# Manaslu Circuit Trek



## Introduction

The Manaslu  trek is getting more and more popular as a new trekking destination in Nepal. Manaslu is an unique and interesting trekking route for adventure. In the past, trek to Manaslu was only possible by camping trekking due lack of tea- house lodges, but nowadays due to the increasing trekkers, medium and small lodges are being developed on the treking trail. So now Manaslu trekking can be done as tea-house trek. Although it is fewer trekkers than regions like Annapurna, Everest, and Langtang. Trek to Manaslu require special permit due to restricted area. This trek provides you stunning views of Mount Manaslu and the Ganesh Himal range. Along with the trail, you will encounter many beautiful and interesting facts. One of them is you will encounter an interesting mix of Hindu cultural and Tibetan Buddhist-style villages. In this region both Hindu and Buddhist cultures are protected. The trekking route goes through the bank of Budhi-Gandaki river. the source of river is close to Larkya Pass. During the Manaslu  Trek, you can see wildlife, rhododendrons and wild flowers and stunning mountain scenery.

## Trip Facts

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| Trip Duration | 15 Days |
| Trip Grade: | Strenuous |
| Best Season | Sep, Oct, Nov, Mar, Apr, May |
| Per Day Hiking: | 5 to 7 |
| Elevation | 5106 meter |
| Accomodation | Tea-house/Lodge |
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| Transportation | Bus/ Jeep |

## Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Three nights' accommodation in Kathmandu with breakfast.
- Welcome  Nepalese dinner.
- Manaslu(MCAP) trekking permit & TIMS card.
- Annapurna (ACAP) trekking permit
- Manaslu special permit for restricted area.
- To and from transfer by Bus ( additional cost for private transport)
- Three meals a day (Breakfast/Lunch/Dinner) tea/ coffee during the meals.
- Teahouse/ Lodge accommodation during the trek.
- Experience guide includes his salary, equipment insurance, lodging & food.
- Porter (2 trekkers =1 carry 15 Kg) his salary, insurance, lodging and food.
- Basic first Aid medical kit box.
- All government tax and local taxes.

## Itinerary Details

1. |**Arrived at Kathmandu,(1300 m.)**

   Upon arrival at Tribhuvan international airport in Kathmandu, you will be greeted by of our representatives, who will bring you to your hotel. After you have been settled in at your hotel, our representative will brief you in detail about your travel itinerary. After which, you will be taken on a stroll of the local market. In the evening, we offer you a welcome dinner with Nepalese traditional cultural program.

2. **Rest day Kathmandu, (1300 m.)**

   Today, you will be taken on an interesting guided tour of Kathmandu city, you will visit historical monuments and religious holy places like temples, Stupas and durbar squares. The rest of the time, we will spend in preparation for trek.

3. **Drive to MachhaKhola (869 m)**

   Today, we drive to Machha Khola via the Arughat and Soti Khola. it offers various scenarios of villages, hills, rice farms landscapes, and rivers. after lunch in Arughat bazar further we forwards toward Machakhola passing many farm, villages and tiny towns through bank of the Budi Gandakii River. We spend the night at guest house of beautiful valley.

4. **Trek to Jagat (1340 m)**

   After breakfast we move toward Jagat village, the path leads through bank of Budi Gandaki. This pleasant winding path takes us to Tatopani (natural Hot Spring), if anyone interested to take an opportunity for the bath. We manage the time for your wonderful memories. "Short break for

wonderful opportunity" then we proceed to walk through Yaruphant and cross a short suspension bridge then will welcome to us a beautiful Jagat village for night stay with delicious local food.

5. **Trek to Dyang (1,860 m)**

   With heart touching memories of Jagat village and villager, our journey continues toward Sidibas Bazar, we will rest for a while and explore surrounding of beautiful village and interact with local people about their daily life. Now then we proceed to walk to Philim village, where we can learn and experience about unique culture and lifestyle. Moreover Philim village is a large and attractive village of this trekking route with its scattered farmhouses, agriculture and old and unique culture. Further walk toward Deng all along the way we will enjoy with farm terraces, fields of wheat and barley, a climb on rocky path, bamboo forest area. The Deng village is waiting to us with its warm greeting.

6. **Trek to Namrung (2,630 m)**

   After breakfast we pass by through the beautiful forest and numerous Buddhist mani walls. Where we can observes hand-carved stone with Tibetan script. The trail goes gradually up then reached to the open valley. The Namarung village is standing by to welcome us with its colorful forest of firs, oaks, and rhododendron.

7. **Trek to Lhogaun (3,180 m)**

   Namrung to Lho Gaun is not so long distance, which may be reached on foot in 4/5 hrs. We will cross a massive stone gate as we proceed past the vast Mani stone walls of the settlement of Lho, which are bordered by breathtaking views of Peak 29. Additionally, from this settlement, we have excellent views of the magnificent Manaslu. We also observe a gradual change in the influences of Tibetan culture. Gompas (Buddhist monasteries) and mani walls create a rich cultural ambiance. Ascending to the rhododendron-covered valley hills, you will reach to Lho Gaun for respite and acclimatization.

8. **Trek to Samagaun (3,500 m)**

   Samagaun is an amazing village surrounded by the majesty of Mt. Manaslu. It has on very close distance view. Spending a wonderful night stay at Namrung village we'll hike toward the Samagaun. The trail goes gradually up with a thrilling walk to the lap of the mountains. Today, on the way to our destination, we visit to Lho village, which is iconic place of this trek where you can explore its local culture, historical and largest Buddhist monasteries, authentic houses, Buddhist Chhorten and Mt. Manaslu as well as snow-capped peaks.

9. **Acclimatization day**

   Today, we will stay at samagaun as an acclimatization day but we do not waste our valuable time, as day excursion, we visit to Pung Gyen Gumba. This Monastery expose the culture and spiritual life as well as it is great an opportunity to visitors to be known of hidden gems of Buddhism of this region. Evening we will back to Samagaun for night stay.

10. **Trek to Samdo (3,860 m)**

    Today's our destination is Samdo village, which is situated at 3860 meter elevation and very close to the Tibet border. Here we can explore the local culture, traditions, customs, and monasteries along with a mesmerizing view of Mt. Manaslu

11. **Trek to Dharmasala (4460 m)**

    The Dharmasala is last teahouse/ lodges station before Larkya -La pass. it is known as Larkya -La Phedi as well. Today we do not have long distance to walk but it takes 4/5 hours due to high altitude. We will reach to Phedi for lunch. After lunch we will make short hike around the near there and explore surrounding. We will have dinner early and go to bed early because tomorrow we have to wake up early and start the trek early to make success the trip. Larkya -La pass is our adventure dream destination.

12. **Trek to Bhimthang (3720 m)**

    Today we start walks early morning. Of course, it is not ordinary portion of the trek. It is tough challenging and adventure. So we are already prepared physically and psychologically. Today we should have to achieve our goal with summit Larkya -La pass (5106 meter). The Top of the pass is not only tough, also provide us awesome scenery of surrounding hills, including Mt. Manaslu, Larkya Peak, Bouddha Himal, Himalchuli, as well as other many snow- capped Peaks. Moreover, Larkya -La top has beautifully decorated by Buddhist prayer flags, which gives us a kind of meditation feelings and makes refresh. After experienced such an amazing time at the Larkya –la, we'll trek down to Bimthang village and night stay with majesty valley views

13. **Trek to Gho (2515 m)**

    After a lifetime experience of Larkya-La pass, we will have experience of a pleasant trek through the rhododendrons, pines, and oak forest. this trail, passing along with several small village, farms and rivers will be connect with a classical and popular Annapurna Circuit trekking route in Dharapani, which is very close to Tilje village.

14. **Trek to Dharapani Drive to Kathmandu/Pokhara**

    Our trekking trip completes today. After having breakfast we will trek down to Dharapani and drive to Bensisahar a gateway town of Annapurna round trek. We will have lunch at Bensisahar, and then proceed to drive back to a historical and culture city Kathmandu. It will be almost 6 hour's scenic drive through the bank of Marshyangdi and Trishuli River.

15. **Transfer Airport for final departure**

    Transfer Airport for final departure or optional trip.