

## Manaslu Circuit Trek



### Introduction

**Manaslu Circuit Trek** is a spectacular trek with views of Mt. Manaslu (8163 m), Ngadi Chuli (7879m.) or (peak 29), Himlung Himal (7126m.), Cheo Himal (6820m.), Gyaji Kung (7030m.), Kang guru (6981m.) and the Annapurna II (7937m.), Ganesh Himal Range and interesting Tibetan-style Buddhist villages, protected wildlife, rhododendrons and wild flowers, raging rivers, precarious bridges.

**Manaslu Circuit Trek** follows the spectacular Budhi Gandaki River all the way from Arkhet to its source just below the Larkya Pass (5106m). As you start low, at around 608 m, the landscapes are incredibly varied ranging from green countryside and lush forests to spectacular high altitude landscapes skirting huge glaciers. On this trek, you will pass many villages such as Sotikhola, Machhakhola, Jagat, Philim, Lho, Samagaon, Samdo and Tilche Villages etc. **Manaslu Circuit Trek** is certainly a great alternative to the Annapurna Circuit. Camping gears is not required unless you go off the beaten track. The crossing of the **Larkya Pass** (5106m) can be tough when there is snow. However, the stunning landscape with the mighty Himalayas towering straight above you and the spectacular glaciers make it more than worth the effort. The pass links the Budhi Gandaki with the Marsyangdi valley. The descent passes through beautiful alpine meadows at **Bimthang** before joining the main Annapurna Circuit route heading to the trail head at Dharapani. From Dharapani, we drive back to Kathmandu via Besishahar. **Manaslu Circuit trek** is getting more and more popular as a new trekking destination. Due to the increasing number of travelers, lodges in the major places are being developed. So, now you can trek by staying on **local lodges (tea houses)** without camping in this area. The trek starts in **Arughat or Arkhet or Sotikhola** and ends in **Dharapani, Chyamche or Besishahar** which is also the starting point for the

Annapurna Circuit Trek. The trek can be made longer or shorter depending on the length of your walking days and starting point. You can combine the [Manaslu Circuit with the Tsum Valley](#), a beautiful, isolated valley where century old Tibetan traditions prevail or [Annapurna Circuit Trek](#) which is one of the most popular trek in Annapurna region.

## What Permit do we need?

This trek is **restricted area**, it requires a **Manaslu Restricted permit issue by Department of Immigration Nepal, Manaslu Conservation Area (MCAP), Annapurna Conservation Area (ACAP) permit and Trekkers' Information Management System (TIMS) Card** which is arranged by our company and a government certificate holder **trekking guide** led the group.

## Manaslu Trek highlights

- Manaslu, (peak 29), Himlung Himal, Kang guru, Annapurna II, Ganesh Himal and others.
- The highest point of this trek, Larkya La pass (5106m)
- Tibetan-style Buddhist villages, protected wildlife and wild flowers,
- Raging Budhi Gandaki Rivers, precarious bridges.
- Sotikhola, Machhakhola, Jagat, Philim, Lho, Samagaon, Samdo and Tilche Villages etc.

## Trip Facts

Trip Duration	16 Days
Trip Grade:	Strenuous
Best Season	March to May & September-November
Per Day Hiking:	4-9
Elevation	Minimum 700m-Maximum5125m
Accomodation	Lodge and Hotel
Transportation	Car/Jeep/Bus/Van

## Cost Includes

### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus depending on group size.
2. 3 Nights Standard Hotel in Kathmandu on BB Plan.
3. Kathmandu-Arkhet Bazar and Chyamje -Kathmandu by Bus or Jeep.
4. All the Meals (Breakfast, Lunch and Dinner) and accommodation during the trek.
5. One experienced and qualified English speaking guide and trekkers 2: 1 porter.
6. Manaslu restricted trekking permit fee.
7. Manaslu / Annapurna Conservation area (MCAP) and (ACAP) permit fee.
8. First Aids Kit.
9. Local seasonal fresh fruit like orange, Pomegranates, apple etc.
10. Duffel Bag
11. Fingertip Pulse Oximeter , we use everyday to check your oxygen level and blood pressure in

your body to minimize high risk.

12. Nepal Hidden Treks and Expedition T-short.
13. Farewell Dinner in Nepali Authentic Restaurant in Kathmandu.
14. 13% government VAT and Official charge.

### **What are Excluded?**

- International airfare and visa fee (15 days for USD\$25 and 30 days for USD\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks such as: coke, beer, mineral water etc.
- Your Trekking Gears and Personal shopping.
- Hot Shower, Battery charge, Boiled water, WIFI etc.
- Your travel insurance which should include emergency rescue.
- Tips for the staffs.

### **Short Itinerary**

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Manaslu Restricted Permit preparation day

**Day 03:** Drive to Arkhet

**Day 04-14:** Trekking

**Day 15:** Drive to Kathmandu

**Day 16:** Departure from Kathmandu (1350m).

### **Itinerary Details**

#### **1. Arriving in Kathmandu (1350m).**

Arriving in Tribhuvan International Airport (TIA) you will meet with my representative then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

#### **2. Manaslu Restricted area Permit**

We need your original passport to prepare your Manaslu Restricted area Permit. It is also the day for trekking gears preparation day. If you have your own gears, it's okay. But if you do not have, you may buy or rent at Thamel in Kathmandu. Thamel is tourist hub in Kathmandu. All the restaurants, Hotels, Bars, trekking gear shops, Money exchange, souvenir shops etc. are in Thamel.

#### **3. Kathmandu - Arkhet**

Your guide and porter will come to pick you up at your Hotel in the morning and then take a taxi to Bus station. You will take a public bus from Kathmandu to Arkhet. It takes 8-9 hours' drive by public bus. The bus will stop for Breakfast and Lunch. Kathmandu to Dhading Bensi is nice road. From Dhading to Arkhet is gravel road. Arkhet is located 620m, overnight at Lodge.

**Optional:** If you want, it is also possible to hire a Private Jeep.

#### 4. Arkhet Bazar - Machha Khola

Today is first day of the trek. After the breakfast, you will start the trek. Trek from Arkhet Bazar to Machha Khola 6-7 hours walk. The trail is mostly flat and walk on the road. You will pass rice terrace, Soti Khola village, Lapu Besi village, also the view of Siringi Himal snow Peak. Machhakhola is located 869m, overnight at Lodge.

#### 5. Machha Khola - Jagat

You will start the trek after the breakfast. Trek from Machha Khola to Jagat (checkpoint) is 7 hours walking. You will follow the Budhi Gandaki River all the way to Jagat. The trail from Machha Khola to Dovan is mostly Nepali flat. From Dovan to Jagat is slowly uphill. We pass Khorla besi, Tatapani (Natural Hot Spring), Dovan, Yaru Khola town. The Jagat is located 1340m, overnight at Lodge.

#### 6. Jagat - Deng

Jagat is entry point for Manaslu Restricted area. Your guide will check in your permit. Trek from Jagat to Deng is 6-7 hours walk. You will pass Sirdibas Philim village during the hike. When you trek little bit further from Ekle Bhatti, there is also the option for Tsum Valley on the right side trail. But you will take left side trail to Deng. The Deng is located 1860m, overnight at Lodge.

**Optional:** It is possible to extend the trek to Tsum valley

#### 7. Deng - Namrung

From the Deng, you will go down to the river. You will cross the bridge and climb up to Rana gaon. From Ranagaon, you trek to Bihi Phedi. After little bit walk from Bihi Phedi, there is two trail. A trail goes to Prok village on the left side. But you will take right side trail to Ghap. From Ghap, you will trek up to Namrung Village. Namrung is good spot to view Siringi Himal and Ganesh Himal. Trek from Deng to Namrung is 6-7 hours walking. Namrung is located at 2630m, overnight at Lodge.

**Optional:** It is possible to extend your trek to Prok and Kal Tal or Kal Chhokang Gumpa.

#### 8. Namrung - Samagaon

Namrung has a Check post. Your guide will check in your permit after that you will start the hike. During the hike, you will pass Lihi gaon, Sho Goan, Lho Gaun and Syala Gaon. You will have a

nice view of Mt. Manaslu and Himchuli in different angle in different village. Sama gaon is one of the biggest village on this trek. Trek from Namrung to Samagaon is 5-6 hours walking. Samagaon is located at 3520m, overnight at Lodge.

#### 9. Rest day in Samagaon

- Trip to Pungyen Gompa 4-5 hours walk
- Way to Manaslu Basecamp 5-6 hours walk
- Birendra Tal and Sama gaon 2 hours walk

#### 10. Samagaon - Samdo

The trail from Samagaon to Samdo is short walk. It takes 3-4 hours walk to Samdo. The elevation high here. So, it is better to take it easy. After the lunch in Samdo, you may do side trip to Samdo Peak. You will have excellent view of Mt. Manaslu and other mountains. The Samdo Peak is higher than Samdo village. It will be helpful to acclimatize your body. The Samdo is located at 3875m, overnight at Lodge.

#### 11. Samdo - Dharmashala / Larke Phedi

Today, you will trek from Samdo to Dharmashala/ Larke Phedi. It takes 4-5 hours walk. The trail is all the way slowly up to Dharmashala. You will have nice view of Snow Mountain during the hike. The Dharmashala is located at 4460m, overnight at Lodge.

#### 12. Dharmashala - Larkya La Pass- Bimtang

You will wake up early in the morning. You will have some hot tea and breakfast, start the hike with pack lunch. The trail from Dharmashala is slowly up to Larkya La pass (5106m). From Larkya La pass, you will have a nice view of Cheo Himal (6820m.), Gyaji Kung (7030m.), Kang guru (6981m.) and the Annapurna II (7937m.). After the Larkya La pass, the trail is all the way downhill to Bimthang. Trek from Dharmashala to Bimtang is 7-8 hours walk. The Bimthang is located at 3590m, overnight at Lodge.

#### 13. Bimtang - Gho

After the nice view in the morning, you will have breakfast at the Lodge. You will trek from Bimthang to Gho. The Mountain View is still very nice during the hike. The trail is mostly downhill. You will walk on the jungle. It takes 5-6 hours walk. Gho is located at 2515m, overnight at Lodge.

#### 14. Gho - Dharapani

You will trek from Gho to Dharapani around 2 hours. From Dharapani, you will drive 5 hours to Besishahar by public Jeep. This is last night on the trek. Besishahar is also starting point of Annapurna Circuit Trek. The Besishahar is located at 830m, overnight at Lodge.

**Optional:** It is also possible to continue Annapurna Circuit Trek from Dharapani.

## 15. Besishahar - Kathmandu

After the breakfast at the Lodge in Besishahar, drive to Kathmandu by public bus. The bus will stop for Lunch break on the way. You will still see the Himalayas on the way back to Kathmandu in a clear day. It takes 5-6 hours' drive, overnight at the Hotel in Kathmandu.

**Optional:** If you want, it is also possible to hire a Private Car/ Jeep/ Van.

## 16. Departure to your Home.

Final departure to international airport to fly your home country.

## FAQS

### 1. Do you fixed group to join?

We organize small group trek everyday. Everyday is available to book this trek.

### 2. What kind of accommodation do we expect?

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

### 3. Do we need sleeping bag?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

### 4. Is internet or WIFI available on this trek ?

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

### 5. How hard is this trek?

The highest point of this trek is Larkya La Pass (5106m). We give this trek grade 4. Grade 1 is easiest and grade 5 is hardest trek.

### 6. Is electricity available ?

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

### 7. Drinking water

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

### 8. How do we Respect the local culture?

- Ask permission to photograph people.
- Do not remove or purchase antiques, it is illegal.
- Avoid wearing revealing clothes and avoid outward displays of physical affection.

**9. Shower**

Hot Shower is available on the trek. You can have shower by paying extra charge.

**10. Bank or ATM or Money Exchange**

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

**11. Single Trekker**

We also organize single traveler for this trek. But you have to pay single supplement cost.

**12. When is the best time to do this trek?**

March to May and September to November is the best time to do this trek.

**13. Can we buy trekking gears in Kathmandu?**

We will provide you sleeping bag and down Jacket. Rest of them, you can buy in Kathmandu.