14 Day Manaslu Circuit Trek

Day 1: Arrive in Kathmandu (1,365 m. / 4,478 ft.) and transfer to the hotel in 20–30 minutes.
The team will greet you at Tribhuvan International Airport and take you to your hotel in the city. After check-in, a detailed altitude and safety briefing will be conducted. You can also check your equipment. The rest of the day is free for you to take a short walk around Thamel or buy some last-minute gear. **Overnight in Kathmandu.**

Day 2: Drive to Machha Khola 900 m / 2,952 feet approx. 8 hours.
Your trip to Manaslu Circuit begins from Kathmandu. To start, you can take a Bus at 6 am from Kathmandu to Maccha Khola. Although the road is dusty and bumpy, you will catch the best landscape views from your window seat. Overnight at one of the teahouses in Maccha Khola. **Included Meal:- Breakfast, Lunch and Dinner**

Day 3: Trek from Machha Khola to Jagat (1,340m / 4,396 ft.). approx. 6-7 hours.
After a pleasant overnight stop, enjoying breakfast morning walks leads to Jagat village. The trek through lush forests and terraced fields and cross few more suspension bridges. As walk proceeds crossing a river then short up to Jagat, for overnight stay in Jagat. **Included Meal:- Breakfast, Lunch and Dinner**

Day 4: Trek from Jagat to Deng (1,860m / 6,102 ft.) – 6 -7 hours.
Today walks leads to Deng Village, a moderate distance to trek on leaving Jagat. As walk enters the restricted areas of Upper Manaslu, heading downs and ups to cross few bridges over smaller streams. Then uphill to Salleri a small village and then down to Sirdibas. As the walk follows to cross another bridge above Gatte Khola, as climb leads to Philim. A wonderful spread out Gurung farm village, for lunch stop. Afternoon the walk follows on gradual winding path Ekle Bhatti, to cross a stream. Slowly a short climb reaches Deng, a nice farm village for overnight stop. Enjoy the comfort of a nice lodge, with time for stroll around the village to observe the local heritage customs. From Deng onwards the villages of strong Tibetan Buddhism religion and cultures. Overnight stay at Deng. **Included Meal:- Breakfast, Lunch and Dinner**

Day 5: Trek from Deng to Namrung – (2,660m / 8,727 ft.)– 6-7 hours

From Deng into higher country, the air gets much cooler, morning walk leads across a bridge of Budhi Gandaki River. Then climb to Bhi, a small settlement, and then into rhododendrons and pine forest to Prok village. As walk continues encountering impressive Buddhist monuments, and then reaching Namrung, a nice village for overnight stop. The village offers majestic views of Mt. Manaslu North Face. At Namrung enjoy the comfort of nice lodge accommodation and explore the traditional and cultural village activities.. Overnight stay at Namrung. **Included Meal:- Breakfast, Lunch and Dinner**

Day 6: Namrung to Lho-Gaun (3,180m / 10,433 ft.)- 5-6 hours.

Morning enjoying the splendid surrounding beautiful scenery, walk follows on nice uphill path through pine woods. The trail leads to a nice village of Lihi, from here crossing a stream feed from the glaciers of Lindanda peak. Slowly the gentle path of short ups leads to Sho village, facing view of Simnang Himal. Finally the day walks ends reaching Lho-Gaun, a lovely village adorned with Buddhist monuments of Mani Walls, Chorten and Stupas. Enjoy the overnight in a nice cozy lodge, having large pleasant dining rooms serving comprehensive food menu. Overnight stay at Lo Gaun. **Included Meal:- Breakfast, Lunch and Dinner**

Day 7: Lho-Gaun to Sama-Gaun (3,500m / 11,483 ft.)- 6 hours.
Today the adventure from Lho-Gaun takes in the heart of Manaslu Valley at Sama-Gaun. The main village of the higher Gorkha district, the walk leads through a cook forest to Shyala village. A nice place with large a crops fields, with several resting benches, the trail leads to cross a small stream. Which flows from Pungyen peak glacier, then slowly the walks completes on reaching Sama-Gaun for two overnight stops in a nice lodge at Sama- Gaun. **Included Meal:- Breakfast, Lunch and Dinner**

Day 8: At Sama-Gaun rest day for acclimatization and excursion.
This is the day of acclimatization at Sama Gaun to prevent altitude-related illness. And, as an acclimatization hike, you will walk to Pungyen Gompa east of the Nubri Valley. On this acclimatization hike, you have to take a packed lunch.

Once at the hilltop, you will get enticing views of Manaslu. Nearby, you will see many Himalayan Thars and Yaks grazing.

Or, you can hike to Manaslu Base Camp north of Sama Gaun. You can follow the trail past Birendra Tal and turn left onto the base camp track.

You will climb the steady trails. However, the altitude may cause breathing difficulty. So, you need to maintain body hydration and walk slowly. Proceeding slowly, you will walk north of Manaslu Glacier to basecamp at 4,400m / 14,435, then return.

Or, you can hike to Birendra Tal, a short walk from Sama Gaun. This is an option if you feel the need for a rest or if you are finding the altitude difficult. **Included Meal:- Breakfast, Lunch and Dinner**

Day 9: Sama Gaun to Samdo (3,875m / 12,713 ft.)-4-5 hours.

From Sama-Gaun, enjoying a pleasant rest day and scenic hike, todays a short day walks. But the altitude gains at gradual pace all the way to Samdo for overnight halt. The walk begins following the pasture grazing fields, with slow climb to a small woods of birch and juniper trees. Reaching Budhi Gandaki River to cross over a small wooden bridge, with short steep climb to Samdo. A moderate size village, which is on route to Tibet / China border and towards Larke-La pass.

A nice typical Tibetan style village, with simple lodge accommodation for overnight stop. Enjoy the afternoon exploring the last permanent settlements of high Gorkha district and Manaslu Valley. Overnight stay at Samdo. **Included Meal:- Breakfast, Lunch and Dinner**

Day 10: Samdo to Dharmasala (4,450m / 14,600 ft.) -4-5 hours.

On leaving the last village of higher Manaslu areas, walk follows to the end of a valley rim. The trail leads past old monuments of Mani walls to cross a wooden bridge over Budhi Gandaki River for last time. As walk follows past Larke streams coming across series of Mani walks and prayer flags then reaching Phedi. Popularly known as Dharmasala, which means a shelter for travelers, at present few lodges has been built. But not enough for hundreds of trekkers that throngs for overnight halts. To accommodate large number of trekkers a huge dormitory and tented camps are available. Ordering meals ahead to avoid the confusion with large crowds of trekkers. On reaching Dharmasala overnight in a large dorm or in a spacious tents outside the lodge premises. Afternoon after lunch take a short walk or relax and enjoy the glorious views of Larke glacier and peaks of Larke and Mt. Manaslu. Overnight stay at Dharmashala. **Included Meal:- Breakfast, Lunch and Dinner**

Day 11: Dharmasala to Bimthang via Larkya Pass (5,106m / 16,752 ft.) (Bimthang – 3,590 m / 11,778 ft. – 10 hours)
This is a special day as you will walk to the trail's highest point. On this day, you will walk to Larkya La Pass (5,106m / 16,752 ft). The walk could be quite challenging in bad weather and the snow, yet; it is doable. You will cross the pass before the afternoon, so you must wake up early (3 a.m.), have breakfast, and leave the teahouse early. This is the challenging part of the trek, but if you walk steadily, you can walk to the pass successfully.

The stunning views you will witness once you stand at the pass make the trip more enlightened. You will catch views of Himlung (7,126m/ 23,379 ft) near Tibet Kang Guru (6,981m /22,903 ft), and Annapurna II (7,937m / 26,040 ft) in the Annapurna Range.

Spending your particular time at the pass, you will walk down for around 3 hours toward Bimthang for an overnight stay. On descending, you will get views of huge icefalls and mountains in all directions, Pongkar Tal between the Pongkar and Salpu Danda Glaciers.

Day 12: Bimthang to Dharapani (1,970 m / 6.463 ft.)– 7 hours
This is the final day you will be walking on the trails of the Manaslu region. On climbing downhill, you will walk through the lush forests full of flora and fauna, including rhododendron bushes.

Walking back across the Dudh Khola, you will walk to Karche for lunch. In the next hour, you will see many signs of a glacial flood, with tree trunks smashed and banks undermined, the track becoming rough. And the trail drops to Gurung Gaun, the first village since Samdo.

The valley becomes more agricultural and lush as you pass fields and copses of oak and rhododendron, staying on the north (true right) bank until Tilije. From there, you will continue your stroll toward Dharapani. Overnight stay at Dharapani. **Included Meal:- Breakfast, Lunch and Dinner**

Day 13: Dharapani to Kathmandu (Drive)– 10 hrs

You will take a jeep from Dharapani to Besisahar. From there, you will take a ride back to Kathmandu. After the 6 to 7-hour drive from Besisahar, After reaching Kathmandu, we will attend a cultural dinner and then return to the hotel. You will stay and rest at the hotel in Kathmandu. **Included Meal:- Breakfast and Dinner**

Day 14: International departure for homeward bound.

After an enjoyable and most mesmerizing time in Nepal, around the Himalayas on Manaslu Circuit Trek. As time for departure, our staff transfer you to international airport for flight homeward bound or to next port of call. **Included Meals:- Breakfast**

Total cost of the trip is USD 1055 per person (for group of 2 People)

Booking & Cancellation Policy

To confirm your booking, a deposit of **USD 200** is required in our bank account.

Includes

- Airport Pick up and drop off.
- 2 Night hotel in Kathmandu with Breakfast (3 - star rated hotel).
- All accommodation in T-house Lodges during Trekking
- Breakfast Lunch and Dinner during Trekking.
- Meal as per Itinerary
- Experience and government licensed guide and porter.
- Ground transportation from Kathmandu-Machhakhola (sharing Bus)
- Ground transportation from Dharapani-Besisahar (sharing Jeep) and Besisahar- Kathmandu (sharing Bus or Hiace)
- First aid kit carry by Sherpa leader
- Food salary insurance for Guide and Porter
- Company-branded duffel bag provided for trekking
- Restricted Permit and National park entrance fee
- All government charges and taxes
- 1 porter for 2 trekkers
- Farewell dinner last night in Kathmandu.

Excludes

- Travel insurance
- Personal equipment's and personal expenses
- Tips for guide and porter

Safety

your safety is of paramount concern while traveling with Treklanders Adventures. Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Every effort will be made to keep to the above itinerary; however, since this adventure entails travelling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, health condition of a group member, unexpected natural disasters, etc., can all contribute to changes in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. In case of natural calamities i.e. political unrest, cancellation of flight due to weather, landslides etc. any extra charges should be borne by the customer.