Manaslu Circuit Trek

Description

Manasalu Circuit Trek, also known as Manaslu Trek, is an excellent trekking route in the Manaslu Region which lies northwest of Kathmandu, Nepal. The Manaslu Region itself is a popular destination for trekking in the Himalayas, which offers Tsum Valley Trek, Manaslu Trek, and Manaslu Tsum Valley Trek together which can take about 20 days. The Manaslu trek in the region is a popular trekking destination in Nepal that takes trekkers through beautiful and remote areas in the western part of Nepal.

The Manaslu Circuit trek route takes about 15 days and starts in the capital, Kathmandu. The actual trek starts in Machhakhola where trekkers drive to and begin trekking the Manaslu Circuit Trek. On average, trekkers must trek for about 7 hours a day. Trekkers consider treks through the Manaslu Region as one of the best trek experiences in Nepal. The Manaslu circuit difficulty can be ranked as a challenging but demanding trek.

Most Trekkers have a lifelong desire to complete the Manasalu Circuit Trek. Despite its rising popularity and demand, it has been far less crowded than its most traveled and sought-after Annapurna Base Camp Trek and Everest Base Camp Trek. This trek offers a beautiful mountain experience as you pass through the high Himalayas of Nepal. Mount Manaslu, with a height of 8,163 m, can be seen while trekking. Manasalu Trek also has a trekking trail that follows the historic salt trade route along the lovely Budi Gandaki River.

The Manaslu Circuit Trek provides an opportunity to trek through remote and adventurous trails magnificently decorated and ornamented with the Himalayas, such as Manasalu, Annapurna, and Shringi. As the trek passes through Manaslu Conservation, you will have the opportunity to see wild Himalayan Thar or blue sheep. The trekkers can experience stunning Himalayan terrain, high-altitude glaciers, diverse Tibetan culture, and rare species, among other things.

This circuit trek is not only rising in demand due to its astonishing beauty but also due to its flexibility. The trekkers can further expand their journey by joining Annapurna Circuit Trek from the Manaslu Circuit Trek if time is not the issue. The highest point on the trek is the Larkya La Pass (5,160 m), one of the longest passes in Nepal. We can get a very astonishing view of Cheo Himal, Himlung Himal, and giant Annapurna II.

Highlights

- Trek through the most popular destinations and trails and less busy routes than the Everest Base Camp and the Annapurna Base Camp Trek.

- An opportunity to trek through Larkya La Pass and view magnificently decorated and ornamented high peaks, such as Manasalu (8,163 m), Annapurna I (8,091 m), and Shringi (7,161 m).
- Trek through the trails that follow the historic salt trade route along the lovely Budi Gandaki River.
- Experience the stunning Himalayan terrain, high-altitude glaciers, diverse Tibetan culture, and rare species, among other things.
- Embark on a hike in the biodiversity of the Manasalu Conservation Area and get the opportunity to see wild Himalayan Thar or blue sheep. Learn about the culture and traditions of the Nubri and Tibetan people.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Drive to to Machhakhola	900 meters	9-10 hours
03	Trek from Machhakhola to Jagat	1,400 meters	7-9 hours
04	Trek from Jagat to Deng	1,800 meters	7-8 hours
05	Trek from Deng to Namrung	2,630 meters	6-7 hours
06	Trek from Namrung to Lho	2957 meters	6-7 hours
07	Trek from Lho to Samagaon	3,530 meters	7-8 hours
08	Acclimatization day in Samagaon		
09	Trek from Samagaon to Samdo	3,860 meters	4-5 hours
10	Trek from Samdo to Dharmashala	4,460 meters	3-4 hours
11	Trek from Dharmashala to Larkya La Pass and then to Bimthang	5,213 meters	9-10 hours
12	Trek from Bimthang to Dharapani	1963 meters	7-8 hours
13	Dharapani to Kathmandu		8-9 hours
14	Departure to International Airport		

Detailed Itinerary

Day 01: Arrival in Kathmandu (1,380m)

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 02: Drive to Machhakhola (900m), 9-10 hours

After early breakfast, we will take 9-10 hours of long off-road Jeep ride to Machhakhola. We have lunch at Arughat . Along the way, we will cross beautiful villages, the roaring Budhigandaki river, terraces, and beautiful hills. Overnight stay atMachhakhola.

Day 03: Trek from Machhakhola to Jagat,(1400m), 7-9 hours

we will start our destination from Machhakhola to Jagat. Walking through Gurung village Lapu Besi, the gorge, rocky trail, rice field, and sal forest (Shorea Robusta), We will arrive at Labu Beshi where we have our lunch. We further continue our journey enjoying the beautiful natural waterfall from the suspension bridge. The northeast face of Ganesh Himal can be seen from machha khola. We continue trekking through the villages of Khorlabesi, Tatopani, Dovan, Thulo Dunga, and finally the cultural village of Jagat. Overnight at Jagat.

Day 04: Trek from Jagat to Deng (1800m), 7-8 hours

Trekking towards the north with the Buri Gandakhi River takes about 7-8 hours to trek to Deng from Jagat. The trek is an adventurous experience to witness the natural beauty of the trail populated by birch, oak, and pine trees. Moreover, We will get to see a variety of wild animals, and if we are lucky enough we might spot deer as well. Today we will cross beautiful villages like salary, Phillim and finally, We will have our lunch at Eklebhatti. After lunch, we will arrive at the junction of the Manaslu and Tsum Valley trek. From there, we will continue our journey along the trail toward Deng. Overnight at Deng.

Day 05: Trek from Deng to Namrung(2,630m), 6-7 hours

The trek from Dyang to Namrung takes about 7-8 hours of trekking. Today we have a wonderful view of Ganesh Himal, Shringi Himal from Namrung. After breakfast, our journey starts to Behi village, passing by numerous Tibetan mani walls. It is a typical Tibetan Buddhist settlement. We witness the lifestyle of the local people in this village. However, if you want, we have the option of escaping this village and taking a direct trail from Behi Phedi. The trail to the famous Serang Buddhist monastery continues from Behi village. Crossing the path surrounded by a forest of firs, oaks and rhododendrons, finally we reach our destination of Namrung village. Namrung is a small hospitable village that is mostly inhabited by the local Gurung people. Overnight at Namrung.

Day 06: Namrung to Lho (2957 m),10km, 5-6 hours

Towards the west of Namrung. The beautiful scenery of the countryside and monasteries are worth exploring. After Namrung we will really feel being in High Himalayas. We will have a wide range of views, open mountains, and hills. We will cross nice villages Lhi and Sho and finally arrive in Lho Village. We will encounter Tibetan origin people, their lifestyle, and their culture. After Lhi village, we see the path to go Hinanag monastery but we continue our journey to Lho. It is a big Himalayan settlement with about 800 population. Walking around Lho village and exploring and encountering local people, stupas, Mani wall, and prayer flag are the attraction of Lho village. We have the best view of Mt. Manaslu with Ribung Monastery.

Day 7: Lho to Sama Gaun (3530 m),8km,4-5 hours

Continuing trekking north from Lho it will take 4-5 hours to reach the pretty village of Samagaun. Samagaun is one of the many beautiful villages on the Himalayas residing on the laps of mountains like Manaslu, Mt. Himalchuli, and Naike peak. Today is another beautiful day of Manaslu Trek. We will have an amazing view of Manaslu, Mt. Himalchuli, and Naike peak. After breakfast, we walk to Shyala. We will visit shortly Ribung Buddhist Temple just above Lho. We will make a tea break at Shyala enjoying the view of Manaslu, Mt. Himalchuli, and Naike peak. We will continue our journey to Samagaun. It is the most attractive village in the whole Manaslu Trek.

Day 08: Acclimatization day in Samagaon

Today we will spend our day in the village followed by a short hike to nearby surrounding for acclimatization. It is a one-day acclimatization for power saving day to high pass larky pass. We have options to either hike to Birandra tal, a beautiful glacier lake, the water in the lake directly comes from Manaslu mountain. (3 hrs). After returning in the afternoon, we explore Samagaun village. Alternatively, we can go to the Manaslu basecamp, walking around for 7 hrs carrying pack lunch with us. Overnight at Samagaun.

Day 09: Trek from Samagaon to Samdo(3,860m),4-5 hours

After breakfast, we continue on our trail, and after walking for about 4-5 hours towards the east we finally arrive at the village of Samdo. A town well known for its yak herding. Today is the short walking day to Samdo, where we have lunch and camp in the same place. We walk through an open wide valley to Samdo with the beautiful mountain. We can see the path to Larkya pass from Samdo village. After lunch, we can go hike to a viewpoint called Pana danda (5100m). overnight at Samdo.

Day 10: Trek from Samdo to Dharmashala(4,460m),3-4 hours

On the 10th day, we begin our trek to Dharmashala . Today we walk to Dharmasala, the basecamp of Larkya pass via Larkya bazaar. It was the marketplace until some years before Tibetan came here for trade. Now a day, They are not allowed to come here. We walk with the nice view of Neike peak, Larkya peak, and Samdo Himal, Our accommodation is very simple. There is a simple tent for the overnight. Because of conservation rules, it is not allowed to build any teahouse structure over here. Today we go early to bed because the next day, we start early in the morning. Overnight at Dharmashala

Day 11: Trek from Dharmashala to Larkya La Pass and then to Bimthang(5,213m), 9-10 hours

Today we hike towards Bhimthang via the Larkya la. “La” is the Tibetan word that means pass. Larkya la is one of the longest passes in the Himalayan region of Nepal. It takes 9-10 hours. Surrounded by the beautiful Himalayas the views are splendid. Today is the big day of our whole trip. We walk slowly so that we can save energy for the entire day’s hike. We enjoy the beautiful view of the Himalayas. Today we walk through the Larkya Glacier, Rucky moraine. We have a magnificent view of Larkya Himal, Pawar Himal, cheo Himal, and small frozen lakes. Similarly, Today we also can encounter the blue sheep and snow leopard. It takes 4 hrs to reach in Larkya pass from phedi. From the top, we see Manaslu from the backside, Himlung Himal, Cheo Himal, Pawer Himal, and many more. After the pass, we stepped down and sometimes the path is covered with snow and is slippery. Hikers need to be careful on the way down. We can also see the Punger lake on the way and finally arrive in Bhimthang.Start at 4 AM with packed lunch, and bring a torch. Wear suitable clothes and bring good equipment. Chocolate and other snacks are recommended. Overnight at Bhimthang.

Day 12 Bimthang to Dharapani(1963 m), 22km, 7-8 hours

Today we continue trekking to Dharapani from Bhimthang. Following the trail towards the south, it takes about 8-9 hours to reach Dharapani. After breakfast, we continue our day through a wooden bridge, glacier river, bushes, and beautiful mountain views. We walk through the beautiful village Yakkharka, Ghowa, and Tilje village. We have lunch at Tilje. Today we meet Gurung, Chhetri, and Tibetan origin people. Tojne village is the junction of the Manaslu trek and Annapurna round trek. Overnight at Dharapani.

Day 13: Dharapani to Kathmandu (Drive) 10 hours

Today we first take the jeep drive to Beshisahar by local jeep. It takes 5 hours for Beshishahar. After arriving in Beshishahar, we drive by our private vehicles to Kathmandu

Day 14: Departure to International Airport

On your last day here our representatives will drop you off at TIA with the hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Includes

? Airport transfers by private vehicle.

? All Ground Transportation.

? Accommodation with breakfast at a 3-star category hotel in Kathmandu.

? Kathmandu city tours including all entry fees, tour guide, and private vehicle.

? Full board meals with tea/coffee (breakfast, lunch, and dinner) during the trek.

? Twin-sharing accommodation during the trek

? Experienced and friendly guide, porter (1 porter for 2 people), and their food, accommodation, salary, equipment, and insurance.

? Manaslu trekking special permit fee (Manaslu region is in the restricted zone, we need a special permit to visit this area)

? TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit)

? Annapurna and Manaslu conservation fees.

? First aid medical kit.

? Government taxes and office service charges.

Map

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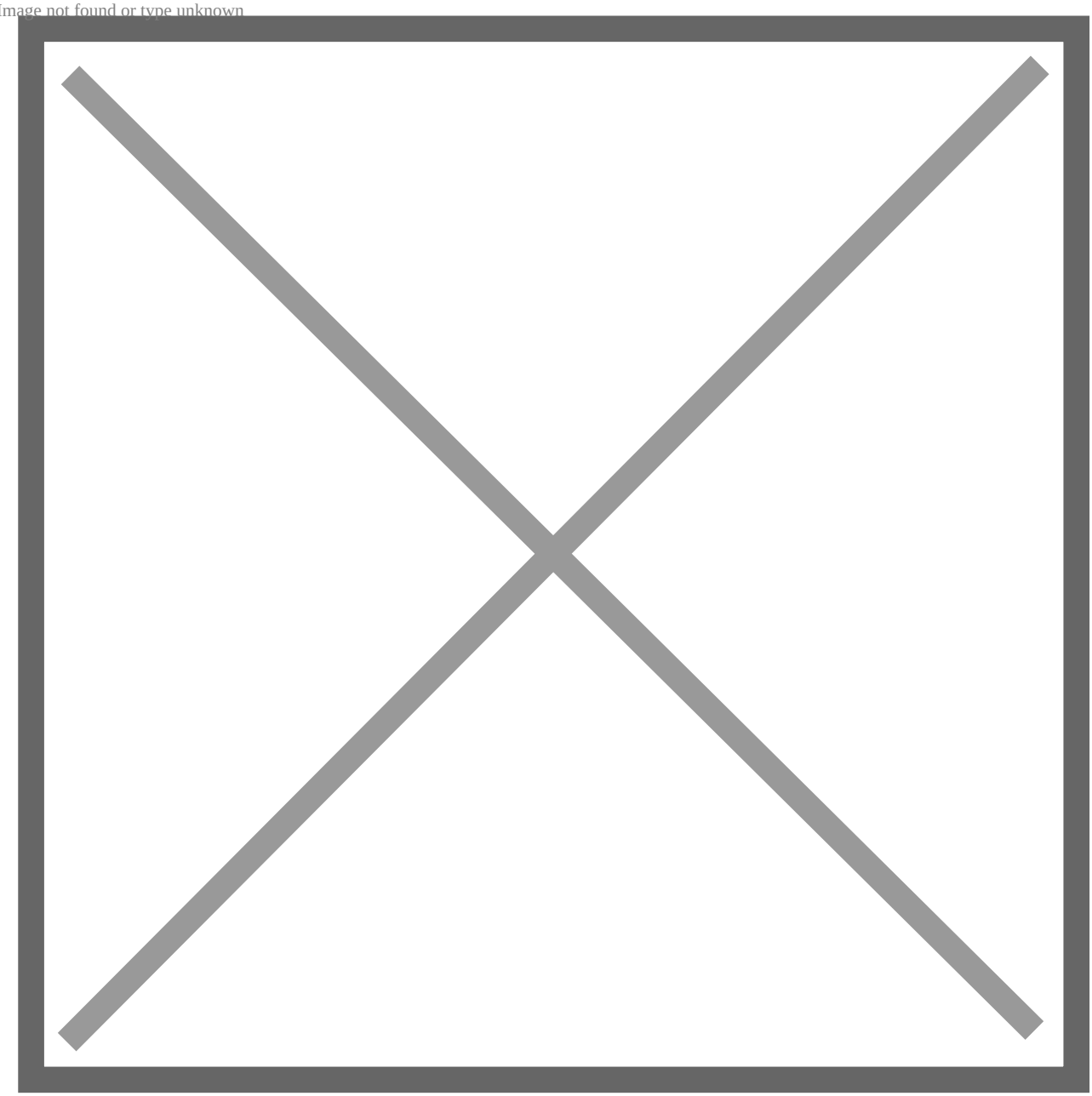

Practical Information

Q. Food and Accommodation
A.

Typical food for this circuit trek is Nepalese Dal Bhat which is made of rice, lentils, and veggies. The tea house menu is also available for trekkers to pick from. Typical dishes include omelets, bread, boiled eggs, noodle soup, and vegetarian curry. Purely vegetarian or vegan food is also available on the trek. Rooms are typically shared accommodations. Private room facilities are available in some locations for an additional cost. Most tea shops in the Manasalu region have western-style toilets with cold running water. Hot showers are available, but there is an additional charge to use them.

Q. Best season for trek
A.

The best seasons for trekking in Manasalu Circuit Trek are spring (February through May) and autumn (September through December). While the monsoons are not suitable for traversing the routes because the hillsides are not suitable for trekkers, the winters are cold, and the weather appears undesirable for trekking. So, Trekking is generally recommended in spring and autumn. During this time, you can enjoy the best views of the mountains, and the temperatures are pleasant.

Q. Trip category
A.

Manasalu Circuit Trekking is a moderate to difficult grade trek at the foot of Mt.Manasalu. It is a tough climb for 12 days, with the altitude from the lowest point to the highest point of the trekking rising by 1,528 m. The most challenging day of the entire trek is when you cross the Larkya La Pass. A relaxing day at Samdo makes this quite worth it.

Q. Health and Safety along the trail
A.

Many health centers on the trek provide primary medical care. In an emergency, you can plan your return to Kathmandu. Make sure you have filled your prescription in the city because it's conceivable that the typical medicines you need won't be available. For emergency medical care, helicopter rescue can carry out rescue operations. Water for personal hygiene is readily available along the route. The toilet is basic but clean. Despite being simple, the restrooms are clean. Hot showers are available for a reasonable fee. Hot showers are available at an affordable price.

Frequently Asked Questions

Q. How long does it take to trek is the Manaslu Circuit Trek?
A.

The Manaslu Circuit trek typically takes about 12-14 days to complete, depending on the route and pace of the trekker.

Q. How hard is the Manaslu Circuit Trek?
A.

The Manaslu Circuit Trek is considered a moderate to challenging trek, with some steeper sections of the trail. It is necessary for trekkers to be in good physical shape and to acclimatize suitably to the high altitude in order to completely relish the trek.

Q. What is the best time of the year to do the Manaslu Circuit Trek?
A.

The best time of the year to do the Manaslu Circuit Trek is during the dry seasons of September to November and March to May. These months offer the best weather conditions for trekking, with clear skies to enjoy the adventure and warmer temperatures.

Q. How long is the Manaslu Circuit Trek?
A.

The total distance to be traveled of the Manaslu Circuit Trek is 177 kilometers (110 miles). The distance can, however, vary from itinerary to itinerary.

Q. Do you need permit to trek the Manaslu Circuit trek?
A. The trekkers must have a special restricted area permit provided by the department of immigration to trek through the Manaslu Circuit Trek.

Q. How much does Manaslu Circuit trek permit cost?
A. The Manaslu Circuit Trek costs US 70$ per week per person and US $10 per day per person after a week from September to November. and US $50 per week per person and US $7 per day per person after a week from December to August.