

# Manaslu Circuit Trekking



## Introduction

Manaslu circuit trekking is a strenuous trek which trek around Mt. Manaslu (8118m.). The highest pass in Manaslu circuit trek is called Larkya la Pass (5213m.). [Manaslu](#) Trek is starts from Arughat Bazar eastern side and end in Annapurna. The lower part of Manaslu is the settlement of Gurung, Magar, Tamang, Bramin, Chhetiri and the upper part is the habitat of Bhotias (Tibetan), culturally and religiously dominated by Tibetan. You will encounter with remoteness of Nepal and beautiful view of Mt. Manaslu and many other peaks. The upper part of Manaslu is a controlled area. Trekkers need to get a special permit to do a trek in this area. In the deep winter, there are many chances to be blocked. To avoid from the [Mountain sickness](#), Larkya Phedi or Larkya Bazar is the acclimatization place

## Trip Facts

Trip Duration	15 Days
Trip Grade:	Moderate to fairly hard
Best Season	March-may, Oct - November
Per Day Hiking:	5-6 hr
Elevation	5153m
Accomodation	Local guest house/ tented camp
Transportation	Private jeep/ local

## Itinerary Details

### Day 01: Arrival in Kathmandu:

We will meet you in Nepal airport and transfer to hotel in the city center. You will visit our office in Thamel at evening and finish official formalities. We will introduce to your guide and trip briefing. Evening we will organize a cultural dinner at Nepali restaurant. Overnight rest in Hotel.

**Transfer:** Arrival transfer by private vehicle

**Meal:** Cultural dinner a Nepali restaurant.

**Accommodation:** Hotel in city center

**Day 02: Kathmandu sightseeing:**

Take a breakfast at Hotel and drive to sight seeing with our city guide. (Pashupatinath, Swoyambhunath, Bouddhanath and Durbar Squares). Night rest at Hotel

**Transfer:** Arrival transfer by private vehicle

**Accommodation:** Hotel in city center

**Meal included:** Breakfast at Hotel

**Tour:** Guided sight seeing in the city

**Day 03: Drive to Arughat, the starting point of Trek (6-7hrs):**

This is the day when your adventure actually begins. After seven hour drive we will arrived at Arughat, Gorkha. This is exactly where the trek to Manaslu Circuit starts

**Meal included:** Breakfast at Hotel and Lunch and dinner at Local guest house.

**Accommodation:** Over night at the Hotel in the city center

**Taken Care By:** Our trekking guide and porter.

**Day 04: Trek to Soti Khola (530m/5-6hrs):**

You will follow the Budi Gandaki river passing a cultural and Nepal rural village. Once you hike to Soti Khole your camp will be set for the night rest. If you like you can take a fresh water bath in the river. You will have night rest in the camp/ local house breathing a mountain fresh air.

**Meal included:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

**Day 05: Trek to Macha Khola (890m/ 6hrs):**

You will hike down Soti Khola until the trail begins to take off in the later part of the day. Today you will be passing a forested trail exploring a flora and fauna. You will be spending your night at the river banks of Machha Khola.

**Meal included:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

**Day 06: Trek to Jagat (1350m/6-7hrs):**

The trail will rise compare to yesterday. The down hills will be seen beautiful. You will be passing hot spring and lush green forest. The final destination for today will be at a Jagat village.

**Meal included:** BLD from Local lodge  
**Taken Care by:** by trekking guide and  
**Accommodation:** Over night at the local house/ tented camp

**Day 07: Trek to Philim (1700m/5-6hrs):**

now your trek will gradually hike. You must save a power to do it smoothly. This is a short day just about 3-4 hours. You will enjoy a mountain view and playing, singing or dancing with your trekking crew

**Meal:** BLD from Local lodge  
**Taken Care by:** by trekking guide and  
**Accommodation:** Over night at the local house/ tented camp

**Day 08: Trek to Deng (2095m/6-7hrs):**

You must feel excitement with the changes of the topography and scenery. The life style is getting more similar to the Tibetan way.

**Meal:** BLD from Local lodge  
**Taken Care by:** by trekking guide and  
**Accommodation:** Over night at the local house/ tented camp

**Day 09: Trek to Namrung (2900/ 5-6hrs):**

From today the Himalayas are started to be seen closely ( Naike peak, Manaslu North 7774 meters and Manaslu (8150 meters). You will be passing with a small farm land and tiny Tibetan style villages.

**Meal:** BLD from Local lodge  
**Taken Care by:** by trekking guide and  
**Accommodation:** Over night at the local house/ tented camp

**Day 10: Trek to Lho Gaun (3100m/ 4-5hrs):**

Now you are already above 3000m and you have acclimatized to enter the alpine zone. Now you will see more exotic mountain view, glaciers, grazing flat lands to yak and sheep. Now you will encounter with Gumpa and lamaistic life. You will arriving to Lho village pre dominantly Buddhist village, and you will surrounded by chortens, mani wall. Today you will view Ganesh I Peak 29 and Manaslu.

**Meal:** BLD from Local lodge  
**Taken Care by:** by trekking guide and  
**Accommodation:** Over night at the local house/ tented camp

**Day 11: Trek to Sama Gaun (3390/5-6hr):**

This is a short day to trek to gain a altitude. Once you arrive at your camp you can do some clean job. Explore the village or enjoy with your team. Over night in the camp

**Meal:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

### **Day 12: Acclimatization Day:**

While you are going about 3000m you are advised to take a day as acclimatization. You will feel the low level of oxygen and difficult to breath. The rest day will acclimatize to go higher without problem.

**Meal:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

### **Day 13: Trek to Samdo (3690m/5-6hrs):**

Now you are above the tree line and in the alpine zone. You will enjoy the icy trails; bear Mountains, snowy peaks, glaciers. You will be passing with Chorten and prayer flags on the way.

**Meal:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

### **Day 14: Trek to Larkya La Phedi (4460m/4-5hrs):**

Larkya phedi is a small old bazaar. You can see towering mt. Manasu and other mountains around you. Across the river is a huge settlement Sumdu will welcome you. You will see the old trade route to Tibet along the river. Today you must have good food and good sleep as tomorrow is a big day to you. Over night in the camp

**Meal:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

### **Day 15: Trek to Larkya La Phedi (Pass 5153m) to Bimthang (3590m/8hrs):**

This is a long day than other normal day. You will serve an early breakfast. Take a hot soup and breakfast. Trek towards Larkya Pass our long waiting destination. After a short hike you will be close to Larkya north glacier, offers a great view (Cho Danda and Larkya Peak). The pass gets steeper as you hike up. While you arrive at the pass you will realize it worth every bit of effort you made. Himlung Himal, Cheo Himal, Kangguru Himal and Annapurna II are amazing. Take photos, enjoy the mighty Himalayan peaks and after trek down to Bimtang.

**Meal:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

### **Day 16: Trek to Dharapani (1860m/5-6hrs):**

Enjoy the beauty of Himalchuli and start descending down to Jagat following Tilije Khola. You will join to Annapurna trail at Dharapani. You can expect lot of trekkers to Annapurna circuit.

**Meal:** BLD from Local lodge

**Taken Care by:** by trekking guide and

**Accommodation:** Over night at the local house/ tented camp

### **Day 17: Drive to Besishar to Kathmandu**

Drive to Besishar and continue to Kathmandu : Breakfast will be serve as usual. Ride a local regular jeep to Besishar and continue to Kathmandu with our jeep from Kathmandu. Transfer to you hotel. Night rest in the Hotel

**Meal:** Breakfast and Lunch from Local lodge

**Taken Care by:** by trekking guide and

Accommodation: Hotel in the city center

**Transfer:** Regular/ chartered bus to Katmandu

### **Day 18: Final Departure:**

We will manage the transfer to you to airport. We will see you off at the airport wishing to see you another time with another trek. Home sweet home

**Meal:** Breakfast at Hotel

**Transfer:** by car/ van to airport.

### **Cost Includes :**

- Four night hotel/ guest house in Kathmandu on BB (twin sharing)
- One day guided city sightseeing in Kathmandu by car
- All meals (breakfast, lunch and dinner) whilst on the trek.
- All the land transfer as per itinerary by car/bus.
- Applicable trekking fees (Manaslu Conservation Area Permit, Annapurna Conservation Area Permit and Manaslu trekking permit).
- Guide and Porters and other staff (one porter per two persons is provided to carry the clients personal effects)
- Tent (sleeping tent, kitchen, toilet, mattress) if camping.
- Kitchen and utensil if camping based trek.
- General trekking medical kit
- Insurance for the trekking staff. (insurance as per state law)
- All the government tax and our (AATE) service charges.

### **Cost Excludes :**

- Personal trekking equipment
- Extra accommodation, meal and sight seeing in the city. (They can be included upon request).
- International flights and Visa.
- Your travel insurance (for travel, cancellation, accident, health, emergency evacuation and loss of life, theft of or damage to personal effects).

- Tips and gratuities (crew frequently receives some recognition for good service)
- Costs arising from unforeseen events outside the control of AATE.
- Personal expenses such as alcoholic beverages, soft drinks, mineral water, monuments entrance fees, postage, laundry, video, camera, phone, etc.
- All other services not included in the "cost includes" section above.