

## Manaslu Circuit Trek -17 Days

Manaslu Circuit Trek takes you to the western part of Nepal and allows you to appreciate the grandeur of the world's eighth highest mountain – Mt. Manaslu. The trail of Manaslu Circuit Trek lies close to the Tibetan borders and was opened for trekkers only after 1992. Hence, Manaslu Circuit Trek is an excellent option to venture into some virgin lands of Nepal and experience the real essence of lush hills, pristine environment, mountains, and wild mountainous terrain.

If you are thinking of trekking into a less crowded, off the beaten type trail, then Manaslu circuit trek is a wonderful option. It takes you to some restricted areas of Nepal with beautiful views of [Manaslu Himal](#), Annapurna Himal, and Dhaulagiri peak on sight. The trek offers an excellent opportunity to walk into the dense woods of the Manaslu Conservation area. The conservation area in itself is home to many rare species of floras, faunas, birds, and butterflies. You can enjoy the biodiversity as you walk pass the trail of Manaslu Circuit Trek.

For Manaslu Circuit Trek, one has to take permission before organizing treks to this region. It is a restricted trek, but one of the most exceptional adventure experiences that one could have ever rejoiced. The trek as a whole is a combo of natural beauty and cultural diversity. It starts with a drive from Kathmandu to Arughat, which is followed by ascending to Larkya pass. From the pass, the trek drops down to Bulbule and ends with a drive back to Kathmandu.

Manaslu Circuit Trek can be the best alternative for [Annapurna Circuit Trek](#). It is a moderate level trek into the wilderness and isolated serenity of nature. So, pack your bags and jump on your hiking boots! Manaslu Circuit Trek is here to let you traverse into the forests and hike up to Larkya pass to enjoy some outstanding views of [Mt. Manaslu](#), Himlung Himal, [Cheo Himal](#), Annapurna II, Kang Guru, Nemjung and many more.

### Itinerary

#### Day 01 : Welcome to Kathmandu

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance, if any, at the arrival section of the airport. As you come out, you will find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.

#### Day 02 : Sightseeing in Kathmandu

The second day is a day tour just to warm up prior to your trekking journey. Kathmandu is a city enriched with artistic palaces, beautiful monuments, ancient temples, and other constructions of historical and cultural importance. No wonder the city has seven out of ten UNESCO listed world heritage sites. Today, you will be guided to the UNESCO listed heritage sites in Kathmandu. These heritages are perfect examples of rich history, exceptional culture, and architectural treasures of Nepal. At first, you will be taken to Kathmandu Durbar Square. The art, crafts, and carvings in the palaces, temples, and other monuments of the durbar square are excellent. After that, you will be escorted to Swayambhunath stupa (Monkey temple), Pashupatinath temple and Boudhanath stupa respectively. (Inclusive of breakfast)

### Day 03 : Drive to Sotikhola (700 Meters) - 07 Hours

On day 3, we will start early at 8:00 am. We will pick you up at 8 a.m. and start our drive to Arughat, which will take us approximately 8 hours. The road will be gratifying for the first four hours to DhadingBensi (the district headquarter of Dhading at 1050m) but will be bumpy for the second section to Arughat. From Arughat, we will drive another one and half hour to Sotikhola and stay there at a guesthouse. (Inclusive of breakfast, lunch, and dinner)

### Day 04 : Trek to Macchakhola (930 Meters) - 04 Hours

Day 4 marks the starting of our trekking journey. We commence our trek with a gentle walk from Sotikhola. We cross a long suspension bridge over the Sotikhola and continue our walk up through the dense forests of Sal. We climb up to a ridge that lies just above the Budi Gandaki river and continues our walk to Khursane. From here, the trail follows a rocky path adorned by beautiful cliffs and waterfalls. We pass terraced farmlands on the way to Labubesi and cross a sandy path along the river bed. We further climb up a rocky cliff until we open up to a valley. We keep on following the trail until we reach the village of Macchakhola. Tonight, at a guesthouse in Macchakhola(Inclusive of breakfast, lunch, and dinner)

### Day 05 : Trek to Jagat (1340 Meters) - 05 Hours

Leaving Macchakhola, we follow a trail that narrows down to Tharokhola and moves ahead to Khorlabesi. From here, our trail undulates up and down to the hot water spring of Tatopani. At Tatopani, we can enjoy the hot water bath to soothe our nerves and senses. After enjoying some quality time at Tatopani, we climb up a ridge and cross Budhigandakikhola. From the river, climb up a stone-paved staircase to ThdoBharyang via Dohan. Finally, after crossing west bank of Budhigandaki River, we climb up to reach the village of Jagat. Tonight, at a guesthouse in Jagat(Inclusive of breakfast, lunch, and dinner)

## Day 06 : Trek to Deng (1860 Meters) - 5:30 Hours

Today, we leave Jagat and climb up a rocky ridge to the village of Salleri and then to Sirdibas. We follow the trail that leads us to Ghatta Khola and climbs up to a charming village of Gurung people known as Phillim. From this village, the trail turns north through the farmlands to Ekle Bhatti and then descends down along a grassy slope to Budhigandaki river. Here, we cross a bridge and walk through the bamboo forests to the Deng Khola. After crossing a bridge over the river, we reach the village of Deng. Tonight, at a guesthouse in Deng (Inclusive of breakfast, lunch, and dinner)

## Day 07 : Trek to Namrung (2630 Meters) - 05 Hours

From Deng, we take a short walk to Budhigandaki river and climb up to the village of Rana. We continue our climb and walk west to the Budhigandaki valley. As we open up to the valley, we can enjoy a pleasant walk along with the forests and path adorned with painted mani stones. We pass the village of Ghap and enter to Prok village. From the village, we will be able to witness the alluring beauty of Sringi Himal.

Further, we pass the dense forests of rhododendron, gompas, rivers, and gorges on the way to Namrung. Namrung is also famous as a vantage point for the best views of Hiunchuli and Ganesh Himal. Tonight, at a guesthouse in Namrung (Inclusive of breakfast, lunch, and dinner)

## Day 08 : Trek to Lho gaon (3180 Meters) - 04 Hours

The trail climbs up steep and passes through a dense forest on the way to the village of Lihi. The village looks amazingly beautiful with the chortens and barley terraces. As we move ahead, we cross the valley of Simnang and pass the village of Sho to reach Lho. Lho is a beautiful, isolated village in the Manaslu region enriched with its preserved culture. Upon arrival, we can visit an ancient monastery in the village of Lho. Tonight, at a guesthouse in Lho village (Inclusive of breakfast, lunch, and dinner)

## Day 09 : Trek to Samagaon (3520 Meters) - 03 Hours

Today, we leave Lho gaon and continue our walk towards Samagaon. We pass Shyala village on the way to Samagaon. Upon arrival, we will be rewarded with some amazing views of Mt. Manaslu. There is an ancient monastery in the village popular as Ribung gumpa. We visit the gumpa and enjoy our time exploring the village in the backdrop of beautiful Himalayas and glaciers. Tonight, at a guesthouse in Samagaon (Inclusive of breakfast, lunch, and dinner)

## Day 10 : Acclimatization in Samagaon

We enjoy an extra day in Samagaon to acclimatize ourselves with the rising elevation. We spend our day exploring the village and visit some important places in the surrounding. We visit a lake called Birendra Tal nearby and then head towards Anie Gumpa. Further, we head towards Pungyen gumpa which is a beautiful place that offers some scenic views of mountains and glaciers. After a hike up to the gumpa, we return back to Samagaon for the evening. Tonight, at a guesthouse in Samagaon (Inclusive of breakfast, lunch, and dinner)

#### **Day 11 : Trek to Samdo (3875 Meters) - 3:30 Hours**

Leaving Samagaon, we follow the trail along Budhi Gandaki River and hike up to a stream. We cross a suspension bridge over the river and ascend to the right of Larkya La. The trail is easy with beautiful mani walls and alpine forests that decorate the way. We again cross a bridge over the Budhi Gandaki River and follow a trail that will lead us to Samdo. Tonight, at a guesthouse in Samdo (Inclusive of breakfast, lunch, and dinner)

#### **Day 12 : Trek to Dharamshala (4460 Meters)**

Early in the morning, after breakfast, we cross a wooden bridge over the Budhi Gandaki River and climb up towards Dharamshala. We cross a few streams and walk around the valley with wonderful views of Larkya glacier on sight. We continue our walk through the trail until we reach Dharamshala. Tonight, at a guesthouse in Dharamshala (Inclusive of breakfast, lunch, and dinner)

#### **Day 13 : Cross Larkya La (5160 Meters) -04 Hours and trek to Bhimphedi (3590 Meters) -04 Hours**

Today, early in the morning, we climb up and open up to a valley on the northern side of Larkya glacier. We ascend steep, enjoying some exquisite views of the Larkya peak. As we go steep, we come across the pass and cross the pass with some stunning views of Himlung, Kanguru, Cheo Himal and Annapurna Himal on sight. From the pass, we descend down to Bhimphedi, enjoying the close of views of Mt. Manaslu. Tonight, at a guesthouse in Bhimphedi (Inclusive of breakfast, lunch, and dinner)

#### **Day 14 : Trek to Tilje (2300 Meters) - 4:30 Hours**

From Bhimphedi, we descend down to the high pastures and then to Dudh Khola. We further walk through the dense forests of rhododendron, narrow valleys, and fields to make a final ascent up to the village of Gho. A short walk from the village brings us to Tilje. We stop at Tilje for the night. (Inclusive of breakfast, lunch, and dinner)

#### **Day 15 : Trek to Chyamche (1430 Meters) - 4:30 Hours**

We drop down through the trail and walk along the stone-paved path through a village to Dudh Khola. We pass the village of Thonje and walk towards Dharapani. From here, we continue walking until we reach Chamje. Tonight, at a guesthouse in Bhimphedi (Inclusive of breakfast, lunch, and dinner)

### Day 16 : Drive to Kathmandu (1400 Meters) - 06 Hours

We are in the final days of our trekking journey. We wrap our trekking journey with a drive back to Kathmandu. On the way back, we can witness the beautiful scenery of villages, terraced farmlands, lush hills, and valleys. Upon our arrival in Kathmandu, you will be escorted to your hotel room in Kathmandu. Tonight at a hotel in Kathmandu (Inclusive of breakfast and lunch)

### Day 17 : Departure day

Before a few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuvan International airport. (Inclusive of Breakfast)

## Inclusion

- Airport pick up/ drop facility.
- All ground transportation during the trip.
- Accommodation in a three-star category hotel in Kathmandu.
- Accommodation in guesthouses during the trekking journey.
- Trekking permit.
- Trekking completion certificate from company.
- Entry fee to national parks, heritage sites and other places.
- Sleeping bag if you require.
- A professional English speaking guide and a porter (one porter for two clients).
- Insurance of support crew members and their other costs.
- First aid kit.
- All government taxes.

## Exclusion

- Travel insurance.
- International airfare.
- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US \$ 50 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying the US \$ 125). Please bring 2 copies of passport-size photos
- Lunch and dinner in Kathmandu.
- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, Chocolates, etc.
- Utility expenses like telephone, electricity for charging, internet, laundry services, etc.
- Tips for support crew members of your trekking team.