Manaslu Circuit Trek [Hike Pung Gyen Gompa + Birendra Tal] - 17 Days (all-inclusive)

5 Star Hotel Package

2270USD per person

*Including healthy meals

Trip Style: City Tour & Trekking

Trip Difficulty: challenging

Manaslu Trek 2026 – Complete Guide, Cost & Itinerary

Safely leading the Manaslu Circuit Trek for over 27 years with our team of expert Sherpas.

The **Manaslu Circuit Trek** is an unforgettable journey around Mount Manaslu (8,163?m), the world's eighth-highest peak. Trekkers experience stunning Himalayan scenery, remote villages, lush forests, and the challenging Larkya La Pass (5,160?m). Known for its cultural richness and tranquility, it's a less crowded alternative to the Annapurna Circuit.

Trekking the Manaslu Circuit requires careful planning with safety as the top priority. Our thoughtfully designed itinerary ensures proper acclimatization, regular rest, and full support every step of the way. For added comfort and peace of mind, we provide private 4WD transport before and after the trek and a satellite phone for emergencies, so your journey is as safe and enjoyable as it is unforgettable.

Trek the Manaslu Circuit in 2026 with our experienced Sherpa guides, who have safely led thousands of respected clients from around the world and know every part of the trail. We specialize in small groups and personalized service, ensuring your journey is safe, comfortable, and unforgettable. Whether you prefer a private trek or joining a small group, we are here to make your dream Himalayan adventure a reality.

Best Time to do Manaslu Circuit Trek & Essential Safety Tips:

The Manaslu Circuit Trek is at its best in spring (March–May) and autumn (September–November), when the weather is stable, the skies are clear, and the Himalayan mountains reveal their full, breathtaking beauty.

To fully enjoy the Manaslu Circuit Trek, give yourself plenty of time to acclimatize properly and avoid altitude sickness. Stay well-hydrated, eat nutritious meals, and rest whenever needed. Trek with our experienced Sherpa guides, carry a satellite phone for emergencies, and use high-quality gear, especially for the Larkya La Pass (5,160?m / 16,930?ft). By following these simple steps, you can trek safely, stay energized, and experience the Himalayas in all their breathtaking beauty.

Top 7 Reasons to Trek Manaslu Circuit with Mountain Sherpa Trekking

1. **Safety as Our Top Priority:** Your well-being comes first on every step of the Manaslu Circuit Trek. With

thoughtfully planned acclimatization days, carefully mapped high-altitude routes, and a satellite phone for emergencies, you can focus on enjoying the majestic Himalayas with complete peace of mind.

2. **Guided by Experienced Sherpas:** Trek with expert Sherpa guides who bring over 17 years of experience leading Manaslu expeditions. Their deep knowledge of the trails, weather, and local culture ensures your journey is safe, smooth, and unforgettable.
3. **Thoughtfully Crafted Itinerary:** Our Manaslu Circuit Trek schedule balances adventure and comfort. With planned rest days for acclimatization, optional side hikes, and flexible timing, you can explore at your own pace and fully experience the beauty of the region.
4. **Comfortable 4WD Transfers:** Start and finish your trek without stress. Our private 4WD transfers provide a comfortable alternative to crowded buses, ensuring your journey to and from the trailhead is relaxing and convenient.
5. **Best Value for Your Trek:** We combine high-quality service with competitive pricing, giving you an exceptional Manaslu Circuit Trek experience without compromise.
6. **Quality Lodging Along the Way:** From city hotels to mountain lodges, your accommodation is designed to keep you refreshed and comfortable. Enjoy hot showers, clean facilities, and cozy rooms after each day of trekking.
7. **Small Groups, Personalized Experience:** We keep our groups intentionally small so every trekker receives personal attention. Your itinerary can be tailored to your pace, interests, and goals, making your Himalayan adventure truly your own.

DURATION: 17 days

Trip Facts

Arrival City
- Kathmandu, Nepal

Departure City
- Kathmandu, Nepal

Trek Region
- Gorkha, Manang-Gandaki Zone, Nepal

Trip Style
- City Tour
- Trekking & Hiking

Maximum Altitude
- 5,160 m/16, 924 ft

Trip Durations
- 16 Nights/ 17 days

Group Size
- Minimum 1 Person
- Maximum 12 people

Accommodations
- Premium City Hotels & Best Trek Lodges

Meals
- Daily Breakfasts In City
- Breakfast,Lunch & Dinner
- During Whole Trek

Service Level
- Reliable & friendly
- Authentic sherpa guide
- Clean Hotel and Lodge

Fitness Level
- Reasonable fitness
- Per Day Walk: 5-8 Hours
- Walk & Run for Preparation

Best Time to Travel
- Autumn: Mid September- December
- Spring : February-May

ITINERARY

Day 01:: Arrival in Kathmandu and transfer to hotel. Check in hotel and rest after long flight

Your adventure commences the moment your flight soars into the sky above Kathmandu. The breathtaking sight of snow-capped mountains enveloping the city provides a tantalizing preview of the exhilarating trek that lies ahead.

Upon your arrival at Tribhuvan International Airport, our dedicated team from **Mountain Sherpa Trekking & Expeditions** will be poised at the exit terminal, ready to warmly welcome you. A courteous representative and a skilled driver will accompany you to your hotel, ensuring a seamless transition. Once you've settled into your room and refreshed yourself, a detailed briefing on your daily itinerary awaits you. The remainder of the day is yours to

wander the surroundings, acquaint yourself with the locale, and soak in the unique atmosphere.

As the sun sets on your first day in the ancient city of Temples, you'll gather for an evening meeting with our experienced guide. Here, you'll receive comprehensive insights into the intricacies of the upcoming trekking expedition. It's a night filled with anticipation and excitement in one of the world's most captivating destinations. The following morning, a delightful breakfast awaits, setting the stage for the remarkable journey that lies ahead.

Day 02:: Full day sightseeing in Kathmandu City and trek Preparations ~ Hotel

Your First Day in Nepal: Culture, Spirituality & Rest Before the Trek

After a long international flight, there's nothing better than sinking into a soft bed at one of the luxury hotels we've carefully selected for you in Kathmandu. You'll enjoy a peaceful night's sleep, and after a hearty breakfast the next morning, your journey truly begins.

Today, we'll take you on a full-day guided tour of Kathmandu Valley, exploring its rich history, spiritual heart, and vibrant culture. We start the day at **Swayambhunath**, famously known as the Monkey Temple. Perched on a hilltop with sweeping views of the city, this ancient Buddhist site is a powerful symbol of peace—and yes, you'll likely spot a few curious monkeys along the way.

Next, we head to **Kathmandu Durbar Square**, once the royal palace complex of the Malla kings. Here, centuries-old architecture meets the hustle of daily life, with temples, shrines, and markets bustling with energy. After soaking in the history, we make our way to one of the most sacred spots in Nepal—**Boudhanath Stupa.**

This massive, mesmerizing stupa is the largest in the country and a spiritual hub for Tibetan Buddhists. Its towering white dome and watchful Buddha eyes seem to observe all who pass. The peaceful atmosphere invites you to slow down, spin a prayer wheel, or simply take it all in. We'll stop here for lunch, surrounded by the soothing sound of chanting monks and spinning prayer flags.

In the afternoon, we visit the deeply moving and sacred **Pashupatinath Temple,** Nepal's most important Hindu site. Dedicated to Lord Shiva, this riverside temple is where life and death intersect. You may witness the traditional cremation ceremonies at Aryaghat, a powerful reminder of the spiritual depth of this culture. It's a moment of reflection that stays with many travelers long after they leave.

As the day winds down, we head back to your hotel. There's time to freshen up and do some light shopping—perhaps picking up a few final essentials for your trek. After an early dinner, it's off to bed. Rest well—tomorrow, the real adventure begins, as you head into the heart of the Himalayas.

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)

Embarking on an adventure after a hearty breakfast, our journey unfolds as we venture westward along the Kathmandu-Pokhara highway. The landscape unfolds before us like a living canvas, showcasing the enchanting beauty of Nepal's countryside. Our private 4x4 jeep becomes a vantage point, providing panoramic views through its windows.

As we traverse the winding roads, we make our way towards the historic hill bazaar of Gorkha, a town steeped in ancient tales and pivotal to Nepal's history. Beyond Gorkha, the path becomes rugged, transforming into a dirt trail that adds a touch of thrill to our expedition. Amidst the bumps and twists, the southern slopes of Annapurna, Ganesh Himal, Manaslu, and Langtang Himal reveal themselves, creating a breathtaking backdrop for our journey.

After navigating through this scenic tapestry, we finally arrive at our destination, the charming village of Sotikhola. The seven to eight hours spent on the road from Kathmandu become a captivating odyssey, marked by the diverse landscapes and historical echoes that accompany us throughout our expedition.

Day 04:: Trek from Soti Khola to Khorlabesi (970 m/3182.71 feet) ~ 6-7 hours

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

After a satisfying breakfast in Soti Khola, your trek unfolds through a captivating tapestry of landscapes. The trail offers a dynamic experience, weaving through jungles, idyllic rice paddies, an exhilarating cliff-face ridge, a lively rushing stream, and a series of breathtaking waterfalls.

As you journey forward today, the changing elevations become evident. Initiating with a traverse through a broad valley, the path gradually ascends, guiding you through a dense forest. The adventure commences with a bridge crossing, followed by a trek through a forest. Soon, you'll find yourself hiking along a ridge above the formidable rapids of the Budhi Gandaki River, sourced from the Tibetan plateaus and joined by the Tum Khola River.

The trail then leads to Khursane, where a rocky path meanders through undulating terrain, passing two tropical cascades on a steep, rocky trail hugging the side of a cliff. Descending past vibrant rice paddies, the ascent continues until you reach the charming Gurung village of Labubesi.

Pressing on from Labubesi, you'll ascend near a rocky outcrop, revealing a vast valley alongside a more tranquil river. Descending to the river shore, you'll stroll along rounded stones before ascending over a side ridge. Crossing another suspension bridge, your next stop is the village of MachhaKhola. The journey doesn't conclude there, as you'll proceed to **Khorlabesi,** approximately an hour away. As seasoned Sherpa guides, we recommend trekking up to Khorlabesi instead of staying in Machhakhola for a shorter trek on the following day to Jagat.

Day 05:: Trek from Khorlabesi to Jagat (1,410 m/4,626 feet.) 5-6 hours

Approx. Walking time: 5-6 hours **Approx. Walking distance**: 11 KM

Our day commences with a hearty breakfast in the charming village of Khorlabesi. As we embark on our trek, the trail unfolds with a series of invigorating climbs and descents, offering breathtaking views of the surrounding landscapes. Our journey leads us to the heart of Tatopani, a picturesque village adorned with terraced fields.

From Tatopani, we ascend over yet another ridge, crossing the Budhi Gandaki via a suspension bridge. The path unfolds before us, guiding us up a meticulously crafted staircase and across a ridge, where a striking panorama awaits. Negotiating a landslide with care, we make our way to Dobhan.

The day's adventure concludes as we arrive at Jagat, where a welcoming lodge awaits to provide a comfortable night's rest. The tranquil surroundings and the echoes of the day's journey set the stage for a peaceful evening in this remote Himalayan haven.

Day 06: : Trek from Jagat to Deng Village 1,860 m/6,102 ft. ~ 7-8 Hours

Approx. Walking time: 4-5 hours **Approx. Walking distance: 8 Km**

Starting our trek from Jagat, we venture towards higher altitudes, passing through small farm villages such as Sidibas Bazaar. This picturesque hamlet, nestled along the route, provides a charming backdrop as we continue our ascent. Taking a moment to rest and soak in the surroundings, we proceed with a short climb, followed by a downhill stretch that leads us to **NAGJET.**

Crossing a suspension bridge over the flowing river, our journey advances to Philim, a sizable village surrounded by scattered farmhouses. The trail unfolds through golden fields of wheat and barley on farm terraces, creating a breathtaking landscape. A climb onto a rocky ridge takes us into a bamboo forest area, where we find our overnight refuge in **Deng village.**

Day 07: : Trek from Deng to Namrung (2660 meter /8727ft) - 5-6 hours

Approx. Walking Time: 5-6 Hours **Approx. Walking Distance:** 12.1 Miles/ 19.5 KM

Following a nourishing breakfast in **Deng**, we embark on a journey that marks a pivotal and culturally significant phase of our trek. Our first task is to cross the Budhi Gandaki River, ascending to a bridge where we join a trail from Bhi. As we climb further, a panorama of major peaks begins to unfold in the distance, setting the stage for an awe-inspiring experience.

Heading west up the valley, our path takes us through a tapestry of lush jungles, adorned with alpine flora and dotted with charming settlements inhabited by indigenous groups of the Manaslu region. The air is filled with the anticipation of the majestic peaks that gradually reveal themselves against the backdrop of the sky.

Traversing across jungles and mani, we reach a corner that contours to Ghap. Opting for the route through **Prok village**, we are rewarded with a breathtaking viewpoint of the snow-capped Siringi Himal. A well-deserved break here allows us to soak in the beauty of our surroundings before we resume our journey.

The trail unfolds, guiding us to cross the Budhi Gandaki multiple times today, each crossing accompanied by the discovery of ancient gompas along the way. The path follows the river upstream, leading us through dense forestry. A highlight of our trek is the crossing of the river at an extraordinary spot where it thunders down a narrow gorge, creating a spectacle of nature's force.

As we leave the jungle behind, the trail becomes more inviting, and after a last vertical ascent, we arrive at **Namrung**. The evening settles in with the promise of a peaceful night in this picturesque village, surrounded by the grandeur of the Himalayas.

Day 08:: Trek to Shyala (3,500m/11,483) - 5-6 hours (Best Place for Views)

Approx. Walking time: 4-5 hours **Approx. Walking distance: (**10.9 miles/17 km)

Embarking on the trek from Namrung to **Shyala**, situated at an elevation of 3,500 meters (11,483 feet), is a captivating journey that spans approximately 5-6 hours. **Shyala is renowned as one of the best places for breathtaking views along the trail.**

As we navigate the trail, we are treated to a visual feast of the surrounding landscapes. The trek involves a moderate duration of 5 to 6 hours, allowing ample time to appreciate the natural beauty and immerse ourselves in the serenity of the Himalayan environment. Shyala, perched at an altitude that provides a stunning vantage point, offers panoramic vistas of the majestic peaks and the picturesque valleys below.

This segment of the trek is not only a physical journey but also a visual spectacle, making it a memorable experience for trekkers seeking both adventure and unparalleled views. The allure of Shyala lies not just in its altitude but in the unparalleled vistas it offers, making it a must-visit destination along the trekking route.

Day 09: : Hike to Pung Gyen Gompa then trek to Samagaon (3,530 meters/11,910 feet)

Embarking from Shyala after a breakfast with incredible views of Mount Manaslu and surrounding peaks, our trek to **Samagaon via Pung Gyen Gompa** provides a rich and culturally immersive experience. The trail meanders through charming villages and serene landscapes, leading to the tranquil haven of Pung Gyen Monastery, named after the majestic Mount Manaslu. The journey holds historical significance, with the demolition of Pungyen Monastery following the first unsuccessful Japanese attempt to climb Mount Manaslu. Overcoming challenges, the Japanese succeeded in 1959, symbolizing the resilience of those drawn to conquer these peaks. The trek to Samagaon promises a harmonious blend of cultural exploration and breathtaking Himalayan beauty, offering enduring memories for adventurers.

Day 10: : Rest and acclimatization day in Samagaon. Explore the village

Altitude Acclimatization Day in Samagaon: Choose Your Adventure – Birendra Tal or Manaslu Base Camp Hike

Today marks an essential day for altitude acclimatization in Samagaon. After indulging in a refreshing breakfast, take the opportunity to unwind and immerse yourself in the rich Sherpa culture. The village offers a captivating display of Sherpa traditions, with thousands of mani stones adorned with Buddhist scriptures and portraits. Witness the Sherpa women dressed in traditional attire, adorned with charming ornaments.

To enhance acclimatization, our expert Sherpa guide will lead an optional hike. You have two choices, allowing flexibility based on your physical condition and walking speed. The first option is a hike to **Birendra Tal**, a freshwater lake nestled in the Manaslu Glacier. The second option is a trek to **Manaslu Base Camp**. You can decide on the suitable option upon your arrival in Samagaon, and our Sherpa guide will provide guidance based on your preferences and conditions.

Birendra Tal itself is a picturesque freshwater lake situated in the Manaslu Glacier within the Gorkha District of northern-central Nepal. This acclimatization day not only aids in adjusting to the altitude but also offers a unique opportunity to explore the natural beauty and cultural richness of the region.

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

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

Following breakfast in Samagaon, we descend towards the northward-flowing Budhi Gandaki River, tracing its course until we reach a bridge over a side river. The trail diverges at this point, with the left path leading to the renowned Manaslu Base Camp.

As we proceed along the Larkya la Track, we encounter numerous mani walls while the valley begins to unfold and expand. The journey takes us along a gentle path on a shelf above the river, guiding us through juniper and birch forests of Kermo Kharka. Descending from the ridge, we cross the Budhi Gandaki via a wooden bridge and ascend steeply onto a headland between two river forks.

A stone arch marks our arrival at a viewpoint featuring a large white Kani. Passing through this arch, we reach the village of Samdo. Nestled in the Himalayan landscape, Samdo becomes our resting place for the night, offering a blend of natural beauty and cultural richness.

Day 12: : Trek from Samdo to Dharamsala 4460 m/14, 628 ft.~ 4/5 hours.

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

Following a hearty breakfast, we commence our descent along the rugged edge, crossing a rustic wooden bridge over the Budi Gandaki. Our journey then ascends, treating us to views of the Larkya Glacier and guiding us around the Salka Khola valley. As we climb, we reach the stone guest house (4450 m), known as Dharmshala or Larke Phedi, a shelter more than a lodge. Don't forget your camera, capturing the splendid mountain panoramas and captivating natural wonders along the way. After lunch with a backdrop of breathtaking views, take a leisurely afternoon to acclimate to the altitude and the cool temperatures. An early dinner prepares us for tomorrow's traverse of the next high pass.

Day 13: : Trek from Dharamsala to Bimthang (3720 meter/ 12,205 feet)

Approx. Walking time: 9-10 hours Approx. Walking distance: 15 miles/24 km)

Embarking on the most challenging leg of our trek, we confront the formidable Larkya La Pass, standing tall at 5,160 meters (16,924 feet), where panoramic views of surrounding peaks await. Guided by our seasoned Sherpa expert with **over 27+ years of experience,** we traverse this high-altitude terrain with a **99% success rate**, a

testament to the expertise and dedication of our **Sherpa guides**, renowned worldwide for their honesty and unparalleled guiding services.

Starting with an early breakfast, our journey unfolds with a brief climb, leading us into the valley on the north side of the Larkya Glaciers. The imposing Cho Danda and Larkya Peak command attention as we progress through the moraines, with the final ascent offering sweeping vistas of Himlung Himal, Cheo Himal, Kangguru, and the massive Annapurna II.

While the trek to Bimtang is longer, the descent into lower terrains, accompanied by evening mist and the looming presence of Mount Manaslu, creates a truly remarkable atmosphere. The beauty of Bhimtang is unmatched, and its history as a refuge for Tibetan Khampa fighters in the 1960s adds a layer of significance to our journey.

As we settle in Bimthang village for the night, the tranquil surroundings invite both peaceful rest and contemplation of the historical echoes that reverberate through this remarkable trek.

Day 14: : Trek from Bimthang to Tilche(2300 meters/1746 feet) : 4-5 hours

As our journey alongside the Dudh Khola River nears its conclusion, we gracefully traverse the Marshyangdi River via a lengthy and picturesque suspension bridge, marking our entrance into Gyasumdo. In Tibetan, Gyasumdo translates to "Three Main Road Meetings," signifying the convergence of paths from Manang, Larkya/Gya La, and the Lowlands at this juncture.

This leg also marks the culmination of our trekking adventure. En route, we meander through the Gurung village of Tilche, celebrated for its renowned apple brandy, a hallmark of this particular settlement. The Gurungs, renowned for their bravery and association with the Gurkha Units of the British Army, inhabit this mountainous region. Our final night on the trail unfolds at a teahouse in **Tilche**, offering a fitting conclusion to our memorable trek.

Day 15:: Drive by Jeep from Tilche to Besi Sahar- overnight stay in Besishar

Vehicle: Local Share Jeep and Private comfortable Vehicle **Approx. Drive time & Distance: Tilche** to Besisahar: 35 Km(3 hrs) &

Following a delightful breakfast, our journey continues as we embark on a scenic local jeep ride from Tilchi to the charming town of Besisahar. The picturesque drive, lasting approximately 3-4 hours, provides a wonderful opportunity to soak in the natural beauty of the surrounding landscapes.

Upon arrival in Besisahar, you have the choice to savor the moment, unwind, and celebrate the conclusion of this remarkable trek with your guide and helpers. Alternatively, for those opting to return to Kathmandu on the same day, we'll arrange a private car for a comfortable journey. The drive from Besisahar to Kathmandu unfolds over 6-7 hours, treating you to breathtaking views of hills and mountains. En route, catch glimpses of the Marsyangdi and Trishuli riverbanks, as well as charming villages nestled amidst farming terraces on both sides of the road. The journey back encapsulates the beauty of the Nepalese countryside, providing a fitting farewell to this unforgettable trekking adventure.

Day 16: : Drive to Kathmandu from Besishar by private Car- Transfer to Hotel

Commencing our day with a delectable breakfast in Besisahar, we embark on a scenic journey to Kathmandu via a private car. The approximately 6 to 7-hour drive promises a leisurely experience, allowing you to immerse yourself in the breathtaking scenery that unfolds along the route. As we traverse through the landscape, you'll witness meandering rivers, majestic mountains, and charming villages, creating a visual feast for the senses.

Rest assured, your comfort is our priority. Our private car, guided by an experienced driver, ensures a smooth and secure journey. Upon reaching Kathmandu, we'll facilitate your transfer to your hotel, providing you with an opportunity to relax and rejuvenate for the adventures that await you in the vibrant capital city. A peaceful night's sleep awaits, setting the stage for a refreshed start to your Kathmandu explorations.

Day 17:: Drive to the Airport to head back to that lovely place we call 'home''

As we savor a delightful breakfast, our dedicated Airport Guide and waiting office vehicle stand ready, ready to whisk us seamlessly to the airport for our homeward-bound flight. Serving you has been an absolute joy, and the bonds forged during your time with us at Mountain Sherpa Trekking and Expeditions are truly cherished. We express our heartfelt gratitude for entrusting us as your travel companion in exploring the incredible landscapes of Nepal. The trekking adventure in the enchanting Manaslu region is sure to leave you with a trove of memories for generations to come. Until our paths cross again, adios, dear friends!

Should you find yourself with some extra time, consider adding one more day to your Kathmandu stay at the end of the trek. This additional day can serve as a beneficial buffer in case of unexpected events like illness or unforeseen weather disruptions during the trek. If all goes smoothly, you can utilize this day to explore Bhaktapur and Patan cities, visit local markets, or simply unwind at your hotel after the rewarding trekking experience.

Cost Includes



Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning.
- A private 4WD Jeep from Kathmandu to Sotikhola before the trek, a Jeep from Tilche to Besisahar at the end of the trek, and a private car from Besisahar to Kathmandu for comfortable transportation are included.
- Kathmandu Stay: 3 nights in a centrally located premium 4- or 5-star hotel with daily buffet breakfast (based on the selected package).
- Trek Accommodation: 13 nights in the best available Sherpa mountain lodges, including 5 nights in rooms with attached bathrooms. Hot showers are included daily throughout the trek.

Meals & Drinks Included As Per Below

- Hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Special Manaslu trekking entry permit fee & Annapurna conservation area permit fee
- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal's rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We provide a free Local Market Guiding Service for our valued clients who wish to buy souvenirs at wholesale prices at the end of Trek

Emergency Support

- Satellite phone for communication: In many areas of the Manaslu Circuit Trek, there is no phone signal, so a satellite phone is essential.
- Fully equipped first-aid kit and on-site medical assistance.
- Coordination for any emergencies during the trek.
- Fast helicopter evacuation in case of critical emergencies (covered by your travel insurance).

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)

- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Hotels & Lodges

Manaslu Circuit Trek: Premium & Adventure Combined

Experience the Manaslu Circuit Trek with unmatched comfort! Our **4-star package** starts at **$1,970 USD per person,** while our **5-star package** begins at **$2,270 USD per person**. Enjoy **3 nights in Kathmandu's finest hotels,** including **Hotel Lo Mustang (4-star)** or **Dusit Princess Kathmandu (5-star)**, ensuring a restful and rejuvenating stay. Before your trek, spend **2 nights in luxury, recovering from jet lag** and preparing for the adventure ahead. After your trek, **relax for 1 night in a peaceful retreat**, enjoying a spa day or unwinding in a tranquil garden resort. Handpicked for comfort and location, our hotels guarantee an exceptional experience. **Book now with a trusted Sherpa expert and make your dream trek a reality!**

13 Nights Best available Mountain Lodge Accommodation

During your **13-night Manaslu Circuit Trek**, we ensure the **best available lodges** for your comfort. For **7 nights**, enjoy a **private room with an attached Western bathroom**, so you won't have to share facilities. You'll also have access to **hot showers,** ensuring a refreshing break along the trail. For the remaining nights, we accommodate you in the **best lodges available,** prioritizing cleanliness, warmth, and comfort. Our carefully selected lodges provide a cozy retreat after each day's adventure. **Experience the Manaslu trek with comfort and convenience—book now for an unforgettable journey!**

Quality rest fuels a successful trek! We've carefully selected the finest accommodations to ensure you sleep in ultimate comfort, waking up refreshed and ready for each day's adventure.

Delicious & Energizing Meals on the Manaslu Circuit Trek

We ensure you stay fueled with hearty, nutritious meals throughout your trek. Expect fresh, locally sourced ingredients prepared with care to keep you energized for every step of your journey.

Morning Breakfast (7:00–8:00 AM) – Start Your Day Right!

- **Choice of hot beverages:** Tea, Coffee, Hot Chocolate, Green Tea, Lemon Tea, or Hot Milk
- **Egg varieties:** Fried, Boiled, Scrambled, or Omelet
- **Bread options:** Toast, Pancakes, Chapati, or Traditional Tibetan Bread
- Warm Porridge with Honey

Afternoon Lunch (12:30–1:00 PM) – Refuel & Recharge

- Traditional Nepali Dal Bhat – Rice, Lentil Soup & Curry
- Pasta or Noodles
- Fried Rice & Fried Potatoes
- Local favorite: Mo:Mo (Nepali dumplings)

Evening Dinner (6:00–8:30 PM) – A Perfect End to Your Day

- **Comforting soups:** Garlic Soup, Local Stew, Vegetable Soup, or Mixed Soup
- **Dal Bhat Tarkari** – The staple of Nepal, packed with energy
- **Hearty sides:** Fried Potatoes with Veggies, Mashed Potatoes with Cheese
- **Warm & satisfying:** Mo:Mo, Fried Noodles, or Pasta

Every meal is designed to provide the energy and warmth you need for the trek ahead. Enjoy delicious flavors, balanced nutrition, and the best dining experience in the Himalayas!

Your Meal, Your Choice – Ultimate Dining Freedom!

Unlike most trekking companies, **Mountain Sherpa Trekking** gives you **full control over your meals.** Our guides **never limit your food options**—you are free to choose **any dish** from the lodge menu based on your taste and preference.

Enjoy **plentiful, high-quality meals** throughout your trek, all included in your trip price. With us, you **get delicious food, total flexibility, and an unmatched trekking experience!**

Sustainable Drinking Water on the Manaslu Circuit Trek

Bottled water may seem like a safe choice, but it causes **massive environmental harm**, with plastic waste polluting the mountains for centuries. Just one trekker uses over **42 plastic bottles**, and a full group leaves

behind more than **500 bottles per trip**, which never decompose at high altitudes.

As a **responsible Sherpa company,** we strongly encourage our valued clients to bring a **water filter bottle,** the best eco-friendly solution for safe drinking water. Another great option is **boiled water,** available at lodges for **around $50–$70 for the full trek**, ensuring safety and convenience. **Purification tablets** are a lightweight, budget-friendly alternative but require time to be effective.

By choosing these sustainable options, you not only **stay hydrated safely** but also help **protect the untouched beauty of the Himalayas** for future generations!

Transportation

KATHMANDU - SOTI KHOLA (138 KM): 6-7 HOURS DRIVE

While it's possible to reach Soti Khola from Kathmandu by public bus, however, we strictly do not recommend you to travel by local bus because of the road condition. Our guest safety and comfort will always be our utmost priority. Therefore, We always provide a clean and fully sanitized 4WD Jeep for Soti Khola. It takes about a 6 to 7 hours drive from Kathmandu to Soti Khola. The driving distance is approximately 138 Kilometers from Kathmandu to Soti Khola.

You'll be much safer, be more comfortable, and reach your destination much faster by private Jeep with an experienced driver. The first part of the drive follows the Prithvi Highway, the road that links Kathmandu and Pokhara. Though traffic can be a problem leaving Kathmandu, the quality of the road is about as good as it gets in Nepal. After turning off to Dhading, the landscape becomes even more rustic and remote, and the road quality gradually deteriorates, but the views of Annapurna, Manaslu, Ganesh Himal, and Langtang Himal should make up for the discomfort.

BESISAHAR-KATHMANDU (190 KM): 5-6 HOURS DRIVE

It takes about 5-6 hours to reach Kathmandu from Besi-Sahar. Kathmandu is about a 190-kilometer drive from Besi-Sahar. With Mountain Sherpa trekking trips, you will travel in a small private vehicle. So, we provide you private vehicle with an experienced driver for a comfortable and safe journey back to Kathmandu. The advantage of taking a private vehicle is that you can ask your driver to stop whenever you like and smaller vehicles tend to be able to move through the traffic a little faster than larger buses. We also provide professional and experienced drivers, so you can fully and comfortably enjoy your Nepal Trek.

Travel Insurance

Altitude Sickness:

If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude

sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening.

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Trekking, **Manaslu circuit trek** itinerary is carefully designed to avoid altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to the Himalayas is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience some of the following symptoms.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalaya's views. If anything does happen and you, unfortunately, get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Travel insurance:

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in

place should a mishap occur. This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance company to help expedite your processing.

Packing List

Packing List Manaslu Circuit Trek:

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose, etc.)

Hand:

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body:

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated –10ºC)*

Lower Body – Legs:

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet:

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks:

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries:

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)

- Antibacterial handwash

Additional Supplies:

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit includes antiseptic cream, throat lozenges, diarrhea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you with complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for the Manaslu Circuit trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the Manaslu trek. You need to carry your own backpack (with a waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don’t have your own down jacket & sleeping bag, don’t worry. We will provide you with 4-season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude treks.