

## Manaslu Tea-House Trek



The Manaslu (8163 m) trek over the Larkya Pass is one of Nepal's best kept secrets, following remote trails which are little touched by the modern world and see relatively few visitors throughout the year. It offers beautiful views of the Himalayan range, with the magnificent Manaslu, the eighth highest mountain in the world, almost on the palm of your hand. The trek begins in a small stone paved village called Arkhet Bazar on the banks of the river Budhi Gandhaki and continues, following the river upstream, through small villages and

settlements of different Himalayan ethnic groups, from Brahmin, Chhetri, Tamang, Magar, Tibetan and Gurung. Just as diverse as the ethnic population, so too the scenery varies from the lush, low elevation valleys growing rice and bananas, inhabited predominantly by the Hindu ethnic groups of Indo-Aryan origin, through lush rhododendron and bamboo forests, where you begin to encounter communities of Tibeto-Burmese origin who practise Hinduism, Buddhism or a mixture of both with ancient Shaman practices still remaining alive.

Heading northwards from the starting point, the Budhi Gandhaki valley opens up to reveal delightful alpine meadows, walks through lush rhododendron and bamboo jungle and small, typical Tibetan villages in the Nubri valley, which cluster beneath Manaslu's sweeping North Face. The trek passes small villages with rows of prayer wheels and spectacular mani stones and prayer flags, which mark the passes and religiously important sites. After a few days walk, the trail reaches Samagaon, the largest and most important village in the region. From there we head west and cross the Larkya La Pass at 5100 m, one of the most dramatic pass crossings in the Himalayas. We walk along a classic but tough trail linking the Budhi Gandaki with the Marsyangdi valley, where we reach the old salt routes, which still operate as main trading routes between the Tibetan plateau and little settlements on Nepal's side of the great mountain range. This trek was forbidden to the tourists till 1991.



**Group Size:** Minimum 2, maximum 12 people.

**Duration:** 14 Days – can be extended according to your wish. \*Add-On -Extension day possibility; excursion to Pungin Gumpa. Extra cost 50 €/ day plus 15\$ permit/ day

**Price overview:**

Tea-House Trek cost: Euro **570** per person

**Special Permit:**

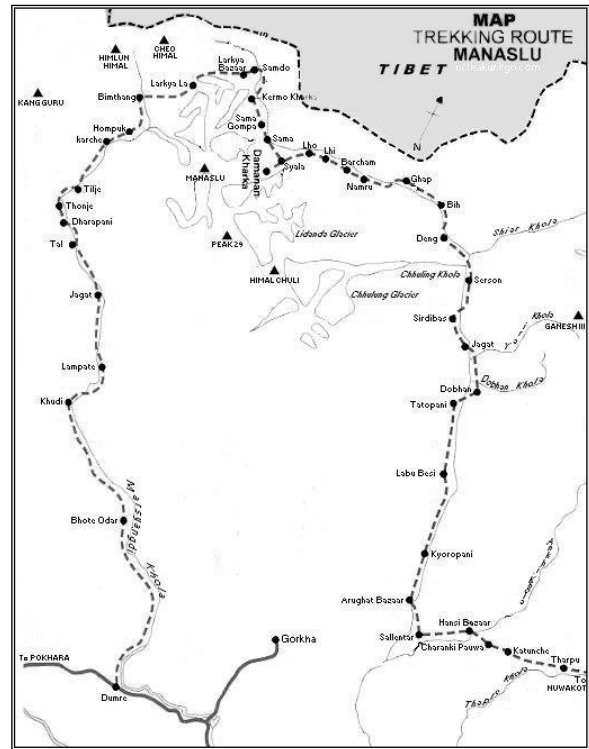
- . Special permit 100.00\$ per person
  - . National park fee Manaslu & Annapurna 60\$
  - . Government tax 75\$
- Total Permit **235 \$** per pax (payable in Kathmandu in US\$ cash)

**Grand Total € 570 + \$ 235** (private transport on day 1, optional 340€: 2= 170€ per pax)

**Included:**

- . All land transportation by bus KTM-Aarughat/ Besisahar-KTM
- . All overnight in Lodges while trekking
- . An English speaking Sherpa guide
- . Porter (one porter per two PAX with 12 kg limit per pax total 24kg)
- . Staff equipment and staff insurance

**Excluded:** visa for Nepal, food and drinks, airport transfer and hotel in Kathmandu, personal expenses, insurances, tip & Gratitude's for staff.



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**May all beings be happy!**



Of course we cannot determine or foresee you're spending behavior however with a moderate way of spending you will need about 3000 NRP/ day this will cover food and drinks etc. If you like to drink beer, then you have to ad 400-700NRS per beer.