Overview

Manaslu Circuit trek is an incredibly scenic journey around the eighth highest mountain in the World, Mt. Manaslu (8,163 m/26,781 ft). Trekkers to Manaslu is the proverbial road less traveled which, when taken, can make all the difference in your life! The Manaslu circuit doesn’t see as many trekkers compared to the Annapurna or the Everest region, but that only makes for a better rogue trekking trail. Jaw-dropping views of Mt. Manaslu and Ganesh Himal Range will not leave you for the most part of this journey.

Our trail to Manaslu follows Budhi Gandaki River from Soti Khola up until the Larkya Pass (5,125m) below which lies the source of the river. From 700m at its lowest to (5125m) at its highest, this 18-day-long journey brings to you an interesting mix of Hindu and Tibetan-style Buddhist villages with varying landscapes as per the altitude: green countryside and dense forests of pine and rhododendron to high altitude landscapes edging huge glaciers.

We pass through various Gurung settlements, Buddhist villages, Chortens and Gompas, suspension bridges, wooden bridges, trains of mules and donkeys, and views of Siringi Himal range before reaching Namrung, an astoundingly beautiful, predominantly Lama village.

It is important to take note that our itinerary doesn’t cover Jagat to Deng in a single day. Instead, we divide it into two days. Making the journey less tiresome is important for allowing you to acclimatize to the increasing altitude.

Many consider Namrung to Sama Gaon to be the most scenic part of this trek, and rightly so! Views of Siring range, Ganesh Himal and Mt. Himal Chuli from Namrung village will stun you in the morning while sipping a steaming hot cup of tea. The walk through lush forests leading to Lihi, a picturesque village with chortens and barley terraces featuring Ganesh Himal on the backdrop is too gorgeous for words. The Lho village on the way offers up-close views of Mt. Manaslu and hosts the famous Ribung Gompa as well.

Sama Gaon is our acclimatization stop; we venture to find the famous Pungyen Gompa on this day. Crossing Larkya Pass at 5125m can be especially tough when there is snow. However, the mighty mountains are soaring above you and the surrounding and breathtaking landscape make up for the effort ten times over!

Larkya La (La means pass in Tibetan) links the Budhi Gandaki with the Marsyangdi valley. Upon descending from the pass, we walk through beautiful alpine meadows leading us to Bhimtang, the trail then joins the Annapurna circuit route heading to Besisahar. We follow the circuit trail to Chamje and take the road back to Kathmandu. Adventure Club Trek offers other options in the Manaslu region—Tsum Valley Trek a combination of Manaslu circuit and Tsum Valley trek. The tragic earthquake in 2015 hit the Manaslu region hard, but the region’s trekking infrastructure has been rebuilt. You will have no trouble finding teahouse accommodations.
The **Manaslu Circuit trek** is the ultimate, off-the-beaten-path trek that takes you around the world’s 8th highest mountain, Mt. Manaslu (8,163m). **Mount Manaslu** is a beautiful double peak mountain in the Nepalese Himalaya. This exhilarating trek takes you from 700m at Arughat up to 5,160m at the Larkey La (pass). However, many worry about the difficulty level.

**WHY CHOOSE MANASLU Circuit Trek?**

- Drive through mountain roads boasting countryside sceneries and authentic Nepalese villages, not to mention the dwindling twists and turns on the way!
- Entering the restricted Manaslu conservation Area project (with a permit, of course!).
- Views of Chamar peak of the Siringi Himal range, Ganesh Himal, Mt. Himal Chuli and Mt. Manaslu among other snow-capped mountains.
- Typical Sherpa and Gurung villages with intact costumes and traditions, and not for just tourism purposes!
- Larkya La (a high pass) at 5125m from where you can enjoy serene views of Himling Himal, Kanguru, Cheo Himal and Annapurna II among other mountains.
- Gompas, chortens, alpine meadows, trains of mules and donkeys, countless suspension bridges and rhododendron forests.
- Entry into the Annapurna Conservation Area.

**Manaslu Circuit trek difficulty:**
Manaslu circuit trek is not at all a difficult trek compared to Everest Base Camp or Annapurna Circuit. In fact, in recent years Manaslu Circuit trail has become a popular alternative to the Annapurna Circuit and Everest Base Camp trek. There are new trails that cut down on most of the strenuous climbing and exposure to risk. A few years ago, there were trails that had cracks in the rock with narrow planks resting on branches. The trails at present are wider, better, and safer. There are a lot of ups and downs, but nothing unusually extreme to consider it a tougher trek. Also, the trails to Manaslu Circuit are rough so be prepared for it. Not to worry though, our experienced guides are always with you in your trek There are obvious difficulties of trekking at high altitude but that can be taken care of with proper acclimatization and pre-planning. To deal with high altitude sickness one key idea is to walk at the same pace not too fast and not too slow either. If you wish to know more about the difficulty level and are facing difficulty choosing this trek Package, we are always ready to consult you. Please Contact Us.

What is the food and accommodation like on trek to Manaslu circuit?

Food: Manaslu circuit trek has recently transitioned from a camping trek to a teahouse trek. So, the menu here is not exactly as advanced as in the Annapurna or Everest region. And that means you get to see a lot of local food on the menu! You can find porridge, tsampa, roti, Dal Bhat (rice and lentils), eggs, noodles, and chapatis as the staple foods in most places. The tea houses have simple but clean kitchens.

There are a few small shops along the way that provide a limited stock of biscuits, noodles, candies, bottled water, soap, toilet paper, and beer. Most teahouses hire someone experienced to cook during the peak season of October and November. During the other months, it is usually the teahouse owner or somebody from the family cooking your meals. Food prices go up with the altitude as everything needs to be carried manually. Food is more expensive than in Annapurna region but not as expensive as it is in the Everest region.

Accommodation: Manaslu trek has transformed from a camping trek to a complete teahouse trekking experience in recent years. Accommodation is not a problem on Manaslu circuit trek. With older teahouses getting renovated, and a few new ones up and running, you can easily find a place to sleep after a hard day’s trek. Accommodation is as simple as it can be. The rooms are on a twin-sharing basis. If you want to take the room all to yourself, you have to pay the full price. The tea houses provide a blanket and a mattress, but a personal sleeping bag is highly recommended. Bathrooms are usually outside. Hot showers will cost you a bit extra. While very few teahouses will have hot showers, others will provide you with pails of hot and cold water. Electric charging (for phones and electronics) also costs a bit extra. The higher you go the more it costs you to charge your electronics. It helps if you bring your own solar panel or buy one in

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Can I trek only with a guide and porter without full board package?

Note: A full board package includes airport pick-up, sightseeing, accommodation, and food along with a guide and a porter. The Manaslu circuit trek has become more established in recent years-easier trail and more teahouses. So, you can trek only with a guide and a porter instead of taking a full board package. Instead of buying a full board package, you can hire a guide and a porter and pay for the meals and accommodation as you go. There could be a few downsides to this method though. Because there are only a few lodges available in the Manaslu Circuit, they can be full during peak months like October. But there is nothing to worry as your guide will help you gather information about the availability of accommodation even if you do not buy a full board package.

Best Time To Trek To Manaslu Circuit:

March to May and October to early November is considered the best time to trek to Manaslu Circuit. In March to May, most of the morning and mid-day is clear for views and pleasant walks. The mid-hills are colorful with wild-flowers blooming, especially the rhododendron of various species and colors (National flower of Nepal). The nights and morning are colder during March to May. However, the evening remains sunny and warm with little chances of snow. From October to early November, the days are bright and sunny suitable for walks and views. However, days will be shorter with less sunlight due to autumn season and pre-winter where minimum temperatures range from -10° C to +16° Celsius. From Mid-November till mid-March most lodges are closed as the native migrates to lower warm areas to escape the cold winter.

Outline Itinerary

Day 01 : Arrival in Kathmandu (1,300m/4,264ft)

Day 02 : Kathmandu sightseeing and trek preparation.

Day 03 : Drive from Kathmandu to Soti Khola via Arughat (710m /2328ft) : 8- 9 hours drive

Day 04 : Trek Soti Khola to Maccha Khola (900m): 6 hours
Day 05 : Trek Maccha Khola to Jagat (900m /2952ft): 5-6 hours

Day 06 : Trek Jagat to Deng (1,804m /5917ft) : 5- 6 hours

Day 07 : Trek Deng to Namrung (2630m/8626ft): 5-6 hours

Day 08 : Trek Namrung to Lho (3180m/6465ft) : 6-7 hours

Day 09 : Trek Lho to Samagaun (3530m/11,578 ft) :5-6 hours

Day 10 : Acclimatization Day at Samagaun (3530m/11,578 ft):5-6 hours

Day 11 : Trek Samagaon to Samdo (3860m/12,660 ft): 3-4 hours

Day 12 : Trek Samdo to Dharamsala/L arkya B. C. (4460m /14, 628 ft): 4 - 5 hours

Day 13 : Trek Dharamshala to Bimthang (3720m/12, 201 ft) via Larkya La Pass (5160m /16, 924 ft):7-8 hours

Day 14 : Trek Bimthang to Tilje (2300m/7544ft) : 5-6 hours

Day 15 : Trek Tilje to Dharapani and drive to Beshisahar by jeep (760m) : 3-4 hours trek, and drive 5 hours

Day 16 : Drive from Beshisahar to Kathmandu by jeep /bus : 5 hours

Day 17 : Departure from Kathmandu

Detailed Itinerary

Day 01 : Arrival in Kathmandu (1,300m/4,264ft)

Upon your arrival at Tribhuvan International Airport (KTM), you will be welcomed by a representative from Adventure Club Trek. After sorting out your custom formalities (visa and so on), you will be transferred to your respective hotel in Adventure Club Trekâ€™s private vehicle. We will give you some time to freshen up at the Hotel. After this, you will attend an orientation about your trek led by the trekking leader over a welcome dinner. Overnignt at the hotel in Kathmandu Included Meals: Welcome Dinner

Day 02 : Kathmandu sightseeing and trek preparation.

Today, we go on a sightseeing tour of the UNESCO World Heritage Sites in the city. We
start the program after breakfast. Our first visit is The Sacred Hindu Temple of Pashupatinath. Though non-Hindus are not allowed inside the main premises of the temple, we are allowed to visit the cremation site and surrounding areas. We then head to Boudhanath, considered one of the Largest Stupas in Asia due to the massive mandala that surrounds the main dome. The smell of Himalayan incense and locals doing kora (making clockwise rounds of the stupa) gives you a little insight into Buddhist culture. Our next stop is Swayambhunath also known as the Monkey Temple, located on top of a hill. The stupa is similar to Boudhanath, but here the stupa is surrounded by many temples and shrines. Some of the temples date back to the medieval Lichchhavi period. Our final stop is Kathmandu Durbar square which is a fine example of Newari (an ethnic tribe of Kathmandu Valley) architecture. The premises of the Durbar square house many temples and royal palaces, however, most of the temples and building were destroyed by the 2015 earthquake and are being renovated. Overnight at hotel in Kathmandu

Included Meals: Breakfast

Day 03 : Drive from Kathmandu to Soti Khola via Arughat (710m /2328ft) : 8- 9 hours drive

Buckle up for early morning drive! Highlights of Day 3 â€¢ Drive to Soti Khola early in the morning, enjoy views of mountains sceneries and Nepalese countryside-paddy fields, hills, and typical villages. â€¢ Un-paved but graveled road from Dhanding Bensi to Arughat, while we enjoy a smooth ride from till Dhading Bensi, the road onwards is a little bump, but scenic nonetheless. Overnight at Teahouse in Soti Khola Included Meals: Breakfast, Lunch, and Dinner

Day 04 : Trek Soti Khola to Maccha Khola (900m): 6 hours

Today marks the first day of actual walking in this 18-day-long Manaslu Circuit trek. Highlights of day 4 â€¢ Crossing a bridge over the river to trek through beautiful Shorea Robusta (Sal Trees in Nepali) trees which lead to climbing a ridge above Budhi Gandaki River soaring with huge rapids leading to Khursane. â€¢ Trekking through dwindling rocky trail past two waterfalls falling on a steep, rocky trail to the side of a cliff, a few rice terraces and up and around to Labubesi, a traditional Gurung village. â€¢ Climbing behind rocky outcrop leaving Budhi Gandaki River meandering among the wide gravel bars of the valley, climbing down to the sandy river bed and over to a side reach and heading down to the river and crossing a suspension bridge before reaching Machha Khola village for overnight stay. Overnight at Teahouse in Maccha Khola Included Meals: Breakfast, Lunch, and Dinner

Day 05 : Trek Maccha Khola to Jagat (900m /2952ft): 5-6 hours

Gaining altitude today Highlights of day 5 â€¢ We take the trail out of Machha Khola (translated to â€˜Fish Riverâ€™) crossing a log bridge over the river, then climb up and down on a steep and narrow path with occasional flat areas. We reach khorlabesi, a Gurung settlement at 970m in an hour. â€¢ Reach Jagat for an overnight stay at around 5 or 6 in the
evening passing through Gurung villages of Tatopani, Yuru Khola, and Dobhan. Jagat is the entry point into the Manaslu Conservation Area Project (MCAP). **Overnight at Teahouse in Jagat** Included Meals: Breakfast, Lunch, and Dinner

**Day 06 : Trek Jagat to Deng (1,804m /5917ft) : 5- 6 hours**

Peeking Himalaya and soaring river! **Highlights of Day 06** 🔥 Climb down from Jagat until reaching a large suspension bridge over the river. You will pass beautiful waterfalls and Chamar peak of the Siringi Himal range as you start climbing up the trail. 🔥 Enter the village of Sirdibas, a Buddhist village with a Chorten guarding its entrance. Walking down the trail for about 30-45 minutes to come across Ghatte Khola (Watermill), a functioning mill that the locals use to mill corn. 🔥 Crossing a mountain stream on foot then climb up a steep ridge to come across a suspension bridge that holds the village of Philim on the other side. Overnight stay in Philim. **Overnight at Teahouse in Deng** Included Meals: Breakfast, Lunch, and Dinner

**Day 07 : Trek Deng to Namrung (2630m/8626ft): 5-6 hours**

You are now entering into the Nubri State extending all the way to Dolpo. Today’s trek is fascinating in terms of culture and people you encounter along the way. Without many ups and downs, the trail goes smoothly alongside the bank of Budi Gandaki River. We can trek to a deer grazing cliff, a spot next to Budi Gandaki River, people claim the cliff has a mine of salt that attracts deer. **Highlights of Day 08** 🔥 Pass through forests and mani walls and enjoy the views of Siringi Himal from Prok Village. 🔥 Various Gurung and Buddhist settlements across the way, several gompas and walk through dense forest. **Overnight at Teahouse in Namrung** Included Meals: Breakfast, Lunch, and Dinner

**Day 08 : Trek Namrung to Lho (3180m/6465ft) : 6-7 hours**

From Namrung a steep climb and passage through forests take us to Lihi, a village well known for its chortens and barley terraces. After crossing the side valley of Simnang, we pass through Sho and then reach Lho where we spend the night. Late afternoon visits the local monastery after you reached there. **Overnight at Teahouse in Lho** Included Meals: Breakfast, Lunch, and Dinner

**Day 09 : Trek Lho to Samagaun (3530m/11,578 ft) :5-6 hours**

After crossing the Shyala village, we reach the Sama village where one gets to witness the amazing views of Mount Manaslu and explore the famous Ribung Gompa. The breathtaking view of the high mountains along with glaciers is the highlight of the trip. **Overnight at Teahouse in Samagaun** Included Meals: Breakfast, Lunch, and Dinner

**Day 10 : Acclimatization Day at Samagaun (3530m/11,578 ft):5-6 hours**
Taking care of your lungs while giving you an extra day to tour Sama Gaon! **Highlights of Day 10**

- Sherpa culture-enjoy the sight of mani stones with Buddhist pictures and texts, Sherpa women in ornaments and traditional clothes
- Pungyen Gompa, it is an old monastery that offers great views of the glacier. Pungyen means bracelet, the gompa was given the name after Mt. Manaslu. After Japanese mountaineers’ unsuccessful attempt to climb Manaslu for the first time ever, the Gompa was destroyed which locals believed was because gods were angry about the summit attempt. The locals’ rage led the Japanese group back when they entered the region next year to attempt the climb again. They succeeded in 1959.

**Overnight at a Teahouse in Sama Gaon**

**Included Meals:** Breakfast, Lunch, and Dinner

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**Day 11 : Trek Samagaon to Samdo (3860m/12,660 ft): 3-4 hours**

- Short trek, great views! **Highlights of Day 11**
- Descend to the Gandaki River turning north then cross a bridge over a side stream with a trail on its left that leads to the Manaslu Base Camp. We are taking the trail to Larkya La.
- Pass through birch and Juniper forests of Kermo kharka while walking on a relatively easy trail on a shelf above the river.
- Descend from the shelf to cross the Gandaki on a wooden bridge that leads to a steep climb onto a cap between two divides of the river.

**Overnight at a Teahouse in Samdo**

**Included Meals:** Breakfast, Lunch, and Dinner

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**Day 12 : Trek Samdo to Dharamsala/Larkya B. C. (4460m /14,628 ft): 4 - 5 hours**

- Today to Dharmasala which locals refer to as Larkya Phedi or Larkya Base Camp. **Highlights of Day 12**
- Continue the walk down the ridge and cross a wooden bridge over Gandaki to start the upward climb for today.
- Observe Larkya Glacier which comes into view after crossing two streams.
- Crossing the Salka Khola valley to the isolated stone guest house, a shelter popular as Dharamshala or Larkya BC (Base camp)

**Overnight at Teahouse in Dharamshala**

**Included Meals:** Breakfast, Lunch, and Dinner

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**Day 13 : Trek Dharamshala to Bimthang (3720m/12,201 ft) via Larkya La Pass (5160m /16,924 ft):7-8 hours**
The toughest day in Manaslu Circuit trek. **Highlights of Day 13** Annapurna Base Camp Helicopter Trek is a different way to experience the Annapurna Himalayas Nepal with more excitements and adventure as we fly over the stunning mountains. Trek starts with a short climb leading to a valley north side of the Larkya Glaciers, enjoy views of Larkya peak and Cheo Danda from the valley. Trek across the glacier’s moraines making a slow ascent that gets steeper during the last section of the Larkya La Pass. Enjoy views of Himlung Himal, Kanguru, Cheo Himal and Annapurna II from the pass. Walk from Lara La Pass to Bimthang as the evening mist sets into the low pasture lands dramatically with Mt. Manaslu beaming close by. **Overnight at Teahouse in Bimthang**

**Included Meals:** Breakfast, Lunch, and Dinner

**Day 14 : Trek Bimthang to Tilje (2300m/7544ft) : 5-6 hours**

Breathe easy, you are on the lower belt of Marshyangdi. **Highlights of Day 14** Enjoy views of Mt. Manaslu, Himlung Himal and Cheo Himal from a ridge at Bimthang before descending down and crossing Sangure Kharka, a high pasture that leads to a bridge over Dudh Khola which we have to cross. Walk through dense rhododendron forest trail leading to a narrow valley which opens wide at Karche. Reaching the village of Gho after a steep climb over a ridge which descends to the river bank in a big, sweeping arc. Walk further to Tilije for overnight stay. **Overnight at Teahouse in Tilje**

**Included Meals:** Breakfast, Lunch, and Dinner

**Day 15 : Trek Tilje to Dharapani and drive to Beshisahar by jeep (760m) : 3-4 hours trek, and drive 5 hours**

After breakfast, we walk for about 3 hours to Dharapani. A downhill easy on the legs, the way walks everyone through either hill with grasses, shrubs, and sparsely populated trees or farmlands or villages; Dharapani, on the highway to Manang, is our stopover for lunch. Entering the Annapurna Conservation Area from Manaslu Conservation Area again requires a permit, and this is the check-point. After lunch, we head off to Beshisahar on local transportation. Beshisahar, a small town with Gurung dominance, has grown in popularity as a trailhead for Annapurna Circuit Trek since the 1990s. **Overnight at Teahouse in Beshisahar**

**Included Meals:** Breakfast, Lunch, and Dinner

**Day 16 : Drive from Beshisahar to Kathmandu by jeep /bus : 5 hours**

We head off to Kathmandu on a local bus early morning. Along the banks of the famous Trishuli and Marshyndi river, this almost 5-hour journey takes all its passengers on a ride, albeit with some bumps here and there, through numerous important settlements. With guaranteed two stops for breakfast and lunch, the bus ride comes to its final stop in Kathmandu. In the evening, allow us the pleasure of your company during the farewell dinner organized by Adventure Club Trek. **Overnight at hotel in Kathmandu**

**Included Meals:** Breakfast, and Farewell Dinner
Day 17 : Departure from Kathmandu

Adventure Club Trek will manage a farewell drive to the international airport for your final flight departure. Meeting you and serving you was a wonderful experience over the weeks. We are sure you enjoyed a wonderful holiday in beautiful Nepal. We hope you will remember us in the years ahead. **Included Meals: Breakfast**  
**Note:** Your safety is of the utmost concern whilst you are traveling with Adventure Club Trek. We will make every effort possible to follow the original itinerary but we reserve the right to change that itinerary if a segment of it becomes a safety issue. Certain mountain regions are remote, natural disasters can happen, weather conditions can decline and there can be illness or an injury. To avoid dangerous situations we may occasionally have to make changes to the itinerary to ensure everyone’s safety. That having been said, Adventure Club Trek will strive to provide you with the best possible trekking experience and to keep your safety our number one priority. We thank you for your understanding.

**Cost Includes**

- Arrival and Departure transfer by private tourist vehicle.
- Three nights? accommodation in a standard twin shared room at a three-star hotel in Kathmandu with breakfast.
- Best available twin sharing Teahouse or lodge accommodation during the trek.
- Full board meals with tea/coffee (breakfast, lunch and dinner) during the trek.
- Guided city tour in Kathmandu including temples? / monuments? entrance fees and private vehicle.
- Welcome and farewell dinner.
- Surface transfer to and from Kathmandu (Kathmandu ? Sotikhola by Jeep, Tal ? Kathmandu by jeep).
- Government licensed, English speaking guide trained in wilderness first aid.
- Porters to carry your luggage during the trek (1 porter for 2 trekkers).
- Assistant trekking guides walking with the group to support as necessary (1 assistant guide for 4 trekkers).
- Staff costs including their, Food, salary, accommodation, transportation and medicine.
- Insurance covering all staff, including porters as per state law.
- Down jacket and sleeping bag (to be returned after trip completion).
- All necessary paper works (Annapurna and Manaslu conservation fees, special trekking permit for Manaslu).
- Complimentary Adventure Club Trek T-shirt, and Manaslu Region Trekking map.
- Duffel bag for trekking.
- Exclusive Medical Kit Bag (carried by your trek leader).
- Travel and rescue arrangement.
- All Government and Local taxes.

**Cost Excludes**
- Nepal visa (USD 25 for 15 days and USD 40 for 30 days).
- Lunch and evening meals in Kathmandu and Pokhara.
- International air fares/ flights (fares and flights can be arranged upon the request)
- Personal expenses (alcoholic drinks, bottled water, cold drinks)
- Personal travel insurance and medical bills
- Personal trekking equipment
- Tips for guide, porters, and drivers (tipping is expected, but it is not mandatory)