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10 Days Manaslu Short Trek

URL: <https://nepalbasecamptreks.com/trip/short-manaslu-trek-10-days/>

Destination

Nepal

Activity

Treks

Start / End Point

kathmandu / Kathmandu

Duration

10

Accommodation

Tea House

Region

Manaslu Region Treks

Max. Altitude

5,106m

Nature Of Trek

Tea House

Best Season

Mar, Apr, May, Aug, Sep, Oct, Nov

Activity Per Day

5-7 hrs

Transportation

Private Jeep

Tea House

B,L,D

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Trip Highlights

- The trek encircles Mount Manaslu (8,163 meters), and you can enjoy the breathtaking views of Manaslu and other surrounding peaks.
- The highest pass, Larkya La Pass (5,106m), offers thrilling adventure and panoramic views of surrounding peaks.
- You will get to witness the traditional Tibetan-influenced villages and monasteries and experience the unique culture and traditions.
- The trek lies within the Manaslu Conservation Area, where you can witness the rich flora and fauna.

- With less popularity, the trek will offer you the remote and untouched beauty of the Nepal Himalayas.
- The Manaslu Circuit offers a more peaceful and remote trekking experience than other treks like the Annapurna Circuit.

Trip Overview

The 10-day Short **Manaslu Trek** will take you through the **remote** region of Nepal. Located in the Gorkha District, this trek is a shorter version of the standard 14-day Manaslu Circuit Trek. Encircling the 8th highest mountain in the world, Mount Manaslu (8,163 meters), the trek offers you the unspoiled and raw beauty of Nepal.

With this adventurous and thrilling journey, you will make your way through rugged terrain, remote villages, lush forests, and high-altitude passes. The most challenging section of the trek is **Larkya La Pass** at 5,106 meters, with a more physically demanding section. However, this trekking route is less popular than the Annapurna and Everest region treks.

During this adventure, you will witness Tibetan-inspired culture and traditions. The Manaslu trek was mainly chosen by people looking for a more **thrilling adventure** in Nepal. The trek passes through the Manaslu Conservation Area, allowing you to witness the diverse flora and fauna the place offers. This challenging trek is mainly recommended for experienced trekkers

Trip Itinerary

Day 1: Drive from Kathmandu to Machha Khola

Highlights: A scenic drive through the countryside, passing rivers, terraced fields, and small villages.

Today is the first day of our trek. We will leave from Kathmandu early in the morning. Passing through many villages like Dhading and Arughat and witnessing the green hills, terraced fields, and rivers. The ride will take about 6 to 7 hours. The road will be comfortable until Arughat, where it becomes rough and bumpy due to off-road tracks. We will gradually notice changes in the landscape as we head towards higher elevations. By the time we reach **Machha Khola**, the surroundings will be more remote, with lush forests and river valleys.

Trek Duration

7-8 hours (drive)

Highest Altitude:

700m (2,296ft)

Meals:

Breakfast, Lunch, Dinner

Day 2: Trek from Machha Khola to Jagat

Highlights: Trek through lush forests, cross several suspension bridges, and pass small settlements.

Our trekking journey starts in Machha Khola and continues to Jagat. This day will be a moderate trekking day, covering about 7 to 8 hours of walking. We will begin by trekking along the banks of the Budhi Gandaki River, crossing a few suspension bridges. The trail will gradually ascend and pass through several small villages like Khorlabesi, Tatopani, and Dobhan. After crossing a few more bridges and climbing uphill, we will reach the stone-paved village of Jagat. It is the gateway to the **Manaslu Conservation Area**.

Trek Distance:

22km

Trek Duration

7-8 hours

Highest Altitude:

1,340m (4,396ft)

Meals:

Breakfast, Lunch, Dinner

Day 3: Trek from Jagat to Deng

Highlights: Enter the Manaslu Conservation Area, enjoy views of Sringi Himal, and traverse through rocky gorges.

After having morning breakfast, we will start our 3rd day journey. We will begin by climbing uphill through lush forests and passing by the village of Salleri. The trail will then descend to Sirdibas, where we will get our first glimpse of **Tibetan culture**. The route will continue through the village of Philim. From there, the trek will enter more remote areas. As we ascend towards Deng, the trail will become a bit more challenging, with steep climbs and rugged paths. Deng is a small village where we will spend the night.

Trek Distance:

20km

Trek Duration

7-8 hours

Highest Altitude:

1,860m (6,102ft)

Meals:

Breakfast, Lunch, Dinner

Day 4: Trek from Deng to Namrung

Highlights: Pass through charming villages, see Buddhist mani walls, and enjoy views of the surrounding peaks.

Day four will be a longer and slightly more **challenging** trek. We make our way from Deng to Namrung, gaining significant altitude. We will pass through villages like Rana and Bihi Phedi, which are small settlements with Tibetan Buddhist influences. The trekking will involve several steep ascents, but the beauty of the surroundings will keep us motivated. As we approach Namrung, the landscape will become

more alpine, with clear views of **Sringi Himal** and other snow-capped peaks.

Trek Distance:

19km

Trek Duration

7-8 hours

Highest Altitude:

2,630m (8,628ft)

Meals:

Breakfast, Lunch, Dinner

Day 5: Trek from Namrung to Samagaon

Highlights: Gradual ascent through forests and meadows with stunning views of Manaslu and other Himalayan peaks.

Leaving Namrung, we will begin our journey towards Samagaon. It is the most scenic part of the overall journey. Taking about 7 to 8 hours, we will pass through Lho and Dhyala villages. Today's trek will offer incredible views of surrounding mountain peaks. As we ascend, the terrain will become more open as we move further, and the towering peaks will feel much closer. We will arrive at Samagaon, a large, picturesque village situated at the foot of **Mount Manaslu**.

Trek Distance:

17km

Trek Duration

7-8 hours

Highest Altitude:

3,530m (11,581ft)

Meals:

Breakfast, Lunch, Dinner

Day 6: Rest/Acclimatization Day in Samagaon

Highlights: Explore the broad valley surrounded by towering peaks and glaciers.

On day six, we will take a much-needed rest day in Samagaon to acclimatize to the higher altitude. During our **acclimatization**, we will have the option to take short hikes to explore the surroundings, such as a visit to the ancient Pungyen Gompa or a walk toward the **Manaslu Base Camp** for stunning views of the glacier. A rest day here will help us prepare for upcoming higher elevations. At the end of the day, we will feel refreshed and prepared for the next challenging stage.

Highest Altitude:

3,530m (11,581ft)

Meals:

Breakfast, Lunch, Dinner

Day 7: Trek from Samagaon to Dharamsala/Larkya Phedi

Highlights: A shorter day to help with acclimatization before the challenging pass crossing.

Early in the morning, we will leave Samagaon and go towards Dharmasala. This will be a steady ascent, taking us to a higher altitude of **4,460 meters**. Along the way, we will pass through several beautiful valleys while also witnessing majestic views of the surrounding peaks like Manaslu and Naika Peak. As we move higher, the landscape will become more barren, with fewer trees and more rocky terrain. Upon reaching Dharmasala, we will rest and acclimatize for the big day ahead, as crossing the **Larkya La Pass** is one of the most challenging parts of the trek.

Trek Distance:

16km

Trek Duration

6-7 hours

Highest Altitude:

4,460m (14,632ft)

Meals:

Breakfast, Lunch, Dinner

Day 8: Cross Larkya La Pass (5,106m/16,752ft) and trek to Bimthang

Highlights: The highest and most challenging day of the trek; breathtaking views from the pass, followed by a long descent to Bimthang.

This day is the most challenging section of our overall journey. Today, we will cross the **highest pass**, Larkya La Pass, at **5,106 meters**. We will begin the day early, usually before sunrise, to take advantage of stable weather conditions. The climb to the pass will be strenuous, with steep and rocky sections. Upon reaching the highest point, we will be treated to breathtaking panoramic views of snow-capped peaks, including Himlung Himal, Cheo Himal, and Kang Guru. Spending some time there, we will begin a long descent towards Bimthang.

Trek Distance:

24km

Trek Duration

8-10 hours

Meals:

Breakfast, Lunch, Dinner

Day 9: Trek from Bimthang to Dharapani

Highlights: Descend through rhododendron forests, cross high alpine meadows, and pass traditional villages.

Continuing our descending journey, the trail today will take us through **lush rhododendron** forests, past alpine meadows, and across suspension bridges. Along the way, we will pass through villages like Karche and Tilje, where we will get a glimpse of traditional mountain life. The trek will mostly involve descending, which will be easier on our legs after the tough previous days. Upon reaching Dharapani, we will see more trekkers, as this village is a junction for both the Manaslu and Annapurna Circuit trek.

Trek Distance:

21km

Trek Duration

7-9 hours

Highest Altitude:

3,720m (12,205ft)

Meals:

Breakfast, Lunch, Dinner

Day 10: Drive from Dharapani (1,860m/6,102ft) to Besisahar, then to Kathmandu

Highlights: Complete the circuit, enjoy final views of the mountains, and drive back to Kathmandu.

On the final day, we will drive from Dharapani to Besisahar and then onward to Kathmandu. The drive from Dharapani to Besisahar will take around 4 to 5 hours along rough roads. Once we reach Besisahar, we will transfer to a more comfortable vehicle for the 5 to 6-hour drive back to Kathmandu. The return to Kathmandu will mark the completion of the [Manaslu Circuit Trek](#). As we arrive back in the bustling capital, we will part our ways. Have a safe journey back.

Trek Duration

5-6 hours of driving

Highest Altitude:

1,860m (6,102ft)

Meals:

Breakfast, Lunch

Cost Included in 10 Days Manaslu Short Trek

- All permits and paperwork.
- Transportation to and from the trek.
- Guide and porter services.
- Accommodation and meals during the trek.
- Necessary equipment (sleeping bag, down jacket, etc., often provided).
- Emergency evacuation arrangements (in case of an emergency).

Trip Excludes

- Meals on trek and Accommodation in Kathmandu, Deserts(cakes, bakes, and pies), Additional size of Pots Hot Drinks.
- Bottled drinks, Boiled water, Electronic device recharge, Hot shower, the trekking Wi-Fi.
- Personal expenses any type, Travel insurance and evacuation insurance, Tipping for Guide, and Porter

Trip Information

Accommodations in Manaslu Circuit Trek

As mentioned earlier, trekking to Manaslu Circuit means you will be steeping to a **remote** destination in Nepal. Thus, expecting a luxurious place to stay is not recommended. The most common means of accommodation is **Teahouses**. They offer you more basic amenities and facilities. You will get a shared room with a bed, blankets, and a shared bathroom.

Furthermore, you will also get a communal dining space where you can share meals with fellow travelers and share experiences with them. As there are few popular trekking routes, you will get a limited number of accommodations. Thus, it is very recommended for you to choose one before starting your journey.

By booking with us, you will receive the best accommodations in the area. We look over all the hotels and choose the one that is more comfortable and suitable for our client's preferences. We do not compromise on comfort and offer the best services possible.

Food And Drink During Manaslu Circuit Trek

Getting various food on the Manaslu Trek can be **quite a challenge**. The remote nature of the location and the **off-the-beaten paths** have created a problem. The limited number of teahouses only offers basic lunch and dinner options such as dal, bhat, lentils, momo, and noodles. Besides that, getting international cuisines can be pretty difficult. For breakfast, you can have coffee or tea with pancakes. *The higher altitude you reach, the more basic food you will get.*

Staying hydrated on the journey is equally important as having meals. To protect your body from **dehydration**, *it is recommended that you drink about 3 to 4 liters of water daily*. However, the water you drink should be clean enough. For this process, you can carry some Water Purification Tablets or even opt for boiling water you get from the teahouses. Thus, not just meals but you should also focus on having clean water for enhanced safety.

Best Season for Short Manaslu Circuit Trek

The **best season** for short Manaslu Circuit Trek is **spring (March to May) and August (September to November)**. These seasons offer you clear skies, warm temperatures, and stable weather. However, considered to be peak season for trekking, the trail can be quite crowded. Aside from these two seasons, we do not recommend you trek during the summer (June to August) and Winter (December to February). To understand these seasons more, let's break them:

Short Manaslu Circuit Trek in Spring Season

Considered the **ideal** season to trek to Manaslu Circuit, Spring is the perfect time to explore the Himalayas' beauty in nepal. The warm temperature, ranging between 20 degrees to 5 degrees, along with the clear skies and clear views of the surrounding mountains, will make your trek more easy and memorable.

Also, the blooming rhododendrons and other wildflowers add vibrant color to landscapes. However, the increased temperature will melt down the icy lake and glaciers, making the trail slippery. Also, the overcrowded trails and over-packed accommodations cannot be pleasing if you are looking for a quiet

escape to nature.

Short Manaslu Circuit Trek in the Summer Season

Summer is not an ideal season for trekking. If possible, and if you can move your plan to the next date, we recommend you avoid going during this season. Summer brings monsoon. *You will encounter frequent rainfall, which will make your trail slippery. The chances of landslides are also high. This not only increases the difficulty but can also be **life-threatening**.*

The clouds on the journey will also affect visibility. During the winter season, you will find lush forests, making the surrounding view more greener and eye-catching. Although you will find warmer temperatures between 25 degrees and 5 degrees and lush greenery, this is the least favorable season for exploring the beauty of the Manaslu Region.

Short Manaslu Circuit Trek in Autumn Season

Autumn is another ideal season for trekking towards the Manaslu Region. Like spring, this season also offers stable weather and clear views of the surrounding landscapes. However, the temperature, between 20 degrees and 0 degrees, is slightly colder than that of spring, so pack a few warmer clothes with you.

Also, the major festivals of Nepal, [Dashain](#), and Tihar, fall during this season. This will also further add cultural dimensions and natural beauty to your trek. However, the crowd in the trail and packed teahouses can be a small problem for you. Autumn is considered to be the ideal season for you to explore the beauty of Nepal.

Short Manaslu Circuit Trek in Winter Season

It is not the most popular season for exploring the Himalayas; during the winter season, the temperature drops below **-10** degrees. The huge snowfall can make the trail more slippery and difficult to navigate. Similarly, the skies are not clear, making visibility blurry. *Also, the accommodations at higher altitudes are **closed** due to harsh temperatures.*

However, this season's trek is ideal if you want to see the snow-covered white hills and mountains. But to complete this trek, you must properly plan and prepare. You should carry warm clothing and prepare yourself for the snowfall you may encounter. It is generally recommended that you **hire a guide** for trekking in the winter season.

Typical Day At Manaslu Circuit Trek

Trekking to the Manaslu Circuit starts off early. You will get up around 5 am to 6 am and have an early morning breakfast. We will then start our journey. The first half of the trek is **generally easy**. *After about 3 to 4 hours of hiking in uphill and downhill sections, we will take a break to have lunch.* After having lunch and relaxing for some time, we will resume our journey.

*The upcoming half-section is relatively **hard and challenging**. We will again hike for around **3 to 4 hours** to finally reach our final destination.* Throughout the journey, you will take frequent breaks and drink water regularly. This will help you adjust to the thinning air. Upon reaching the destination in the late afternoon, we will finally check in. Our day ends early, at about 8, and after we have dinner, we rest in bed.

Manaslu Circuit Trek Distance And Route

The total distance you will cover while taking the Manaslu Circuit Trek is about **180 kilometers (110 miles)**. *The trekking section involves rugged terrain, as well as steep and narrow sections. 7 to 8 hours of hike is required every day.* We will start our journey from Kathmandu and take about 6 to 7 hours of ride to Soti Khola. Upon reaching there, we will start our trekking journey.

We will make our way through villages like Machha Khola, Jagat, and Deng. As we ascend higher, we will cross some dense Himalayan forests across the Budi Gandaki River. On the way up, we will reach Namrung and then Sama Gaun. This is our **acclimatization** spot for a 10-day adventure.

Continuing our journey, we will reach Smado and finally get to the highest point of the trek, Larkya La Pass, on the 8th day and descend back to Bhimtang the same day. We will descend back and get to Dharapani and Basishar. From there, we will take a ride back to the capital of Nepal, Kathmandu.

Required Permits and Documents

Although you will have a 10-day trek, you should get the same permit as a standard 14-day trek. You will need three permits to trek towards the Manaslu Circuit Trek: the **Manaslu Restricted Area Permit (RAP)**, the **Annapurna Conservation Area Permit (ACAP)**, and the **Manaslu Conservation Area Permit (MCAP)**. Having these permits with you means you will now have legal permission to trek to the Manaslu region.

This permit not only ensures you contribute to conservation efforts but will also guide you to follow safety guidelines. You can obtain all these permits only through a registered travel agency in Nepal. To get the restricted area permits, you must require a minimum of two trekkers and a licensed guide. You cannot get the RAP individually, making it mandatory to go through an agency. The ACAP and MCAP permits can also be obtained at the Nepal Tourism Board office or through your trekking agency.

Cost of Permits

Permit Type	Cost
Restricted Area Permit (RAP) for September to November	USD 100 per person (first week) USD 15 per person per day thereafter
Restricted Area Permit (RAP) for December to August	USD 75 per person (first week) USD 10 per person per day thereafter
Manaslu Conservation Area Project (MCAP)	NRs. 3000 per person (foreign nationals)
Annapurna Conservation Area Project (ACAP)	NRs. 3000 per person (foreign nationals)

Required Documents for Permits:

- Passport (valid and photocopy)
- Passport-sized photos (at least 4)
- Travel insurance policy with high-altitude coverage
- Trekking agency registration details
- Flight or travel itinerary

Tips For Successful Trek

- Your itinerary should include a proper acclimatization plan, and you should ascend gradually to allow your body to adjust to the thinning air.
- Drinking 3 to 4 liters of water daily will help you stay hydrated and prevent altitude sickness. Also, avoid caffeine and alcohol.
- Do not overpack. Carry only necessary items with you. It is generally recommended that you make a list before packing.
- Carry some snacks with you, and also eat a balanced diet of foods rich in carbohydrates and proteins. These help you maintain your energy level.
- Three months before your journey, indulge in some training practices, such as cardiovascular exercises, to build stamina and strength.
- Be mindful of local customs and traditions, and always seek permission before taking photographs in villages.
- Stay updated on weather changes and be prepared for sudden shifts, especially at high altitudes.

Things to Consider For Manaslu Circuit Trek

Acclimatization

A proper acclimatization plan is essential for **high-altitude** climbing/hiking. As you trek over 3,000 meters, your body must adjust to thinning air. To allow your body to acclimate, it is recommended that you take a gradual ascent and incorporate rest days, such as at Samagaon.

Acclimatization means a resting day and how you manage the trek overall. To manage the lower oxygen level, you can sleep at a lower altitude after reaching a higher one during the day. This “climb high, sleep low” technique helps your body adjust gradually. You should plan acclimatization days well in advance to ensure a safe and enjoyable experience.

Trekking with us, we offer you a day acclimatization plan in the 10-day itinerary:
Rest/Acclimatization Day in Samagaon

Physical Fitness

There are steep ascends and descents, and you need to climb through **rugged terrain**; thus, you must be physically fit for the journey. You can indulge in cardio exercises like running, swimming, or cycling. These help boost your stamina and endurance. Building leg strength is also equally important, so try squats, lunges, and stair climbing.

Being mentally prepared is equally important as physical readiness. Trekking for 7-8 hours daily in varying weather conditions can be challenging, so a determined mindset will help you push through difficult moments. It would help to start your fitness preparation at least two to three months before the trek.

Transportation Option

If you are planning for the Manaslu Circuit trek, you should also be aware of the transportation you may use. *The only option you have to reach the starting point of the trek is by **road**.* You can take a bus or hire

a public jeep. No matter your choice, the first part of the road will be comfortable, while the road from Arughat to Machha Khola is rough and bumpy.

The cost of hiring a **private jeep** ranges from \$150 to \$200 USD, depending on the season and your negotiation skills. Public buses are a cheaper alternative, costing around \$10 to \$15 USD, but they are slower and less comfortable. Alternatively, you can hire local transportation, such as a shared jeep.

Regardless of your transportation choice, it is essential to plan for extra time, as road conditions can be unpredictable. Delays in the ride are also common. You should always check the **road status** before starting your trip, especially during the monsoon months, to ensure safe travel to the starting point of your trek.

Packing Essentials

Clothing:

- Base Layers: Moisture-wicking thermal tops and bottoms.
- Insulating Layer: Fleece jacket or down jacket for warmth at higher altitudes.
- Outer Layer: Waterproof and windproof jacket and trousers.
- Trekking Pants and Shirts
- Gloves
- Hats
- Socks (3 to 4 pairs)

Footwear:

- Trekking Boots
- Camp Shoes/Sandals
- Gaiters

Backpack and Sleeping Gear

- Backpack: 40-60L capacity with rain cover.
- Daypack
- Sleeping Bag: Rated for -15°C (5°F) or colder.

Trekking Gear:

- Trekking poles
- Headlamp with extra batteries
- Water bottles/bladder (2L capacity)
- Water purification tablets/filter
- UV-protection sunglasses

Personal Items and Toiletries:

- Sunscreen (high SPF)
- Lip balm (SPF-rated)
- Toothbrush and toothpaste
- Wet wipes and biodegradable soap

- First aid kit (including altitude sickness medication)
- Quick-dry towel
- Toilet paper

Other Essentials:

- Maps and guidebooks
Permits and documents (MCAP, ACAP, TIMS, passport)
- Cash (Nepali rupees)
Snacks (energy bars, nuts, chocolates)
- Camera/phone and power bank

Emergency Equipment:

- Whistle
- Duct tape/repair kit

Hiring A Guide And Porter

If you are trekking in the [Manaslu Region](#), you must hire a guide. Porters are not mandatory but are generally recommended. *As this is a **restricted area**, hiring a guide is compulsory.* You cannot get a restricted area permit for the adventure without a licensed guide.

Guides are the ones that enhance your safety. They help with navigation and provide you with an in-depth understanding of the local area and its culture. Similarly, porters help you carry your luggage and decrease your weight. Thus, you can be free and fully immersed in the beauty of the trek.

If you **book with us**, we will offer you with the experienced guides. It's included in our package cost. They will look after all the arrangements, from meals to accommodations. Similarly, a porter will also be assigned to you, but you must limit your bag weight to 9 kg. We mainly focus on your safety and worry-free journey for you.

Short Manaslu Circuit Trek Difficulty

Manaslu Circuit Trek is considered to be one of the **most challenging trails** in Nepal. Graded to be 9 out of 10, this trekking adventure will take you through rugged terrain and steep paths. As the trekking covers only ten days, it will be more difficult for you to complete the overall journey if you are not physically fit.

Similarly, *the shorter days mean you need to hike more.* To cover the total trekking distance of **180** kilometers, you need to trek continuously for 7 to 8 hours in the rugged, narrow, and steep terrain. The unpredictable weather can also be a huge problem for you. In the morning, it can be clear, and suddenly, you will see the clouds covering the landscapes.

Besides that, the **remote** nature of the region and limited facilities for meals, ATMs, medical care, and accommodations also create some challenges in your journey. The language barrier is also there. Overall, this off-the-beaten-path adventure is slightly challenging compared to other popular treks like the Annapurna Circuit Trek or [Everest Base Camp Trek](#).

Frequently Asked Questions

FAQs

How long is the Manaslu Circuit trek?

The Manaslu Circuit Trek is approximately 180 kilometers (110 miles) long. You can complete this trek within 10 to 14 days. However, the 10-day journey will be more difficult and challenging than longer hiking days. The highest altitude you will reach with this adventure is Larkya La Pass, at 5,106 meters.

Is Manaslu Trek for beginners?

No, the Manaslu Circuit Trek is not recommended for beginners. It involves challenges that require more physical fitness and some prior experience. Its major difficulties are its rugged terrain, narrow and steep paths, long hiking days, and remote location.

Can you do Manaslu Trek in 7 days?

Yes, you can complete the Manaslu Circuit Trek in 7 Days. However, it can be more challenging than the 10-day trek. You have to continuously walk 10 to 12 hours in the rugged, steep, and narrow terrain. Also, the risk of altitude sickness will increase with this itinerary type.

Can you do Manaslu Trek without a guide?

No, you cannot trek Manaslu Circuit Trek without a guide. As it is a restricted area, you must hire a guide if you are trekking here. It is safe to be with a guide as he will navigate you and provide you with all the necessary guidance throughout the trek.

Is the Manaslu Trek harder than the Everest Trek?

Yes, the Manaslu trek is harder than the Everest trek. It is more remote, has rougher trails, and requires crossing the Larkya La Pass, which is higher than anything on the Everest route. Also, you will have fewer options for accommodations and infrastructure, making your logistics more difficult.

Address

Nepal Base Camp Treks Pvt. Ltd

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