



Trip Packages

USD **\$1050** Price Per person

Manaslu Circuit Trekking

Manaslu Circuit Trek is the best trek in Nepal which is the alternative trek of the Annapurna circuit. This trek takes you through a relatively off-the-beaten path to the beautiful landscape and White Water River falls. It combines adventure trekking in the Himalayas with a Tibetan Plateau with a Tibetan cultural influence. In the trekking period, we will have an opportunity to see the mesmerizing views of the mountain. Trekking on this route offers incredible views of snow-capped mountains and landscapes. The mountain which can see here is Lamjung Himal,

Annapurna II, Himlung, Kang Garu, and many more. Not only this mountain but also have an opportunity to see the 8th highest mountain in the world which is Mt Manaslu. This trekking is the best alternative for the trekkers who prefer the less crowded routes.

Manaslu Circuit Trek is a beautiful trek in the Manaslu region which is 50 miles from the Kathmandu valley. Trekking on this route also passes through beautiful Buddhist landmarks and local settlements which will enchant travelers and makes the journey memorable. This beautiful trekking route lies in the Gorkha district. The circuit trek takes you from the steamy lowlands with their terraces of rice and millet. We will also pass through the mighty George of the Budhi Gandaki with its turquoise waters and amazing waterfalls. In trekking, we will also pass through several beautiful villages with mesmerizing views of the mountain. The beautiful villages like Soti Khola, Machha Khola, Jagat, Pewa, Namrung, and many other beautiful villages chance to visit during this trek. We will get a chance to explore one off-the-beaten-path of Nepal with the unique culture and traditions of the Gurung people. The Gurung are the local tribes of this route.

The trail along towering hills and the track diverge slightly off the river and give you a taste of remote living. During the time of trekking get a chance to explore the Manaslu conservation area which is also known as home to many rare animals. In this conservation area, we get a chance to see about 9000 inhabitants like 2000 species of plants, 39 mammals, 201 birds, 3 reptiles, and 11 types of butterflies. It is one of the restricted areas of Nepal among 15 restricted areas. So you must take a special trekking permit before embarking on the route. Before embarking on the trek you must know that solo trekkers are not allowed to trek on this route.

Details Itinerary of Manaslu Circuit Trek

Day 01: Arrival in Kathmandu 1,327 m and transfer to hotel.

On reaching Kathmandu international airport via various respective airlines, our Nepal Base Camp Treks guide or staff will receive you with warm welcome and then a short drive to your hotel in the heart of Kathmandu city.

After checking in your hotel rooms and getting refreshed join at the hotel lobby for group briefing and orientation program where our guide informs you regarding hotels, Kathmandu, Nepali culture, Around Manaslu & Larkya- la Trekking with welcome dinner in a pleasant authentic Nepalese restaurant with culture program.

Day 02: Drive to Soti Khola 730 m via Arughat 600m – 07 hrs journeys.

Around Manaslu & Larkya- la trekking begins with an exciting drive towards Nepal's Mid West around Gorkha and Dhading region as the ride leads towards high hills of with views of fabulous Ganesh II at 7,118 m and Ganesh IV 7,104 m and rolling green hills, passing through many farm villages and towns to reach at Arughat village and then taking another vehicle for short drive to Soti Khola following the raging Buri Gandaki River to reach our first overnight stop at Soti-Khola a small farm village.

Day 03: Trek to Machha khola 930 m – 05 hrs.

Morning walk leads to slow descent towards river banks with number of small tea shops and coming across mule trains on its way to Machhakhola and beyond, our journey continues using the Nepalese traditional stone paved staircase, then crossing over Nauli Khola (stream) with a view of cascading waterfalls and reaching at Khanigaon. From this small farm village with few hours of walk leads to a bridge over Machha khola after crossing the suspension bridge a short ascent to reach our overnight stop at Machha Khola village, a small settlement with stream for fishing smaller fishes, as this village is named after macha meaning fish river or stream.

Day 04: Trek to Jagat 1,410 m – 06 hrs.

From Macha Khola our morning journey leads along the Buri Gandaki river upstream reaching another small village at Khorla Beshi and then walking on the gradual winding path reaching a place called Tato pani with natural hot spring water near the forested area, after a break here walk leads past Dovan and Yaruphant villages, following the Buri Gandaki River and then crossing a short

suspension bridge to Jagat village for overnight stop, a reasonable size village with shops and small guest house and lodge.

Day 05: Trek to Dyang 1,800 m – 06 hrs.

After a nice overnight stop at Jagat village, morning walk leads to follow the river, then passing number of small farm villages to Sidibas Bazaar, a nice small village with few shops and stores, from this village walk leads to a short climb and descend, then the walk comes to a small suspension bridge at place called Nagjet, after the bridge reaching another nice farm village of Philim, this village with a primary school supported by people of Japan (as Manaslu was first climbed by Japanese so this area is very much liked by the Japanese), from Philim walk leads into golden fields and terrace of wheat's and barley, then up the rocky ridge and through bamboo forests with a climb for an hour to reach the overnight stop at Dyang village.

Day 06: Trek to Ghap 2,160 m – 04 hrs.

From here onwards you can observe the culture similar to Tibetan, as the walk reaches higher ground. On leaving Dyang a gentle downhill along the riverbank crossing the raging river to reach at Bihi Bazaar a small settlement with shops and tea stalls, after this village onwards close to Tibetan frontier leading to a nice walk of few hours reaching overnight stop at Ghap village here onwards Tibetan Buddhism culture all the way to Larkya la and towards Dharapani village.

Day 07: Trek to Lo 3,180 m – 06 hrs

Morning a pleasant walk to Budhi Gandaki River, crossing this river leads through number of scattered small farm huts and villages with cultivated terraced fields of millets, wheat's or barley (rice grows in the warmer area below 2,000 meters) then passing Numrung village with awesome North Face views of Mt. Manaslu and other snow capped peaks, after an enjoyable walk with the beautiful scenery passing several small villages like Banjham and Lhi and to a small village of Sho, from here trekking for few hours through a small settlement of Shrip and completing the day's walk at Lo Bazaar for overnight stop.

Day 08: Trek to Samagaon 3,530 m – 06 hrs.

Lho village offers stunning sunrise over magnificent Mt. Manaslu, enjoying views of surrounding landscapes and mountains. Today walk leads to one of the largest village of upper Manaslu area in Samagaon, walk leads through forest of rhododendron, juniper, firs and pines trees, and then leaving the tree lines after few hours of walk heading uphill, altitude gains with dramatic change in vegetation and landscapes as well. The path leads over previous debris of Phungen Glacier for couple of hours, then reaching our overnight stop at Sama village with time for short walk and visit around this interesting highland village.

Day 09: Rest Day in Samagaon for acclimatization.

A necessary rest day for acclimatization before heading towards Larkya-la and higher terrain, rest day helps to acclimatize and one can use this day to explore the nice village with Tibetan culture and traditions.

Day 10: Trek to Dharmasala / Larkya phedi 4,460m – 07 hrs.

After a wonderful time at Samagaon with fantastic views of high snowcapped peaks and Mt. Manaslu, morning walk leads to exposed valley with few rhododendron and juniper bushes, as the tree lines disappears around this higher area. Slowly walk heads over Manaslu Glacier with view of Birendra Lake known as Samagaon Lake on route to Samdo which is much closer to Tibetan border from this area. On route coming across traders from Tibet and yaks carrying Chinese and Tibetan goods, walk continues following the stream and then crossing to reach at Samdo village for lunch stop. Today a short walk to the base of Larkya la pass, morning walk follows glacier fed icy river and then crossing a stream coming from Gya La, from this spot there's a trail on the right side leading to Tibet border. From here our route diverts towards Larkya Bazaar also known as Dharmasala meaning guest house in Nepali.

(In early days before 1960's a flourishing trade used to take place between Nepal and Tibet till China invaded Tibet, and that is why this place still called as Larkya Bazaar.

After Larkya bazaar, few hours of gentle walk reaching at Dharamsala for overnight stop right at the bottom of Larkya la pass, afternoon free for rest and short walk with magnificent surrounding scenery.

Day 11: Cross Larkya la 5,106 m and descend to Bhimthang 3,720m -08 hrs.

Today a tough long day, starting earlier with a climb over the high ridge then reaching four frozen ponds, and then climbing higher at the top of Larkya La Pass which is above 5,200 m / 17,060 ft, at the top enjoy views of Mt. Manaslu, Larkya peak, Himlung Himal all the way towards Ganesh Himal towards eastern horizon. Sometime high altitude and much snow on the pass can create little obstacles while traversing these glacier moraines. After a memorable moment walk leads on the long downhill path to reach at Bhimthang for overnight stop. A beautiful green valley with grassy meadow surrounded by coniferous pine and rhododendron tree lines. After long hard walk of previous day, walk is easier from here onward on the gradual and downhill path through enchanting and pristine forest of rhododendron, oaks and pines trees, after a pleasant walk with view of surrounding landscapes and rolling hills finally reaching a small temporary settlement at Gho for overnight stop.

Day 12: Trek to Dharapani 1,860 m - 05 hrs.

From here onwards on the gradual trail to Dharapani and beyond morning walk leads through densely forested area with summer pasture, this wonderful walk reaches a nice village of Tiliche, just by the bank of Marsyangdi river below the village of Dharapani. From here a steep climb for an hour crossing bridge over raging Marsyangdi River to reach in Dharapani village for overnight stop, where the Annapurna Circuit trail joins.

Day 13: Drive back to Kathmandu - 09-10 hrs.

Catching morning views of snow-clad peaks, overland drive leads to a long winding downhill through interesting towns and villages, heading to warmer area and back into rural farm country and villages to reach around farm country of Lamjung district at Besisar town.

After Lamjung area our drive concludes at Kathmandu, then transfer to your hotels around Thamel area, with free afternoon for individual activities.

Day 14: Final International departure homeward bound.

Last day in amazing Nepal with wonderful and enjoyable time around Manaslu Circuit Trek Trekking, our staff will transfer you to Kathmandu international airport for your final flight back homeward bound or to respective countries.

Cost Includes (Included Services)

- ✓ 11 Nights Teahouse/Lodge/Hotel Accommodations in Mountain
- ✓ 2 Nights Selected (Star 3 Category) Hotel in Kathmandu
- ✓ 2 Breakfast Provided in Kathmandu
- ✓ 11 X Breakfast, 11 X Lunch and 10 X Dinner on During the Trek
- ✓ 11 Days Guide During the Trek from Kathmandu to Kathmandu
- ✓ 2 Times Airport Pick Up and Drop on Arrival and Departure
- ✓ Manaslu Circuit Normal Entrance Permit
- ✓ Annapurna Circuit Normal Entrance Permit
- ✓ Manaslu Special Permit (8Days)
- ✓ Kathmandu to Sotikhola Local Bus Fare
- ✓ Dharapani to Kathmandu Local Bus Fare

Following Services Are Optional

- Porter Service Optional (U\$D 20 Per Day Approximately)
- Private Jeep Optional (U\$D 400 Per Way Approximately)
- Tipping for Guide/Porter Appreciated as You Like



Nepal Base Camp Treks Pvt. Ltd.

P. O. Box. 10114

Mobile +977-9851111874

Ekikaran Sadak, Khusibu, Kathmandu Nepal.

Cell Phone: +977-9851111874

Email: info@sappayesnepal@gmail.com

Email: nepalbasecampletreks@gmail.com

<https://www.nepalbasecampletreks.com/activities/manaslu-circuit-trek>

