D

**Day 23:: Trek to Thorung-La pass (5416m) & Trek down to Muktinath (3760m)-7/9 hrs**

We've got to start our journey pretty early today so that we could cross the Thorung La at (5416m) at an easy going pace. The trail is steep but well-trodden, as this trail has been used by the local folks for hundreds of years. As we continue, the gradient eases and after around 4 hours of steady climbing we reach the chorten and prayer flags of this great pass.

The views up here are simply striking: from the snow covered mountains above, to the head of the Kali Gandaki valley below and the brown and purple hills of Mustang which spreads out before us, is a masterpiece of natural geography created by God as a gift to the world and its people. The descent to Muktinath is a tiring 1600m drill that goes down but it's compensated for with lovely views of Dhaulagiri. Eventually the moraine gives way to grassy slopes before a cool walk along the Jhong Khola Valley to Muktinath, with its shrines and temple. This is a famous pilgrimage site for hindus. We spend our overnight at a lodge – B. L. D.

**Day 24:: Trek/Drive to Jomsom (2750m) - Approx 4 hrs - Overnight stay in lodge**

After a good night's sleep and a great b/fast, we start our day with a descent down the dramatic Kali Gandaki valley through a parched region which lies in the same geographical and climatic zone as Tibet. After passing through Jharkot and Khingar, villages with characteristic Tibetan architecture, we follow the valley floor most of the way to Jomsom and are rewarded with fabulous views of both Dhaulagiri and Nilgiri. Jomsom is a large town sprawled along both the banks of the Kali Gandaki River. We bunk out at our lodge for the night in ancient Jomsom. B. L. D.

**Day 25:: Fly to Pokhara, Half day sightseeing of Attractions in Pokhara city**

Today we wrap up our trek with a flight back to the city of lakes - Pokhara. After reaching Pokhara, we check into our hotel, refresh with some drinks and snack, maybe even have a bath; and then proceed for a half day guided tour that will include visiting some beautiful places like David's water fall, Tibetan refugee settlement camp and Gupteshwar cave in a private vehicle with a professional guide. We also do some boating on the tranquil Fewa Lake. We then will have a relaxing afternoon where we can simply chill out with some cold beers. Overnight at the hotel – Breakfast

**Day 26:: A Reserve day (bad weather in Jomsom or extra day in trek or free day in Pokhara)**

This is more or less a contingency day we keep in hand in the event of a delay in flights from Jomsom to Pokhara, which sometimes happens; so, if this doesn't happen, then it's good. It's your free day to do whatever you wish, at your cool pace that suits your convenience. You could simply use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyways. Breakfast

**Day 27:: Early morning flight to Kathmandu & Transfer to Hotel by Private Car**

After enjoying a hearty breakfast at the hotel in Pokhara, our driver will transfer you to Pokhara Airport for your flight to Kathmandu. The flight is just 25 minutes long, but it offers breathtaking views of the Himalayas. Once you land at Kathmandu Airport, you will be transferred to your hotel. After checking in and freshening up, you have the option to either relax at the hotel or explore the local area. Alternatively, you can visit interesting and historic

towns like Bhaktapur and Patan or explore local markets for shopping. Please let us know your preference, and we will make the necessary arrangements accordingly.

**Day 28:: Drive to the Airport to head back to that lovely place we call 'home''**

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekkingwill cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Annapurnas and wild Manaslu region will give you lifetime memories of a vacation well enjoyed. Sayonara friends! Till we meet again. Breakfast

**Please Note:**that although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, sao we seek to request maximum flexibility if and when required for the safety of your trip and your life.

# FAQS

**How Fit Do I Need to Be to Do the Manaslu & Annapurna High Passes Trekking?**

Manaslu & Annapurna High Passes Trekking is a demanding adventure trek where challenges may arise. This trek engaged 2 high passes above 5 thousand meters. You should be both physically and mentally fit before join this trek. A previous treks experience would be helpful for this trek.

As there are steep ascent and descents, rocky paths, rock steps and some moraine walking. So, this trek isn't suitable for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor. We suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey

**What sort of accommodation can I expect in Kathmandu and in trekking?**

We use standard rooms at quality hotels in Kathmandu and Pokhara with breakfast included. Along the Manaslu & Annapurna High Passes Trekking routes, mountain lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

**Will My Travel Insurance Cover Me for the Manaslu & Annapurna High Passes Trekking?**

Check the terms and conditions of your travel insurance very carefully before embarking on the Manaslu & Annapurna High Passes Trekking – the elevations involved are above 5000m, and many companies simply will not cover you at that level.

You need to be covered for helicopter evacuation from the mountains in emergencies, and, if you have a connecting flight to your home country, are flying out of Jomsom, and planes stop running, your insurance should cover the cost of a helicopter out of Jomsom. We fully facilitate for our valued clients for any emergencies issue.

**Do your guides have trekking guide license and first aid training for high altitude?**

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides

have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

**Is Mountain Sherpa trekking staff insured?**

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. Please browse though Company Information pages to view insurance details.

**Should I Buy My Gear at Home or in Nepal?**

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu.

You also rent out down gear and sleeping bags, which are the most sensible option if you don’t think you’ll be using them again for a while.