HIGH ROUTE ADVENTURE

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Date:

Manaslu Circuit Trek – 15 Days

Hightlights

- Trek one of the best off-beat trails in Nepal
- Enjoy the views of the Manaslu, Shringi, and Ganesh Himal ranges
- Experience the culture and lifestyle of the Tsum and Nubri communities
- Cross the Larkya La Pass (5160m), one of the most difficult passes in the Manaslu region

Is This Trip Suitable For You?

- Manaslu trek is graded moderate, if you have done a Himalayan trek before and want to challenge yourself, this circuit is for you.
- The trek lasts for 12 days. The maximum you spend 9 hours on the trail and minimum 3 hours. On average, you spend around 5 to 6 hours on the trail.
- The route winds across a challenging terrain (cliffside gravel paths and stone staircases). Not for novices.
- Each day there will be an elevation gain of 300 to 500 meters. The trail is less crowded and filled with dramatic mountain views.
- The highest point reached during your trek is Larkya La at 5,160m, a high mountain pass that connects Budi Gandaki Valley with Marshyangdi Valley.
- You stop at local mountain lodges or teahouses for food and accommodation. These teahouses offer basic lodging and meals.

Day to Day Itinerary

Day 01. Arrival in Kathmandu

- Activity: Arrival, transfer to hotel.
- Highlights: Welcome to Nepal, rest or explore Thamel.
  - Altitude: 1350m
  - Accommodation: Hotel

Day 2: Drive from Kathmandu to Machha Khola

- Distance: ~160 km
- Drive Time: 8–10 hours (rough road after Arughat)
- Route: Kathmandu → Dhading → Arughat → Soti Khola → Machha Khola
- Highlights: Scenic countryside, riverside villages
  - Altitude: 869m
  - Meals: Breakfast/ Lunch/Dinner
  - Accommodation: Teahouse

Day 3: Trek from Machhe Khola to Jagat

- Distance: ~22 km
- Trek Time: 6–7 hours
- Highlights: Narrow trails, hot springs at Tatopani, cross suspension bridges
  - Altitude: 1340m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 4: Trek from Jagat to Deng

- Distance: ~20 km
- Trek Time: 6–7 hours
- Highlights: Climb stone staircases, enter Manaslu Conservation Area, villages like Philim
  - Altitude: 1860m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 5: Trek from Deng to Namrung

- Distance: ~19 km
- Trek Time: 6–7 hours
- Highlights: Lush forest, Buddhist mani walls, glimpses of snow peaks
  - Altitude: 2630m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 6: Trek from Namrung to Shyala

- Distance: ~10 km
- Trek Time: 5–6 hours
- Highlights: Views of Manaslu, Ganesh Himal; Tibetan culture, stone villages
  - Altitude: 3520m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 7: Trek from Shyala to Samagaon

- Distance: ~8 km + 4 km side trip (~12 km total)
- Trek Time: 6–7 hours (with monastery visit)
- Highlights: Pungyen Monastery, glaciers, yak pastures
  - Altitude: 3530m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 08: Acclimatization day in Sama Gaon/ Side Trip to Manaslu Base Camp (4,800 m)

- Distance: ~12–14 km round trip
- Trek Time: 7–8 hours
- Highlights: Panoramic view of Manaslu, glacier fields
  - Altitude: 3530m
  - Meals: Breakfast/Lunch/Dinner

- Accommodation: Teahouse

Day 09: Trek from Samagaon to Samdo

- Distance: ~9 km
- Trek Time: 4–5 hours
- Highlights: Short and gradual climb, Tibetan refugee settlement, yaks
  - Altitude: 3875m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 10: Trek from Samdo to Dharamsala (limited available lodges)

- Distance: ~6.5 km
- Trek Time: 4–5 hours
- Highlights: Sparse landscape, windy valley, prepare for Larkya La pass
  - Altitude: 4460m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 11: Trek from Dharamsala to Bimthang via the Larkya La Mountain Pass

- Distance: ~24 km
- Trek Time: 8–10 hours
- Highlights: Longest and toughest day, stunning views from the pass, glacial descent
  - Altitude: 3590m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 12: Trek from Bimthang to Tilije

- Distance: ~26 km
- Trek Time: 6–7 hours
- Highlights: Forests, rivers, views of Lamjung Himal
  - Altitude: 2300m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Teahouse

Day 13: Short Hike to Dharapani and Drive to Kathmandu

- Hike Distance: ~5 km
- Drive Distance: ~230 km (via Besisahar)
- Trek Time: 2 hours
- Drive Time: 8–9 hours
- Highlights: Farewell to mountains, long drive to city life
  - Altitude: 1350m
  - Meals: Breakfast/Lunch/Dinner
  - Accommodation: Hotel

Day 14: Leisure Day in Kathmandu

- Altitude: 1350m
- Meals: Breakfast
- Accommodation: Hotel

Day 15: Departure from Kathmandu

- Meals: Breakfast

Inclusion

What is included?

Domestic and International Airport Pickup and Drop-off Services:

- International airport pick-up service in a private vehicle
- International airport Drop service in a private vehicle on the final departure

Accommodation Service

- Three night's 3-star Hotel in Kathmandu (Twin Sharing, BB plan)
- Eleven nights best available clean and comfortable teahouse during the trek

Trekking Permits

- Annapurna Conservation Area Project Permit (ACAP)
- Manaslu Conservation Area Project (MCAP)
- Special Permit for Manaslu Region
- Trekkers' informational Management Systems Card (TIMS)

Food Services

- Breakfast (Local and Continental Choice)
- Lunch (Simple and Light Lunch in Teahouse)
- Dinner (Veg and Non-Veg Meals from the Local Tea House)
- Welcome & Farewell dinner in Kathmandu

Guide & Porter Services

- English- speaking government- licensed Tour Guide & Trekking Guide
- Local Sherpa for carrying Luggage (up to 25 kg Max, 2 trekkers: 1 porter)
- Oximeter - To determine your normal oxygen range
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Transportation & Others

- From Kathmandu to Machakhola transport by Private Vehicle
- From Dharapani to Kathmandu by Private Vehicle
- Brand Duffle Bag for the Trip, Campany T-shirt, and Baseball cap
- Manaslu trekking Maps
- Company's Appreciation Certificate after the successful trek
- All local and Government taxes, Administrative charges

Complimentary Includes

- An hour trekker message after completing the trip
- Fresh seasonal fruit after dinner during the trek

What is not included?

- ☒ Extra night accommodation in Kathmandu in case of early arrival or late departure
- ☒ Lunch and Dinner in Kathmandu
- ☒ Nepal visa fee
- ☒ Travel and medical insurance
- ☒ International flights
- ☒ Personal expenses (phone call, internet, laundry, bar bills, snacks, battery recharge, Hot drinks, bottled or boiled water, souvenirs, hot showers, Extra porter etc.)
- ☒ Personal trekking gear and equipment
- ☒ Tips for guide, porter and driver(tipping is expected)
- ☒ Any unseen expenses due to circumstances beyond our control