



# Manaslu Circuit Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Strenuous

**Trip Style:** Trekking and Tour

**Transport:** Private Vehicle / Jeep

**Food:** Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

**Accommodation:** 3-Star Hotel + Teahouses + Lodges

**Group Size:** 02-10

**Max Elevation:** 5,364m

The **Manaslu Circuit Trek** is a strenuous but spectacular excursion in the Manaslu region of Nepal, northwest of Kathmandu. Some say the Himalayan scenery here surpasses even the beauty of the Everest and Annapurna regions, and with far fewer trekkers. The walk also has cultural appeal with its mix of traditional villages and monasteries influenced by Tibetan Buddhism.

The highest point and biggest challenge of the **Manaslu Circuit Trek** are the snowy Larke Pass at 5,160 meters. From here you enjoy an awesome view of Mt. Manaslu (8,156m), the seventh highest peak in the world. The region opened up to trekking in 1992 and only recently developed into a teahouse trek.

The **Manaslu Circuit Trek** starts in the Budi Gandaki with its green hills, waterfalls, ferns and bamboo trees. Gradually the strenuous part begins with steeper and more rocky trails. We pass through Samagaon, Samdo and other villages with their colorful monasteries and



---

fluttering prayer flags. After crossing the Larke Pass, we trek down to the Marshyangdi River Valley via Bimthang and conclude the trek. Please contact us for more details.

## Highlights

- Manaslu Circuit trek is the part of the great Himalayan trail.
- This trek is very classic, less crowded and off-beaten trek in Nepal.
- One of the cultural trek- provide the beautiful offers to enjoy the Tibetan culture, their programs and familiar with them.
- Trek to the base of the killer mountains Manaslu.
- The high influence of the Tibetan and Buddhist in the Gurung and Magar scattered village and you can enjoy the mixed culture, and experience the warm hospitality of the locals.
- Experience of the adventure hike in the altitude, crossing the dense forest of the pine and fire forest blooms rhododendron and diverse landscapes on the trail.

## Day to Day Itinerary

**Day 01: Arrival at Kathmandu.**

**Day 02: City tour or free day to explore and shop on your own.**

**Day 03: Drive to Soti Khola .**

**Day 04: Soti Khola to Machhakhola**

**Day 05: Machhakhola to Jagat**

**Day 06: Jagat to Deng**

**Day 07: Deng to Namrung**

**Day 08: Namrung to Samagaon .**

**Day 09: Rest and acclimatization day.**



---

**Day 10: Samagaon to Samdo.**

**Day 11: Samdo to Dharamsala/Larke Base Camp.**

**Day 14: Larke Base Camp to Larkya Pass (5,160m) to Bimthang .**

**Day 13: Bimthang to Dharapani**

**Day 14: Drive to Kathmandu.**

**Day 15: Kathmandu leisure day/farewell dinner.**

**Day 16: Departure.**

## **Cost Includes**

- Airport pick-up and drop -off by private car/van/bus.
- 3 Nights accommodation in 3 stars (\*\*\*) hotel in Kathmandu with the BB plan.
- Kathmandu Valley Sightseen included Tour Guide with Private Car.
- Kathmandu Aarughat Private Jeep.
- Besishar back kathmandu Private Car.
- Full board meal during the trek (3 times tea/coffee, breakfast, lunch, and dinner).
- Teahouse accommodation on the trek.
- Seasonal fruits during the trek.
- Experienced, expert, friendly guide, porter and their food, accommodation, salary, equipment, and insurance.
- Duttle bag for the trekking use.
- First Aid kit included Oximeters.
- All permits and Tims (please bring a passport copy and photos).
- Government tax, farewell dinner.

## **Cost Excludes**

- International flight tickets.



- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.