

# Lower Manaslu Trek

## Trip Overview

The Lower Manaslu Trek is uniquely popular, and it is the trekking route situated in the lower Manaslu region of the Gorkha district, which is also known by the name Gorkha Historical Trek. It is a recently introduced trekking trail into the lower valley of the Manaslu area. In this trek, you will walk along the trail to the lower Manaslu valley in Gorkha district. The Lower Manaslu Trek starts from Ghairung near the well-known Manakamana Temple and steps forward through Gorkha Bazaar, Sirandanda, Barpak, Laprak, Lambai Kharka, and Dharche Danda before concluding at Gyampesal. Trekking in the region of lower Manaslu provides trekkers with unique experiences of the historic, religious, ecological, and cultural significance of Gorkha district, the first capital, and origin of modern Nepal, late King Prithvi Narayan Shah started the unification of today's modern Nepal. The archaeological significance of the historical Gorkha Durbar and its backdrop are the most fascinating parts for visitors who are interested in ancient history and architecture.

The chief highlight of Lower Manaslu Trekking is Barpak Village, The village of army men, also known as the village of the late Capt. Gaje Ghale, was honored with the Victoria Cross Medal of Great Britain. The village has 24 hours of electricity, internet, and a well-organized homestay, along with good hotel facilities and bus access from Kathmandu during the dry season. And Laprak Village, wooden-roofed houses. Other remarkable features of Laprak are Gurung culture and awesome landscape along with a splendid Himalayan panorama, from which a breathtaking 180-degree panoramic view of more than 20 Himalayan peaks, including Annapurna, Annapurna I, Annapurna II, Barashikhar, Gangapurna, Machhapuchhre, Langtang, HimalChuli, Buddha Himal, Sringi Himal, Ganesh I, Ganesh II, Ganesh III, and lots of other peaks are seen from Dharche Hill.

The Lower Manaslu Trek is possible throughout the year. But one of the best times for the Lower Manaslu trek is during the autumn and spring seasons. You may enjoy the festivals while traveling to Nepal during the autumn season. Spring is one of the most beautiful seasons in Nepal, where new plants grow and rhododendrons bloom. You may surround yourself with rhododendrons while you trek to the Lower Manaslu. The weather conditions in the Manaslu region are also quite favorable during this season.

Lower Manaslu Trek gives the full pleasure of their journey a lifetime experience. You will get an opportunity to spend time in the lower altitude and cooperate with the local people of the Manaslu region. You will also get a chance to explore the historical, cultural, and ecological features of the Manaslu region. Because of this, the Lower Manaslu Trek is also popularly known as the Lower Manaslu Trek.

If this itinerary is not fitting for you, then Highland Eco Trek will design another style of itinerary for you as per your desire and duration of holidays in Nepal. The Lower Manaslu trek can be done at any time in any season as per your requirements, so please let us know your thoughts. Feel free to contact us.

## Trip Highlights

- Majestic views of the Himalayan ranges such as Manaslu, Annapurna, Ganesh Himal
- Fascinating flora and fauna of hilly region of Nepal.
- Visit historical places such as Gorkha palace, Gorakhnath Cave and Gorkhali temple.
- Interaction with local Gurung people of the Manaslu region.
- Trekking in lowland Manaslu region of low Himalayan Belt of Nepal.

- Visit the famous Pilgrimage Manakamana Temple.

## **Trip Itinerary**

### **Day 1: Pick up from airport transfer to Hotel**

## **Cost Includes**

- pickups and drops in a private vehicle at the airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is in a tent house during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service, trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits.
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff