

Manaslu Circuit Trek

Duration: 15 Days

Starts At: Kathmandu

Grade: Moderate

Accommodation: Hotel And Local Tea Houses

Transport: Bus And Jeep

Altitude: 5106m

Ends At: Kathmandu

Group Size: Min 2 People

Meals: Breakfast In Kathmandu Hotel

Highlights

- Circumnavigation of Manaslu, eight highest mountain in the world at 8,156 meters.
- Diverse range of wildlife and vegetation.
- Visit UNESCO World cultural heritage sites in Kathmandu city.
- Explore the remote life of village people of Manaslu region.

Overview

This is a characteristic outing of the real Manaslu Circuit Trek with fabulous scenery from the beginning to its conclusion...a well-designed program for great acclimatization with two rest/acclimatization days before breaking through the Larkya La front...

The Manaslu circuit trek is a relatively new trekking circuit and most challenging outdoors across the Manaslu region where the trail remains peaceful and breathtaking. Mountain views can be seen all around. Most trekkers visiting Nepal are generally attracted to the profitable routes of either the Everest or the Annapurna region.

The [Manaslu region](#) Trek is in a league of its own in comparison...

Manaslu trekking started for trekkers in 1991. It takes backpackers near to the Tibetan border, which is why this trek requires special trekking permits. This trek circles around the impressive Mt Manaslu at (8156m) which is the eighth highest peak in the world. The trek offers diverse wildlife and lush green vegetation of this area along with prehistoric culture and traditions experienced in this unique region.

This trek begins from Gorkha Bazaar. Gorkha is a lovely ancient village town of Nepal from where king Prithivi Narayan Shah started his reign. Another place to start is Arughat Bazaar which lies in Dhading district bordering Gorkha district. It consists of a big river called [Budi Gandaki](#) which flows between the border of Dhading and Gorkha

district. Some trekking groups take the Beshishahar route and some groups follow via the Thorung La pass trail. You can combine Tsum Valley and Manaslu which is a newly discovered trekking route in Nepal. You need to pay an extra charge for [Tsum valley](#) which is USD 40 for a week.

Manaslu round trekking is a little bit difficult over the Larkya La pass from where the altitude rises from 5100m above sea level. Going down from the Larkya pass is easier. But you will be away from this because of our carefully trained crew and their experience of a decade. The Manaslu trek can also be done by camping or you can also bunk out in teahouse lodges which are the best way to explore local lifestyles and culture along the trails.

Check our designed itinerary of Manaslu circuit trek which is made for trekkers but if you have any special plan or interest then we can customize your itinerary according to your needs. Just get friendly and send us an [email](#) if you are interested.

Best Trekking Season for Manaslu Circuit Trek:

Generally, the autumn and spring are the perfect and high trekking season for Manaslu circuit trek. June, July and August are the low months to visit Manaslu region as the trail remains slippery and muddy due to the monsoon. In addition, visit our [trekking season information](#) section for further details.

Itinerary

Day 1 : Arrival in Kathmandu (1,360m)

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 co-ordinate 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: 1 welcome dinner.

Day 2 : Kathmandu Sightseeing

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: 1 breakfast.

Day 3: Drive from Kathmandu to Soti Khola. (8hrs drive)

Our trip to Soti 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 a quite bumpy and dusty road. After about an 8hrs of the long drive from Kathmandu, we finally reach 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 Soti Khola.

Day 4: Trek to Machha Khola (9,90m) - 5-6 hrs walk

Our trek begins from Soti Khola. After a hot breakfast, we set-off for Macha Khola along the river. The landscapes change as we go higher, the wide valley narrows and at times the trail cuts into the steep valley which is densely forested. Then we pass a number of small villages tucked into the hillside, until we reach a widening of this valley, on our opposite where a large tributary stream enters the Buri Gandaki. The terraced farmland here belongs to the village of Lapbesi. We descend once again to the wider section, sandy Riverbank and follow a path, which runs below the steep, craggy valley path. In the end, we have to climb up once again to get to Machhakhola, which has a number of teashops.

Day 5: Trek to Jagat (1,370m) - 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 Dovan. Above Dovan 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.

Day 6: 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.

Day 7: Trek to Namrung (2,630m) - 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.

Day 8: Trek to Samagaun (3530m) - 7-8 hrs walk

We wake up, be fresh, have breakfast and walk up to Samagaun. Another 7-8 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 call Samdo, near the Tibetan border.

Day 9: 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

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.

Day 11: Trek to Dharmasala (4,460m) 4 hrs

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.

Day 12: Trek To Bhimtang (3,950m) via Larkya La (5,100m) - 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 5,215 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 the magnificent view of 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.

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.

Day 14: Drive back to Kathmandu - 9 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.

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.

Trip Includes:

- Airport and hotel transfers by private vehicle.
- 3 nights hotel accommodation in Kathmandu inclusive bed and breakfast.
- All the essential trekking permits for the trek.
- An experienced and well equipped trekking guide.

- 11 night's local lodges accommodation during the trek.
- First aid medicine for the trek.
- One day sightseeing around world heritage sites in Kathmandu city.
- Welcome dinner program at typical Nepali restaurant.
- All the required ground transport by local jeep and bus.
- Supporting porter to carry your belongings during the trek. (1 porter for 2 people)
- Company duffel bags and sleeping bags to use for the trek. (It should return after the trek)
- An adventure certificate after trip completion.

Trip Exclude:

- Nepal entry visa and international flights
- Alcoholic beverages, bottle mineral water, soft drinks and snack foods
- Riding horse along the trek
- Meals during the trek.
- Tips to Staff