



## Manaslu Round/Circuit Trek

### Trip Highlights

- Best remote trek towards the 8th highest peak of the world
- Least crowded trekking trails
- Cultural villages of Gurung and Tibetan Buddhist community
- Flora and fauna of Manaslu Conservation Area
- Exploration of the Budhi Gandaki River Valley and its various richness
- Incredible vistas of the snowcapped peaks: Himalchuli (7,893m), Ngadi Chuli (7,871m), Shiringi (7,187m), Langpo (6,668m) and Saula (6,235m)
- Experience of crossing Larkya La Pass (5,213m)
- Side trips to Manaslu Base Camp via Birendra Lake and Pungyen Gompa

## Manaslu Round/Circuit Trek 17 Days

**Manaslu Circuit Trek** is one of the rarest and excellent treks in the paths of Nepal. Trekking through the off beaten paths and restricted areas, the journey seems just beautiful. The trek will take you to the base of the eighth highest peak in the world Mt. Manaslu (8,163 m). You can encounter Tibetan Traditions on the path, as the region lies on the Nepal- Tibet border. Also, the foreign trekkers considered **Manaslu Trek** as one of the best treks in Nepal. Despite the popular tea houses available on the trek, this trek is simply raw and beautiful. Alternatively, if you have done Annapurna Circuit Trek, this trek will be a great experience. It offers stunning views of Mt. Annapurna, Mt. Dhaulagiri, and many other mountains. If you have two weeks for your holiday, Manaslu Circuit Trek rewards the best out of it. With a moderately difficult trek, the sunrises, snow-capped mountain ranges are totally alluring. You will also encounter the amazing mountain ranges of Himchuli, Shringi, Ngadi Chuli, and Ganesh Himal. The mountains and hills are perfectly wrapped in the **trekking route**. The journey to Manaslu Trekking completely shifts you to an unspoiled region. People living in the Manaslu Region are very few and live miles away from the modern age. With cultural



varieties and traditions, you can embrace nature also. The snowy paths, glacial lakes, and high altitude are the treasures of Manaslu. Manaslu Circuit Trek also gained popularity as **Restricted Area Trekking**. However, some preparations and trekking permits are needed.

How long is the Manaslu Circuit Trek?

You can customize your Manaslu Region Trek, according to your time. Manaslu Trek can be completed in two weeks, that is if you have done a high altitude trek before. However, the standard time to do the Manaslu Circuit Trek is 17 days. During the trek, you will be covering nearly 15 – 20 km daily.

How difficult is Manaslu Circuit Trek?

Depending upon your personal fitness and experience, Manaslu Circuit Trek is Moderately Difficult Trek. The off beaten paths in the Himalayan Region have the risk of Landslide, rain that makes the trek difficult. Not to be confused with Manaslu Expedition, which is very dangerous.

How many miles is the Manaslu Circuit Trek?

The Manaslu Circuit is 111 miles which is almost 180 km. The circuit is less crowded and rewards you with internal and mental peace during the trek. You have to cover nearly 15 – 20 km daily during the Manaslu Trek.

What is the highest point in Manaslu Circuit Trek?

The highest point you will trek in Manaslu Circuit Trekking is Larkya La Pass which is at the altitude of 5,135 m. Also, Mt Manaslu is the eight highest peak of the world at an altitude of 8,156 m. You can see the summit of Mt. Manaslu and many other mountains during the Manaslu Circuit Trekking.

#### **Cost Include**

- Airport pick-up and drop off service.
- Three nights Hotel accommodations in Hotel Thamel
- Trekking Guide and Trekking porter (Two participant=1 porter =Maximum 25 kg of luggage )
- Breakfast, Lunch, Dinner & accommodation during the trekking
- Sleeping bags, down jackets, duffel bags and trekking sticks if required,
- Trekking permit of National park,
- Restricted area trekking permit & all kind of Paper work
- TIMS(Trekking Information Management System )
- Insurance and equipment for the trekking staffs
- First aid kit



- Farewell dinner in Kathmandu with cultural program in typical Traditional Nepal restaurant

### Cost Exclude

- Drinks, beverages, hot shower,
- Travel insurance
- Tips
- Heritage entry free during the sightseeing
- International Flight Ticket
- Meals & hotel accommodation in Kathmandu (without itinerary)

### Day 01: Welcome to Kathmandu (1,350m/4,429ft)

On the arrival time, the representative of **Nepal Trekking Routes** welcomes you at the Kathmandu Airport and escorts you up to the hotel. After taking rest, you can collect some trekking gears required for Manaslu Circuit trek around Thamel, the tourist junction. In the evening, the trekking guide gives you instructions about the trekking itinerary, difficulty, and the nature of landscapes and so on.

### Day 02: Sightseeing Tour around Kathmandu Valley and Trek Preparation

After having breakfast, the tour guide of the company takes you around Kathmandu Valley for showing you the sites worthy of visiting. There are seven out of ten cultural, natural and religious sites recognized by the UNESCO World Heritage Sites in the Kathmandu Valley. You will be visiting Patan Durbar Square, Monkey Temple, Pashuapatinath Temple and Bouddhanath Stupa in the course of Kathmandu Sightseeing tour.

### Day 03: Drive to Soti Khola (815m/2,674ft)-8 Hrs

Today, you head towards the gateway to Manaslu Circuit trekking region by roadway transportation. After having breakfast, you travel in a private jeep along the Prithvi Highway up to Dumre Bazaar, a town below the Queen of Hills, Bandipur. En route, you enjoy the staggering views of the snowy peaks of Manaslu region, Ganesh Himal and Annapurna region. The journey moves ahead along the banks of the Trishuli River and then the Marsyangdi River. After about eight hours driving, you reach the Budhi Gandaki Valley to begin your trekking formally the next morning.

### Day 04: Trek to Machha Khola (930m/3,051ft)-6 Hrs

After having breakfast, you begin the epic trek around Manaslu region through the rugged trail until you get to Machha Khola. You will walk past some gurgling rivers, natural springs and the paddy fields in the course of trip. Similarly, you go across a few suspension bridges over the Budhi Gandaki Valley. You move along Lububesi, a typical Gurung Village that has kept its unique culture and tradition intact for ages.

### Day 05: Trek to Jagat (1,340m/4,396ft)-7 Hrs

Altitude: 2,600m, 4,130m & 3,700m

Today's trekking track continues along a few pastoral Gurung Villages of Manaslu trekking region. You also go across a few suspension and wooden bridges over the mountain rivulets like the Tharo Khola and the Yura Khola. After following a stone stair, you reach Khorlabesi Village and a natural hot water waterfall. You can play with the hot water while taking a short pause here. Moving further, you come across some Gurung ethnic hamlets with their traditional housing pattern, lifestyle, art and architecture. Finally, you reach Jagat



where you spend the night at a teahouse that serves your local organic food as per your appetite.

#### **Day 06: Trek to Deng (1,804m/5,919ft) -7 Hrs**

Walking past some lush subtropical forests, pastoral villages and cultivated fields, you reach Deng for the night stay. The villages you have to go across are Salleri and Sirdibas before you cross the suspension bridge over the Ghatte Khola. Then, you walk past Philim, one of the largest Gurung villages in **Manaslu Circuit** and then, Ekle Bhatti (meaning only one inn for the travelers). By walking through the bamboo forests and wide valley behind, the trail takes you to Deng.

#### **Day 07: Trek to Namrung (2,660m/8,727ft)-6 Hrs**

It is quite interesting trekking today as you go past some dense forests, alpine vegetation and a few villages having rich culture and tradition. While continuing along the trail, you enjoy the enchanting vistas of the **major peaks of Manaslu region**. You can reach Namrung by following an alternative way via the village Prok that offers you the wonderful view of the **Siringi Himal**. You have to cross the **Budhi Gandaki River** several times by using the suspension bridges while moving further. This alternative **trekking trail of Manaslu region** takes you through **Manaslu Conservation Area**, an in-situ for wildlife and vegetation.

#### **Day 08: Trek to Lho (3,180m/10,433ft)-4 Hrs**

Moving ahead towards Lho village, you can enjoy the typical lifestyle and Tibetan Buddhist influence in the Nubri Valley. **Nubri Valley** and **Tsum Valley** are the two major valleys in **Manaslu region**. Nubri Valley is occupied by the Gurung ethnic communities and the majority of people are in foreign employment. Until you reach the mani walls of Lho Village, you continue along the lush forests of rhododendron and oak, deep valley and terraced land with variety of crops. On the way, you come to see the enthralling view of the **Pungen Glacier** that originates from Peak 29 of **Manaslu area**. Here, you can enjoy the eye-catching sights of the **snowcapped peaks of Manaslu region**.

#### **Day 09: Trek to Samagaun (3,530m/11,581ft)-4 Hrs**

Lho village serves you with a beautiful sunrise view of Mt. Siringi, Mt. Ganesh and Mt. Himalchuli. Therefore, don't forget to take a short visit to Ribung Gompa before leaving Lho Village. Then, you follow the trail that leads you through Lihi which is a beautiful village with monasteries and terraced fields beautified by various crops. Thereafter, you walk past three other villages naming, Sho, Lho and Shyala from where you see the alluring outlook Manaslu region peaks. The enchanting view of Peak 29, Himal Chuli, Mt. Manaslu and large glaciers accompany you while moving ahead. In the end, you reach Samagaun, which is a naturally and culturally attractive village and rest point throughout Manaslu Circuit trek.

#### **Day 10: Acclimatization Day**

Samagaun is the best place to have an acclimatization day as there are a few interesting sites to visit to make your trekking more memorable. You can take side trip to Pungyen Gompa (also called Sama Gompa), which takes about two hours' walking distance from here. From the monastery location, you can enjoy the stunning vistas of the Manaslu Glacier, the largest glacier in the entire Manaslu region. While roaming around the gompa, you come to see hundreds of Sherpa women wearing their cultural attire, ornaments. The chortens and mani walls bejeweled with the prayer flags give you a real peace of mind and



soul.

Alternatively, you can take another hike to Manaslu Base Camp (4,800m) that rewards you with the heart touching scenery of the Manaslu valley and Himalayas around. On the way, you come to see the Birendra Lake which is one of the freshwater lakes in Manaslu Himalayan region. Spread in about 3 sq. kilometers, Birendra Lake is formed due to the deposit of the Manaslu Glacier. Nowadays, it has become more and more popular among the domestic as well as international trekkers to Manaslu Circuit.

#### **Day 11: Trek to Samdo (3,690m/12,106ft)-4 Hrs**

After having breakfast, you follow the trail that ascends towards the **Budhi Gandaki River** banks and then, a few suspension bridges and Mani walls. You walk past some villages reflecting Buddhism in the Himalayas taking you very close to Nepal-Tibet border. This is the ancient trade route between Nepal and Tibet before other routes were not developed and you can find such practices even today. By walking through juniper and birch forests, you reach Samdo by leaving Kermo Kharka village behind. Overnight stay at a teahouse.

#### **Day 12: Trek to Dharmasala (4,470m/14,665ft)-4 Hrs**

You continue the journey today after taking breakfast. On the way, you will walk past a seasonal Tibetan market of the region, also known as Larke Bazaar. Then, you ascend to the Budhi Gandaki River relishing the stunning view of Larkya Glacier. Again, crossing the Salka Khola valley, you end at Dharmasala after walking for about four hours. You are going to cross the highest point of the entire Manaslu Round trekking itinerary the following morning. Therefore, we recommend you to take side trips around Dharmasala to prepare yourself for crossing 5,160m high pass.

#### **Day 13: Trek to Bimtang (3,750m/12,303ft) via Larkya La Pass (5,160m/16,929ft)-10 Hrs**

You are going to cross the most challenging but memorable high Himalayan pass of Manaslu region trekking. After having breakfast, you move ahead by keeping your determination quite higher. On the way, you enjoy the captivating sight of snowcapped peaks, glacial lakes, pastoral hamlets and diverse flora-fauna. Walking through the **Larkya Glacial Valley** rewards you with the miraculous sight of Cho Danda and Larkya Peak. Walk slowly but steadily to avoid altitude sickness to reach the top of the high pass. Once you reach the top of **Larkya La Pass** (5,160m), you can have an unforgettable memories of Himlung Himal, Cheo Himal and **Annapurna II**. While moving downhill towards Bimtang, you can have a distant view of imminent **Manaslu Mountain** in the early sunset. Overnight stay at a teahouse at Bimtang by enjoying the cuisines prepared and served by the **Sherpa people**.

#### **Day 14: Trek to Tilche (1,700m/5,577ft)-5 Hrs**

After having breakfast at Bimtang, you begin your trekking today by walking along a ridge having a wonderful mountain view. You come to witness majestic view of **snow-clad peaks of Manaslu**, Lamjung, Himlung and Cheo until you cross the Dudh Khola River. Then the trail penetrates through a lush rhododendron forests and then cultivated land of Karche village. Walking along the rugged trail that moves uphill now and downhill then, you reach Tilche (Tilje) for the night rest.

#### **Day 15: Trek to Dharapani (1,860m/6,102ft) and Drive to Beshisahar (760m/2,493ft)-9 Hrs**

Today is the last day of trekking in Manaslu Circuit, so, you begin the voyage after



breakfast. The trekking route that goes past Thonje village walking along the stone-paved staircase to reach Dharapani. You meet **Annapurna Circuit Trekking trail** from Dharapani walking for about three hours. Taking a short break here, you catch a private jeep to drive to Beshisahar, the **gateway to Annapurna region trekking**. You can celebrate the successful completion of **Manaslu Circuit trek** with the fellow trekkers to make this journey a lifelong memory.

### Day 16: Drive back to Kathmandu-6 Hrs

After having breakfast at the hotel, you begin the retreat travel to Kathmandu driving along the same route you used two weeks earlier. By using a private jeep, you set off to the Capital City of Kathmandu enjoying the stunning view of the surrounding landscapes and trade centers. After you arrive Kathmandu, the team member leaves you at the hotel. In the leisure time, you can visit around the tourist center, Thamel to purchase some tokens of love to gift your people back in the hometown. In the evening, the agency organizes a farewell dinner at a cultural café or restaurant as a part of hospitality.

### Day 17: Final Departure

Today, you have come to the end of Manaslu Circuit trek 17 days' itinerary. So, the crewmember of the company accompanies you up to the Kathmandu Airport according to your flight schedule.

***Per person Twin sharing USD 1290 PP with 3Night hotel accommodations in Thamel Hotel***



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