



Manaslu Circuit Trek



Trip Grade: Moderate
Duration: 16 Nights/17 Days
Max. Altitude: 5160M

Destination: Nepal
Region: Manaslu
Activity: Trekking & Hiking
Theme: Lodge & Tea House

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Overview

Mount Manaslu (8163m) is the eighth highest peak in the world. Mount Manaslu is one of iconic eight thousand meter mountain which looks absolutely stunning. Trekking Experts has designed 'Manaslu Circuit Trek' to bring you the base camp of world eight highest mountains. This exclusive Manaslu Circuit Trek provides you untouched beauty of Mount Manaslu, brings you closer to Tibet border with Nepal, and experience the culture and lifestyle of both Hindu's and Buddhists. The off beaten trails take you through many verdantly rich forests of rhododendron trees blooming beautifully, alpine woods like pine, cedar, birch and juniper and delightful meadows.

Manaslu Circuit Trek (or Around Manaslu Trek) is a tea-house trek which circumnavigates the 8th highest peak in the world. The trek offers you the tastes of both Hindu and Buddhist culture, protected wildlife, rhododendrons and wildflowers, raging rivers, precarious bridges and stunning mountain scenery. The circular tour around Manaslu allows you view other mountains such as Annapurnas to the West and Ganesh Himal to the East it is one of the most graceful of the 8000-meter giants. The circuit takes you from the steamy lowlands with their terraces of rice and millet, through the mighty gorges of the Budhi Gandaki with its turquoise waters and amazing waterfalls. Suspension bridges here are in a league of their own for both length and height, and the yearly monsoon often wash minor bridges away leaving trekkers to use semi-submerged rocks.

Highlights

- ✓ **Crossing of the Larke Pass (5160m)**
- ✓ **Trek through remote villages of Gurung and other ethnic groups**
- ✓ **Great Mountain views of Manaslu Himal and surrounding mountain ranges**
- ✓ **Gorge that cuts through Ganesh and Himalchuli mountains**
- ✓ **Magnificent view of world's eighth highest peak Mount Manaslu (8163m)**
- ✓ **Captivating flora and fauna**
- ✓ **Cultural exploration between Hindu's and Buddhists**
- ✓ **Possibility of spotting a wild endangered species like Snow Leopard and Paroramic Mountain views from Larke Pass**

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu-Machha Khola (alt. 890m)

After early morning breakfast at hotel, you'll be picked up by our trekking guide and porters at the hotel and will drive to Arughat and then Sotikhola. Drive to Arughat through Prithvi Highway will offer you beautiful river view of the Trishuli River. From Dhading Bensi, you will be driving to Arughat where the roads will be boisterous. From Arughat it will take another two hours to reach Soti Khola. In the first few hours, you will reach Dhading Bensi which is the district headquarters of Dhading. Along the way you will be able to beautiful mountain scenery, local villages and valleys. From Soti Khola, you'll drive to Machha Khola with picturesque views of waterfalls and the tributary. Then you will drive through the lovely Sal woodland, successive the climb onto a ridge above the vast rapids of the Budhi Gandaki and then to Liding (750m). Passing through the unfeeling track, you'll reach Khursane.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 890 meters

Day 03: Machha Khola- Jagat (alt. 1410m)

After breakfast at lodge, your journey today to Jagat and today trail comprises some ups and downs which often drop onto the gravel bars alongside the stream. You'll cross the Tharo Khola which flows in a rocky cavetto reaching at Khorla Besi. You can see peaks like Manaslu and Kutang Himal can be seen on the way. Khorla Besi is a small beautiful Gurung village and is a part of many trekking routes such as the Manaslu Circuit journey and the Tsum Valley trek. After another steep climb, you will reach Tatopani (natural hot Spring). Then you climb over a wrinkle, crossing the Budhi Gandaki River over a suspension bridge followed by a wide, well-made staircase over a ridge to Dobhan. It is situated high above the river bed and the view is impressive. Now it's only back down to the river and on towards Jurukhola. Here you turn right and it's all about the stunning suspension bridge above raging water the last few kilometers on the other side of the river to Jagat.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6/7 Hours Walk **Altitude:** 1410 meters

Day 04: Jagat- Deng (alt. 1860m)

After breakfast at lodge, you'll start your journey with passing the checkpoint of the National Park, where the permits be presented and statistics are produced per year how many trekkers hike through the Manaslu. And you'll continue along the Budhi Gandakhi. They run through the settlement Saleri, countless orange trees grow here, a good opportunity to buy some fruit for the next few days. After two hours you'll reach a pretty village Philim, slightly increased that is above the river. Philim has one of the few local dispensaries that are supported and funded by Western organizations, and there is here a larger school. Take the time to make a tea break. The trail continues high above the raging river, the impressive gorges offer wonderful views. In Eklebhatti you can enjoy your lunch or tea break. The vegetation is changing now weirder; you walk through pine forests capitals. After an hour you reach the turnoff to the Tsum Valley. However, follow the left hand side of the way and cross the river. A gentle ascent takes you further into the valley and cross two suspension bridges. The vegetation changes again, bamboo and rhododendron trees along the way. If you are lucky you will meet langur monkeys sitting in the trees by the river. It's time for a tea break in the next Lodge. Even one and a half hours and you reach Deng.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7/8 Hours Walk **Altitude:** 1410 meters

Day 05: Deng- Namrung (alt. 2660m)

As always, after having breakfast at lodge, you'll continue up the canyon. You pass by several farmhouses and watch the people in your daily work on the terraced -like fields. On the roofs of the houses are for dry chillies and ripe tomatoes. Also along the way are small mills which grind Zampa or other cereals. Women with their traditional clothes and with much colorful jewelry can be witnesses in this area. Also, prayer wheels and large Mani walls now line the road. In Ghap you will take lunch. The road from Ghap is again forested and you run the last 400 meters to Namrung by a subtropical mixed forest. The first snowy five and six thousands can be admired in the distance.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7 Hours Walk **Altitude:** 2660 meters

Day 06: Namrung - Samagaun (alt. 3450m)

After breakfast at lodge, today you'll trek to Samagaun. You'll first walk on the road up until you come to a plateau. Here farming is done on larger areas. On a somewhat exposed position, a tea house overlooks the valley and can, if you're lucky observed at the opposite mountain range in the sun soars a golden eagle. After another hour you reach Lho Gaun. This place is very pretty and its position allows a commanding view of the Manaslu and the monastery on the high valley lying impressive. Watch the farmers in their fields and the colorful village life. Here you can enjoy your lunch. After a descent of the last major climb is done and you reach the high valley of Samagaun. Once on the plateau, it goes first through another village, and then you will see from the hill Samagaun. Now we relax at the village school and a great place over in the very quaint-looking village. They go through the old part of the town and reach your lodge.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7 Hours Walk **Altitude:** 3450 meters

Day 07: Samagaun (alt. 3450m)

Today is free to rest and acclimatize day at Sama Gaun. You walk a lonely way up to Pungyen Gomba (4000m) to gain some altitude. The trail is steep at the beginning, but is then tempered and can be reached after three hours of walking another high valley that leads to the mountain foot of Manaslu. At the end of the valley is a very pretty little lonely monastery. With any luck, monks are in the small Gomba and show you the simple life in the small monastery. In spring and early autumn yaks grazing on the plateau and the pastures are managed by nomads. Here, open up a lot of great photo opportunities! A unique panorama opens up to you; the glacier is within reach and the Manaslu a truly impressive appearance. Here you can relax and enjoy this natural spectacle. If you have altitude problems you can use the spare day to insert another rest or acclimatization.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3450 meters

Day 08: Samagaun-Samdo (alt. 3875m)

After breakfast at lodge, you'll head towards Samdo today. Today's trek will be comparatively more interesting and pleasant. You will be crossing the pasture areas and ascending to the valley. The trail leads you to forests with juniper and birch where we enjoy the beauty of the nature. As you reach down the Budhi Gandaki River, You will be crossing the wooden bridge over it and climb up steeply across the river. You will be getting an amazing view of the mountains, especially Manaslu as you will be reaching Samdo, which is a Tibetan refugee village. Upon reaching Samdo, you will also explore the village and the surrounding hills.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 3/4 Hours Walk **Altitude:** 3875 meters

Day 09: Samdo- Dharamsala (alt. 4480m)

After breakfast at lodge, you'll continue your journey to Dharmala today. You'll walk down the edge through fields and old Mani walls, crossing the wooden bridge over the Budhi Gandaki River. You'll begin walking upward of the valley. You will be noticing the Mani walls and the prayer flags hung on the route, signifying the closeness of the Larke La (or Larkya) Pass. After crossing two streams, you will witness the Larke Glacier which is unquestionably magnificent. As you enjoy the view, you'll further trek around the valley of Salkha Khola and climb up again reaching the stone guest house (4450m). The stone guest house is not a lodge but it is a kind of shelter better known as Dharamsala or Larke La Phedi. Today's day would be a gratifying day as we will get an amazing view of the Larke Glacier and the amazing view of mount Manaslu in a great angle. The short trek today gives us plenty of time later onwards to acclimatize and relax.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 3/4 Hours Walk **Altitude:** 4480 meters

Day 10: Dharamsala- Bhimtang (alt. 3720m)

After early morning breakfast at lodge, you'll start today's journey. Today's journey will be the most exciting part of the journey as you'll cross highest passes i.e. Larke Pass (5160m) from sea level. From Dharamsala it will take quite long day today. The weather being the most important factor, it will decide if the trek becomes more challenging as strong winds and a storm could possibly occur. As you'll cross the moraine and then descend down to a small lake. The trail begins to be rough and unclear as you have to cross the south of steep grassy slope. The route stays on the moraine to an edge which is marked by two landmarks. The prayer flags mark that the route is visible, so that you can continue trekking. Carefully trekking, you will descend to four frozen lakes then finally climbing a steep trail to the pass. The four frozen lakes look undeniably striking. From the pass, you'll get outstanding panoramic views of Himlung Himal, Cheo Himal, Kang Guru and the great Annapurna II. As you live in the moment and admire the beauty of the nature, the trail takes you to the top of the moraine, heading to the west and making a steep, rough bends. You'll further cross the moraine then descend gently to another grassy moraine at 4450m. As you have descended, the

trail becomes easier to walk in and then we reach a small meadow. The valley begins to widen as you near the large meadow, Mani walls and small houses that indicate you have reached Bhimthang.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7/8 Hours Walk **Altitude:** 3720 meters

Day 11: Bhimtang- Tilche (alt. 2350m)

After breakfast at lodge, Today you'll say goodbye to the great Ice Giants and the Manaslu, still orbiting the small collection of Bhimthang. It first goes high on the moraine and then with some climbs but for the most part down the river to the next destination. The trail continues through the national park, the trees appear primeval. Later, you come back in a high alpine forest, which in turn is alternated by needle, deciduous trees and rhododendron. Your lunch will be served at Karche. The descent follows on to Gho and over a bridge to Tilche.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6 Hours Walk **Altitude:** 2350 meters

Day 12: Tilche- Jagat (alt. 1300m)

After breakfast at lodge, today you'll trek to Dharapani first. Many lodges and hotels can be found here. You'll now follow the most popular Annapurna Circuit Trekking route. From today there is possibility of extending trip to Annapurna Circuit Trek. The trail follows popular trekking and sometimes roads too.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6/7 Hours Walk **Altitude:** 1300 meters

Day 13: Jagat -Kathmandu (alt. 1310m)

After breakfast early breakfast at lodge, you'll do your last trek about an hour to Syange where you can catch a local transportation (bus or jeep) to Bulbule . From here, you can expect your private jeep transfers including driver and takes you via Besisahar to Kathmandu the hotel.

Accommodation: Three Star Hotel **Meals:** Breakfast /Lunch **Walking Hours:** **Altitude:** 1310 meter

Day 14: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast /Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 15: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

What's Included

☒ **Meals & Accommodations**

3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & Breakfast

11 nights in local lodges during the trekking on twin sharing basis in common rooms with full board (breakfast, lunch and dinner)

Transportation & Flights

☒ All airport/hotel/airport transfers by private air-conditioned vehicle

Kathmandu-Arughat-Machha Khola ground transfer by local tourist bus with trekking staff

Syange-Bensi Sahar and Bensi Sahar-Kathmandu by local tourist bus with trekking staff

15 kg baggage per person for trek and flights

☒ **Permits & Fees**

Annapurna Conservation Fee

Manaslu Conservation Fee

Manaslu Special Permit Fee

☒ **Guide & Supporting Crew**

1 English speaking experienced trekking guide

1 porter for every two members to carry personal baggage

☒ **Value-Added Services**

Comprehensive First Aid Kit

Comprehensive Trekking Map and Kathmandu Valley Map

What's not Included

- ☐ All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- ☐ Medical and travel insurances
- ☐ International airfare and taxes
- ☐ Nepal Visa fees
- ☐ Emergency helicopter rescue charges
- ☐ Main meals in Kathmandu (lunch and dinner)
- ☐ Tips for trekking crew