Manaslu Circuit Trek

Duration: 14 Days | Location: Manaslu Region, Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Manaslu Region, Nepal

Duration: 14 Days

Difficulty: 7/10

Trip Style: Manaslu Circuit Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5106 m

Group: Min-2, Max 20

Summary

Manaslu circuit trek is one of the restricted trekking region in Nepal.Manaslu circuit trek includes famous Larke la Pass 5102m.Manaslu 80163m.14 days trek.

Overview

Trip Introduction

Manaslu circuit trek is one of the restricted trekking region in Nepal. If you choose to trek in this restricted area then you have to get a special permit from the immigration office. Manaslu circuit trek includes famous Larke la Pass 5102 m. This is one of the wilderness trekking which lies in between two different district of Nepal. The trekking in Manaslu Circuit start driving to AArughat or Machikhola from Kathmandu. The duration of this trekking is 14 days. After Machikhola we will start hiking on the rough road which are under construction. We will pass different villages with different cultures, people, dress, terrace land. In this region you can do other trek like Manaslu trek via Tsumvalley and Tsum valley trek.

Manaslu Circuit Trek leads you to the lap of Mt. Manaslu with the height of 80163m . There are many natural beauties on the way to Manaslu. When you reach to Shyala there are Pungin gomba where you can do day site trip and acclimitize for the next days. In Shama there is a Birendra lake and you can either go to Mt. Manaslu Base camp at the height of 4319m for the site trip. This villages people follow Buddhism and there no killing of animals. You can see yak graging in the high himalayas with the snow capped mountains. After reaching to Shyala the trail is not that hard but you have to be well acclimatize to go further high up. Samdo and Dharmasala are the last spot before doing Larke La pass. Everest Base Camp Trek



Manaslu Circuit Trek - Overview

Day by day itinerary

Trip Itinerary

Day 01: Drive Kathmandu to so Khola (710m).

We will begin early after breakfast. We will drive from Kathmandu to Dhading Besi on a nice, paved road enjoying the views of the hilly areas, terraces, fields, and rivers. The drive from Dhading Besi to Arughat is a little rough one on rocky trails. From Arughat, we can decide whether to trek to Soti Khola or to drive there and rest the night.

Day 02: Trek to Machha Khola (870m).

Starts the day early to reach our destination, which will take about 6-7 hours. After crossing a popular suspension bridge of Soti Khola, we trek through Sal forests to reach a ridge above the splashing rapids of the Budhi Gandaki River. After reaching Khursane, the trail becomes rocky, passing through waterfalls and cliffs. We make our way past terraced rice fields and up to a Gurung village of Labubesi. Finally, we will reach Machcha Khola village and for an overnight stay at the tea house.

Day 03: Trek to Jagat (1340m).

From Machhakhola, we will follow a narrow trail that takes us to Tharo Khola and finally to Khorlabesi. After a few ascends and descends, we reach a popular hot-spring, Tatopani. We will spend some time here and can enjoy the natural sauna in the hot -spring and relieve all our tiredness and stress of the trek. Then, we proceed towards Budhi Gandaki on a suspension bridge. After this, we climb a staircase and then a ridge to reach Doban followed by a stone staircase down a river to reach Thado Bharyang. Then, we will cross the west bank of Budhi Gandaki, climb over a ridge, walk along the river to reach the village of Jagat for an overnight stay.

Day 04: Trek to Deng(1860m).

On this day, we will first reach Salleri after climbing a rocky ridge and then go towards Sirdibas. We continue to Ghatta Khola and then walk upstream through a long suspension bridge to reach a Gurung village in Phillim. From the lower points of the village, the trail turns north and through leveled trails amidst maize fields, we reach Ekle Bhatti, where we will have lunch and continue our trip. As the trail widens, we pass through bamboo forests to reach Deng Khola. After crossing the river, we reach the tiny Deng village for overnight stay.

Day 05: Trek to Namrung (2630m).

We take a brief walk from Deng and then cross the Budhi Gandaki to reach Rana. From here, we will climb for a while and then head west to Budhi Gandaki valley. The trail passes through forests and painted Mani stones and a corner from where we reach Gap. Then we take the trail through Prok village which allows us to witness the beautiful view of Siring Himal. We follow the river, crossing it at many places and pass through dense forests and Gompas along the way. After crossing the river at a gorge, the trail becomes leveled and after a last steep climb, we reach Namrung where we stay the night. Namrung is the best viewpoint for Siring and Ganesh Himal as well as Mt. Himal Chuli.

Day 06: Trek to lho (3180m).

From Namrung, a steep climb awaits and a passage through forests that will 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 for an overnight stay.

Day 07: Trek to Samagaun (3500m).

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. We stay in Samagaon for the night.

Day 08: Acclimatizing day at samagaun This day is set aside to rest and acclimatize to the increasing altitudes. We stay in Samagaon and explore the surrounding areas or visit Birendra Tal and Anie Gompa. The main attraction of the day is the Pungyen Gompa with a spectacular view of the glaciers but it rather logs day only recommended for the fit hikers. It is situated on a hill near Samagaon. We hike up to the Gompa named after the two peaks of Manaslu which means bracelet. It was destroyed when the Japanese first tried to submit the peaks. It was believed that the expedition to reach the summit might have angered the Gods. After the detour, we come back to Samagaon and spend the night there.

Day 09: Trek to sambo (3860m).

We follow the Budhi Gandaki River up to a stream which we cross on a suspension bridge. From here we take the trail on the right to Larkya La. It is a fairly easy trail, passing through Mani walls and juniper and birch forests. We again cross a bridge over Budhi Gandaki and continue forward. From a stone arch, we can see a Kani and after crossing it, we reach Samdo where we spend the night.

Day 10: Trek Dharamsala guesthouse (4480m).

We start our day trip by crossing a wooden bridge over Budhi Gandaki River and begin a hike upwards. After crossing a few streams and seeing a glimpse of the Larkya glacier, we go around a valley and make our way upwards again to reach a guesthouse called Dharmashala. This short walk to Larke Phedi provides enough time and rest to acclimatize for the further trek.

Day 11: Larke pass (5213m)to Bintang (3720 m).

On this day, we make a short climb and reach a valley on the north side of Larkya glacier with exquisite views of Larkya peak. We ascend the moraines of a glacier which becomes quite steep at the end before reaching the pass. From here we can enjoy the breathtaking views of Himlung, Cheo, Kanguru, and the Annapurna. It is a longer walk than other days and you reach the guesthouse among the low pastures at the dim lights of dusk. When we finally reach Bhimtang, the exquisite view of Mount Manaslu makes every step worth it.

Day 12: Bimtang to utilize (2300m).

After enjoying the splendid views of the mountains from a ridge in Bhimtang, we make our way down towards a high pasture and then a bridge over Dudh Khola. We walk through rhododendron forests, narrow valleys and fields before making a climb to the river bank that leads to the village of Gho. A short walk takes us to Tilije with better accommodation options where we spend the night.

Day 13: Dharapani to Besi Sahar(760m).

We move in a stone paved path passing through a beautiful village and then cross a bridge over Dudh Khola, move past an arch and Mani walls to get to the Thonje village. After passing through a police checkpoint we make our way towards Dharapani from where we enter the Annapurna circuit section. From Dharapani, we will take a jeep or bus from Dharapani to Bashar for an overnight stay at Besishar.

Day 14: Besishar to Kathmandu.

We drive along the banks of Marsyangdi and Trishuli River, witnessing the beautiful scenery of rice fields, terraced farms, rivers and valleys and refreshing views of the hilly areas and mountains. After a few hours' journey, we will reach Kathmandu for last night in Nepal.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Pick up and drop Airport-Hotel-Airport in Kathmandu by private vehicle.

2 Night Kathmandu Hotel

3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) during the trek.

All ground transportation on a comfortable private vehicle as per the itinerary.

Accommodation of Lodges, Guesthouses in Twin Sharing Bases during the trek.

Trekking Permit MCP and ACP (Manaslu special Permit).

TIMS card(Trekker's Information Management System).

Necessary staff during the trekking period With Experience Guide and Porter.

20 Kg Luggage free Per Person during the trekking (with porter or yaks).

Facility of Food, accommodation, salary, insurance, equipment for all trekking staffs.

Group medical supplies (First Aid kit.

Exclusions

Lunch and dinner in Kathmandu.

Alcoholic beverages, personal nature expenses, Mineral water, laundry, phone calls, internets.

Emergency rescue evacuation if required such as personal accident insurance or Helicopter rescue.

Extra luggage and personal trekking gears.

Extra porter cost US$15 per person per days per 20 Kg.

International flight tickets, date change or re-issue If required.

Nepal visa fee, Visa issuance is easy upon arrival.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an

extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.

- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 14 Days.

Group Size: Min-2, Max 20.

Trekking Region: Manaslu.

Trip Type Name: Manaslu Circuit Trek.

Highest Altitude of the trek: 5106 m.

Highest Point: Manaslu Circuit Trek (5106 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page

View photo on the trip page



Manaslu Circuit Trek - photo 4



Manaslu Circuit Trek - photo 5

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234

megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking