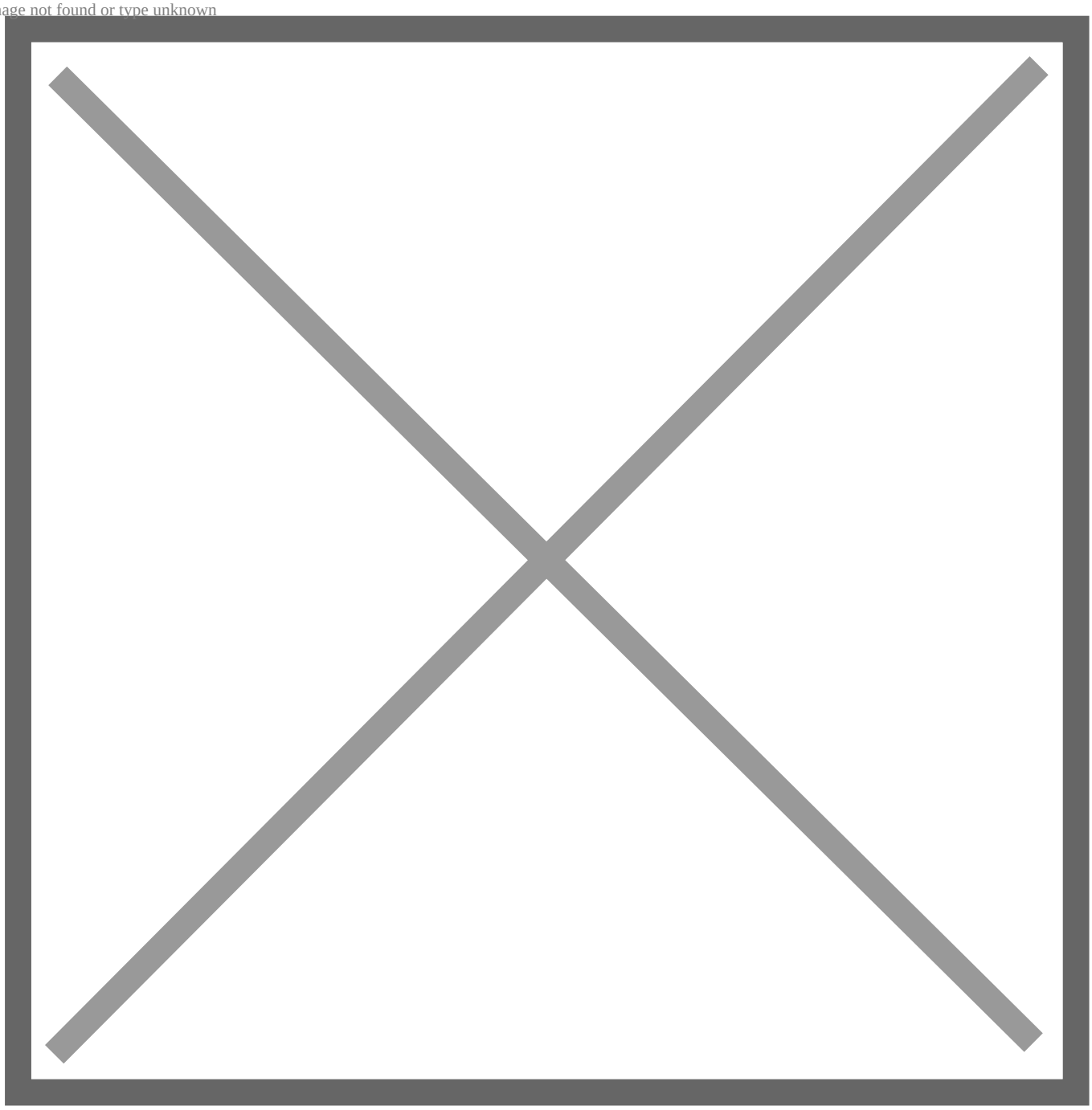
Manaslu circuit trek- 15 days

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Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
1180	16 Days	5,106m	5-6 hours	Hotel & Lodge	Medium

Group Size:

2-15 max

Overview

Manaslu circuit trek is a trekking experience in Nepal at the Manaslu conservation area region of Nepal that starts from a bus ride to Arughat bazar. The Manaslu circuit trek goes to low lands of rice and millet and along the Budhi Gandaki River and brings the travelers to the flora and fauna rich culture of Sherpa and Tibetan ethnic groups during the trek.

The challenging partof Manaslu circuit trek is crossing the Larkya La pass (5125m) it bridges between Budhi Gandaki and Marsyangdi river valley. It opens the views of Budhi Gandaki gorge, precarious bridges, rhododendron and wild flowers blooming beautifully and forest of cedar, pine, juniper and meadows of the highlands keep the trekkers hooked along the Manaslu circuit trek.

During the Manaslu circuit trek from Samdo to Dharamshala you will enjoy the view of Larkya glacier and larkya peak. Wildlife's like Mountain goat (tahr), Blue sheep, pika, marmots and snow leopards can be found in the park. Mountain peaks of Manaslu, Cheo himal, Himlung himal, Nemjung, Gyaji khang, Kang Guru and Annapurna 2 can be seen vividly along with streams of glaciers in the majestic Manaslu mountain region.

The Manaslu circuit trek ends at Tal and drives to Kathmandu. This tea house trek in Nepal is best visited during March, April, May and September, October and November.

If you have already done Manaslu circuit trek, then we have some best selling for you;

Annapurna circuit trek, Everest base camp trek, Annapurna base camp trek, Gokyo lake trek, Poonhill sunrise trek might be your next favorite destination in Nepal.

Trip Highlight

Spectacular view of world top 8th highest Manasalu as well as many peaks

Explore the remote village life of Nepalese as well as Tibetan culture

Observe diverse range of wild life and vegetation

Itinerary

Day: 01 Arrive in Kathamandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by your guide or our

office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world. Overnight at Hotel.

Accommodation: 3- Star Hotel
Meals: No
Duration: 1 dayDay

Day: 02 Kathmandu to Soti Khola DRIVE

Today we drive towards the west and through Pokhara highway move to Dhading along the rural settings and rutted path to Bhuri Gandaki valley and reach Soti khola. Overnight in Soti Khola.Overnight in Soti Khola.

Accommodation: Lodge
Meals: Lunch & Dinner
Duration: 7-8 hours Days

Day: 03 Soti khola to Machha Khola

Today you pass through paddy fields and forested path and from the ridge see the beautiful flowing river, waterfalls walking on the cliffs and down to Gurung village Labu Besi. Then you climb through rocky outcrops and river floor and climbing side ridge and down the riverbanks to enter Machha khola. Overnight in Machha khola village.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 04 Machha khola to Jagat

Today you continue the river path and cross tharo khola and reach Khorlabesi and up and down paths to Tatopani. Then climbing over the ridge and crossing Budhi Gandaki on a suspension bridge and staircase of the ridge to reach Dobhan and cross the Yarukhola bridge and drop to riverside and climb steps to Tharo Bharyang and crossing the river reach Jagat village. Overnight in Jagat.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 05 Jagat to Pewa

Climbing the rocky ridge to Salleri and down to Sirdibas the trail continues to Ghatte Khola River and passing through suspension bridge reach proceed through forest of pine and rhododendron and cross Siyar khola bridge and arrive Pewa. Overnight in Pewa.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 06 Pewa to Namrung

Today you ascend wide forest and bamboo trails and reach Deng and cross another bridge to Bihi phedi. Then the trail moves to Ghap and zigzag along the river to a village of Namrung. Overnight in Namrung.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 07 Namrung to Lho

Today you pass mani walls and terraces and houses through Banjam and climb forest to Lihi and pass before Sho across hillside paths and see Manaslu view at Lho. Overnight in Lho.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 08 Lho to Sama gong

Today you walk to Shyapla on the gully of pine and rhododendron trees and enter a settlement to Sama gong and see a large gompa, health posts. Overnight in Sama gong.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 09 Acclimatization in Sama gong

Today you walk to the east of Nubri valley and walk across the Roaring River with a view of Himalayan thar and yaks grazing and hike to Birendra tal. Overnight in Sama gong.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 10 Sama Gong to Samdo

Today you walk slowly to extended yak pastures with mani walls and leave tree line to climb a ridge and cross Buri gandaki bridge to yak herdings of Kani. Then you come to Samdo and hike to see the Samdo peak. Overnight in Samdo.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day:11 Dharmshala

Today you walk along the rugged terrains and see the scenic views of the Himalayas chain and reach Dharamshala. Overnight in Dharamshala.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 12 Dharamshala to Bimthang

Today you walk through Larkya La pass and see the stunning views of Manaslu range and head down to arrive at Bumthang with ice-fall views along the way. Overnight in Bimthang.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 13 Bimthang to Tal

Today you walk to the meadow and forest and walk across Dudh khola and arrive Karche. Then trail drops to Gurung goa and reach Samdo.And through forest of oak and rhododendron reach Tiliche and come to Dharapani and then at Tal village. Overnight in Tal.

Accommodation: Lodge
Meals: B/L/D
Duration: 8-9 hours Days

Day: 14 Tal to Beshisahar- Kathmandu

From Tal we say bye to our trekking staff and drive to Beshisahar and take a bus back to Kathmandu. Overnight in Kathmandu.

Accommodation: 3- Star hotel
Meals: B/L/D
Duration: 9-10 hours Days

Day: 15 Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will

reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

What are included?

All ground transportation

All accommodations during the trek at hotels, lodges including breakfast.

All meals (B/L/D) during the trek

Government license holder guides

Langtang entry permits fees, trekking permits

Souvenir of the trek

Porters service

Snack and seasonal fruits

Farewell dinner

Certificate of Completion

Government taxes , VAT, service charges

What are Not included?

International airfares

Nepal entry visa fee

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost , delays out of Management control

All costs and expenses which are not in the “COST INCLUDES” section.