

# TREK MANASLU BALCONY IN GURUNG REGION-NEPAL

DAY 1- Arrival in Katmandu, hotel check in and walk in town depending on time and fatigue.

DAY 2- Katmandu-Gorkha-Deurali (5410 f)

After breakfast, we leave by private bus to Gorkha. Lunch in Gorkha. Then we continue for two hours on a dirt road until Deurali.

About 7h. Camp in nature. View on Buddha Himal.

DAY 3- Deurali-Thala (6470f)

The trek starts. We discover a landscape of hills completely covered by terraces, rice and other cultures. The view is splendid because the path is often on ridges.

Progressive climb in the morning. About 6/7 hours of walking. Camp.

DAY 4-Thala-Dharchey(10560f) Sambe (9560f)

Superb day: An itinerary in forest, full of roots, takes us back to the ridge, various flowers (depending on seasons). In the morning we climb to the plateau of Dharchey(10560f). From there, magnificent views on Annapurnas, Macchapuchre, Manaslu, Buddha Himal, Ganesh Himal and Siringi Himal. We traverse pine and rhododendrons forests, potatoes fields. About 6h of walking. Camp in Sambe.

DAY 5- Sambe-Humje Bhanjyang (9200 f)

In the morning, we go down To Bhasu Khang then go back up towards Humje, through prairies. Splendid landscapes and view on Ganesh, Manaslu, Buddha Himal and Annapurna II. About 6hours. Camp in nature.

DAY 6- Humje Bhanjiyang-Malbu Odar

We walk on the ridge, prairies, with again spectacular views. About 5h30. Camp in nature. No village.

DAY 7- MalbuOdar-Kerab Kharka ( Rupchi lake)

We walk again on the ridge, prairies, and run into shepherds and some sheep herds. We go by the small sacred Rupchi lake. Camp in nature. No villages. About 5h30 of walking. Maximum altitude is 13000f.

DAY 8-Kerab Kharka-Rukang danda

We walk only 4h30, enjoying again spectacular views. We also see the Laprak valley, Singla, the Gurung village. Camp in nature where there is water.

DAY 9-Rukang danda-Laprak ( 7545f) via Singla.

In the morning, we go down Rukang Danda for about 3 hours along the Macchakhola river. We traverse Singla, a Gurung village. We continue to Laprak, a big Gurung village, more than 500 roofs. About 4/5 h of walking. In the afternoon, we visit Laprak. Camp

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DAY 10-Laprak-Lapu(3100f)

We walk across cultivated fields, creeks, the Gurung village of Gumda, then the rhododendrons forest, and arrive in Lapu. Easy walk, about 6-7h. Camp.

DAY 11-Lapu-ThumiSwora ( 2600f)

We go across Magar, Chetri, Brahmine, Gurung villages, cultivated fields. Easy walking for about 7h. Camp in the village.

DAY 12- ThumiSwora-Arkhet-Arughat-Katmandu

Two hours walking after breakfast until Arkhet.

Then bus to Katmandu by Arughat and Dhading Bensi. Dirt road until Bensi, then a good road.

Lunch on the road. About 7/8h. We arrive in Katmandu at the end of the afternoon.

Night at the hotel.

DAY 13- Free day in Katmandu. We visit cultural sites of Katmandu.

DAY 14- Departure.