



Mt Manaslu, 08th Highest Mountain in world

Detailed Itinerary

Day 1:

Arrival in Kathmandu

Altitude: 1,350 m/ 4,428 feet. Overnight at Tourist standard Hotel in Kathmandu.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg. Then join in with other members of the group, for briefing at meeting halls or garden. Our guide and leader will provide you with useful information regarding the trek, standard of lodge, foods and so on. If in doubt, can ask questions to make yourself at ease, after briefing enjoy the dinner in a typical Nepalese Restaurant.

Day 2:

Trekking Preparation day & Sightseeing in Kathmandu Durbar Square, Swayambhunath Stupa.

Morning after a breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swayambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for the wonderful Manaslu Circuit Trek.

Meal Includes: Breakfast. Overnight at Hotel in Kathmandu.

Day 3:

Drive from Kathmandu to Machha Khola.

Altitude: 930 m/ 3,050 feet. Drive approx. 8 -9 hours by Bus.

Depart for wonderful adventure Manaslu Circuit Trek, taking a local transport a long drive takes you beyond Kathmandu valley towards the Gorkha district.

Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River, from here another few hours of drive on the dirt country road to Machha Khola.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Maccha Khola.

Day 4:

Trek to Jagat

Altitude: 1,340 m/ 4,395 feet. Approx. 6 hour walk.

From Machha Khola, after a pleasant overnight stop, the second-day walks lead to cooler hills. On leaving the low sub-tropical heavily farmed areas, the route follows slow ups and downs. Walking

through a patch of forest reaching Tatopani, a place with a natural hot spring, enjoy the refreshing bathing as time permits.

Walk to Khola Besi and then to Dovon, a nice farm village for a short refreshing stop and continue the climb. As the day ends reach a nice moderate size hill village at Jagat for an overnight halt.

At Jagat, with time a short walk around to observe the local cultures, a blend of Hindu and Buddhism religions.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Jagat.

Day 5:

Jagat to Deng.

Altitude: 2,095m / 6,871feet. Approx. 6 hours walk.

Today, our journey begins in Jagat as we embark on a trail that ascends uphill, leading us through a lush and untouched path. Afterward, we continue along a flat and well-maintained route until we reach a lengthy suspension bridge spanning the Budhi Gandaki River. Crossing the bridge, we proceed forward and find ourselves entering Philim, a sizable Gurung village characterized by the strong influence of the Buddhist religion. The town's vibrant prayer flags, stupa structures, and monasteries create a serene atmosphere that reflects the prevalence of Buddhism in the area. Departing from Philim, we navigate through dense pine and rhododendron forests, where we are greeted by the captivating sight of a splendid waterfall. Set amidst such a picturesque environment, we will spend the night at a comfortable guesthouse in Deng.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Deng.

Day 6:

Trek to Namrung

Altitude: 2,630 m. / 8,626 ft. Approx. 6 hours walk.

From the small village of Pewa, the climb leads to a forested ridge lined with tall rhododendron, pine, and fir trees.

A slow and steady downhill to Bhi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas with nice cultivated terraces of millets and barley and then reaching Namrung. After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Namrung.

Day 7:

Trek to Lho Gaun

Altitude: 3,180 m. / 10,430 ft. Approx. 6 hours walk..

Namrung presents a stunning vantage point offering awe-inspiring views of majestic mountains such as Singri Himal, Ganesh Himal, and Mt. Hiunchuli. We begin our day by enjoying a delightful breakfast with the magnificent mountains as our backdrop. The sight of these peaks leaves us in utter amazement as we continue our journey towards Lho. Our path takes us up a steep trail, surrounded by a dense forested area, until we reach the village of Lihi. Beyond Namrung, the vegetation undergoes a noticeable transformation, becoming more alpine in nature. The influence of Buddhism also becomes more pronounced, with the majority of the population being of Tibetan origin in the regions ahead. In Lihi, we encounter beautiful chortens and fields adorned with flourishing barley. This is where we catch our first glimpse of the majestic Manaslu Himal, and as we proceed towards the Lho village, the captivating sight of Mt. Manaslu accompanies us. We will spend the night at a welcoming guesthouse in the picturesque Lho village.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Lho Gaun.

Day 8:

Trek to Sama Gaon

Altitude: 3,530 m/ 11, 582 feet. Approx. 5 hours walk.

Adventure today leads to one of the longest walks of the journey, having an early breakfast. Then set off for the long enjoyable scenic trek to Sama-Gaon, where the route follows a slow gradual climb. Walk into the cool shade of lovely alpine forest above the Buri Gandaki River to the nice large village of Lo-Gaon.

Lo-Gaon is a beautiful village within the shadow of majestic Mt. Manaslu with a contrast of green forest and white snow peaks. Enjoy the picturesque scenery of wonderful landscapes and snow peaks, as the walk continues heading due west.

Following the trail of Upper Manaslu through a number of farm villages and Yak herder camps then ending the day. On reaching Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure.

Check into a nice lodge, with time to browse around the village and witness the local fascinating

culture of Buddhism.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Sama Gaon.



Day 9:

Acclimatization Day at Sama Gaon

Day Hike either Manaslu Base Camp, Birendra Tal, or Pungyen Gompa.

A free day as well to support acclimatization, a perfect height at 3,550 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy a day hike to Manaslu Base Camp. A long full day walk of more than 6 hours both ways, the best hike is to Birendra Tal. A glacial pond on route Manaslu base camp, a walk of a few hours uphill facing grand views of Mt. Manaslu. One can enjoy the rest day with a leisure walk exploring the village and visiting the old Pungyen Gompa.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Sama Gaon

Day 10:

Trek to Samdo

Altitude: 3,865 m/ 12,677 feet. Approx. 4 hours walk.

Adventure gets more exciting on reaching the high scenic Manaslu valley, from Sama-Gaon walk get interesting. The route follows windswept terrain where tree lines disappear for high-altitude shrubs and bushes. The valley gets narrow as the trek leads towards a mountainous country facing grand views of wonderful landscapes. A short half-day walk to Samdo but taking it slow due to the rise of altitude.

After a pleasant trek of some hours and then a short steep up to Samdo for lunch and overnight halt. Samdo is the last village before reaching the other side of Larke-La Pass to the Manang areas. The village with more than forty houses with typical Tibetan style for more than two hundred inhabitants.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Samdo.

Day 11:

Trek to Dharmasala

Altitude: 4,460 m / 14,628 feet. Approx. 4 hours walk.

Walk today a short and pleasant day reaching the highest overnight stop.

The route leads to the end of Manaslu valley and the last of the Gorkha district at Dharmasala or Larke Phedi. The base of Larke-La pass from the Manaslu side of the valley, a place with few huts that serve as lodge and guest-house.

In high times, of trekking season this place is crowded with trekkers.

Where some groups have to spend on tented camps provided by the lodge owners. In the early days, it was known as Larke Bazaar, where the market was held with buyers and sellers. Merchants, and traders from across the country as far from Tibet and Manang region used to sell and exchange their products.

At Dharmasala arriving at lunchtime, and for an overnight stop.

Rest of the afternoon relax and prepare for the long day walk the next day to cross high Larke-La Pass.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Dharmasala.

Day 12:

Trek to Bhimthang via Larke-La Pass

Altitude: 5,106 m / 16,752 feet at Larke-La 3,700 m / 12,201 feet at Bhimthang Approx. 8-hour walk.

The final highlight of the adventure, having a hearty breakfast and carrying pack lunch for the long day's walk. An early start before the break of dawn, head for the climb, on the rocky gravel path above the lodge of Dharmasala.

Climb contours on winding steep uphill path, after hours of strenuous walk reaching on top of Larke-La Pass. The top is adorned with prayer flags and a signpost with the name of Pass and heights.

Every hard effort rewards you with an astonishing panorama of Manaslu and Annapurna Himalayan peaks. Includes views of Himlung, Cheo Himal, and Kang Guru, as far as Ganesh Himal Far East direction.

After a tough climb, a long downhill takes you to the other side of Phedi at Bhimthang for an overnight stop. A long descent through moraine and Larcia glacier then reach Tambuche, the base of Larke-La Pass on Manang side.

From the bottom walk to Bhimthang overnight after a long, hard day, a lovely spot amidst green forest surroundings.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Bhimthang.

Day 13:

Trek to Tilje

Altitude: 1, 800 m / 5,904 feet. Approx. 7 hours walk.

Enjoy the last final trek of the Manaslu Circuit adventure, although a long walk to end the trek at Dharapani village. But an easy pleasant downhill trek compared to the previous tough day, start early having a good breakfast. Walk heads towards a forested path with a few short ups and down to a small settlement of Gho. After a refreshing stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Masrsyangdi River. Overnight stay in Tilje.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Tilje.



Day 14:

Drive from Tilje to Kathmandu via Besi shahar.

Altitude: 1,350 m. / 4,428 feet at Kathmandu.

Drive approx. 8-9 hour sharing jeep or Bus.

Final day around the Himalayan hills of Manaslu and Annapurna Himalayas, an exciting drive to Kathmandu. Having a good breakfast, board on a local vehicle, depending upon the size of a group.

A long overland journey but interesting winding downhill to low warm farm areas of Lamjung district. As drive stops for short while at Besisar, the headquarters town of Lamjung. From Besisar on a good road, then joining on the main Pokhara and Kathmandu highway at Dumre town.

Drive more than four hours from Dumre town on winding uphill to the outskirts of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Manaslu Circuit Trek.

Meal Includes: Breakfast, Lunch, & Dinner. Overnight at Kathmandu.

Day 15:

Final Departure

Meal Included: Breakfast

Last day in Kathmandu and Nepal, after a great memorable adventure around ManasluTrek. Our staff transfer you to the international airport terminal, and then bidding farewell to the guide and staff. As you head for the smooth flight homeward bound.