



# ANNAPURNA TO **MANASLU**



## ANNAPURNA TO MANASLU

24 DAYS (17 days walking)

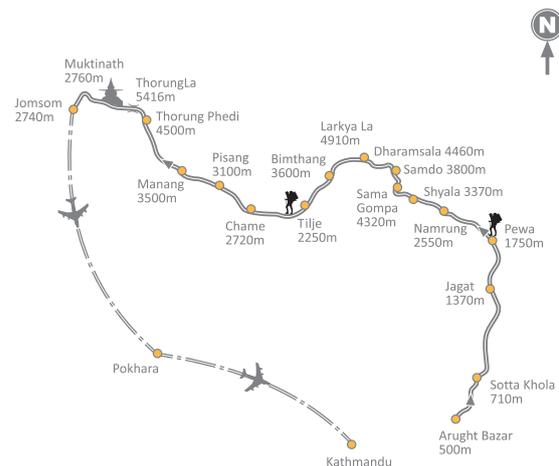
In 17 days of walking, this exception allows Trek to butt two routes mythical around half of Manaslu and the most dramatic turn of Annapurna. From the terraced fields carving the hills of the lower valleys, this route allows you to cross two mountain passes of 5,000 meters in a world of excessive snow and ice. Not forgetting the beautiful villages of Nepal and Tibetan monasteries with their small huddled at the foot of the mountains. A captivating and unforgettable Nepal offering a kaleidoscope of colors and moods.

### STRENGTHS

- Magnificent views of the two major chains of central Nepal,
- Two programs magnitudes achieved on a single circuit three weeks,
- A wide variety of landscapes and environments,
- An excellent acclimatization
- The accommodation in lodges and tented on the second part,
- A flight Pokhara > Kathmandu
- A hyperbaric chamber.

### GOOD TO KNOW

Following the development of roads on the Annapurna massif, particularly in the valleys of the Marsyangdi Khola and the Kali Gandaki. It is now possible to offer the Annapurna and Manaslu chaining "of massive twin" ... but the amazing contrasts in this circuit three weeks becomes:



Reference treks of discovery by the variety of landscapes, villages and tribes met . In addition, acclimation is perfect!

### Supported LEVEL (14/20)

17 days walking with two passes at 5000 and 5400 meters. Stages averages between 5-7 hours, except crossings passes (8/10h). Steady climb in altitude conducive to good acclimation: The Larkya switchover happens on the tenth day of walking. As a result of Manaslu, the Thorung The emerging as a mere formality ...

### FRAME

accompanied by our local guide.

### SIZE OF GROUP

From 4-12 persons.

# ANNAPURNA TO MANASLU



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**The price includes**

- Domestic flights as described in the program
- Ground transfers by private vehicles as mentioned in the program
- Accommodation during the trekking program, basic tent (tent type Snowbound 3 tickets for 2 people) on Manaslu!
- Accommodation in hotels, lodges, guesthouses, private houses ... as described in the program, based on double occupancy, on the Annapurna
- The provision of kitchen equipment group and individual
- Entries in the sites visited as described in the program
- Meals as described (B = breakfast, L = Lunch, D = dinner)
- Assistance of local guide speaking of our agency Nepal, charges and fees
- Support a local team: cook, kitchen boys, porters, horsemen for trekking
- Support a local team: driver (s), cook ...
- Permits for the trek when necessary
- The costs of the trek: National Park fees of Annapurna
- A record of travel before departure
- A hyperbaric chamber during the trip (CERTEC)
- A pharmacy group

**The price does not include**

- Anything that is not listed in "this price includes"
- Travel Insurance Property & Casualty (3.5% of the tour price), not mandatory but recommended
- Supplements for single room: 210 € (subject to availability, payable at time of booking)
- Special Permit for Manaslu (\$ 100)
- Visa fees Nepal
- Individual equipment necessary to implement the program

**Payable in**

- Drinks, tips left in the local team and all personal expenses
- Meals that are not described in this detail (see BLD)
- Special Permit for Manaslu (\$ 100)
- Airport taxes for international flight home

# Itinerary

## Day 1: Flight

Flight on a scheduled airline, Qatar, Gulf Air and Etihad, the only ones to offer good services to reach Kathmandu even if the connections are not always perfect. Stopovers in the Emirates and on to Kathmandu.

## Day 2: Arrival> Kathmandu.

Customs formalities, baggage claim and welcome by the local guide. Transfer to Hotel Yak & Yeti (5 \* hotel located in downtown). According to arrival time, first exploring the city.

Transfer: 30 minutes

Accommodation: Hotel

## Day 3: Transfer> Arughat Bazaar (500 m), Sotta Khola (710m).

Early morning departure by private bus to Arughat Bazaar village at the bottom of the gorge Bhuri Gandaki. Meeting with our porters and start trekking. Beautiful landscapes of rice paddies and traditional villages of Nepal. Setting up camp to Sotta Khola.

Transfer: 5h/7h

Accommodation: Camp

Elevation: 250 m

Elevation: -40 m

## Day 4: Trek> Khorlabesi (970 m).

First day of trekking, often hot, which takes place in the valley. Progression through beautiful villages, living among subtropical forests, bamboo and terraced fields. Crossing the river Maccha Khola in an atmosphere of rock bump finally reach Khorlabesi .. Depending on the pace of the group camp can be installed a bit earlier ...

Accommodation: Camp

Elevation: 800 m

Elevation: -460 m

## Day 5: Trek> Jagat (1370 m).

Ascent along the Bhuri Gandaki. After an hour's walk, arrived at Tatopani where a suspension bridge can change shore. Passing Dobhan and continue along a beautiful tray until Shiauli Bhote. Steep climb to Yaruphant. Crossing the Yaru Khola and then pass on the right bank of

the Bhuri. The trail then joins Jagat (the wall), no real input in the Manaslu Conservation Area. Nice paved road and first Chorten.

Accommodation: Camp

Elevation: 600 m

Elevation: -200 m

## Day 6: Trek> PEWA (1750 m).

Climb right bank across the villages and Saleri Sirdiba to the bridge under Philim. The road turns into trail balcony until Ekle Bath (1620 m) overlooking the beautiful village of Pansing. For an hour, the path is then carved into the cliff above an impressive gorge. In the village of PEWA (1750 m), the valley opens to offer a beautiful panorama of the Ganesh Himal massif. The tropical vegetation gives way to alpine vegetation.

Accommodation: Camp

Elevation: 550 m

Elevation: -170 m

## Day 7: Trek> Namrung (2550 m).

The first prayer wheel crossed Deng indicate our entry into the Tibetan world. Passage left bank and climb to Rana (2000 m) then Bihi, beautiful village with long mani wall. Nearly Suksam, you can admire magnificent giant spruce and sometimes even a few monkeys or blue sheep on the slopes of the other wild side of the River. Steep climb on Namrung, typical village. After installation of the camp, walking through the narrow streets of this little village and visit the small monastery.

Accommodation: Camp

Elevation: 1150 m

Elevation: -350 m

## Day 8: Trek> Shyala (3370 m).

Continuation of the trail by crossing the beautiful plain of Bengsam. We discover the first views on Manaslu. Continuing through typical villages of LHI and Lho Gaon built in Tibetan style. After Lho, the trail switches to the gorges and steep trail that leads us to Shya Gaon. After a day full of natural contrasts, the camp facility near the Circus Pungyen at the foot of Manaslu and Himal Chuli.

Accommodation: Camp Elevation: 1100 m  
Elevation: -200 m

**Day 9: Trek> Sama Gompa (3420 m).**

In about two hours, it is possible to mount directly to Sama Gompa. However, we can imagine a good alternative with a trip to the foot of Glacier and the bottom Pungyen circus Kharka Ramanan (4300m). Weather permitting, it is a memorable day in a circus sparkling whiteness and at the foot of gigantic peaks: Peak 29 or Manaslu. The trail descends directly from the base of the glacier to the beautiful village of Sama Gompa. Camp near the monastery.

Elevation: + 80-500 - Elevation: -30 to -530

Accommodation: Camp Elevation: 80 m

Elevation: -30 m

**Day 10: Sama Gompa.**

For its interest, the village of Sama Gompa allows those who wish to rest before the pass. For others, opportunity to climb towards the base camp of Manaslu.

Accommodation: Camp

**Day11: Trek> Samdo (3800 m)**

Detour to Lake Ice Khund Birendra. Pursuit to Kermo Manan (long mani wall) and then to the village of Samdo (200 inhabitants). Tibet is very close and explains the frequent passage of caravans of yaks amount Lajing Banjyang. The villagers continue to Samdo refuel Tibetan handicrafts, crafts they sell winter descend to Kathmandu.

Accommodation: Camp

Elevation: 420 m

Elevation: -40 m

**Day 12: Trek> Dharamsala (4460m).**

Morning departure by an overhanging path to the ruins of Dharamsala, the base camp of the cervix. In the afternoon, possibility to ride on the ridges located behind the camp.

Accommodation: Camp

Elevation: 710 m

Elevation: -50 m

**Day 13: Trek> Larkya La (4,910 m)> Bimtang**

**(3600 m).**

By following the lateral moraine, the trail leads to a glacial lake, sometimes difficult to guess in the snow. Continue on a large plateau with beautiful views of glaciers and the north face of Manaslu. Check the neck Larkya 5000 m. Unique view Himlu Himal Kang Guru, and further, Annapurna II. Descent on the west side of the neck, stiff and often snowy. Basically, a huge glacier is home to some beautiful lakes of turquoise. The trail joins a long moraine that leads to the pasture Bimtang. Beautiful camp in the heart of glaciers and peaks sharp.

Accommodation: Camp

Elevation: 1050 m

Elevation: -1700 m

**Day 14: Trek> Tilje (2250 m).**

Very long descent with beautiful views of the peaks of Manaslu and the Peri Himal massif. The trail rejoins the exuberance of the forest of conifers and rhododendrons, giant, lichens, mosses .... Passage to some pastures (Hampuk, Puktu Kharka) before the first villages and Goh Karche nestled on beautiful trays grown. Install the last camp in the village of Tilje.

Accommodation: Camp

Elevation: 400 m

Elevation: -1800 m

**Day 15: Trek> Chame (2720 m).**

Last moments of descent along the Dudh Khola before its junction with the Marsyangdi Khola. After Tonje, the trail reaches Dharapani (2000 m) by a suspension bridge. We turn back to upstream along the Marsyangdi Khola. The trail is interspersed with terraced fields and forests. Through villages of Thonje, and Bagarchhap Danakyu. The forest becomes more dense. A Thanchok, throats are closing to the village of Chame. First night in lodge. We are at the foot of Lamjung Himal peak about 4000 feet above ...

Accommodation: Lodge

Elevation: 1080 m

Elevation: -400 m

**Day 16: Trek> Pisang (3100 m)**

Between river and rocky ledges, the trail rises through a beautiful pine forest. The valley opens

soon on the country of Manang, a vast plateau where huddle of small Tibetan villages with breathtaking views of glaciers and peaks around ... Arrival at Pisang. Visit the old village to the monastery and Tibetan architecture, beautiful view of the Pisang Peak and Annapurna II.

Accommodation: Lodge Elevation: 450 m  
Elevation: -70 m

**Day 17: Trek> Manang (3500 m)**

Steep climb up Gyaru (3700 m). Way to balcony facing the entire chain of Annapurna, the view is stunning, certainly one of the best days of the circuit. Ngawal Crossing, a small Tibetan hamlet just visited. Sometimes, huge vultures hovering just a few tens of meters above our heads. Back to the river by a small path often dusty. Continue to Braga, beautiful village horse-shoe to the foot of rock chiselled. Visit the monastery, one of the oldest in the region, built between the fairy chimneys of the site. A few kilometers along the valley floor to reach Manang last real village in the valley of the Marsayangdi. Manang is a kind of base camp before the Thorung La and the world of high altitude.

Accommodation: Lodge Elevation: 900 m  
Elevation: -500 m

**Day 18: Trek> Thorung Phedi (4500 m).**

We leave Manang by a good trail that climbs quickly to cross the alps Yak Karka and Leder. The path descends to the Kone Khola which is crossed on a bridge. From there, a steep rocky leads to Thorung Phedi.

Accommodation: Lodge Elevation: 1100 m  
Elevation: -100 m

**Day 19: Trek> Thorung the (5416 m), Muktinath (3760 m),**

Depart early morning towards the neck (between 3:30 ET 5h climb). It is best to reach the pass before 9am to enjoy the view and avoid violating the wind sometimes. Breathtaking view of the Annapurna massif of Chulu, the Daulaghiri the desert foothills of Dolpo and Mustang's doors. It's worth the effort undertaken over several days ... Long descent Muktinath, a small town at the gateway of Mustang. Visit shrines erected between willows and poplars and where Buddhist and Hindu pilgrims crossing.

Accommodation: Lodge  
Elevation: 900 m  
Elevation: -1640 m

**Day 20: Trek> Jomosom (2740 m)**

Descent to the old fortified town of Jarkhot. World mineral of great beauty, carved cliffs and cave dwellings. Continued on paths lined with groves of wild rose hips towards Lupri, Thakali village with a monastery böñ. Sawtooth Way to reach Thin and Jomosom on the banks of the Kali Gandaki. Installation at the lodge last night between Annapurna and Dhaulagiri.

Accommodation: Lodge  
Elevation: 300 m  
Elevation: -1260 m

**Day 21: flight > Pokhara flight> Kathmandu.**

Morning flight to Pokhara (subject to climatic hazards) followed by a flight in the afternoon to Kathmandu. If bad, it is possible to rent jeeps to reach Beni and Pokhara by bus (it becomes necessary to spend the night in Pokhara).

Accommodation: Hotel

**Day 22: Kathmandu.**

Visit the Kathmandu Valley: former royal cities of Bhaktapur and Patan, Bodnath (Great Stupa Tibetan), Pashupatinath (Hindu shrine). This day also serves as a reserve day in case of bad weather for the flight Jomosom-Pokhara.

Accommodation: Hotel

**Day 23: Kathmandu and return flight.**

Day or free morning as scheduled return flight. Flights normally scheduled in the afternoon. Airport transfers and return flight.

Caution: the road in the Marsyangdi Khola is recent. After the monsoon or during heavy rains, landslides or mudslides are possible, the roads can be temporarily cut ... In this case the program should be changed or adjusted, so we ask you to be open to solutions on seats.

For security reasons (weather or other) and in the interest of participants, the guide reserves the right to change the route described above.

## INFORMATION:

**Formalities:** Visa Nepal. The passport must be valid more than six months after the scheduled return date from Nepal.

We sent upon registration a copy of the Administrative page of each passport and ID photos 5.

**Health:** No compulsory vaccinations. You must be classic immunization days. Go with a spray against mosquitoes for the lower valleys. A flea spray may be useful.

**Climate:** For most parts of Nepal, spring and fall are the preferred periods for trekking.

From late February to late April, the rhododendrons blooming up a fireworks display in the floral parts of Dhaulagiri, Annapurna, Langtang, Solu Khumbu. It is a warm period in medium altitude. Generally, the weather is clear in the morning, clouds sprout on the high peaks in the afternoon and sometimes give thunderstorms.

The monsoon lasts from June to September. However, the northern peaks of Annapurna and Dhaulagiri, regions of Dolpo and Mustang are partially protected from rainfall and thus remain more accessible to trekkers.

The fall, from October to December is the season the brightest. It's cold at night on the high altitude treks.

The winter snow blocks the mountain passes at high altitude. The weather is nice and cold. Only low-altitude treks, especially in the south of Annapurna range and travel discoveries allow us to go to Nepal this time.

**Travel:** private vehicles, trek.

**Accommodations:** \*\*\*\*\* hotel with pool in Kathmandu (Yak and Yeti) located near the city center, nights in lodges and tents during the trek.

**Lunch:** cold meal at noon, hot meals in the evening (the restaurant is in the cities, be prepared by a chef when we camp, be prepared by the owners of the lodges).

Portage or porters and mules. You wear your backpack (light). In steps, you get the evening bivouac or step large travel bags assigned to carriers.

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**Glossary:** B Breakfast / Breakfast - Lunch L / lunch - dinner D