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The Manaslu Circuit trek is one of the best but less crowded trekking in Nepal. Despite being the eighth highest mountain in the world, the Manaslu region is less touristy, making it an alternative to the Annapurna Circuit trek. It's perfect for travelers who want to walk in a less crowded area. The panoramic view of the majestic Himalayas and the encounter with the beautiful consolidation of natural beauty and the flourishing medieval culture are the particular highlights of the Manaslu Trek

Highlights of the Manaslu Circuit Trekking

- ❖ Take the underrated Manaslu Trek Circuit, which is rarely visited by tourists
- ❖ Trek to the Larkye La Pass to see countless snow-capped Mountain peaks
- ❖ Tour in UNESCO World Heritage Sites such as Durbar Squares, Temples and Stupas
- ❖ Learn about the influence of Tibetan culture, tradition, lifestyle and religion
- ❖ Examine the life of the Nuri - the local people in the region carefully
- ❖ Discover different flora and fauna in the region
- ❖ Beautiful view of the mountain. Such as Mount Manaslu, Mt. Hiunchuli, Mt. Ganesh Himal and many more
- ❖ Enjoy the scenic bus ride from Kathmandu to Arughat
- ❖ Visit the Buddhist monastery, the old palace, and the sacred Hindu temple

About the Manaslu Trek Circuit

The Manaslu area was opened for trekking in 1991, and it was isolated and relatively unknown for a long time. It was only possible to trek in this area by camping. In the past few years, the region has become increasingly popular, with many recommendations as best trekking in Nepal. Spectacular mountain

panoramas, extremely varied landscapes, forests, beautiful and inviting Tibetan-influenced villages make Manaslu different from other trekking trails. The villagers have opened a tea house along the trekking routes to welcome travelers, and Manaslu has become possible as a teahouse trek.

Manaslu Circuit Trek is an extraordinary exotic adventure that explores the pristine region of Nepal. The route is located in a rarely visited area in Nepal and is therefore ideal for those who want to enjoy the mighty mountains alone. Around Manaslu Trek is no less beautiful than the other famous trekking trails in Nepal. The trail offers you everything from stunning landscapes, snow-capped mountains, glaciers, deep valleys, lush forests, and diverse but isolated culture.

The Manaslu Circuit Trek starts in Arughat and takes you to the heart of the Manaslu region. The highest goal of the Larke La Pass offers you the most picturesque view of Mount Manaslu, Mt. Hiunchuli, Buddha Peak, and countless other peaks. In addition to the mountains, this region also offers views of cascading rivers, glaciers, moraine valleys, and freshwater lakes. The Manaslu Conservation Area is home to a various flora and fauna. This region is also perfect for exploring wildlife. Experience the culture in the scattered Nuri settlements along the Tibetan border is one of the highlights of the hike. Culture and fascinating festivals inspired by Tibetan Buddhism are one of the most unforgettable experiences. A walk on the Manaslu racetrack is the best way to explore different cultures, landscapes, and nature all at once.

Detailed Manaslu Trek Circuit route

Day 1: Welcome to Kathmandu international airport

When you arrive at Tribhuvan International Airport, our representatives will pick you up with your name on board and take you to a Three-star hotel. You can relax there for a while and explore the nearby city. You can buy the essentials for your trek. In the evening, you will receive a briefing about your trekking tour. You spend the night in a Three-star hotel.

Meals included: None

Day 2: Excursion to Kathmandu and preparation for the trek

Today, after breakfast, you begin a guided sightseeing tour of some of the most historical and spiritual places in Kathmandu on private vehicles, such as the historic Durbar Square, the sacred Hindu temple Pashupatinath, the famous "Monkey Temple" of Swayambunath Stupa and the Buddhist sanctuary (Bouddhanath), one of the largest stupas in the world declared a World Heritage Site by UNESCO.

Meals included: Breakfast

Day 3: Drive from Kathmandu to Sotikhola: Duration 8 - 9 hours

After breakfast early in the morning, we head to Soti Khola, leaving Kathmandu. It is almost 9 hours of the scenic drive. You can enjoy the fascinating landscapes, a panorama view of the Himalayas, and a beautiful village along the way. You will drive the paved road from Kathmandu to Dhading Besi and then drive towards Arughat to cross the remote areas of the region. The journey from Dhading Besi to Arughat will be a steep road. If you drive a little more, you will reach Soti Khola. You spend the night in a tea house at Soti Khola.

Meals included: Breakfast, lunch, and dinner

Day 4: Trek from Soti Khola to Maccha Khola: walking distance 6-7 hours

Your trekking trip starts in Soti Khola when you go towards Machha Khola. We cross a bridge and follow the forest-covered path. Then we will climb the ridge over the Budhi Gandaki River. After a while, you will arrive in Khursane. If you continue to climb the rocky path and then descend, you will reach a village called Gurung Labubesi, which crosses the rice fields. You passed waterfalls on the way. Climb higher and walk along the Budi Gandaki river bed, cross the suspension bridge and climb another ridge to reach Machha Khola finally. You spend the night in a standard tea house.

Meals included: Breakfast, lunch, and dinner

Day 5: Trek from Maccha Khola to Jagat: walking distance 6 to 7 hours

On the fourth day of your trek, the narrow path makes some small ups and downs and finally crosses the Tharo Khola and reaches Khorlabesi. After a few hours walk, you will contact Tatopani, where you can immerse yourself in the hot springs and enjoy it. From the hot springs, walk to Dohan and walk the steep ridge above Budhi Gandaki to get there. After a while, you descend through an entrance gate to reach a valley and finally the village of Jagat. The town is the entrance to the Manaslu Conservation Area. You can stroll through the village for the rest of the day and spend the night in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 6: Trek from Jagat to Deng: Walking distance 6-7 hours

Today we start our hike with an ascent on a crest to Salleri and then descend to Sirdibas. The valley widens a bit as the path continues to Ghatta Khola. We continue upstream to a long suspension bridge in Philim, a large village of Gurung. The trail turns north just above the village's lowest house and stays on a reasonably smooth path as it crosses the millet fields towards Ekle Bhatti. The route now leads into a steep, uninhabited gorge. At this point you walk down on the grassy slopes, cross the Gandaki Buddhi river, then walk along the west bank for a while, then cross this east bank and then return. As we continue on the path, the valley widens, and we drive through the bamboo forests to Deng Khola. We reached the small town of Deng via the Khola. You can stroll through the city and explore people's lifestyles for the rest of the day. Spend the night in standard lodge.

Meals included: Breakfast, lunch, and dinner

Day 7: Trek from Deng to Namrung: walking distance 6 to 7 hours

Today's trekking tour begins when you go from Deng to Namrung. First, you cross the Budhi Gandaki river and climb to the village of Rana at an altitude of 1910 m. After crossing the town, you will see the prayer flags and mani walls that represent the religion of Tibetan Buddhism practiced in this area. You have to go up and down a few ridges to reach the Ghap village. From there, you pass Kani

and the fir and rhododendron forests to reach the community of Namrung. The rest of the day is spent exploring the city and surrounding areas.

Meals included: Breakfast, lunch, and dinner

Day 8: Trek from Namrung - Samagaon: Walking distance 6-7 hours

You will reach the highest elevation as 3000 today as it will reach Samagaun. You will get up to the beautiful view of Iring and Ganesh Himal. You then drive towards Samagaon and climb a steep path covered with rhododendrons, oaks, and spruce forests to reach the village of Lhi. Then descend next to Simnang Himal. You can see the beautiful view of Ganesh Himal much closer to you. Go on to reach Samagaon by crossing villages like Sho, Lho, and Shyala. The path is relatively demanding. However, you have an exceptional view of the mountains like Manaslu, Ganesh Himal.

Meals included: breakfast lunch dinner

Day 9: acclimatization day in Samagaon: 6-7 hours of exploration

At an altitude of more than 3000 m, our body can show signs of altitude sickness. You need time to deal with increasing height and falling air pressure and temperature. So today, you spend the day in Samagaon to rest and acclimatize and to get to know the rich Sherpa culture. You can take a short walk to Lake Birendra; you can also explore the city and explore its culture and way of life. You will spend the night in Samagaon.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek from Samagaon to Samdo: Walking distance 4-5 hours

In the early morning, Spectacular Mount Manaslu will greet looming over you. You will have breakfast and walk to Samdo on the relatively easy route. Today we start our hike on the Budhi Gandaki River, which has turned north and follow it to a bridge over a side stream. The path on the left leads to the base camp Manaslu. The Larkya la Trail goes through various walls as the valley begins to expand. It's an easy path on a platform across the river that runs through the juniper and

birch forests of Kermo Kharka. You can see a huge white Kani from a stone arch. Finally, through the Kani, we find Samdo. You will spend the night at guest house in Samdo.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek from Samdo to Dharamsala / Larkya B.C.: Walking distance 4 to 5 hours

Today we continue our walk along the edge, cross the wooden bridge over Budi Gandaki, and go up. We cross two streams and see the Larkya glacier. We circle the Salka Khola valley and climb back to the stone guest house, which is not a hut but a kind of refuge called Dharmshala, also known as Larke Phedi. Today's short hike also leaves plenty of time to acclimatize and relax in the afternoon. You will spend the night at guest house in Dharmashala.

Meals included: Breakfast, lunch, and dinner

Day 12: Trek Dharmashala to Bhimthang via the Larkya La Pass: 8-9 hours

Today is the hardest day of your trek on the Manaslu Circuit as you cross a mountain pass called the Larkya La Pass. Then start your walk early after you get up and have breakfast. The way to the Larkya La Pass is a steep hill, which takes about 2 hours to cross. From the top of this pass, which is also the highest place during the entire hike, you can enjoy exceptional views of mountains like Annapurna II, Manaslu, and many more. After crossing the pass and past the moraine, the path returns to normal, and you will walk to Bhimthang for several hours. After your arrival, you can finally rest after a hard day in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek from Bimthang to Tilije: Walking Distance 5-6 hours

From a ridge in Bimthang, you will have a magnificent view of Mount Manaslu, the Lamjung Himalayas, the Himlung Himalayas and the Cheo Himalayas. We continue to descend and cross high grass (Sangure Kharka), followed by a bridge over Dudh Khola. You cross the rhododendron forest and follow a way through a

narrow valley until you reach the highest cultivated land in the valley near Karche at 2785 metres. We walk through the fields before doing a steep climb to a ridge. The path leaves the hill in a large arch on the river bank at 2580 m. The town of Gho is not far away. Due to yesterday's tiredness, we were able to rest one night in Gho, but there are better accommodations in Tilije, so we stay in Tilije. You will spend the night in the city of Tilije.

Meals included: Breakfast, lunch, and dinner

Day 14: Trek from Tilije to Tal: Walking distance 5-6 hours

We climbed a small crest and enjoyed the cobbled path that leads through a beautiful city. You then crossed the bridge over Dudh Khola and jumped through a shortened arch, passed a wall of peanuts and reached the village of Thonje. In the village, you give a police checkpoint and continue to Dharapani. You entered the section of the Annapurna circuit from Dharapani. Further down you meet the village and after a short walk over a bridge over Marshyangdi Khola. We also found some mani walls before we reached the town of Tal, which is at the foot of a large waterfall.

Meals included: Breakfast, lunch, and dinner

Day 15: Trek from Tal to Syange: Walking Distance 6-7 hours

We follow the path to the village of Chyamje and cross the Marshyangdi Khola again. The Marsyandi valley opens up with its terraced fields and villages that hang high on the slopes. The path then leads through rhododendrons and pine forests to Syange. Night stay in Syange.

Meals included: Breakfast, lunch, and dinner

Day 16: Syange to Kathmandu: 8 to 9 hours drive

The drive from Syange to Kathmandu via Besi Sahar offers the opportunity to enjoy mountains and mountain landscapes. The journey is often made along the banks of the Marsyangdi and Trishuli rivers. We also drive through some beautiful villages with agricultural terraces on either side of the road. In Kathmandu, our

office staff will escort you to our hotel. The day in Kathmandu can be spent in your free time, or you can do last-minute shopping.

Meals included: breakfast and lunch

Day 17: Drop to Kathmandu international airport

On the last day of your trip, one of our office representatives will accompany you on the way to the airport about 3 hours before your scheduled flight.

Meals included: Breakfast

Include costs

- ❖ Three-star hotel accommodation in Kathmandu
- ❖ Rooms in the best available Tea house and all meals during the trek
- ❖ All ground transports with pickups and drops.
- ❖ Full day tour of the Kathmandu Valley with a private vehicle
- ❖ All entrance fees during city tour and trekking
- ❖ Bus trip to Sotikhola and Syange - Kathmandu
- ❖ A guide and a guide assistant between 6 people.
- ❖ One porter for two people. one porter can bring up to 25 kg
- ❖ Entry to Manaslu National Park and TIMS card
- ❖ Documentation required from the Nepalese government and tax authorities
- ❖ All necessary insurance for guides and porters.
- ❖ First-aid service for minor injuries
- ❖ Salary, meals, and accommodation for guides and porters.

Costs excluded

- ❖ Any food other than breakfast in Kathmandu
- ❖ Travel and rescue insurance for trekkers.
- ❖ Personal expenses (phone calls, internet, laundry, battery charging, Etc
- ❖ All alcoholic and non-alcoholic drinks, including mineral water.
- ❖ Entry visa for Nepal
- ❖ Tips for guides and porters

Food and accommodation while walking the Malasu circuit

With the popularity over the years, the number of trekking lodges in the area has also increased. Although simple, accommodation is reasonable and generally cheaper than accommodation in the Everest region during the high season. The walk-in Manaslu was previously only possible as a camping walk, but in recent years it has become possible as a teahouse walk

During the Manaslu Trek Circuit, you will stay in tea houses run by locals. The tea houses are not luxurious, but offer you all the standard services and warm hospitality. You can expect to have all the everyday foods like soup, noodles, potatoes, vegetables, dal Bhat, fried rice, eggs, etc. You can also try some traditional dishes in the local communities. While you are in Kathmandu, you will stay in a 3-star deluxe hotel.

The best time for Manaslu trekking

As in many other trekking areas in Nepal, the best season for trekking in the Manaslu region is autumn, the post-monsoon season (late September-November), and spring (April-May). Manaslu receives a lot of rain and is prone to landslides during monsoon storms. It can get a lot of snow, making hiking trails difficult and sometimes dangerous in winter. However, as in the Everest region, the beginning of winter can be a good off-season.

Trekking guides and arrangements of staff

The most important thing that makes our Manaslu trek successful, pleasant, and unforgettable is the experienced, polite, and helpful hiking guides and crew members who can easily spend your days in the mountains. Our walk is lead by the best and most professional leaders. All of our company's trekking leaders are carefully selected based on their experience, leadership skills, and personal talent. To preserve the local communities, we only employ local staff who have sufficient knowledge of the culture, flora, fauna, geography, and history of the region (s).

Travel insurance

Travel insurance for every itinerary of our company is a prerequisite for booking a vacation. You must have at least emergency and repatriation insurance, which must include the cost of mountain rescue. Read the terms of your insurers carefully, especially make sure that the following is covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on the trek 3) evacuation of the helicopter for the case of an emergency. You must understand that you are ultimately responsible for all costs associated with the evacuation and return procedures and that it is your responsibility to bear the costs of the evacuation or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that under certain circumstances, our company leader can initiate helicopter rescue (or other necessary means) in medical emergencies without first asking your insurance company for approval.

Physical condition and experience requirements

Manaslu Trek is a challenging trek suitable for passionate hikers who can walk at least 5-6 hours a day. On some days, we may even have to walk 8 to 9 hours. Walking in higher altitudes is more physically demanding than walking in lower elevations. However, if we are in excellent health, average physical condition, positive attitude, self-confidence, and strong determination, we can complete the walk. Exercising and jogging regularly for a few months before the trip is a good idea as it improves our strength and stability. Prior knowledge of hiking is preferred, but technical expertise is not required. It is essential to check with your doctor before booking this hike. Participants with existing diseases such as heart, lung, and blood diseases should inform us before booking the walk.

Proposed preparation

- ❖ Exercises Cardiovascular exercises such as running, cycling, jogging, push-ups, and pull-ups for approx. 4-5 days a week for three months before your trip are beneficial.
- ❖ You should also participate in developing core strength and muscle endurance during strength training.

- ❖ Hiking on the hills in different weather conditions is excellent preparation for this trip.
- ❖ If you have access, kayaking and swimming can be a handy way to develop the strength and endurance required for this trip.