

# Manaslu Circuit Trek

Url: <https://www.glorioushimalaya.com/trip/manaslu-circuit-trek/>

**Duration**

15

**Max. Altitude**

5,106m

**Difficulty**

Difficult

**Group Size**

Min 2 people

**Per Person Cost**

USD 1100

**Transport**

Local Bus and Jeep

**Meals**

Breakfast, Lunch & Dinner

**Starts At**

Kathmandu

**Ends At**

Kathmandu

**Accommodation**

Hotel and local lodges

## Itinerary

**Day 01: Arrival in Kathmandu and transfer to the hotel. (1400m)**

You arrive in Kathmandu and our representative will be on standby with our office vehicle to transfer you to your hotel. A pre-trek briefing will be scheduled to discuss the trekking program and coordinate any last-minute arrangements. You can refresh yourself, go for a walk down the street to get familiar with your surroundings before preparing for a tasty dinner of local Nepalese cuisine which you will truly enjoy accompanied by a cultural dance performed by the local belles. Your first overnight in the city of temples, probably the most in the world.

**Meals included:** Welcome dinner

**Day 02: Kathmandu sightseeing tour and trip preparation**

Today we explore Kathmandu on an organized sightseeing tour. This will include a visit to the Bodhnath Stupa, one of the biggest Buddhist shrines in the world. We also visit Pashupatinath, located on the banks of the holy Bagmati River and home to the most famous Hindu temple in the country. Here we will see

Hindu holy men (sadhus) and pilgrims performing ritual bathing, and occasionally, funeral pyres burning on the ghats. The cremation site here is used by the royal family and also for the simple man living next door. Your early afternoon will be free to relax in the hotel garden or visit Thamel for some curious shopping. You will be supplied with your trek departure information in the afternoon.

Meals included: Breakfast

### **Day 03: Drive from Kathmandu to Machha Khola (900m) - 8hrs drive**

Our trip to Machha Khola takes-off early morning after breakfast. We take a local bus from Gongabu Buspark early morning around at 7:00 am. Driving along the Prithivi Highway following Trisuli River, we get to enjoy the aspects of the countryside with the scenery of the gorgeous landscapes. Following a 3 hrs of drive and some rest breaks between, we will stop at Kurintar for lunch. We continue our journey through Gorkha Bazaar, Taple, Baguwa, Tandrang and get off-road from Arughat Bazar following Arkhet Bazar along the Budi Gandaki River. Although it will be quite bumpy and dusty road. After about an 8 hrs of the long drive from Kathmandu, we finally reach Machha Khola via Soti Khola around 3-4 pm. You can also freshen up by taking bath in the river. We stop overnight at one of the local teahouses in Machha Khola.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 04: Trek to Jagat (1370m) - 6 hrs walk**

We cross over Machha Khola and head upstream to the tiny village of Khorla Bensi and the hot springs at Tatopani. The whole valley here becomes steeper to the limits till the route to cross then switches to the left bank by a suspension bridge. The trekking trail is quite exposed and challenging in some places. After a short section of forest trail, we reach a single teahouse at Doban. Above Doban village, the Budi Gandaki descends with some notable flowing of rapids. Beyond this hard steep section, the River is much more placid, meandering across a wide gravel bank, and from Lauri, we will cross the river by crossing a suspension bridge, and then climb on a high trail to the fields of Jagat.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 05: Trek to Deng (2095m) - 8 hrs walk**

The next 8 hours walk is to reach up to Deng. The trail goes ascending through a terraced hill of Salleri village where you can get enchanting views of Sringi Himal (7,177m). We can rest a while to enjoy the views of beautiful mountains. Continuing the journey, the trail goes through Sirish Gaon and narrow Gandaki valleys and some tall walls. Overnight at Deng at the local lodge.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 06: Trek to Namrung (2630m) - 6 hrs walk**

After having a hot breakfast, we will set off for Namrung which is about a 6 hours walk. The trek starts

following Deng River and the trail next goes through a newly built rock tunnel. The influences of Tibetan culture start to appear as you can see Mani stones and Chortens around it. Overnight at the local lodge.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 07: Trek to Syala (3500m) - 6 hrs trek**

Today, we are heading to Syala. Travelers often set their camp in Samagaun from Namrung but we stay in Syala. The views seen from Syala village are far more attractive than from Samagaun. Today is the day that -we are going to climb almost 1000m elevations, hence we advise our trekkers for an easy and slow walk as we are gaining the high altitude within a short period.

Leaving Namrung, the trail leads us through barley fields, ethnic settlements and the picturesque village of Banham, Lihi, Sho, and Lho. Lihi and Sho are the traditional Tibetan villages in the Manaslu region. Lho, is one of the largest villages decorated with lots of Buddhist prayers flags with a beautiful monastery and mani walls. In addition, the sight of gorgeous Simnang Himal (6251m), Ganesh Himal I, Manaslu, Kutang Himal, Phungi, Peak 29 and Himalchuli add some pleasant flavor to our today's tough hike.

After long day haul ups and down walks, we reached Syala, a beautiful village surrounded by snowcapped mountains. Stay overnight at a local lodge in Syala.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 08: Trek to Samagaun (3530m) - 2 hrs walk**

We wake up, be fresh, have breakfast and walk up to Samagaun. Another 2 hours trek and the journey goes through a wooden bridge over Budi Gandaki River. Going forward the trail passes some houses and cultivated fields. We follow the right section of the Riverbank, with views of Peak 29 ahead. As we continue on the main trekking trail, we reach the first section of Sama Gaon, 3500m. The trail also provides you the view of peaks like Naike peak, Manaslu north (7,774m) and Manaslu (8,150m) which will lessen your exhaustion. Overnight at the local lodge. We reach Sama Gompa, 20 minutes beyond the village called Samdo, near the Tibetan border.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 09: Acclimatization: Samagaun Exploration Day**

Surrounded by mountains in a peaceful forest hideaway, we take an acclimatization day here and explore around and relax. Maybe you can catch up on that book you love so much or even do some washing, if not this then just contemplate on your lovely surroundings. Overnight at Sama Gaon.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 10: Samagaun to Samdo (3850m) - 4 hrs walk**

The thundering Budi Gandaki trickles to a stream as we walk ahead to its upper course which seems to

never end; hereabouts we are surrounded by spectacular mountains from all around. Manaslu is particularly impressive after crossing over to the east bank of the River; we reach the last permanent settlement in the valley, which is called Samdo. The Village has well-established Tibetan refugee inhabitants. Overnight at Samdo.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 11: Trek to Dharmasala (4,460m) - 4 hrs walk**

After Samdo, we cross the stream, which runs down from the Gya La (Pass), way to Tibet. We come to the ruins of an abandoned village, known as Larkya Bazaar. Perhaps, this village must have been a trading point with Tibet lying over the Gya La at some time in the past. The local market seems to have dried up leading to the migration of the settlement near the Larkya Glacier; Climbing further, we arrive Dharmasala at 4460m, the teahouses have been built for travelers before they cross over the Larkya La. Overnight at a local Teahouse.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 12: Trek To Bhimtang (3,950m) via Larkya La (5,106m) - 8/9 hrs walk**

Today is a little adventurous and longer trek than before as we have to walk for about 9 hours passing an altitude of 5,106 meters. Our journey starts after we have our breakfast. The trail ascends towards Cho Chanda and then slowly goes steep up to the Larkya La pass which requires lots of strength and stamina. After we reach the top, we can have a magnificent view of the snowy peaks of Himlung Himal (7,126m), Cheo Himal (6,820m), Gyagi Kung, Kang Kuru (6,981m), and the Annapurna II (7,937m) standing in front of us. After this, we descend to Bhimtang walking over steep paths. Overnight at the local lodge.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 13: Trek to Dharapani (1680m) - 7/8 hrs walk**

Conquering heights and lengths, the trail today goes easy and normal. The trail to Dharapani drops further, through meadows, pine, and rhododendron forest until reaching Hampuk. Moving forward, we Follow the course of Dudh Koshi River, and then the trail further drops down to Tilche and Thoche. Crossing the Marshyandi River, we reach the village of Dharapani. Overnight at the local lodges.

**Meals included:** Breakfast, Lunch, Dinner

### **Day 14: Drive back to Kathmandu (1400m) - 11 hrs drive**

This is an approximately 9 hour's scenic drive to Kathmandu. In the first part, we take 4 hours off-road jeep drive to Besishar from Dharapani and then a further 5 hours bus drive to Kathmandu. We lunch out A la carte at a good roadside restaurant. After so long, we will drive back to Kathmandu by bus goes through Marshyangdi and Trishuli River. You can observe the people and their lifestyles staying beside the highway. After we reach Kathmandu, you will be taken to your hotel. You can freshen up and enjoy an

evening walk around Thamel.

**Meals included:** Breakfast and Lunch

## Day 15: Departure Day

Our office support staff will be on standby with a vehicle to take you to the airport for your connecting flight home. On the other hand, if you prefer to stay longer you can go for short tours such as game drives, some go-wild safaris at National parks, or maybe some white water rafting, there are mountain biking thrills or you can even get bolder & cross the border for some fantastic overland tours to Tibet.

**Meals included:** Breakfast

## Trip Includes

- Airport pick-ups and drop-offs by private vehicle.
- Nepalese cuisine welcomes dinner at a typical restaurant with a cultural show.
- 3 nights of 3-star standard hotel accommodation in Kathmandu city inclusive breakfast.
- 11 nights of twin sharing local lodges accommodation while on the trek.
- 1 day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- Meals on full board while on the trek. **(14 Breakfasts, 12 Lunches & 13 Dinners)**
- All the essential trekking permits and official paperwork for the trek. (Manaslu region is a restricted zone and it requires a special trekking permit from Nepal immigration.)
- An experienced and government-certified trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 guests)
- All our trekking staff has accidental insurance, salary, meals, accommodations, and transport.
- All the required long range ground transports by local jeeps and buses.
- Waterproof duffel bag and sleeping bag to use for the trek. (provided on request)
- First aid medicine with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- All government taxes and company service charges.

## Trip Exclude

- Nepal entry visa and international flights
- Your travel insurance.
- Your personal expenses such as hot shower, charging, use of WIFI while on the trek.
- Entrance fees for Kathmandu sightseeing.
- Tips to the guide and porters.

# Checklist

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

### Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

### Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

### Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

## **Personal Hygiene**

- Wet wipes (baby wipes)

- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## **Contact Us, Head Office**

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