

Manaslu Circuit Trekking

Package Highlights

- Old monasteries, unique settlement of local peoples, beautiful waterfalls
- Scenic hills and the magnificent mountain from near including Mount Manaslu of 8,118 miter
- High Mountain passes (Larke Pass, 5,213m)
- Stay at local house accommodation managed by warm welcomed peoples

Trip Facts

- Starting Price: US\$1520.00 (Per Person)
- Duration: 19 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: Larke Pass (5,213m)
- Min. Pax: 2 and More
- Best season: March to May & Sept to November

Itinerary Details

Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks receive you from International airport and transfer to Hotel. If time permits, introduction with your trekking guide and talk about the trip. mean time, you also can make sure about your trekking equipment.

Day 02 : Day in Kathmandu. Sightseeing and Trekking preparation. Overnight at hotel

After your breakfast in Hotel, our tour guide lead you to major attraction of Kathmandu valley. we include 3 UNESCO heritage sites. Bhaktapur Durbar squire, Bauddhanath Stupa and Pashuatinath temple. come back to hotel and final preparation of trekking.

Day 03 : Drive to Sotikhola via Arughat (8 hours - 700m) and Overnight at tea house

After your early breakfast in Hotel, drive to Local Bus Park. Local bus drive to Sotikhola is

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about 8 hours. 3 hours drive with well paved road up to Dhading besi. Another 5 hours drive is through dusty on paved road. You have choice to take private Jeep to Sotikhola in this trekking. Driving route is via scenic green hills and mountain. cross unique Nepalese villages, rivers.

Day 04 : Trek to Machhakhola Overnight at tea house (7 Hours – 900m) Overnight at tea house

After your breakfast in Soti, start trekking to Machhakhola. Flat land trekking trail content at starting, we then enter Saal forest. It is hot inside the jungle and some of the trail goes serious uphill. The rough and rocky way reaches at Gurung village Lapu Besi. It will be suitable here for Lunch. Descend trail reach at high suspension bridge at the end of vilalge. Trail again goes keeps down and ups through bank of Budi Gandaki River and reach Machhakhola

Day 05 : Trek to Jagat (6/7 Hrs 1410m) Overnight at Lodge

We first enter our name and stamp in our Manaslu trekking permits in checking point at end of Jagat village. Beginning of trekking trail is climbing over rocky ridge reach at Salleri village. Than trail became easy and wide up to Ghatte Khola. Another step up hill reaches at Philim (A big gurung village). Leave another trekking trail of Tsum valley and cross bridge of Bugi Gandaki. Reach deng, A small village.

Day 06 : Trek to Deng (6/7 Hrs 1800m) Overnight at Lodge

We first enter our name and stamp in our Manaslu trekking permits in checking point at end of Jagat village. Beginning of trekking trail is climbing over rocky ridge reach at Salleri village. Than trail became easy and wide up to Ghatte Khola. Another step up hill reaches at Philim (A big gurung village). Leave another trekking trail of Tsum valley and cross bridge of Bugi Gandaki. Reach deng, A small village.

Day 07 : Trek to Namrung (6/7 Hrs 2630m) Overnight at Lodge

Trekking trail passes through small Buddhist village and long Mani walls. When we reach Pork village, Siringi Himal view beautifully. Minor climbing trekking path become less forest but trekking trail is wider. Reach Namrung village. Namrung village is good viewpoint for Siringi and Ganehs Himal

Day 08 : Trek to Samagaon (6/7 Hrs – 3,530m) Overnight at lodge

Cross beautiful and small Tamang villages with excellent view of Mount Manaslu, Himal Chuli and Peak 29 (Ngadi Chuli) and large glaciers. After crossing Lihi, Lho, Syala and Sama we reach at big village Samagaon. This is village is entrance of Manaslu, where we stay another day to make acclimatization and exploration at surroundings

Day 09 : Day rest at Sama Gaun. Explore local village, Monasteries and Manaslu Glacier

Today is good chance to explore big Sherpa village and their lifestyle. Memorial Chortern and monasteries around the village is most beautiful during hiking. Have another option to reach Manaslu Base Camp, which is quite tough walking uphill. Base camp is 1400 miter more altitude from Samagaon.

Day 10 : Trek to Samdo (4/5 Hrs 3690m) Overnight at Lodge

Our trekking trails at first descend to the Budi Gandaki River. Then minor climbing start on barren dry valley overlooking views of snow capped peaks. Crossing several Mani walls before Samdo. Samdo is the last settlement of remote Manaslu region. Village is near from Tibet boarder. Peoples from this village is trading most of their goods and foods from Tibet.

Day 11 : Stay at Samdo for acclimatization and activities. Overnight at lodge

It is good help to take one day extra here to get more fit before you climb Larke Pass. Hiking around the hills is normal plan today. Hike to Nepal Tibet boarder and come back to Samdo is highly recommended.

Day 12 : Trek to Dharamsala / Larke Phedi (4/5 Hrs 4460m) Overnight at Lodge

Short walk today rich base of Larke Pass, Dharmasala. Crossing river and heading towards more dry and barren valley. High altitude walking with few ups and down trail may make difficult in less air.

Day 13 : Cross Larke Pass (5213m) and trek to Bimtang (8/9 Hrs 3590m) Overnight at Lodge

Get ready from very early morning to start strenuous climb of Larke La pass. Trekking tour including steep up, towards frozen glaciers. Trekking path sometime quite hard with sleepy ice, in that condition our guide fix path with the help of Ice axe. Reach at top of Larke, Wonderful view of Mountain and glacier. After spending memorial time at top, descend to Bhimtang. Manaslu restricted area finish from here.

Day 14 : Trek down to Tilje (6/7 Hrs 2300m) Overnight at Lodge

Altitude descends almost by 1300miter today from Bimtang. We feel warmer while trekking inside jungle. After walking about 3 hours, we reach Karche village, taking lunch here is suitable. Finally reach at Tilje after walking again inside jungle. Tilje is beautiful Gurung village at Manang (Annapurna) region.

Day 15 : Trek to Tal (6/7 Hrs 1680m) Overnight at Lodge

An easy day hiking inside Annapurna conservation area today. We reach at Dharapani which is last tourist checking point of the trek. You meet more trekkers since we meet trekking route of Annapurna circuit. Trail then follow with Marshyangdi River and reach at Tal. Tal is biggest village of the area.

Day 16 : Trek to Syanje (6/7 Hrs 1150m) Overnight at Lodge

After breakfast, start trekking downhill following our trail to Chyamje village. The wider valley with its terrace field and other small villages. Trekking inside Pine and Rhododendron forest reach Syange village today.

Day 17 : Drive back to Kathmandu and overnight at Hotel

After our breakfast, we take local jeep drive to Besisahar. driving through beautiful village and Mountain landscape. reach at Besisahar might change our transportation to Kathmandu. For your comfortable, we advice you to drive with private car. Reach Kathmandu by late afternoon and transfer to hotel.

Day 18 : Extra day in Kathmandu. Shopping and Rest. Farewell dinner in Nepali cultural Restaurant

Extra day in Kathmandu is for rest after long adventure activities. You can utilize this time to make walking tour around, shopping or take other activities. At the evening Nepal Highland Treks invite you successful trekking farewell dinner at cultural Nepali restaurant.

Day 19 : Transfer to International Airport for your finale departure

Drop you to International airport for your final departure

Cost Includes

- Arrival and Departure Arrangements
- 4 Nights 3 star category accommodation in Kathmandu on twin sharing with Breakfast
- One full day guided tour in Kathmandu valley with private transportation, Tour guide and entrance fees
- Restricted Area permit of Manaslu
- Manaslu Conservation area permit (MCAP)
- Annapurna Conservation area permit (ACAP)
- Local hotel and guest houses during your trekking
- Three times foods and hot drinks in trekking days
- All the ground transportation (Kathmandu – Arughat and Besisahar – Kathmandu)

by public vehicle

- Experienced English speaking guide and Supporters (2 peopels = 1 supporter), including their salary, insurance, equipment, food and accommodation.
- Travel and rescue arrangements
- Farewell dinner in Nepali cultural Restaurant
- Medical Kit Bag
- Service charge and all government taxes

Cost Excludes

- Alcoholic or non alcoholics bottled drinks including drinking water
- Extra night accommodation in Kathmandu because of early arrival from trekking
- Lunch and Dinner in Kathmandu
- Travel and rescue insurance
- Medical expenses
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled water, shower, heater, etc.)
- Tipping to staffs

Useful Note

We need minimum 2 peoples to obtain Manaslu restricted area permit. If you are single traveler, you can join our group as per your suitable time. We might not have shown our total fixed departure dates in our web. Please mail us with your own date or trekking.

Manaslu region is still under development for tourism business. In the past, visiting the remote parts of Nepal was only possible by camping trekking for adventure holidays. Due to the increasing number of travelers, small lodges in the major places are being developed. So, now you can trek by staying on local lodges (tea houses) without camping in this famous trekking area. Manaslu trekking can be done either way - staying at lodges (tea-houses) or camping

Trip Note

Manaslu Trekking need at least two trekkers to obtain trekking permit. It is restricted trekking area and need special permit from immigration office of Nepal. Only registered trekking companies can issue this permit. Government license holder trekking guide is compulsory to lead you in this trekking.

We have included public transporation to and from Kathmandu - Trekking ending and starting point. Public buses are not comfirtable here in Nepal. If you want to make it with private transporation let us know. we will provide you revised cost with it.

The best season of trekking Manaslu is from March to May and September to November month. Winter season of December to February is too cold and raining season of June July and August months disturbed by heavy rainfall.

Departure Note