Manaslu Circuit Yoga Trek

Duration: 14 Days | Location: Manaslu Region, Nepal



Trip at a glance

Category: Mount Manaslu

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 Yoga Trek/Manaslu Circuit Yoga Trek 17 days is Part of one of the trekking region in Nepal/ Manaslu circuit trek famous Larke la Pass 5106 m.

Overview

Trip Introduction

Manaslu Circuit Yoga Trek 17 days is Part of one of the restricted trekking region in Nepal. Manaslu circuit trek includes famous Larke la Pass 5106 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 Arughat or Machhakhola from Kathmandu. The duration of this trekking is 17 days. After Machhakhola 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. Nar Phu Valley Trek.

Manaslu Circuit Yoga Trek leads you to the lap of Mt. Manaslu with the height of 80163m . There are many natural beauties on the way to Manaslu. 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 View Trek.

The total during of the Manaslu Circuit YogaTrek can be 18-20 days with trekking and hiking as the main activities. It is considered to be a moderate level trekking with cultural, historical and natural tours and a maximum elevation o f 5160m.The best season to visit the region is from March to May in spring and September to December during the winter. After that you will relax in beautiful lake town of Pokhara for a couple of days , join two day hike.

Day by day itinerary

Trip Itinerary

Day 01: Arrival to Kathmandu.

Upon your arrival to the Tribhuvan International Airport in Kathmandu, you will be welcomed by a representative of the Mega Mount Trkking. You will then be checked in to your hotel. You can either rest or stroll around a famous tourist area in Kathmandu, Thamel. Here you can do souvenir shopping and enjoy the authentic Nepali cuisine in one of the many restaurants. You will also be briefed about the entire trek on this day.

Day 02: Sightseeing tour in Kathmandu.

On this day, we will visit the numerous UNESCO's world heritage sites in Kathmandu which include the Pashupatinath temple, Boudhanath stupa, S0yambhunath Stupa, Kathmandu Durbar Square and others. It will be a fun day witnessing the beautiful mixture of religion, culture and architecture in the various areas of the capital city. At the end of the day, you will make the final preparations for the Manaslu trip and also obtain the permit and other documents required for an easy, convenient journey.

Day 03: Drive Kathmandu to Sotikhola (710m).

We will start the day early after breakfast. We take a 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 2 more hour driver to reach Soti Khola or to drive there and rest the night

Day 04: Trek to Machhakhola (870m).

We start 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. we climb behind a rocky cliff where the valley opens up. Walking through a sandy river bed, climbing over stone ridges and then again moving down to the river and crossing the suspension bridges, we climb behind a rocky cliff where the valley opens up. Walking through a sandy river bed, climbing over stone ridges and then again moving down to the river and crossing the suspension bridges, we reach Machcha Khola village and overnight at tea house.

Day 05: Trek to Jagat (1340m)

The next day, From Machhakhola we 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 sometime here and can enjoy the natural sauna in the hot -spring and relieve all our tiredness and

stress of the trek.we climb another ridge and cross the Budhi Gandaki on another suspension bridge. After this, we climb a staircase and then cross a landslide and a ridge to reach Doban. After crossing a suspension bridge, we again climb stone staircase then go down to the river and climb some stairs again to reach Thado Bharyang. Then we cross the west bank of Budhi Gandaki, climb over a ridge, walk along the river to reach the village of Jagat where we spend the night.

Day 06: Trek to Deng (1865m)

On this day, we 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 you will have lunch and continue our trip from a steep gorge and then descend through grassy slopes to cross the Budhi Gandaki and then cross bridges from west to east bank and back again. As the trail widens, we pass through bamboo forests to reach the Deng Khola. After crossing the river, we reach the tiny Deng village where we spend the night.

Day 07: Trek to Namrung (2630m).

We take a brief walk from Deng and then we cross the Budhi Gandaki and climb to reach Rana. From here we 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 Ghap. 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 08: Trek to Lho (3180m).

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 visit the local monastery after you reached there.

Day 09: 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 10: 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 log 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 summit 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 11: Trek to Samdo (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 12: Trek to Dharamasala (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 13: Cross the Larke pass (5213m) trek down to Bimtang (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, Kanggru 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 14: Bimtang to Tilije (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 15: Trek to Dharapani and drive to Besishar (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 take Jeep or bus from Dharapani to Beishar. which takes 4-5 hours. We spend a our last night of the trek at Besishar.

Day 16: Drive back to Kathmandu from Besishar.

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 reach Kathmandu where we will spend the last night in Nepal.

Day 17: Final transfer to airport for your flight to home.

On your last day of the trip, we will drop you off at Tribhuvan International Airport. We would like to welcome you again to visit our Himalayan kingdom to explore more of the hidden treasures of our nation.

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



Manaslu Circuit Yoga Trek - photo 1

View photo on the trip page

View photo on the trip page

Plan your journey with our team

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