Bhimtang Yoga Trek

Duration: 7 Days | Location: Manaslu Region, Nepal



Trip at a glance

Category: Mount Manaslu

Location: Manaslu Region, Nepal

Duration: 7 Days

Difficulty: 8/10

Trip Style: Bhimtang 7 days Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3,590 m

Group: Min-1, Max 20

Summary

Bhimtang Yoga Trek/Bhimtang-7-days-Yoga trek is one of the best and hidden treasure in Annapurna region/Bhimtang can be famous Manaslu Larke la 5106m. Nepal

Overview

Trip Introduction

Bhimtang-7-days-Yoga trek is one of the best and hidden treasure in Annapurna region. Bhimtang can be reached after doing famous Manaslu Larke la 5106m. This place lies in famous district Manag and also known as Desert place in Nepal. This trek is one of the best place to have a good and better close view of snow capped mountains like Manaslu(8163m), Kangaro, Ponker, Himlung, Cho oyu etc. and there is a ponker lake which is suitable for a day tour. There is a good facilities for the tea house with running river along the valley. Nar Phu Valley Trek.

The Yoga course on this itinerary intends to make you familiar with basic yoga postures and the required theoretical knowledge. You can practice on your own once you follow it under the guidance of an expert teacher. If you choose to this trek during the spring then you will get a chance to see varieties of Rhododendron. Our 7 days of trekking to Bhimtang starts from driving to Besisahar and Chyamchee and starts hiking according to itinerary. This will be one of the best trek for you to have a closer view of snow mountains in the world including 800+m mountains. Manaslu circuit Trek is one of the best trekking that you might like to trek to cover this trek. Please note that Yoga is practiced early morning . Everest Base Camp Trek.

We provide this Yoga course for the first three mornings in Kathmandu , during which we offer short sightseeing tours of Kathmandu in the afternoon. After that you will relax in beautiful lake town of Pokhara for a couple of days , join a scenic two day hike Besisahar from to the Kathmandu or Annapurna and on returning enjoy an Ayurvedic massage trek popular.Link Annapurna Circuit Trek, Annapurna Short Circuit Trek.

Day by day itinerary

Trip Itinerary

Day 01 : Drive Kathmandu to Besisahar (825m) – 5 to 6 hours & drive to Chyamche (1,963m) – 3 to 4 hours

Our trekking guide will come to the hotel in the morning at 6: 00 to pick you with private transport to the bus station. Then you will drive to Besi Shahar (185km) which will take us about 5 to 6 hours along a scenic route. Along the journey you will witness rather stunning scenery of snow capped mountains, green hills, rivers, and villages. And again drive Besisahar to Dharapani (1,963m) by jeep or local bus for 3 to 4 hours through the Nagdi, Bhulbhule, Sange, Chamche, Tall, Dharapani, can see wonderful Manaslu, Annapurna II scenery, and others majestic mountains. Stay overnight at tea house.

Day 02 : Trek Chyamche to Tilche/Gho (2,515m) – 4 to 5 Hours

Tilche/Gho is main entrance point of Manaslu Circuit trip reverse way. Just few people do Larkya La Pass from this side. So you will see just few trekkers heading up as your companion. After having breakfast, you Mini trip at Manaslu begin from Dharapani. There is a check point of the ACAP and MCAP before turn right side of Dharapani, our Guide will cheek in all requiring permits here. First you will cross the bridge at Marsyandi River and following the Dhudh Khola as tributes of Main River. You will walk on wider road until Tilje but rarely dive vehicles on this road. If you walk 30 munities west from Tilije/Tiliche, get is religious Pyakane cave. And you may visit Tamrang Gompa which is situated in north east of Thonche village, about an hour walking. There is significance Buddha's statue and other deities, with religious scriptures and holy book in the Monastery. It is nice place to stop to having cup of tea and breaks. After this most of the time the trail goes through the river bank and oak and pine forest with beautiful Gurung villages and finally get in Goa/Gho (2,515m). Stay overnight at teahouse.

Day 03 : Trek Tilche/Gho to Bimtang (3,590m) – 4 to 5 Hours

This is your second of hiking; it is pleasant walk through the sub-tropical jungle and rural villages. People of here are mostly doing agriculture and animal husbandry. Often you see herd of sheep, cow, and yaks. Before to get Toemro can see Mt. Manaslu (8,163m), this is first view of Manaslu on your trip. The trail keep on through the jungle with sound of birds and ranging river to the Karche (2,700m) and walk further cross the bridge get in Yak Kharka, where you will have lunch. There is not proper place to get meals till Bhimtang. After having lunch you start to walk, the trail is much harder due to step up. Finally, you will get in a tiny valley at Bhimtang about 4 to 5 walk walking. Stay overnight at Tea house.

Day 04 : Explore day at Bimtang (3,590m); visit the Ponkkar Lake & Nayamlo Lake and Glacier

This is most important day for the trip. As Bhimtang is key destination of this trip, after having breakfast, you will hike around the Bhimtang with personal gear and drinking water. Bhimtang is a beautiful place with full of nature beauty. As it is surrounded by White Mountains some time people called it bowel of silver. Ponkar Lake, Nayamlo Tal, Ponkar Glacier, Kechakyu and Suti glacier are main attraction of Bhimtang. While walk above the Ponkar Lake you will get in view point, from where many mountains including Manaslu North (7,157m), Lamjung Himal (6,983m), Larkya Peak (6,249m), Himlunhg Himal (7,126m), Cheo Himal (6,812m) and many more can be observe. After breakfast, our Guide let you following the gentle trail north of the Bhimtang and take right trail from junction. About 3km trail you will get at Dangboche Kharka at the foot of the Larkya La. The trail is in not clear due to just few trekker visit here, you walk ahead slippery track over loose dust and gravels that climbs the steep side of the moraine. You will see the junction of three glaciers: clockwise the Kechakyu, Suti and Ponkar. The Suti glacier is hidden behind the western Tibikle Panlemu Danda. The medial Nayamlo Tal is trapped between the first two moraines and the track works its way to and around the larger Ponkar Tal between the central and third moraine. Thrill to the majesty, silence, and glacial power. Back to Bhimtang for overnight stay.

Day 05 : Trek Bimtang to Tilje (2300m) – 7 to 8 Hours

The trail descents along the fig tree and rhododendron fortes, through the rocky river-bed and sliding hill-sides to several small green villages. Eventually, after long but very scenic day, we reach the large village of Tilje, inhabitants of mix of Manangis (of Tibetan descent) and Chettris (Hindus), so have a unique architecture and culture, and eat mix foods – Dal Bhat, buckwheat Dhido, Tsampa and Tibetan salt-tea. We will stay overnight at teahouse.

Day 06 : Trek Tilje to Dharapani (1930m) – 1 ½ to 2 hours and drive to Besi Sahar (825m) – 2 to 3 hours & again drive Besisahar to Kathmandu -5 to 6 Hours

It's an easy trekking day following the Dudh Khola through bamboo forests about 1½ to 2 hours walk down, we see ahead marks of ACAP (Annapurna Conservation Area Project) board at Dharapani. Now we are in Annapurna Circuit Trekking main trail, an atmospheric Tibetan village with prayer flags fluttering at the gomba in Thongje. From Dhrapani, the road has been building; you may drive from here to Besisahar by jeep or bus. We'll have a bumpy drive to Besisahar . In the morning we will back to Kathmandu with our scenic driving, so we'll try to head off early and stop for lunch en route back. It is a different world back in the Nepali hills, and the gentle light sends us on our way back to the bustle of Nepal's capital city Kathmandu. A celebration is definitely in order tonight!

Day 07 : Your own/home destination.

In this pleasant day you may have full day at leisure either relax at hotel or explore the around Thamel. Today is day of ending your journey, so we would like offer you farewell dinner in Nepali typical Restaurant and hand over you Trip Certificate, Trekking Permit and TIMS Card for memory of Nepal trip. Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until departure flight/drive. Our assist will be transfer to the International Airport for your departure flight to your onwards destination, taking with you the memory of a life time.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

All standard meals during the trek (Breakfast, Lunch, and Dinner).

Guesthouse accommodation during the trek in mostly twin-share and occasionally dormitory-style rooms

Local English speaking trekking guide.

The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two clients)

Food, accommodation, salary, insurance, equipment and medicine for all staff.

All special trekking permits & fees.

Surface transfer to and from

Breakfast Lunch Dinner Coffee and/or Tea.

Exclusions

Lunch and dinner whilst in Kathmandu.

Travel insurance covers emergency Rescue and Evacuation.

International airfare and airport departure tax Nepal entry visa; you can obtain a visa easily upon your

arrival at Tribhuvan International Airport in Kathmandu.

(Tourist Visa with Multiple Entries for 30 days can be obtained by paying the US $ 40 or equivalent foreign currency.

Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying the US $ 100. Please bring 2 copies of passport size photos) Alcoholic and cold drinks.

Personal trekking Equipment Tips for trekking staff and driver (Tipping is expected) Any others expenses which are not mentioned on 'Price Includes' section.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.

- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.

- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 7 Days.

Group Size: Min-1, Max 20.

Trekking Region: Manaslu.

Trip Type Name: Bhimtang 7 days Trek.

Highest Altitude of the trek: 3,590 m.

Highest Point: Bhimtang 7 days Trek (3,590 m)

Grade: Esay.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page



Bhimtang Yoga Trek - photo 2

View photo on the trip page

Plan your journey with our team

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