



ASIAN EXPEDITION PVT. LTD

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Manaslu Circuit Trek



Tour Overview

Traversing an ancient route where caravans of yaks once transported salt from Tibet, the trek reaches its zenith at Larkya La Pass, standing tall at 5,135 meters. The trail meanders through gorges adorned with hanging glaciers, showcasing the planet's frozen ramparts. This trek unveils the full splendor of some of the most magnificent mountain vistas on Earth, particularly along the Manaslu circuit via Larkya La. In the local dialect, Manaslu is known as "The Spirit-Mountain," a name that honors the benevolent and mighty deity believed to reside within. The Manaslu trek is a captivating journey, perfect for those seeking a challenging adventure in the secluded reaches of the Nepal Himalayas.

Detailed Itinerary

Day 1: Arrive at Tribhuvan International Airport (TIA) Kathmandu then transfer to Hotel.

You are welcomed at the airport and then you will be transferred to the hotel. Our representative will explain briefly the program upon arrival. Overnight at hotel

[Accommodation]

Day 2: Trek Preparation and Kathmandu Valley Sightseeing Tour.

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Durbar square (which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.) , Swayambhunath Temple (also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu). Overnight at hotel. [Bed and Breakfast]

Day 3: Drive from Kathmandu to Machha khola(930m)- 8 hours.

Your Trekking staff will come to your Hotel early in the morning at 7.00 am to pick you up; from there we have an 8 hour driving journey to Machha Khola river side.

This morning, we'll begin our journey with a smooth drive along a paved highway to Dhading Besi, followed by a bumpy ride to Jyamire and then to Baseri (800 m), known for its organic farming and pristine atmosphere. We'll experience beautiful scenery during the trip, including charming villages, terraced hills, and sparkling rivers.

As we trek, we'll encounter rolling terrain through the woods, navigating elevated slopes and riverbeds alongside the Budhi Gandaki River. We'll follow the mountain trail past cascading waterfalls and the settlements of Khorsane, Lapubesi, Nauli Khola, and Khani Besi, ultimately reaching Machhekhola (930 m). Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 4: Machha Khola to Jagat (1340m/4396ft) - 7 hours

We will begin our journey with several ascents and descents, crossing the Tharo Khola to reach Khola Besi. From there, the trail will lead us to Tatopani. As we ascend from Tatopani, we will cross the Budhi Gandaki River via a thrilling bridge. After that, we will trek along a stone staircase, passing through a landslide area. Next, we will cross a suspension bridge over the Yaru Khola before ascending again on another stone staircase. Throughout our trek, we will experience multiple ascents and descents as we make our way across the west bank of the Budhi Gandaki. Eventually, we will climb a ridge, trek along a river, and reach the village of Jagat. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 5: Philm to Deng (2310/1800 meters) 6 hours

The trail traverses the hillside and passes Ekle Bhatti before crossing back over the river below the confluence of Buri Gandaki and Siyar Khola. From here we enter a dramatic section of the gorge high above the river. Look out for orchids on the walls of the gorge above the trail. The trail makes its way up the west side of the valley and offers a pleasant walk through bamboo forests to the village. Follow the trail upstream of Deng River - a tiny village of 4 houses. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 6: Deng to Namrung (2630meters) 6 hours.

We walk through a newly built rock tunnel from here, thus avoiding the traditional steep climb. At Ghap, the Tibetan culture begins with Mani stones and Chortens all around. After crossing the wooden bridge over Budhi Gandaki we follow the path lined with houses that are interspersed with cultivated fields. At Namru, there is a police check post again. Namrung village is the gateway of Manaslu trekking. This is a beautiful village in the forest. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 7: Namrung to Lho (3200meters) 6 hours.

Across the Hinan river originating from Linda Glacier and continuing on to Sho. Naike peak, Manaslu north (7774 meters), and Manaslu (8150 meters) are visible from here. Tonight we camp near a spring at Lho gaon - a small village. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 8 : Lho to Samagaon (3530meters) 6 hours.

You will pass the stone gate and long Mani stone wall of the village after Lho with full view of Peak 29 ahead. You can make a side excursion to Pungen Glacier from here to get a very close-up view of Manaslu. Follow the lateral moraine of Pungen Glacier toward Sama. From the village of Sama, it takes another 20 minutes to reach Sama Gompa for a night halt. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 9: Acclimatization and exploration day at Samagaon.

We will spend a day here in order to acclimatize and adjust to the reduction of the air and also for local excursion. We mainly hike up to Birendra Tal, a beautiful lake and surrounding marvelous views of Manaslu mountain. Overnight in guesthouse. [Breakfast, Lunch, Dinner]

Day 10: Samagaon to Samdo (3860 meters)

The trail from Samagaon to Samdo goes north on the upper part of the Budhi Gandaki. It climbs gradually towards Samdo, and just before entering the village passes through the point where the Budhi Gandaki actually starts - at the confluence of Larke Khola and the river coming from Samdo Glacier. A couple of hours of climbing through the forest brings us to the village of Shyala, offering superb views of Phungi, Manaslu, and Himal Chuli. Crossing a wide pasture with many marmots we enter the village of Samdo. Samdo is a tiny lovely village located just under the majestic Samdo peak (6335m) and the Samdo glacier. Overnight in guesthouse/Lodge. [Breakfast, Lunch, Dinner]

Day 11: Trek to Dharmasala (4460meters) 6 hours

The thundering Buri Gandaki trickles to a stream as we continue to follow its course ever upwards. We are surrounded by spectacular mountains from all sides. Manaslu is particularly impressive. After crossing to the east bank of the river, we reach the last permanent settlement in the valley, which is called Sumdu. Above the village, we cross the stream, which runs down from the Gya La (Pass), the pass to Tibet. We come to the ruins of an abandoned village, known as Larkya Bazaar. Presumably, this village thrived as a trading point, with Tibet lying over the Gya La. The commerce seems to have dried up leading to the migration of the settlers. Overnight in guesthouse/Lodge. [Breakfast, Lunch, Dinner]

Day 12: Trek to Bhimtang (3720m) via Cross Larkya La pass (5106m) 8 hours.

Today starting early morning to reach Larke-la Pass above 5,106 m, where the walk first heads with a gradual winding uphill, and then steep up to reach the highest point of the adventure on top of Larke-La festooned with hundreds of Buddhist colorful prayer flags marked with stones piles. We first climb towards Cho Chanda and then slowly head steeply uphill toward the snowed-up pass. From the top the panorama is magnificent: Himlung Himal

(7126meter), Cheo Himal (6820meters), Gyagi Kung, Kang Kuru (6981meters), and the Annapurna II (7937meters). The descent is steep, through moraines, towards Bhimtang, a lovely place on a wide valley with several good lodges to stay. Overnight in guesthouse/Lodge. [Breakfast, Lunch, Dinner]

Day 13: Bhimtang to Goa (2515 meters) 5 hours.

We start with a gentle climb through paddy fields towards the small Karcha La pass and descend through fig tree and rhododendron forests to Goa village. Overnight in guesthouse/Lodge. [Breakfast, Lunch, Dinner]

Day 14: Goa trek to Dharapani 3 hrs then drive to Beshisahar (830 meters) 3 hours.

Follow the trail downstream of Marshyangdi River, passing through the scattered villages. After a tough walk on the Larkya-La pass, today will be a pleasant walk on the gradual downhill through the Gho village then will reach Tilje village. As well, The walk also enters through pristine woodlands full of rhododendrons, pines, and oak tree lines passing several farm shades to reach the Phurke Khola. From Bhimthang the trail is mostly downhill and this trail combines the dharapani with the popular Annapurna Circuit Trail. We will go through the Phurke Khola then eventually reach the beautiful Tilje village and where you can find the sharing jeep to Besisahar. An overnight stay beautiful local guest house. Overnight in guesthouse/Lodge. [Breakfast, Lunch, Dinner]

Day 15: Drive to Besishahar) 5 hours by Jeep.

Today drive to Beshishahar. This ends the walking day of our trekking. overnight stay at lodge. Overnight in guesthouse/Lodge. [Breakfast, Lunch, Dinner]

Day 16: Drive to kathmandu by bus or jeep (6 hr)

We take local bus to Kathmandu. The way returning to Kathamndu is impressive. Rice field, Marshandgi river and Trishuli river with the view of Manaslu mountains and lamjung himal we drive back to Kathmandu. Overnight at Hotel . [Breakfast, Lunch, Dinner]

Day17: Free day Or shopping day. Overnight at hotel.

Day 18: Transfer to the International Airport for your home departure. "Farewell"

Pricing Information

Price Details

Full package cost:

Group Size: minimum 2 People

Per Person : \$ 1750

Price Includes

1. 4 night hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. Trekking Permit TIMS, Manaslu Special restricted permit
4. Meal: All meals Breakfast, Lunch, and Dinner during the trek
5. One experience trekking guide 1 porter for 2 trekkers
6. Annapurna Conservation permit,
7. Local land transportation like bus service, if you desire to take a private Jeep costs should be paid by clients.
8. Life, Medical Insurance for Guide & Porter
9. All accommodations during the trek are best available in hotel/guesthouses
10. Our service charge
11. Good Salary for Guide and Porters.

Price Excludes

1. International flights to and from
2. Nepal entry Visa Fees (\$50)
3. Personal equipment for trekking
4. Personal Insurance for travel to Nepal
5. Lunch & dinner in Kathmandu
6. Tipping (Tips) for guide & porter
7. Bar bills, Beverages, and mineral water during the trek.
8. The cost not mentioned in the cost includes

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