



Manaslu Circuit Trek - 17 days - \$500/Person

Trip Info

Trip Code: WHT/RAT-01

Grade: Moderate

Maximum Elevation: 5,213M.

Type: Trekking/Hiking

Activity: Hiking and Camping

Starts at: Kathmandu

Ends at: Kathmandu

Trip Route: Kathmandu-Sotikhola-Machhakhola-Namrung-Samagaau-Larkepass-Bhimthang-Besishahar-Jagat-

Best Season: Autumn & Spring

Accommodation: Not Included

Meal: Not Included

Offer: 15% Discount

Nepal is the ultimate paradise for the adventure junkies that get their thrill from the numerous trekking routes and options to see some of the top ten tallest mountains in the world in just one trekking journey. This trekking is growing in popularity as an alternative to Annapurna circuit trekking. So, it is no wonder that hundreds and thousands of people from all over the world visit Nepal every trekking season to experience a trip that allows them to experience a beautiful mixture of nature, culture, art and adventure. Though Nepal is a famous trekking destination now that allows tourists to enjoy the diverse terrain along with its variety of flora and fauna, it wasn't always so. It wasn't until 1991 that all parts of the trekking regions were open to the tourists. Since then a number of the trekking regions on the border of Nepal and Tibet have opened for tourism. One of such lovely treks is the Manaslu circuit trekking.

The Manaslu circuit trekking is one of the best treks known for its solidarity and preservation. This region sees very few visitors so that the trails are less trodden making the journey a peaceful, natural and beautiful experience perfect for those seeking a getaway from the everyday busy lives. Not just the spellbinding natural beauty, but the traditional Tamang and Sherpa settlements with their unique cultures are another highlight of the trip. The Manasli Circuit Trek tour starts from Kathmandu where we visit the UNESCO world heritage sites and then to Arughat from where the actual trekking begins. The entire route is adorned with the perfect views of the snow-clad mountains, unique combination of rich cultural heritages and adventure amidst vantage points with incomparable beauty and rare bio-diversity. Mt. Manaslu standing at 8156m is the highest peak in the area which is also the eighth highest peak in the world. The Manaslu region is famous for its high altitude glacier lakes, fascinating flora and fauna, cultural diversity and richness which make it one of the favorite destinations for trekkers around the world. The standard circuit trek begins at Arughat and ends at Besishar and requires a trekking permit to travel all the way through the Manaslu area.

The total duration of the Manaslu Circuit Trek can be 16 days with trekking and hiking as the main activities. It is considered to be a moderate level trekking with cultural, historical and natural tours and a



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maximum elevation of 5160m. The best season to visit the region is from March to May in spring and September to December during the winter.

Group Size: Minimum 2 people

Trip Highlights

- Tibetan culture and high pass crossing Larke la (5210m).
- Terraces of crop fields.
- Traditional village lifestyle and culture.
- Long walk up through the Budi Gandaki valley.
- Charming views of Manaslu & surrounding Himalayan range.
- Visit the famous town Gorkha.

Itinerary

Day 1 - Arrival in Kathmandu

Once you arrive at Tribhuvan International Airport, one of the representatives will pick you up from the airport and transfer to the hotel. Stay overnight at hotel.

Day 2 - Sightseeing around Kathmandu Valley (Documentation day)

Today is the day for a delightful visit to some heritage sites of Kathmandu, which starts soon after breakfast. First we visit Pashupatinath Temple, the most popular Hindu shrine dedicated to Lord Shiva. Not only for Nepali, it is one of the holiest shrines for all Hindu round the world. Then after, there is a guided tour to Boudhanath, the largest Buddhist stupa in Nepal and popular pilgrimage site that includes over a huge number of Tibetan Gompas or monasteries. At last, we take a tour to Patan also called as Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square. Overnight at hotel.

Day 3 - Drive Kathmandu to Sotikhola (710m).

We will start the day early after breakfast. We take a drive from Kathmandu to Dhading Besi on a nice, paved road enjoying the views of the hilly areas, terraces, fields and rivers. The drive from Dhading Besi to Arughat is a little rough one on rocky trails. From Arughat 2 more hour driver to reach Soti Khola or to drive there and rest the night.

Day 4 - Trek to Machhakhola (870m).

We start the day early to reach our destination which will take about 6-7 hours. After crossing a popular suspension bridge of Soti Khola, we trek through Sal forests to reach a ridge above the splashing rapids of the Budhi Gandaki River. After reaching Khursane, the trail becomes rocky, passing through waterfalls and cliffs. We make our way past terraced rice fields and up to a Gurung village of Labubesi. we climb behind a rocky cliff where the valley opens up. Walking through a sandy river bed, climbing over stone ridges and then again moving down to the river and crossing the suspension bridges, we climb behind a rocky cliff where the valley opens up. Walking through a sandy river bed, climbing over stone ridges and then again moving down to the river and crossing the suspension bridges, we reach Machcha Khola village and overnight at tea house.

Day 5 - Trek to Jagat (1340m).

The next day, From Machhakhola we follow a narrow trail that takes us to Tharo Khola and finally to Khorlabesi. After a few ascends and descends, we reach a popular hot-spring, Tatopani. We will spend sometime here and can enjoy the natural sauna in the hot -spring and relieve all our tiredness and stress

of the trek. we climb another ridge and cross the Budhi Gandaki on another suspension bridge. After this, we climb a staircase and then cross a landslide and a ridge to reach Doban. After crossing a suspension bridge, we again climb stone staircase then go down to the river and climb some stairs again to reach Thado Bharyang. Then we cross the west bank of Budhi Gandaki, climb over a ridge, walk along the river to reach the village of Jagat where we spend the night.

Day 6 - Trek to Deng(1860m).

On this day, we first reach Salleri after climbing a rocky ridge and then go towards Sirdibas. We continue to Ghatta Khola and then walk upstream through a long suspension bridge to reach a Gurung village in Phillim. From the lower points of the village, the trail turns north and through leveled trails amidst maize fields, we reach Ekle Bhatti, where you will have lunch and continue our trip from a steep gorge and then descend through grassy slopes to cross the Budhi Gandaki and then cross bridges from west to east bank and back again. As the trail widens, we pass through bamboo forests to reach the Deng Khola. After crossing the river, we reach the tiny Deng village where we spend the night.

Day 7 - Trek to Namrung (2630m).

We take a brief walk from Deng and then we cross the Budhi Gandaki and climb to reach Rana. From here we climb for a while and then head west to Budhi Gandaki valley. The trail passes through forests and painted Mani stones and a corner from where we reach Ghap. Then we take the trail through Prok village which allows us to witness the beautiful view of Siring Himal. We follow the river, crossing it at many places and pass through dense forests and Gompas along the way. After crossing the river at a gorge, the trail becomes leveled and after a last steep climb, we reach Namrung where we stay the night. Namrung is the best viewpoint for Siring and Ganesh Himal as well as Mt. Himal Chuli.

Day 8 - Trek to Lho (3180m).

From Namrung a steep climb and passage through forests take us to Lihi, a village well known for its chortens and barley terraces. After crossing the side valley of Simnang, we pass through Sho and then reach Lho where we spend the night. Late afternoon visit the local monastery after you reached there.

Day 9 - Trek to Samagaun (3500m).

After crossing the Shyala village, we reach the Sama village where one gets to witness the amazing views of Mount Manaslu and explore the famous Ribung Gompa. The breathtaking view of the high mountains along with glaciers is the highlight of the trip. We stay in Samagaun for the night.

Day 10 - Acclimatizing day at Samagaun.

This day is set aside to rest and acclimatize to the increasing altitudes. We stay in Samagaon and explore the surrounding areas or visit Birendra Tal and Anie Gompa. The main attraction of the day is the Pungyen Gompa with a spectacular view of the glaciers but it rather log day only recommended for the fit hikers. It is situated on a hill near Samagaon. We hike up to the Gompa named after the two peaks of Manaslu which means bracelet. It was destroyed when the Japanese first tried to summit the peaks. It was believed that the expedition to reach the summit might have angered the Gods. After the detour, we come back to Samagaon and spend the night there.

Day 11 - Trek to Samdo (3860m).

We follow the Budhi Gandaki River up to a stream which we cross on a suspension bridge. From here we take the trail on the right to Larkya la. It is a fairly easy trail, passing through Mani walls and juniper and birch forests. We again cross a bridge over Budhi Gandaki and continue forward. From a stone arch, we can see a kani and after crossing it, we reach Samdo where we spend the night.

Day 12 - Trek to Dharamasala (4480m).

We start our day trip by crossing a wooden bridge over Budhi Gandaki River and begin a hike upwards. After crossing a few streams and seeing a glimpse of the Larkya glacier, we go around a valley and make our way upwards again to reach a guesthouse called Dharmashala. This short walk to Larke Phedi provides enough time and rest to acclimatize for the further trek.

Day 13 - Cross the Larke pass (5213m) trek down to Bimtang (3720 m).

On this day, we make a short climb and reach a valley on the north side of Larkya glacier with exquisite views of Larkya peak. We ascend the moraines of a glacier which becomes quite steep at the end before reaching the pass. From here we can enjoy the breathtaking views of Himlung, Cheo, Kanggru and the Annapurna. It is a longer walk than other days and you reach the guesthouse among the low pastures at the dim lights of dusk. When we finally reach Bhimtang, the exquisite view of Mount Manaslu makes every step worth it.

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Day 14 - Bimtang to Tilije (2300m).

After enjoying the splendid views of the mountains from a ridge in Bhimtang, we make our way down

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towards a high pasture and then a bridge over Dudh Khola. We walk through rhododendron forests, narrow valleys and fields before making a climb to the river bank that leads to the village of Gho. A short walk takes us to Tilije with better accommodation options where we spend the night.

Day 15 - Trek to Dharapani and drive to Besishar (760m).

We move in a stone paved path passing through a beautiful village and then cross a bridge over Dudh Khola, move past an arch and Mani walls to get to the Thonje village. After passing through a police checkpoint we make our way towards Dharapani from where we enter the Annapurna circuit section. From Dharapani we take Jeep or bus from Dharapani to Beishar. which takes 4-5 hours. We spend a our last night of the trek at Besishar.

Day 16 - Drive back to Kathmandu from Besishar.

We drive along the banks of Marsyangdi and Trishuli River, witnessing the beautiful scenery of rice fields, terraced farms, rivers and valleys and refreshing views of the hilly areas and mountains. After a few hours' journey we reach Kathmandu where we will spend the last night in Nepal.

Day 17 - Depart Kathmandu

Our office representative will take you to the airport. With all the wonderful memories of Manaslu trek, you will fly back to your home. Have a nice journey! .



Cost Includes

- Annapurna Conservation Area Project (ACAP) entry permit & Tourist Information Management System (TIMS) permits.
- Restricted Area Permit Fee & Service Charge
- English speaking guide with all his salary, food, drinks, accommodation, transport and insurance.
- Government taxes and official expenses.
- All Transportation of Trekking

Cost Excludes

- Trekking lodge (Tea House) accommodations during the trek.
- Nepal entry visa fee & International airfare.
- Your personal expenses.
- All the alcoholic and non alcoholic hot and cold drinks.
- Tips for the guide, porter and driver (Tipping is expected).