



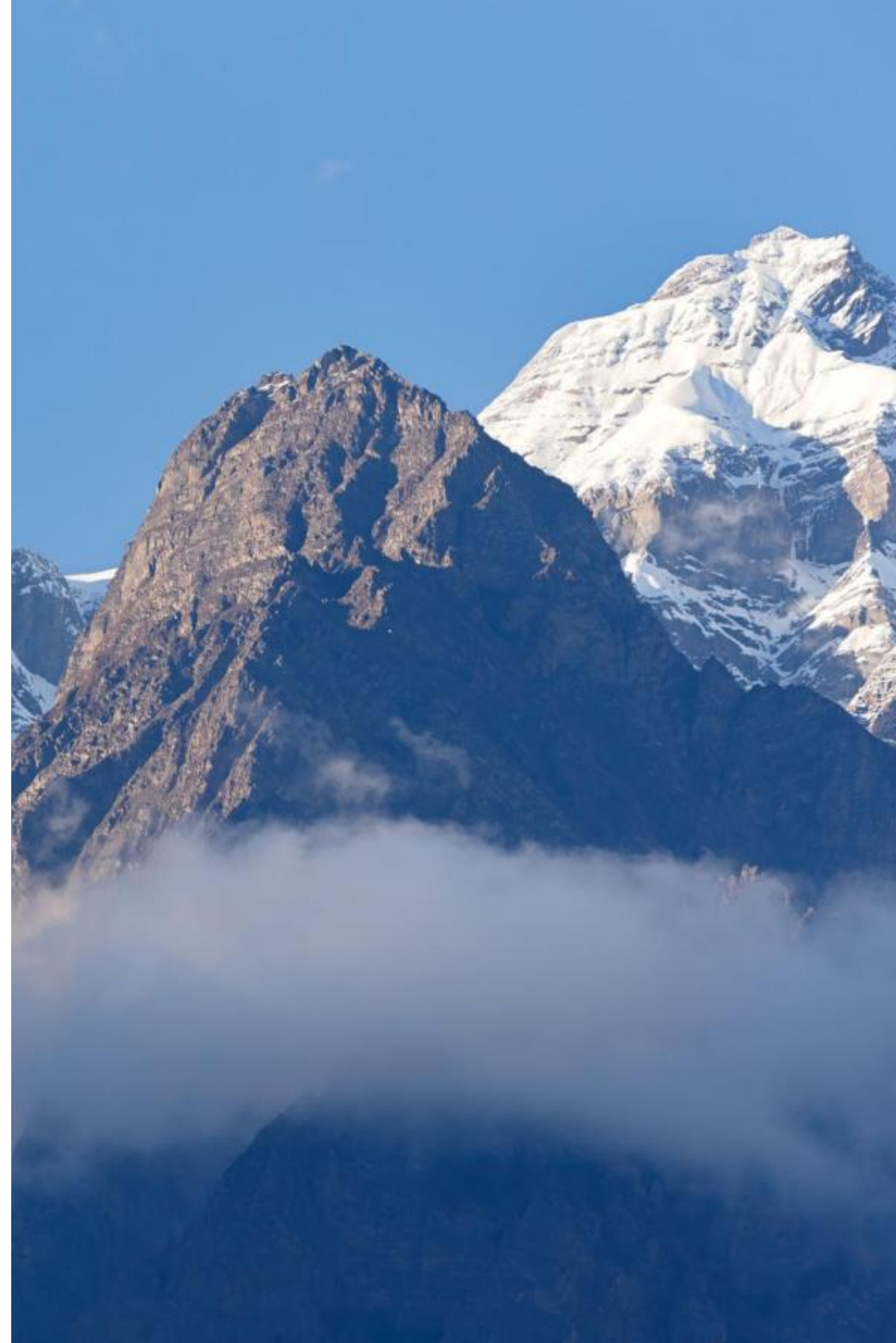
COMMUNITY ACTION TREKS

The Paths Less Trod Treks - 24 March–13 April 2025

Around Manaslu Guided Trail Run

Doug Scott was an advocate for visitors to Nepal straying off the beaten track and exploring new areas. In the year that is both the 35th Anniversary of Community Action Treks and the 50th Anniversary of the 'Everest The Hard Way' expedition we're inviting you to join us on a special group of treks - 'The Paths Less Trod'

NEPAL





GRADE DEMANDING	MAX ALTITUDE 5160m	TREKKING DAYS 13	TRIP LENGTH 21 days	MIN PEOPLE 4
---------------------------	------------------------------	----------------------------	-------------------------------	------------------------

Around Manaslu Guided Trail Run

Standing at 8163m east of the Annapurna's in central Nepal is Manaslu, the eighth highest peak in the world. The circuit around the mountain is compared to that of Annapurna in terms of its magnificent and extraordinarily varied scenery, but without the crowds!

From the sub-tropical Budhi Gandaki Valley, the route winds through deep gorges to reach a remote desert-like region bordering Tibet. Here in a hidden valley the people are Buddhists of Tibetan descent living in villages with names like Li, Lho and Sho. Pagoda gates, prayer walls and gompas (monasteries) are among the architectural wonders we pass, set to a backdrop of breathtaking views of Manaslu. The 5160m pass of Larkya La brings further rewards as another dazzling array of peaks come into view. Descending to the hot springs of Darapani, the route joins the Marsyandi River, which leads back to the trail head at Besisahar. To fully enjoy this trek, you need to be fit and walk regularly. On day 13 when crossing the Larkya La pass crampons may be needed. Please ask us for advice on where to buy or hire these items.

Trekking through the Nubri Valley you will have the opportunity to see several health posts built and supported by our sister charity Community Action Nepal. This is a guided trail run; however you will have the option of walking with the other group trekking this route on any day. On Day 13 when crossing the Larkya La pass both groups will walk for safety reasons.

PRICE	GROUP SIZE	4-6	7-9	10 - 12
	COST PER PERSON	£1,865.00	£1,845.00	£1,825.00



Around Manaslu Trek

Itinerary

LODGE TREK

walking times are approximate

Day 1 – Monday 24th March

Arrive Kathmandu, 1400m.

Namaste and welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Our adventure begins with a welcome meeting upon arrival at the exit gate of Kathmandu's Tribhuvan International Airport. Look out for Community Action Trek's distinctive snow leopard palm plate. We will be transferred directly to our hotel in Thamel (the tourist quarter of Kathmandu). We will then be free to spend the rest of the day relaxing at the hotel. Alternatively, stroll around the local shops and markets of Thamel and seek out a restaurant for dinner.

Day 2 – Tuesday 25th March

Free day in Kathmandu.

Explore the fascinating city of Kathmandu with its temples and markets or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley. You will also need to use this day to prepare for your trek: make last-minute purchases of kit / snacks; if you would like to you can buy a local SIM card and have it installed into your mobile phone for the duration of the trek and change currency into Nepalese Rupees. In the early evening, there will be a briefing about the trek; we will meet our trekking guides and be issued with our Restricted Area permits. Dinner with traditional Nepalese food (Thali) and cultural dance will follow at a nearby hotel will follow. This will be an opportunity to meet our team mates and the other trekkers from the Paths Less Trod teams.

Day 3 – Wednesday 26th March

Drive to Machha Khola 869m (7-8 hour drive).

An early start this morning for the long drive to Machha Khola in a 4WD jeep. We stop for lunch at Arughat Bazaar. After lunch the road becomes quite rough, however the route is very beautiful: very green, passing alongside rivers and hills. We continue to the starting point of our trek at Machha Khola, where we stay overnight.

Day 4 – Thursday 27th March

Machha Khola - Jagat 1370 meters (5-6 hours walking).

Our trek today takes us over a couple of ridges until we reach Tatopani ('hot water') where there are hot water spouts under the sheer cliffs. The rice fields are slowly making way for fields of millet and buckwheat. After Tatopani we cross the bridge to the east bank of the river and continue our way to the Gurung village of Jagat. The Manaslu Conservation area begins here and we will need to present our trekking permits.

Day 5 – Friday 28th March

Jagat - Philim 1590m (2.5 - 3 hours walking).

Trekking today involves a relatively short walk from Jagat to Philim. Here we stop for lunch and remain overnight. On the way we catch a tantalizing view of the Shringi Himal [7175m] to the north, close to the border with Tibet. After lunch there will be time to explore the upper part of the Gurung village. The gompa is about half an hour's walk and 150m above the village. Philim is also the location of the Government-run regional health hub, which services both the Nubri and Tsum Valleys. Based here are two CAN-funded nurses and a laboratory technician. Also worth a visit, are the Manaslu Conservation Area Project (MCAP) office and the Japanese-funded school.





Day 6 – Saturday 29th March

Philim - Bihi 2300 meters (6 hours walking).

Shortly after leaving Philim the trail divides and we bear left into the Nubri Valley (with the entrance to the Tsum Valley to the right) over another bridge at the confluence of two rivers. By now we have entered into wholly Buddhist territory: mani walls and kanis (entrance gates), prayer flags and prayer wheels all form part of the landscape. The day starts with a gradual ascent, but during the day, the trail becomes increasingly steep as it rises and then falls. We pass partly through beautiful primeval forest with the thunder of the fast-flowing river below us and then again over open areas where the wind, which often comes from the north, can be quite fresh. At the village of Chumjet we pass the Chhuling Khola. A little further on we climb another 150 meters to the village of Bihi. Bihi is the site of a CAN Health Post.

Day 7 – Sunday 30th March

Bihi - Lho 3150m (5-6 hours walking).

Initially the trail rises gradually but after lunch the terrain becomes steeper and we have to deal with landslides, wet areas and slippery stones. The direction of travel is now west; the Tibetan border is less than 10 km north as the crow flies. The landscape keeps changing and becoming more barren. We have many ascents and descents. We always have beautiful views over the fields and pass many mani walls and stupas - or chortens as they are called in Tibetan. We pass the gumpa of Lihi (the village has a CAN Health Post) and continue ascending until we pass through the stone gate of Sho village. We walk onto Lho, a beautifully situated village with walled fields that are golden yellow with ripe grain in the autumn. In the east we have a view of the peaks of Ganesh Himal and in the north the glaciers on the mountains that mark the border with Tibet. Lho village has a CAN Health Post.

Day 8 – Monday 31st March

Lho - Samagaon 3350m (3.5 hours walking).

Should we choose to rise slightly before dawn and walk to a small hillock on the outskirts of the village, then we will be able to enjoy the magical and unforgettable experience of watching the sun as it rises behind Manaslu, the light gradually creeps over the summit with Lho monastery in the foreground. Today is another shorter walking day, so we will walk straight from Lho to the large and beautiful village of Samagaon, where we will spend two nights. First, we follow the river until we arrive in Syaula. This is a fairly new village and it is populated by Tibetan refugees who still arrive in Samdo via the former trade route via the Lajyung Bhandjyang and the valley of the Sanam Khola. We continue our walk to Samagaon, the route crosses a large plain and the village nestles in a kind of bowl. Samagaon has a CAN funded Health Post.

Day 9 – Tuesday 1st April

Acclimatisation/Rest Day at Samagaon.

Today we have many options: hold a Puja (prayer service) for the success of our trip in the gompa of the monastery or walk through the village and see how the villagers of Tibetan ethnicity live and work. You could take a walk to the Birenda valley or follow the path towards Manaslu Base Camp. There is also a longer walk to Pung Gyen Gompa which would be useful for acclimatisation. The Gompa is located at about 3900m on one of the slopes along the Numla Khola. Of course, we can also just relax.

Day 10 – Wednesday 2nd April

Samagaon - Samdo 3780m (3.5 hours walking).

The trail to Samdo starts with a climb up through the forest. Later the trail opens by a lake and a cold wind can pick up. Carrying some warm clothes in your backpack is recommended if you haven't done so before. We follow the Budhi Ghandaki in a northwesterly direction to Samdo, the last inhabited village before the Larkya La. We walk through yak meadows with dozens of long mani walls. The gain in height is noticeable and there are still a few steep climbs in the last part of the trail. We lunch in Samdo. From the edge of the village, looking down on our route up from Samagaon, we may well spot a majestic Lammergeier (bearded vulture) soaring above in the sky and playful Marmots on the hillside below us. After lunch the energetic and enthusiastic can make a trip to a 200m higher peak to enjoy the view. At Samdo we will see a CAN funded Health outreach post.



Day 11 – Thursday 3rd April

Samdo Acclimatisation Day.

We have scheduled a second acclimatisation day of the trip here at Samdo. The next stop on the trail after Samdo is at 4450m and spending a couple of nights at 3780m will prepare us for this height gain. Spending the day at Samdo also gives us the opportunity to explore the village, its gomba and the surrounding area. In general, it is good for our acclimatisation to climb high during the day and then come back down to sleep and there is a terrific, but steep and strenuous, climb up the ridge behind the village which, depending how far you go, gives an increasingly impressive panorama of the area.

Day 12 – Friday 4th April

Samdo - Dharmasala (Larkya La Base Camp) 4450 meters (4.5 hours walking).

Today we trek to the last overnight stop before we cross the pass. We will be taking it easy today as we ascend about 800 metres and a tough day awaits us tomorrow when we cross the pass. On the south side of the trail, we have a view of the North Peak and the Larkya Peak of the Manaslu massif and on the north side the barren, rugged stone desert that lies between us and the Tibetan plateau. This will be the coldest night on this trip and most likely the shortest.

Day 13 – Saturday 5th April

Larkya La Base Camp - Larkya La 5105m – Bhimtang 3800m (10 – 11 hours walking).

Now the time has come for the long crossing over the Larkya La to Bhimtang. We rise very early and leave in the dark. Most of the pass is snowy and that can make the long steep descent especially difficult and time consuming. The approach to the pass is gradual and hopefully it will be a clear sunny day so that we can enjoy the impressive landscape as soon as it is light. In the subsequent descent we go up again slightly to a second pass. Then our route descends for a long time and quite steeply, but we occasionally take the time to enjoy the phenomenal view. We walk along the moraine wall to the large lawn with some houses. The duration can vary greatly on this day and is very dependent on the terrain. Now, we are in Annapurna Region.

Day 14 – Sunday 6th April

Rest Day at Bhimtang 3800m.

A welcome and necessary rest day to recover from the high passes and steep descent of the long tiring exertions of the previous day.

Day 15 – Monday 7th April

Bhimtang – Tilje 2000m (6 hours walking).

We lie-in and then continue the journey down. Through beautiful forests with a magnificent view of the peaks of the Manaslu range behind us we walk quietly along the river to Karche. This is just past the Surki Khola, a river that comes from the northwest and flows into the Dudh Khola. We walk along the Dudh Khola further down to the south. First a climb over the Kharche Pass but then mainly descent along moraines, yak meadows, white beaches and stones along the swirling river that lives up to the name Dudh (milk). We also see beautiful forests with beard mosses. It is wonderful to have green around us again after the wild beauty of rocks, snow and ice. On the way we keep a view of the majestic mountains around us. We spend the night at the large Gurung village of Tilje.





Day 16 – Tuesday 8th April

Tilje - Jagat 1300m (7 hours walking).

Trekking down from Tilje we reach a point where the Dudh Khola joins the Marsyangdi River and we enter the Annapurna trail. At Dharapani we cross the bridge to the west bank of the Marsyangdi. Our Restricted Area permits will be presented at the checkpoint. We are now in a completely different world with many tea houses, restaurants and lodges. It is much busier on this route than we are used to, especially because we are walking against the current. We pass characteristic villages such as Tal and Chamje. We will spend the night in Jagat, where the Restricted Area ends.

Day 17 – Wednesday 9th April

Jagat – Besisahar 760m (4 hour drive).

After breakfast, we board the local reserved 4WD jeep for the drive to Besisahar. Up to Besisahar the road is still unpaved and probably in a bad condition with quite a few potholes! Overnight stay in Besisahar.

Day 18 – Thursday 10th April

Besisahar - Kathmandu by 4WD (6-8 hour drive).

From Besisahar there is an asphalt road and driving by 4WD is (slightly) faster. At Dumre we reach the road that runs from Pokhara to Kathmandu. On the way there we will have lunch in Mugli. The ride will take 6 to 8 hours depending on traffic. The road passing over into the Kathmandu valley can sometimes cause delays. The rest of the day is free to shower and rest after our trek and to explore the wonderful city of Kathmandu.

Day 19 – Friday 11th April

Free in Kathmandu.

Today you have time to shop for crafts or explore the city. Kathmandu is a great place to buy presents! Half day or full day sight-seeing trips can also be arranged to Patan or Bhaktapur, the other two historical cities in the Kathmandu Valley through our Kathmandu Office.

Day 20 – Saturday 12th April

Free in Kathmandu.

A free day to relax and enjoy the many World Heritage Sites in Kathmandu or to do some last minute shopping. Tonight, there will be a celebratory end of trek dinner with traditional Nepalese food (Thali) at a nearby hotel with cultural dance.

Day 21 – Sunday 13th April

Depart Nepal.

Transfer to Kathmandu airport. We need to check out of our rooms by 12 noon. The hotel reception staff will be happy to store our luggage securely until we are collected approximately 3 hours prior to our international flights.



The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 5 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices:

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options:

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact Us

For more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

BHAI B. TAMANG (KATHMANDU)

info@catreks.com

or visit our website at www.catreks.com

Community Action Treks,
Stewart Hill Cottage, Near Hesket Newmarket, Wigton,
Cumbria,
CA7 8HX

Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.