

8848 Nepal

Manaslu Circuit Trek



Trip Facts

Trip Duration: 16 Days

Difficulty Level: Moderate

Trip Area: Manaslu

Maximum Altitude: 5106m/16,751.97ft-Larkya La Pass

Best Season: Spring & Autumn

Meals: Full Board

Accommodation: Teahouses, Guesthouses and Lodges

Transportation: Jeep/Bus

Trip Start: Kathmandu/

Trip End: Kathmandu

Itinerary Highlights

- Less-crowded off-beat trail
- Scenic view throughout the trek
- Hike to Pungyen Monastery
- Stunning views of Siringi Himal, Ganesh Himal
- Traversing highest pass-Larkya La (5,106m)
- Outstanding views of Mt. Manaslu, Annapurna II, Cheo Himal, Himlung Himal, etc

Trip Overview

Manaslu Circuit Trek is apt for trekkers who are seeking natural beauty in its original form. The circuit trek is distinct from the popular Annapurna and Everest regions as the trail is less-crowded and hence peaceful. Not only this, but the public vehicle is the only means to get here

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on this off-beat trail. The bumpy but thrilling rides on the rugged off-beat trail are something new for all to experience.

The rich natural beauty, diverse flora, and fauna, old Tibetan culture, lifestyle, and ancient Pungyen Monastery in the vicinity of the world's 8th highest Mt. Manaslu, Ganesh Himal, Siringi Himal, and other mountains are very impressive. The highest Larkya La Pass (5,106m) traversing and the marvelous views from the top look surreal. The beautiful settlements and warm hospitality of the locals give pleasure to all. Experience the beautiful Manaslu Region through a Manaslu Circuit Trek.

The trek on an ancient trail along which you enjoy authentic Nepali culture and hospitality, promises breathtaking views of Manaslu and other Himalayan peaks always on the background. You get to witness ancient cultures and the almost medieval lifestyle of the people as you trek up north towards the peaks.

Shielded from modernization and commercialization, the local people's lifestyle has changed little over the centuries, thus retaining their purity. So your trek to Manaslu will be akin to time-travel. going back in time. The trail has teahouses along the way for a night halt, but one could opt for a camping trek and sleep under the stars.

Wildlife: 33 species of mammals including snow leopard, musk deer and Himalayan tahr; three species of reptiles

Birds: 110 species of birds

Vegetation: 1,500-2,000 species of flowering plants

Best Season: March-May, September-November

Added attractions: 11 species of butterfly

Detail Itinerary

Day 01: Arrival at Kathmandu, transfer to hotel

You are greeted by our representative at the Tribhuvan International Airport upon your arrival. Then, transfer to the hotel for rest. Later, meet our team and guide for a short orientation on Manaslu Circuit Trek. Overnight stay in a hotel.

Duration: 3 Hours

Accommodation: Hotel

Altitude: 1,400 m; 4,600 ft

Day 02: Drive from Kathmandu to Soti Khola (700m) (By Bus)

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In the morning along with a guide, drive to the bus station. Take a scenic ride on a public bus from Kathmandu to Arughat. Enjoy the landscapes, green hills, small villages, some glimpses of snowy mountains, and flowing rivers. Upon reaching Arughat, take a jeep ride to Soti Khola. Since the roads are off-beat and rugged, experience an adventurous ride. Overnight stay in a teahouse. One can also take a jeep ride from Kathmandu to Soti Khola directly.

Duration: 8 Hrs

Accommodation: Guesthouse

Altitude: 700m

Day 03: Trek from Soti Khola to Machha Khola (930m)

Pass through the natural green forests and traverse small villages. Enjoy the views of waterfalls, and terraced fields, and continue to walk on the narrow trail. Arrive at Machha Khola for an overnight stay.

Duration: 6 Hours

Accommodation: Guesthouse

Altitude: 930m

Day 04: Trek from Machha Khola to Jagat (1340m)

Walk through the narrow trail full of ascends and descends and traverse Tharo Khola. Pass through beautiful villages Khorlabesi, and Tatopani and traverse a bridge over the Budhi Gandaki river. The trail has many ascends and descends. So, pass through Dobhan, Tharo Bharyang, to reach Jagat. Overnight stay in a teahouse.

Day 05: Trek from Jagat to Deng (1900m)

Walk down admiring the terraced fields, and Siringi Himal in the backdrop. Pass through Salleri, Sirdibas, and Ghatta Khola, and traverse a suspension bridge. Enter the lovely Philim village and walk through the bamboo forest traversing a few rivers. Reach Deng for an overnight stay.

Day 06: Trek from Deng to Namrung (2630m)

Walk on the forested trail traversing Budhi Gandaki and ascending to Bihi. Enjoy passing through several Gompas and green forests to enter the beautiful Namrung village. Overnight stay in a teahouse.

Day 07: Trek from Namrung to Samagaon (3,530m)

As you ascend, you'll pass through villages with Tibetan influences and enjoy views of Manaslu and other peaks. Samagaon is a picturesque village with a rich cultural heritage.

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Day 08: Acclimatization Day in Samagaon

Spend the day acclimatizing and exploring the area. You can hike to Pungyen Gompa or visit the nearby Birendra Lake for acclimatization and stunning views of Manaslu.

Day 09: Trek from Samagaon to Samdo (3,860m)

A shorter day of trekking to allow for further acclimatization. The trail offers panoramic mountain views as you approach the Tibetan border region.

Day 10: Trek from Samdo to Dharamsala (4,460m)

The trail ascends gradually to Dharamsala, also known as Larke Phedi, the base camp for the Larkya La Pass. The hike offers magnificent views of the surrounding peaks.

Day 11: Cross Larkya La Pass (5,160m) and trek to Bimthang (3,720m)

The highlight of the trek, crossing the Larkya La Pass, involves a long and challenging day. The views from the pass are breathtaking, with panoramic vistas of Himlung Himal, Cheo Himal, and Annapurna II. The descent to Bimthang is steep and requires careful footing.

Day 12: Trek from Bimthang to Tilije (2,300m)

The trail descends through rhododendron and pine forests, with views of the Manaslu range. The landscape becomes greener as you descend to lower altitudes.

Day 13: Trek from Tilije to Tal (1,700m)

The trail follows the Marsyangdi River, passing through villages and terraced fields. Tal is a beautiful village situated by the river, offering a peaceful setting.

Day 14: Trek from Tal to Syange (1,080m)

The trail continues to descend, following the Marsyangdi River. You'll pass through small villages and enjoy the changing landscapes as you approach the end of the trek.

Day 15: Drive from Syange to Kathmandu – 7-8 hours)

A long drive back to Kathmandu, where you can rest and reflect on the incredible journey. You'll be transferred to your hotel upon arrival.

Day 16: Departure from Kathmandu

Our representative transfers you to the airport and bids farewell. Have a fun journey and we hope to see you again.

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Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges.
- Necessary trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

Cost Includes

- International Flights
- Visa Fees
- Travel Insurance
- Personal expenses
- Tips
- Additional Service
- Unforeseen Events

Guidelines / Information

Permits:

Obtain the necessary permits for the trek. This typically includes the Manaslu Restricted Area Permit and the Annapurna Conservation Area Permit (ACAP) and Trekkers Information Management System (TIMS) card. Make sure you have these permits before starting the trek.

Physical Fitness:

The Manaslu Circuit Trek involves high altitudes and challenging terrain. Prior physical conditioning is essential. Regular cardiovascular exercises and strength training are beneficial.

Altitude Acclimatization:

Acclimatization is crucial to prevent altitude sickness. Plan your itinerary with adequate rest days to allow your body to adjust to higher altitudes gradually.

Packing:

Pack appropriate clothing and gear for various weather conditions. Essentials include sturdy

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hiking boots, warm layers, waterproof jacket and pants, a sleeping bag suitable for cold temperatures, sun protection (hat, sunglasses, sunscreen), and a first aid kit.

Hydration and Nutrition

Stay hydrated by drinking plenty of water throughout the trek. Bring water purification tablets or a filtration system for safe drinking water. Carry high-energy snacks like nuts, energy bars, and dried fruits to sustain your energy levels.

Responsible Trekking:

Respect the local culture, customs, and environment. Dispose of waste responsibly and avoid littering. Carry back all non-biodegradable waste.

Weather:

The weather in the Himalayas can be unpredictable. Be prepared for sudden changes in weather conditions, including rain, snow, and strong winds. Check the weather forecast before starting the trek and be flexible with your plans if necessary.

Safety:

Stay informed about trail conditions and potential hazards. Follow the instructions of your guide and pay attention to any safety warnings. Carry a fully charged mobile phone with emergency contacts saved.

Insurance:

Purchase comprehensive travel insurance that covers trekking activities, including emergency evacuation and medical treatment at high altitudes.

Communication:

Inform someone about your trekking itinerary and expected return date. Stay in communication with your trekking group or guide, especially in remote areas where mobile network coverage may be limited.

Trekking Season:

The best time for the Manaslu Circuit Trek is during the spring (March to May) and autumn (September to November) when the weather is generally clear and stable.