

Detail Itinerary

An Epic Himalayan Journey Around Mount Manaslu

The iconic Manaslu Trek, widely popular as the Manaslu Circuit Trek, is a thrilling adventure around Mount Manaslu (8,163m)—the eighth-highest peak in the world. Derived from the Sanskrit word *Manasa*, meaning "Mountain of the Spirit," this classic route in the Gorkha district offers a incredible blend of untouched Himalayan scenery, dramatic landscapes, and authentic ancient culture.

Starting along the riverbanks of the Budhi Gandaki, the Manaslu Circuit Trek leads you through lush subtropical valleys, deep river gorges, and serene pine forests before ascending into high alpine landscapes. Along the trail, trekkers pass through historic villages, ancient Buddhist monasteries, sacred caves, and tranquil alpine lakes before crossing the dramatic Larkya La Pass (5,160m).

Highlights of the Manaslu Circuit Trek

- **Thrilling Larkya La Pass (5,160m):** Cross one of the most stunning mountain passes in the Himalayas, offering panoramic views of Mt. Manaslu, Himlung Himal, Cheo Himal, Annapurna II, and Kang Guru.
- **Cultural Diversity:** Journey through diverse ethnic communities, from Brahmins, Chhetris, and Gurungs in the lower valleys to traditional Tibetan communities in the high alpine regions.
- **Tibetan Cultural Heritage:** Experience authentic Tibetan-influenced culture, language, dress, and ancient Buddhist monasteries in the upper Nupri Valley.
- **Stunning Mountain Panoramas:** Marvel at spectacular views of Mt. Manaslu (8,163m), Himalchuli (7,893m), Ngadi Chuli (7,879m), and the Ganesh Himal range.
- **Rich Biodiversity:** Trek through protected conservation areas home to unique flora, mountain wildlife, and unspoiled wilderness.

A Premier Teahouse Trekking Experience

The Manaslu Circuit Trek is an extraordinary alternative to the busier trekking routes in Nepal, delivering a true wilderness adventure with comfortable teahouse accommodations. Flexible itineraries and shorter trek variations are also available to suit your schedule.

At **Nepal Kailash Trekking**, we specialize in organizing guided Manaslu Circuit Trek packages with registered local guides, necessary restricted area permits, and full logistical support.

Contact our experienced team today to book your ultimate Manaslu Trek adventure!

Trip Facts

- Trip Duration: 17 days
- Trek Duration: 12
- Trip Cost: 1500.00
- Primary Activity: Trekking
- Secondary Activity: City sightseeing
- Min. Group Size: 02

- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5100m
- Trip Mode: vehical
- Accommodation: Lodge
- Season: MAR-MAY,OCT-DEC

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport, Kathmandu, Nepal

Arrival at Tribhuwan International Airport (TIA), Kathmandu , Nepal, one of our airport representatives pick you up then transfer to Your Hotel. Inclusive Bed and Breakfast (on BB plan).

Day 02: Permit Preparation day

The day is specially to obtain one of restricted regions special permit from immigration of Nepal. We arrange you a full day Kathmandu city Tour such Pashupatinath Temple, Bouddhanath Stupa, Kathmandu Darbar Square and Swayambhunath by private vehicle and city tour guide. Evening back to Hotel BB plan.

Day 03: Drive to Arughat (603m) then change next local vehicle for Sotikhola (700m)

Your Trekking guide and porter come to hotel to pick up you and drive to Arughat by private vehicle first and then from Arughat to Sotikhola change next local available vehicle. To catch a local vehicle, you have to walk a bit about 20 minutes the next side of the Budi Gandaki River. Driving time is approximately 5 hours Arughat from Kathmandu and next 2 hours Sotikhola from Arughat. Stay overnight at lodge, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 04: Trek to Machhikhola (869m) 5 hours

After breakfast, start trekking to Machhikhola. Trek about an hour track road, then trekking trail follows continues to labu base. The Labu Beshi is a local village, which is a wide valley with farming field and hills. Trekking path follows up to the Budi Gandaki River. Before Labu Beshi, there is a cliff with a narrow trail. The Nepal Kailash Trekking suggest you, beware while horses and mules crossing each other. So take a right side always along the way. Otherwise, animals push you to the cliff/River. The day offers you some snow capped mountain views such a Shiringi Himal (7161m). Some group stop at labu beshi for Lunch and some reached to Machhikhola as trekkers walking speed. Machhi Khola is also a settlement of Gurung ethnic group. Stay overnight at lodge at MachhiKhola, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 05: Trek to Jagat (1340m) 5/6 hours

Trekking trail goes fairly easy along the River side. There is a settlement with a lodge such an hour further from Machhikhola, called Khorla Beshi. The place is joining, junction a trekking from Rupinala trek. And futher will be visit natural hot spring (Tatopani) in next an hour from the Khorla base than 45 minutes further a place called Dovan where is lodge available for the night. There is a place for lunch further than Dovan, about 45 minutes. The day gives you narrow valley of the Budi Gandaki River both the both side rocky hills. Gagat is a place where your permit will be checked, and it is a place start restricted region by next morning. Stay overnight at Jagat, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 06: Trek to Nyak Phedi (1740m) 5/6 hours

Today, your trekking goes through local villages and they 're living life style. Trekking trail follows by easy going through villages. There is a beautiful village, called Philim. The village is really in

traditionally situated from where you can see some mountain views. Further 15 minutes, also 40 minutes can stop for lunch, a place called Chisopani. After the places, there is a junction to be separated for Tsum Valley trek and Manaslu Circuit trek. Of course, there is a sign board, right up going to Tsum valley and little ascending to cross the bridge left a trail for Manaslu trek. Manaslu Circuit trek side trail follows like a gorge to Nyak Phedi. It's a cool and quite place. Stay overnight at Nyak Phedi, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 07: Trek to Ghap (2160m) 5 hours

Today, during the Manaslu trek starts through a big forest for a while then reach to Deng. The place Deng where available lodge as well. Deng is a viewpoint for Mt Shringi Himal and Gurung village. Thus, walk through villages such Bhi Phedi with old traditional built houses. After passing Bhi phedi, on the way to Ghap left next side high up situated Prok village (2397m) from there also can see Shringi Himal. At Prok, there is a community Eco lodge as well for trekkers. Overnight stay at Ghap, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 08: Trek to Lho (3180m) 5 hours

The day, you feel that you are in trekking by ascending some hills through big forest. There is a place called Namrung (2630m). At Namrung, situated police check post where your permit should be checked by them. Namrung offers again Siringi Himal views as well as Ganesh Himal too. The days offers spectacular panorama views of the mountains. You are already in high up by reaching Lhi (2920m) and Sho (2880m). Lhi offers a view of Mt Himchuli (7893m). After Sho by reaching to Lho offers first view of Mt Manaslu (8163m), also known as Kang Pungen. Lho is a big Gurung village with monastery situated at the top of the village and behind scenery of Mt Manaslu. Overnight at Lho, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 09: Trek to Sama (3520m) 2/3 hours

Sama is a big settlement of the trek with huge village and valley. Before Sama, you will encounter a village called Shyala (3500m). Shyala is the best village for Mt Manaslu and other peaks view. From shyala you can be reached to Sama within an hour. It is not that the meaning that you would not see Manaslu from Sama, yes Sama also offers Mt Manaslu view as well. Overnight stay at Sama, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 10: Excursion

This is an acclimatization day of the Manaslu Trek. You may go to either Manaslu Base camp, if your physical fits enough or Pung Gyu Gumba or just Birenta Tal (Birendra lake) on the way to Mt manaslu Base Camp. Make sure that you are going to carry pack lunch and enough water for drinking. There are no places or any tea house in this excursion. Back to Sama lodge for night, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 11: Trek to Samdo (3875m) 2/3 hours

This is a short walking day to Samdo from Sama. Trekkers used to go the direction of the Tibet border or climb just around hills for an altitude acclimatize. Samdo is a small village and the last local village settlement too. Stay overnight at Samdo, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 12: Trek to Dharmasala (4460m) 2 hours

Trekking to Dharmasala, where is a small lodge and tented camp for over crowded time. By reaching the place, reserve the rooms and have a tea/coffee and visit around hills for acclimatization. Back to lodge for overnight stay, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 13: Trek to (Larkya La 5160m) - Bhimtang (3590m)

Today is the hardest and longest walking down hill day of the Manaslu trek. Better to wake up an early morning around 5 am by leaving the place night stay. Take a pack lunch and enough drinking water. Larkya pass offers a huge, spectacular Panoramic views, surrounding mountains and peaks. From Bhimtang you can see Mt Manaslu, Manaslu North, to west Mt Himlung (7126m). Overnight stay at Bhimtang, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 14: Trek to Tiche (2300m) 5/6 hours

The day provides along the way a huge forest and peace trekking trail. It offers a view of Mt Manaslu and North Manaslu by leaving even Bhimtang backwards. Trekking goes via Goa (2515m), it is also really peaceful and beautiful place. Overnight at Tilje, inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 15: Trek to Dharapani (1900m) an hour and drive 3 hours to Beshishahar (760m)

This is a short walking day of the Manaslu circuit trek. You will be walk about an hour and half to Dharapani from Tilje. The wait a local vehicles, which comes from Chame for Beshishahar. Driving road is a rocky and adventure experience so far. Overnight at Beshishahar hotel, , inclusive breakfast, Lunch and Dinner with tea/coffee.

Day 16: Drive to Kathmandu 5/6 hours

Drive to Kathmandu after breakfast by private vehicle, which reached the previous evening from Kathmandu. Overnight at Kathmandu Hotel, on BB plan.

Day 17: Departure

Transfer to TIA for your onward destination, the trip end.

Cost Includes

- Airport transfers, Kathmandu to Arughat, Beshishahar to Kathmandu by private Jeep (Arughat to Sotikhila and Dharapani to Beshishahar by local vehicle)
- Full Day Kathmandu sightseeing
- Kathmandu accommodation on 3* 3 night (Twin sharing bed) - inclusive breakfast as per itinerary
- All entry fees as per itinerary like Manaslu special permit, Manaslu conservation, Annapurna Conservation Area Protection fee (ACAP)
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two-member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us

- Government taxes and office service charge

Cost Excludes

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency (bring 2 copies passport size picture)
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals in Kathmandu (Lunch and Dinner)
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece
- Any other expenses which is not mentioned in the cost include
- Tips to staffs