MANASLU CIRCUIT TREK

Activity description · Epic Shangri La Adventure P. Ltd

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Around Manaslu trek is one of the most amazing and beautiful adventure trek. Trekking around Manaslu region trails along the different landscapes, diverse culture; majestic views make your trip worthwhile experience in Nepal. The magnificent views of Mt. Manaslu (8163m), the eight tallest mountains in the world, Peak 29, Himlung himal, Larkya Peak, Lamjung Himal, Kangaroo himal and many other peaks is breathtaking attraction in this trek.The rich local heritage and biological diversity of the region. The highest point in this trek is the ‘Larkya La Pass’ which is widely believed to be one of the most dramatic pass crossing the Himalayas.

DETAILED ITINERARY:

DAY 01: Arrive at Tribhuwan International Airport, Kathmandu

On the first day, you arrive at Tribhuwan International Airport in Kathmandu. You’ll get picked up by one of the representatives. Today, you’ll meet the guide, who’ll brief you about the upcoming Manaslu Circuit trek. Overnight in Kathmandu.

DAY 02: Trek Preparation/Kathmandu Valley Sightseeing Tour

Today after breakfast you will be visiting the world UNESCO sites in Kathmandu. You will be visiting the historical and religious sites like Pashupatinath, Boudhanath, and Swayambhunath. After visiting the attractive heritages of Kathmandu city, you return to the hotel. Overnight in Kathmandu.

DAY 03: Drive to Machha Khola (900m/2952ft), 160 km / 99 miles

Now the adventure begins for mystical Manaslu Trek we will start very early morning today. Meet your guide at 7 am in the hotel, with whom you'll head to Machha Khola. Drive for 9 hours from Kathmandu to Machha Khola, covering a total distance of 160km. This drive both mixed of paved and off road. This drive will take you some awesome scenic landscapes before your start your trek. Overnight in Machha Khola.

DAY 04: Machha Khola to Jagat (1340m/4395ft), 22 km / 13.7 miles

After breakfast early in the morning, you begin trek up and down the hills of rough landscapes to arrive at Khorlabesi. Passing small settlements, forests, suspension bridges you will reach Dovan. Once you reach Dovan, you’ll finally have lunch for the day. After a hygienic lunch we Keep going and ascend from there. After few hours of hike you arrive at Jagat for an overnight stay. Overnight in Jagat.

DAY 05: Jagat to Deng (2095m/6871ft), 20 km / 12.4 miles

Today is going be an epic journey as we pass through small villages & settlements. We will see the scenic mountain ranges like Shringi Himal. We will go through Sirdibas and Philim passing through some beautiful terraced farm landscapes. After few hours of trek we will have delicious lunch at Chisapani. After passing through Pewa village we arrive at Deng. Overnight in Deng

DAY 06: Deng to Namrung (2900m/9512ft), 19.5 km / 12.1 miles

After our delicious breakfast today we begin our journey with ascending hills and crossing the river early in the morning as a part of the hiking route. We pass through the mani stones with Buddhist prayers and passing beautiful authentic mountain villages like Rana Gaun, Biihi Phedi, Ghap, Ghapsya. Few hours of trek and we will reach Namrung. Overnight in Namrung.

DAY 07: Namrung to Lho Gaun (3180m/10430ft), 10.5 km / 6.5 miles

Early morning after breakfast we continue our journey to Lho Gaon as on our trek today we will be greeted by magnificent Himalchuli, Shring Range, Mt. Manaslu, etc. You begin hiking from Namrung through Lihi and Sho Gaun until you reach Lho Gaun. After an amazing trek Your night stay will be at Lho Gaun.

DAY 08: Lho Gaun to Samagaon (3520m/11550ft), 8-9 km / 5-5.6 miles

You will be greeted by magnificent sunrise over Mt. Manaslu & other Himalayan peaks with your breakfast. After hygienic breakfast in one of the tea houses we continued our trek passing Shyala village at 3500m. The height is a perfect viewpoint to look at the eighth-highest peak – Mt. Manaslu. We will be trekking through beautiful valley crossing suspension bridge and wide valley. The trek after Shyala is on the flat terrain. Passing through old mani stones and shrines will get to you one beautiful mountain settlement Samagaun. Overnight in Samagaun.

DAY 09: Acclimatization Day at Samagaun

As today is one of the beautiful places for acclimatization day during this trek we have variety of options to do day hike including short and longer hike to Manaslu Base camp 4800m. Although this day is primarily for resting and recharging the body to prepare for higher elevations in the following days of the trek we can do shorter hike, visit Birendra Tal. Or you can stay prepare for next days of trekking and explore the beautiful authentic village of Samagun and have a relaxed day. Overnight in Samagaun.

DAY 10: Trek to Samdo (3875m/12710ft), 8 km / 5 miles

Today we will be experiencing some Tibetan inhabited villages as it is the border to Tibet. After breakfast, you'll trek from Samagaun to Samdo covering a total distance of 8km crossing some beautiful streams wooden bridges & yak pastures & yak herding. Overnight in Samdo.

DAY 11: Samdo to Dharmasala (4460m/14630ft), 11.5 km / 7.1 miles

Today early morning after breakfast we continue our journey to Dharmasala. As we trek further we will cross Budi gandaki river and ascend towards Dharmasala. After few hours of hike we will reach Dharmasala the only overnight place before crossing Larkya la which is also called Larkya Phedi. Overnight in Dharmasaa.

DAY 12: Dharmasala to Bhimtang (3590m/11750ft) via Larkya La Pass (5106m/16750ft), 24.5 km / 15 miles

We start very early in the morning today as this is one of the toughest hike with the distance and altitude wise. The trek take us to Larkya La 5106m with the gorgeous views on the way covering the total length of approximately 24.5km in total to get to Bhimtang. This trek takes you about 9-11 hours in total. We will experience some glacial lakes along the way with the majestic views of Himlung Himal (7126m), Cheo Himal (6820m), Gyagi Kung, Kang Koru (6981m) and Annapurna II (7937m) from

Larkya La Pass. Overnight in Bhimtang.

DAY 13: Bhimtang to Tilche (2300m/8250ft), 21.5 km / 11.8 miles

Early morning after breakfast we continue our journey to Tilche along with the Dudh Khola river. We will experience mountain ranges including Manaslu, Cheo Himal, and Lamjung Himal. Crossing few bridges, passing through paddy fields and gorges, thick forest and reach to Tilche passing few settlements Kharche, Goa. As today is the final day of the trek we celebrate tonight with the team. Overnight in Tilche.

DAY 14: Drive back to Kathmandu 215 km drive / 133.6 miles

Today after breakfast we grab a local jeep to Beshishahar and then drive back to Kathmandu via private vehicle.

This drive is very long both in off road & paved road passing through lower Manang & Lamajung valley. But, after arriving in Kathmandu, ensure to get a hot shower and sound sleep at one of the luxurious hotels in Kathmandu. Overnight in Kathmandu.

DAY 15: Tour Ends/Departure

Today is your final day of your departure. One of the representatives will drop you off at the airport 3 hours before the flight. Namaste and see you soon in our next adventure.