

## MANASLU CIRCUIT TREK



**Manaslu Circuit Trek** is one of the remotest and most breathtaking trekking trips in Nepal. This trekking route can be termed as “The lord of Wilderness” because of the wonderful wilderness for an odyssey into the pure wilderness of a mystical land. You can experience pure adventure into a fresh region across the height of 5000 meters above the sea level. The entire region is filled with the outstanding natural beauty, which will leave you speechless. A trek to Manaslu Circuit is far less crowded than other trekking trails of Nepal and remains a true adventure in the remote area of Nepal. This trek features every aspect of a classical trekking such as spectacular scenery of mountains of Manaslu circuit, epic wildlife and lush green forests which goes up to the height of 5100 meters/ 17000 ft.

Mount Manaslu is the eighth highest mountain in the world, which is located in the remote location of western Nepal. A trek to Manaslu circuit offers some of the great views of various Himalayas of Manaslu circuit. It takes you to the nearest point of Mount Manaslu which itself is an amazing experience and a memory of a lifetime to cherish. It is a well-known and quite popular trekking trail among the trekking lovers around the globe. This trek is one of the most delightful adventurous trekking expeditions in Nepal. Also, you can enjoy the beautiful and amazing views of Dhaulagiri and Annapurna peaks on the trek route of the Manaslu circuit. The trekking route passes through some of the beautiful local Nepali villages, which showcase the cultural heritage of Nepal, and provides the authenticity of real Nepalese lifestyle.

Manaslu Circuit trek is a government regulated and controlled trekking area because it's a restricted trek area of Nepal. One must have proper trekking permission to organize and go for trekking in this beautiful and adventurous destination full of unusual experience and breathtaking views of high Himalayas stretched beyond the Horizon. Mountain Sherpa Trekking and Expedition offers an 18-day itinerary for the Manaslu Circuit Trek where we spend 13 days in open high altitude trekking. Your actual trekking starts from the very next day of your arrival with the cultural tour of Kathmandu city.

Activity Levels:  **Tough**  
strenuous

Duration: 18 days

## AT A GLANCE

- An exciting and adventurous trekking venture which includes high elevations that bring us close to Mt. Manaslu.
- 13 days trek in open high altitude territory above the tree line, and this is where the adrenaline pumps.
- Best views of Himalayas range of Mount Manaslu, Mount Annapurna, and Mount Dhaulagiri.
- Maximum altitude of 5,106m situated at Larkya La Pass, where the views are mesmerising
- Scenic drive from Kathmandu to Arughat and Beshisahar to Kathmandu by private vehicle
- Diversified unspoiled and untouched ecosystems & Trek through picturesque traditional Tibetan villages
- Safe and fun trekking with Local responsible expert 100% Sherpa guide and Team~ 24 Hours Call Support

### Cost Includes

- 3 Times Healthy meals during whole trek
- Lodge Accommodation during whole trek
- Kathmandu- Arughat private 4W Jeep
- Local Jeep from Dharapani~ Besishahar
- Besishahar to Kathmandu by Private Vehicle
- Expert & reliable **100% Local Sherpa** guide
- Honest Porters 1 Porter for 2 Person basis
- **Hand-pick Hotel** accommodation in Kathmandu
- MSTE kit bag and Group medical kit
- Company T-shirt and Trek Map
- Private vehicle for ground transportation
- **Special Trekking permits** and site entry fees
- Guide and porter pay, meals, insurance
- Half day sightseeing in Kathmandu on day 2

### Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Lunch & Dinner in Kathmandu
- Cold Drinks, Mineral Water
- Tips for Guide & Porter
- Hot Shower, Battery Charges
- Unforeseen Cost such as Flight Cancellation
- Cost, which is not mentioned in Cost Includes

## ITINERARY

### Day 01:: Arrival in Kathmandu and transfer to hotel

Your trip starts as soon as your flight reaches the sky zone of Kathmandu. The incredible snow-capped views of Mountains surrounding Kathmandu city is enough to give you a glimpse of your upcoming thrilling trekking journey.

As soon as your flight touches the ground of Tribhuvan International airport, **Mountain Sherpa Trekking and Expeditions** office representative and driver will be on standby at the exit terminal of the airport to receive you. They will escort you to your hotel and help you check into your hotel.

After getting into your room and getting refreshed, you will be briefed about your daily activities. The rest of time is yours to explore the neighborhood and get familiar with the surroundings.

We will have a small meeting with our senior guide in the evening where you will be briefed about the details of the upcoming trekking expedition. It's your first night in the ancient city of Temple, probably one of the best in the World.

Breakfast

**Accommodations:** Hotel **Meals:** Welcome Dinner at Typical Nepali Restaurant with Cultural Show

### **Day 02:: Half day sightseeing of Boudhanath and Pashupatinath and trek Preparations ~ Hotel**

After a good night and a healthy and delicious breakfast, we drive for tour of **Boudhanath stupa**, which is said to be the largest stupa in the world. This place is the center of Tibetan culture in Kathmandu. The stupa design feels like a huge Mandala that is a representation of Buddhist cosmos.

Our next destination is **Pashupatinath Temple**. This temple is dedicated to Hindu deity Lord Shiva and is said to be the holiest Hindu shrine in Nepal. We can see a burning ritual of Hindus at 'Aryaghat,' the burning area of the temple. This cremation site is used for the once royal family of Nepal and also for the ordinary Nepalese people who live within the country.

After the amazing city tour, we return to our hotel, get refreshed and do some shopping for the trekking. We will have an early supper and retire to our bed soon as we have to start our trekking journey tomorrow.

**Accommodations:** Hotel **Meals:** Breakfast

### **Day 03:: Drive from Kathmandu to Sotikhola (720m/2,362 feet) Private 4x4 jeep ~7-8 Hours drive**

**Vehicle:** Private 4x4 Jeep **Approx. Drive time & Distance:** 8-10 hours (88 miles / 141.3 km)

After an early breakfast, you'll drive west along the Kathmandu-Pokhara highway towards the Village of Sotikhola by private **4x4 jeep** enjoying the scenic views. We pass through some of Nepal's enchanting countryside landscapes, which we can see right from the windows of our vehicle.

We then cruise further towards the hill bazaar of Gorkha, an ancient historical town from where Nepal got its today's shape. The road gets a bit a rutted; dirt path after Gorkha, However, you will enjoy the views of the southern slopes of Annapurna, Ganesh Himal, Manaslu and Langtang Himal. We will reach our destination, **Sotikhola**, after around seven to eight hours drive from Kathmandu.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

### **Day 04:: Trek from Soti Khola to Machha Khola (900 m/2,920 feet) ~ 6-7 hours**

**Approx. Walking time:** 6-7 hours **Approx. Walking distance:** 8 miles (14 km)

After breakfast in **Soti Khola**, you'll start this classic trek up and down through diverse landscapes including jungles, rice paddies, a cliff-face ridge, a rushing stream, and numerous gorgeous waterfalls.

We will soon start feeling the change in heights as we move ahead on our trekking journey today. We pass through the broad valley, which later on goes steep and passes through a dense forest.

The Trek begins by overpass a bridge; before you trek through a forest, then hike onto a ridge above the huge rapids of **Budhi Gandaki river** (which is joined from the Tum Khola River in the Tibetan plateaus). We then arrive Khursane upon which the rocky trail combines its way up and down, past two tropical cascades on a steep, rocky path clinging to the side of a cliff. You'll ultimately descend past a few rice paddies, then continue up and around to the pretty Gurung village of Labubesi.

From here, you'll further climb near a rocky outcrop where the valley opens up next to the river, which flows more peacefully here. Dropping down to the river shore, you'll walk along rounded stones before climbing over a side ridge. Head down again to the river and cross another suspension bridge to reach the village of **Machha Khola**.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

**Day 05:: Trek to Machha Khola to Yaru Phat (1,170 m/3839 ft.) ~ 5-6 hours**

**Approx. Walking time:** 5-6 hours **Approx. Walking distance:** 17 KM

We rise early and continue to follow along the Budhi Gandaki, one of the major rivers in Nepal. The narrow path makes some little ups and downs and finally crosses the Tharo Khola and getting Khorlabesi. After a few more climbs and descends We reach the hot springs in the center of the small, terraced village of Tatopani, where we have plenty of time to soak our scruffy bodies in the flowing hot water, and then maybe go for a swim in the cold river below, drying off on the lovely river-side beach.

From the hot spring, we climb over another ridge, then cross the Budhi Gandaki on a suspension bridge. At this juncture, we climb on a wide, well-crafted staircase, then across a landslide and over a ridge to Dobhan. We will spend the night at **Yaru Phat** at a lodge.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

**Day 06: : Trek from Yaru Phat to Philim 1570 m/5,151 ft.~ 5-6 hrs**

**Approx. Walking time:** 5-6 hours **Approx. Walking distance:** 12 KM

After breakfast in the village of Yaru Phat, We'll cross the Budhi Gandaki twice today on a suspension bridge. Along the way, we will pass through the stone village of Jagat with its cobblestone paths.

There are numerals of Mani Walls along route. These are stones that are engraved with Buddhist writings reflecting Tibetan inspiration. We will cross the Budhi Gandaki on a very long suspension bridge and then trek to the village of Philim where we will spend the night at a Mountain Lodge.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

**Day 07: : Trek from Philim to Deng Village 1,860 m/6,102 ft. ~ 3-4 Hours**

**Approx. Walking time:** 3-4 hours **Approx. Walking distance:** 8 Km

Today is a stunning day of walking. From Philim, towns become few and far between. The path is shaped into the cliff that is now high over the Budhi Gandaki River. We can see wonderful waterfalls along the way as well as watch eagles soar the thermals high above the river. Partially through the day, we turn west and continue to follow the Budhi Gandaki. It has become narrower here as we make our way to the village of Deng. We have a great view of Mt. Manaslu and the other snow-covered peaks that surround us. Our destination is the village of Deng where we will spend the night.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

**Day 08: : Trek from Deng to Namrung (2630m/8626ft)~ 6 - 7 hrs**

**Approx. Walking Time:** 6-7 Hours **Approx. Walking Distance:** 12.1 Miles/ 19.5 KM

After breakfast in **Deng**, you'll start one of the most significant and culturally important parts of the trek. First, cross the Budhi Gandaki River and climb up to the bridge. Where you'll climb a bit further to join a trail from Bhi. Then head west up the valley passing through lush jungles, alpine flora, and attractive settlements housing indigenous groups of the Manaslu region, with major peaks starting to emerge in the distance.

The track also passes across jungles and mani where we turn near a corner that contours to Ghap. Although there is alternative route, we take the route throughout **Prok village**. This village has a stunning viewpoint of the

snowcapped Siringi Himal. Take a break here and then continue to cross the Budi Gandaki numerous times today running into several gompas along the way. The trail follows the river upstream across a dense forestry. After crossing the river at an extraordinary spot where it thunders down a narrow gorge, the jungle becomes less solid and the trail is fine again. The enjoyable hike continues and after a last vertical ascent we reach **Namrung**. Overnight in Namrung.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

#### **Day 09:: Trek from Namrung to Samagaon (3,530m/11,578 ft) ~ 6-7 hours**

**Approx. Walking time:** 6-7 hours **Approx. Walking distance:** (10.9 miles/17 km)

After an early breakfast, we will start trek with ascent gradually and pass through forests and reach Lihi, a fine village with many chortens and barley terrace. The path descends and traverses the side valley of Simnang Himal with Ganesh Himal continuously close by. We further pass throughout Sho, Lho and Shyala villages before getting Sama Village. You will have some time to rest and enjoy some glacier peaks and spectacular views of Mt. Manaslu Mountains from Lho Village, also discover the well-known Ribung Gompanear by.

In **Shyala village** we will be encircled by high peaks like Himal Chuli and Peak 29 (Ngadi Chuli) to the left, Manaslu and large glaciers straight ahead, and other snow summits to the right, and at the far end stands Ganesh Himal. Today's trek ends in Samagaon where we spend the night.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

#### **Day 10: : Acclimatization and explorations day in Sama Village.**

Today is an altitude acclimatization day, enjoy a refreshing breakfast and then spend the day at Samagaon getting some relaxation. We get familiar with the rich **Sherpa culture** today. We enjoy the sight of thousands of mani stones with Buddhist manuscripts and portraits and the Sherpa women clad in old-fashioned clothes and ornaments. On a little hill near the **Sama village** is an old Gompa (Pungyen Gompa), a monastery with great views of the glacier. It is named after Manaslu, Pungyen means bracelet, a good explanation of the two peaks. It was demolished a year after the first unsuccessful Japanese attempt to climb Manaslu.

The locals thought that the ascent angered the gods, and when the Japanese came back a year later, they met with a lot of resistance that they had to give up their try. They were ultimately successful in 1959. Overnight in **Samagaon**.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

#### **Day 11: : Trek from Sama village to Samdo 3860m/12,660 ft. ~ 4 - 5 hours**

**Approx. Walking time:** 4 hours **Approx. Walking distance:** (10 miles/16.5 km)

After breakfast in Samagaon, We walk down to the Budhi Gandaki River that has turned north and keep on it to a bridge over a side river today. The path to the left leads to the Manaslu Base camp.

The Larkya la Track passes numerous mani walls as the valley starts to expand. It is an easygoing path on a shelf above the river passing the juniper and birch jungles of Kermo Kharka. We drop off the ridge, cross the Budhi Gandaki on a wooden bridge and hike steeply onto a headland between two forks of the river. From a stone arch, we can view a large white Kani. Ultimately passing throughout the Kani, we reached Samdo. Overnight in Samdo.

**Accommodation:** Best Available Lodge **Meals:** Breakfast, Lunch, Dinner

#### **Day 12: : Rest and another acclimatisation day in Samdo (3690m)~ Optional Hiking**

It is additional day set aside for **good acclimatization**. After breakfast, you can either rest in Samdo or select between two

hiking possibilities:

We have **two alternatives hiking route** for us today. The possibility that we highly advise is a hike, up the valley directly at the back of the Samdo village. This walk will take us to one of the trade passes to Tibet for outstanding views of Mt. Manaslu along with other Himalayan ranges including Simrang, Hiunchuli, Ngadi, Larkye Peak, Cheo and probably Kang Guru following the pass. On route to these viewpoints, we pass many seasonal herding settlements called doksas and sight some beautiful mountain birds like the Lophophorus (the national bird of Nepal), Lammergeyer and Himalayan Griffin soaring high above us.

**Our second Alternative option** route for today could be a trip to the Gya La ('large pass') to the north of Samdo, a more often used trading route to Tibet. But, this is a quite long hike (full day) and therefore could be a little exhausting. Overnight in Samdo.

**Accommodation:** Tea House **Meals:** Breakfast, Lunch, Dinner

**Day 13: : Trek from Samdo to Dharamsala/Larkya B.C. 4460 m/14, 628 ft.~ 4/5 hours.**

**Approx. Walking time:** 4-5 hours **Approx. Walking distance:** (7 miles /11 km)

After having hot breakfast, we start hike down the edge, cross the wooden bridge over Budi Gandaki and start hiking upward. Upon crossing two streams and observing the Larkya Glacier we go around the valley of the Salka Khola and ascent up again to the stone guest house (4450 m), which is not a lodge but a kind of shelter called Dharmshala, also known as Larke Phedi. Be sure you have your camera ready, with fully charged batteries, as you never want to miss this chance to take the magnificent views of the mountains and enchanting natural beauties. Afternoon we have lunch and gaze out at the lovely views. You'll feel the altitude and the cold here, so enjoy a more leisurely afternoon with some tea/coffee and keep warm. We'll have an early dinner in preparation for our crossing the next high pass tomorrow.

**Accommodation:** Tea House **Meals:** Breakfast, Lunch, Dinner

**Day 14: : Dharamsala - Larkya la 5160m/16, 924 ft - Bimthang 3720m/12, 201 ft ~8 -9 hours**

**Approx. Walking time:** 7-9 hours **Approx. Walking distance:** 15 miles/24 km)

This is the longest, but most interesting day; due to the high pass Larkya la **5160 m/16, 924 ft** and the views of amazing peaks. After an early breakfast, we will start with short climb; we reach a valley on the north side of the Larkya Glaciers from where we can experience great views of Cho Danda and Larkya Peak.

Lastly, we walk throughout moraines of the glacier, making a slow ascent, which becomes steeper only in the last section of the pass. From the pass, there are outstanding views of Himlung Himal, Cheo Himal, Kangguru and the huge Annapurna II. It is a lengthier day than normal to Bimthang, but to hike into these low terrains with the evening mist coming in with Mt. Manaslu approaching close by is a tremendous experience.

The view from **Bhimtang** is extremely beautiful. This village was in the 1960s hanging out for Tibetan Khampa fighters who made "attacks" against the Chinese inside Tibet, to flight to Nepal. Overnight in Bimthang village.

**Accommodation:** Tea House **Meals:** Breakfast, Lunch, Dinner

**Day 15: : Trek from Bimthang to Gho at 2,560 meters/8,398 feet ~ 4-5 hours**

**Approx. Walking time:** 4-5 hours **Approx. Walking distance:** 10 km

After breakfast in Bimthang, head out to a near ridge where you can enjoy great views of Manaslu, Lamjung Himal, Himlung Himal, and Cheo Himal. Keep downhill on the trail and cross a high pasture followed by a bridge over the Dudh Khola River. We hike across rhododendron jungle and follow a trail through a narrow valley until we reach the highest cultivated

land of the valley at Karche, 2785 meters.

The treks continue goes out of the alpine areas and into the most delightful valley of Dudh Khola - the milk valley. We cross the glacier river along a nice wooden bridge before it dives into beautiful silk fir and rhododendron forest, like spring, sprinkles with its red and white flowers — the trail winds in and out through the extremely fascinating valley. We come to numerous locals, such as Hambuk, Puktu, and Phute, before it goes down to the village of **Gho at 2,560** meters altitude.

**Accommodation:** Tea House **Meals:** Breakfast, Lunch, Dinner

**Day 16: : Trek from Gho to Dharapani 1,860 m/6,102 ft. Approx. ~ 5/6 hours.**

The last trip out of Dudh Khola is almost ending. We cross the Marshyangdi River on a long and nice suspension bridge and enter Gyasumdo, which in Tibetan means "Three Main Road Meetings," as the paths from Manang and Larkya / Gya La and the Lowlands meet here.

This is also our final day of trekking. Along the way, we will pass through the Gurung village of Tilije, noted for its well-known apple brandy that this particular village is renowned for. The Gurungs are a mountain people, famous for their courageousness with the Gurkha Units of the British Army. We will spend our last night of trekking at a teahouse here.

**Accommodation:** Tea House **Meals:** Breakfast, Lunch, Dinner

**Day 17:: Drive by Jeep from Dharapani to Besi Sahar and same day drive back to Katmandu**

**Vehicle:** Local Share Jeep and Private comfortable Vehicle

**Approx. Drive time & Distance:** Dharapani to Besisahar: 35 Km(3 hrs) & Besisahar to Kathmandu: 175 km (5 hrs)

After breakfast, we take **local jeep** from Dharapani and drive to Besisahar, which takes about 3-4 hours. Once we reached at Besi Sahar, we change our vehicle and we drive to Kathmandu by private comfortable Car/ Hiace. It takes another 5-6 hours to arrive Kathmandu from Besi Sahar.

The drive from **Besi Sahar to Kathmandu** offers an opportunity to enjoy both hill and mountain landscapes often coming into direct view with the banks of the Marsyangdi and Trishuli rivers. You'll also drive by some beautiful villages with farming terraces on both sides of the road.

**Accommodation:** Hotel **Meals:** Breakfast, Lunch

**Day 18: : Drive to the Airport to head back to that lovely place we call 'home''**

After breakfast, Our Airport Guide and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at **Mountain Sherpa trekking and expeditions** will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this lovely region of Manaslu will give you whole lifetime of memories for the generations to come. Adios friends! Till we meet again someday.

**Meals: Breakfast**