

MANASLU CIRCUIT TREK

Trip's Summary

Immerse yourself in the stillness of the Himalayas on a 16-day adventure along the Manaslu Circuit Trek. This quieter, less-travelled route takes you through blooming rhododendron forests, remote Buddhist monasteries and through the shadow of the world's eight-highest mountain. Embark along a trail that follows the Budhi Gandaki River, crossing above its flowing waters by day and staying in teahouses by night, taking in the grandeur of the Himalayas as you reach altitudes of over 5000 m. With plenty of chances to spot the area's protected wildlife and an experienced guide leading the way, this is a trek that must be seen to be believed.

Why you'll love this trip?

- Trekking in the restricted and protected area of the Nepalese Himalayan Region
- Progressing through scenic villages, lush woods, tranquil rivers, pristine waterfalls, and other natural wonders
- The stunning backdrop of Mt. Manaslu and the Ganesh Himal Mountain Range
- Witness the endangered wildlife of the Manaslu region, like the Himalayan Tahr and Snow Leopard
- Traversing through the rocky terrain of Larkye La Pass at 5106 meters
- Immerse into the rich Hindu and Buddhist culture
- Experience the warm greeting and hospitality of local people

DAY 1 : KATHMANDU

Namaste! Welcome to Nepal. Your adventure begins with a welcome meeting at 5pm in Kathmandu, the colourful capital of Nepal. This place is a fascinating blend of traditional architecture and symbols of the 20th century. Its rich artistic and cultural heritage is evident where ornately carved balconies mingle with beautiful shrines and temples. If you arrive early, why not check out Durbar Square with its temples, markets and busy atmosphere. It is also worth the climb to visit the Swayambhunath – the 'monkey temple'. Explore the network of street markets and alley bazaars and Pashupatinath. For those with a few extra days in Kathmandu, the neighbouring towns of Patan and Bhaktapur are also well worth a visit.

Accommodation

- Hotel (1 night)

Meals

There are no meals included on this day.

DAY 2 : ARUGHAT – SOTI KHOLA (700m)

You depart from your accommodation in a Private Vehicle to Arughat and travel to Soti Khola via Arughat by Private Vehicle, passing through the mountain-top settlement of Dhading. The road runs through picturesque rural areas, little towns, green terrace farms, and lush hills, so expect a dusty and bumpy ride. It may take about 8 to 10 hours to reach the destination after departure!

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Max. Altitude: 700m/2,296ft

Elevation Loss: 650m/2,133ft

DAY 3 : MACHHA KHOLA (870m)

You will be trekking through the countryside, past paddy fields and waterfalls, passing through isolated settlements of dwellings with brown slate roofs, starting from Soti Khola. Then, you will cross a suspension bridge over the Budi Gandaki River and continue on the rough trail to Machha Khola hamlet. It's a 6-hour trekking journey from the departure early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 870m/2,854ft
- Elevation Gain: 170m/558ft
- Walking Hours: 6-7 hours
- Walking Distance: 15km/9.3mi

DAY 4 : JAGAT (1340m)

Khorla Besi is reached by following the narrow trail that crosses the Thado Khola. After passing through villages and taking in the gorgeous mountain views, you'll arrive at Tatopani, a hot spring where you can relax for a while. Then cross the Budi Gandaki on bridges and make your way to Dobhan. You then enter the Manaslu Conservation Area and arrive in Jagat, a lovely paved town. It's a 7-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day

Special information

- Max. Altitude: 1340m/4,396ft
- Elevation Gain: 470m/1,542ft
- Walking Hours: 6-7 hours
- Walking Distance: 22km/13.7mi

DAY 5 : DENG (1860m)

Along the journey, you'll pass through the villages of Salleri, Sirdibas, and Ghatta Khola, and cross the river through suspension bridges multiple times. The trail enters a steep, desolate gorge after crossing the river at Ekleb Bhatti and continues through bamboo forests before arriving at the Deng Khola. After crossing this river, you'll arrive in Deng. It's a 7-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 1860m/6,102ft
- Elevation Gain: 520m/1,706ft
- Walking Hours: 6-7 hours
- Walking Distance: 19km/11.8mi

DAY 6 : NAMRUNG (2900m)

One of the most crucial and culturally significant stages of the Manaslu trekking is today. To begin, you will cross the Budhi Gandaki River and hike up to the bridge, where you will join a trail from Bhi. Then continue west up the valley, going through lush forests, alpine greenery, and picturesque settlements housing Manaslu ethnic groups, with major peaks beginning to show in the distance.

Although another route exists, you will take the trail through Prok. The Siringi Himal, which is snow-capped, is seen from this village. Take a respite here before crossing the Budi Gandaki numerous times today, going through several gompas along the route. The trail eventually leads to a narrow gorge by

following the river upstream through a dense forest. Continue trekking until the woodland becomes less dense. This gratifying section of the hike is a fantastic chance to get a feel for the Manaslu Conservation Area. To get to Namrung Village, you'll have to climb one last steep incline. It's a 7-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 2900m/9,514ft
- Elevation Gain: 1040m/3,412ft
- Walking Hours: 6-7 hours
- Walking Distance: 16km/10mi

DAY 7 : SAMA GAON (3390m)

Siring Himal, Ganesh Himal, and Mt. Himal Chuli can all be seen from Namrung village. The trail continues uphill through the beautiful green forest to Lihi village after enjoying the morning views of the Himalayas.

Before reaching Samagaon, you will pass through various isolated settlements such as Sho, Lho, and Shyala. When you arrive in Lho, you'll be treated to a breathtaking vista of Mt. Manaslu, the world's eighth highest peak. Himal Chuli and Peak 29 (Ngadi Chuli) to the left, Mt. Manaslu and its glacier ahead, and Ganesh Himal on the far right, all have snow-capped peaks surrounding Shyala hamlet.

When you get to Samagaon, your day's excursion concludes. It's a 7-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 3390m/11,122ft
- Elevation Gain: 490m/1,608ft
- Walking Hours: 6-7 hours
- Walking Distance: 12km/7.5mi

DAY 8 : ACCLIMATIZATION AT t SAMA GAON

At Sama Gaon, take a much-needed rest day to acclimate to the higher altitudes. You have the option of resting in the teahouse or hiking around a neighbouring destination to keep your feet stretched on this day.

Those who would rather explore the area might take a short climb up to Pungyen Gomba, a historic monastery. The view of the glacier from this ancient monastery is spectacular.

DAY 9 : SAMDO (3390m)

Begin your day with a gentle descent to the Budhi Gandaki River, then proceed to the Side-stream Bridge. As you stroll through many Mani walls, the valley begins to open up and spread out. As you get closer to the Tibetan border, take in the breathtaking vistas of the mountains along the trail.

The trail then leads to an accessible route that runs directly above the river, shaded by birch and juniper trees. The mountains, particularly Mt. Manaslu, are visible from Samdo. Tibetan Buddhism is commonly practised in Samdo, as it is a Tibetan refugee village. It's a 5-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 3690m/12,106ft
- Elevation Gain: 300m/984ft
- Accommodation: Mountain Lodge
- Walking Hours: 4-5 hours
- Walking Distance: 8km/5mi

DAY 9 : LARKE PASS (5135m) – BIMTNANG (2300m)

The trail ascends from Larke Phedi, providing breathtaking views of Larke Peak. "The Larke La is one of the most stunning pass crossings in the Himalayas," according to Lonely Planet. This is the highest point of the Manaslu Circuit, and it is also the most difficult day. An early start allows you to cross glacial moraines in the dark before reaching the trek's highest point, the Larke La Pass, which is only 8 kilometres from the Tibetan border. The Larke La Pass is a fantastic place to take in the views of the surrounding snow peaks.

You have time to take in the breathtaking sights before descending the steep, ankle-stretching descent to the trail that follows the glacier moraine lower and leads to Bimthang surrounding the abandoned

homes and Buddhist prayer stones. It's a 9-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 5135m/16,847ft
- Elevation Gain: 675m/2,215ft
- Elevation Loss: 1675m/5,495ft
- Accommodation: Mountain Lodge
- Walking Hours: 8-9 hours
- Walking Distance: 16km/10mi

DAY 10 : DHARAPANI (1960m)

You descend the valley of the Burdin Khola to the region of the Base Camp for the West side of Manaslu after crossing this high grassland. You can see Manaslu to the southeast and Annapurna II to the southwest from a ridge at 4150 meters. Beyond a bridge over the Dudh Khola's headwaters, you drop into rhododendron trees and continue a track through a narrow valley until you reach Karche, at 2785 meters, the region's highest cultivated land.

To get to Tilje, you have to cross a brook. There is an apple orchard, which is well-known for producing local wine. Leaving Tilje, you climb for approximately 45 minutes uphill to Dharapani, passing the Marshyangdi on a bridge. It's a 7-hour hiking journey from the departure from your accommodation early in the morning.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

- Max. Altitude: 1960m/6,430ft
- Elevation Loss: 3175m/10,403ft
- Accommodation: Mountain Lodge
- Walking Hours: 6-7 hours

- Walking Distance: 20km/12.4mi

DAY 11 DHARAPANI – BESHISAHAR – KATHMANDU

After a short morning walk to Dharapani, hop into your private vehicle for the drive back to Kathmandu. It'll be a long journey, giving you plenty of time to rest tired legs or take a well-deserved nap! Once back in Kathmandu, enjoy a final night together reliving the trek and your extraordinary achievements. Why not head out to dinner and find your favourite drink to cheers with?

Accommodation

- Hotel (1 night)

Meals

There are no meals included on this day.

Special information

Your trekking distance today will be approximately 5.5 km, with an elevation gain of 190 m and a descent of 600 m. Your travel time today will be approximately 9 hours.

DAY 12 : DEPARTURE

The trip ends today, and you are free to depart at any time after check out. If you plan on spending more time in Kathmandu, let your booking agent know and they can organise more accommodation for you (subject to availability).

Meals

There are no meals included on this day.

Trip Details

Price

\$1100usd (twin share)

Trip length

- 12days 11nights
- Trip starts and finishes in Kathmandu, Nepal.

Meeting point

Kathmandu, Nepal

Departure point

Kathamandu, Nepal

Group size

Maximum 12

Included

- 11 nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide, Porter & luggage transport
- Mcap permit fee
- Acap & tims permits.
- Transportations.

Not included

- International flights
- Travel insurance (compulsory)
- Special permit(sep-nov \$100usd ,dec-aug\$75usd)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included breakfast,lunches and dinners
- Tips to guide and porters.
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodati