

Manaslu Circuit Trek

15 Days 14 Nights

The Major Highlights of Manaslu Circuit Trek

- Mountains & Views: Majestic Mt. Manaslu, Himchuli, Ganesh Himal, Annapurna II, and more.
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- Cultural Experience: Tibetan Nuri communities, ancient gompas, and traditional Nepali villages.
- High Adventure: The Larkya La Pass is one of the world's highest trekking passes.
- Flora & Fauna: Untouched wilderness featuring diverse ecosystems, from subtropical forests to alpine terrains.
- Seclusion: A less crowded alternative to the Annapurna or Everest regions, offering peace and authenticity.

ITINERARY

Day 1	Hotel in Kathmandu	Kathmandu Arrival (1,400m) Arrival at Tribhuvan International Airport. Relax and explore Kathmandu's vibrant culture. Enjoy a welcome dinner with Nepali cuisine. Sleeping altitude: 1,400 m
Day 2	Tea House in Jagat	Drive to Jagat (1,340m) Scenic drive from Kathmandu through lush countryside and villages. Distance: 150 km Duration: 7-8 hours Sleeping altitude: 1,340 m
Day 3	Tea House in Dang	Jagat to Deng (1,900m) Trek along the Budhi Gandaki River, crossing suspension bridges and passing through Gurung villages and forests (19 km). Distance: 19 km Duration: 6-7 hours Sleeping altitude: 1,900 m
Day 4	Tea House in Namrung	Deng to Namrung (2,630m) Pass through forests and small settlements, with your first views of the stunning Siringi Himal (18 km). Distance: 18 km Duration: 7 hours Sleeping altitude: 2,630 m
Day 5	Tea House in	Namrung to Lho (3,180m)

	Lho	Enjoy incredible views of Ganesh Himal and Hiunchuli. Visit Ribung Gompa, a cultural highlight of the trek (10 km). Distance: 10 km Duration: 6 hours Sleeping altitude: 3,180 m
Day 6	Tea House in samagaou	Lho to Samagaon (3,520m) Trek through dense forests and picturesque villages, with breathtaking views of Mt. Manaslu (13 km). Distance: 13 km Duration: 3 hours Sleeping altitude: 3,520 m
Day 7	Tea House in sama gaou	Acclimatization at Samagaon (3,520m) Free to Choose: <ul style="list-style-type: none"> • Hike to Manaslu Base Camp via Birendra Lake (5-6 hours). • Explore Pung Gyen Gompa for panoramic Himalayan views (4-5 hours).
Day 8	Tea House in Samdo	Samagaon to Samdo (3,800m) Follow the Budhi Gandaki River to Samdo, with incredible views of the Tibetan Plateau (10 km). Distance: 10 km Duration: 3 hours Sleeping altitude: 3,800 m
Day 9	Tea House in Samdo	Acclimatization at Samdo Hike to Samdo Ri (5,177m) for stunning mountain views and rest before crossing Larkya La Pass. Sleeping altitude: 3,800m
Day 10	Tea House in Dharmasala	Samdo to Dharmasala (Larke Phedi) (4,460m) A short but challenging trek to Dharmasala, with time to relax and prepare for the pass crossing (8 km). Distance: 8 km Duration: 4 hours Sleeping altitude: 4,460 m
Day 11	Tea House in Bimtang	Dharmasala to Bimtang (3,750m) via Larkya La Pass (5,106m) Cross the highest point of the trek, the Larkya La Pass , with unforgettable views of Himlung Himal and Annapurna II (19 km). Distance: 19 km Duration: 8 hours Sleeping altitude: Larke Pass: 5,106 m, Bimtang: 3,750 m
Day 12	Tea House in Goha	Bimtang to Gho (1,963m) Descend through lush forests, terraced fields, and small villages to reach Gho (16 km). Distance: 16 km Duration: 5 hours Sleeping altitude: 1,963 m
Day 13	Hotel in Dharapani	Gho to Dharapani (1,860m) A gentle trek to Dharapani, a gateway to the Annapurna Circuit (14 km).

		Distance: 14 km Duration: 5 hours Sleeping altitude: 1,860 m
Day 14	Hotel in Kathmandu	Drive to Kathmandu Enjoy a scenic drive back to Kathmandu. Spend the evening shopping or exploring Thamel. Distance: 200 km Duration: 9 hours Sleeping altitude: 1,400 m
Day 15	-	Final Departure Transfer to Tribhuvan International Airport for your departure flight.

Based on the above itinerary please find below our special rates per person.

	Join Group	single supplement
Total in USD per person	\$ 995	\$95

ESSENTIALS

- | | |
|---|--|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Neck gaiter | <input type="checkbox"/> Sunglass |
| <input type="checkbox"/> Base layer top / Base layer pant (Wool, Merino wool) | <input type="checkbox"/> Trekking pole |
| <input type="checkbox"/> Insulated layer (fleece) | <input type="checkbox"/> Water bottle / bladder |
| <input type="checkbox"/> T-shirt | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Puffy Jacket | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm |
| <input type="checkbox"/> Waterproof shell Jacket | <input type="checkbox"/> Protein bars and snickers |
| <input type="checkbox"/> Trekking pant / half pant | <input type="checkbox"/> Iodine tablet to purify water |
| <input type="checkbox"/> Trekking shoes | <input type="checkbox"/> Headlight |
| <input type="checkbox"/> Wool socks | <input type="checkbox"/> Toilet paper and baby wipes |
| <input type="checkbox"/> Glove | <input type="checkbox"/> Hand sanitizer / Hand wash |
| <input type="checkbox"/> Towel (light) | <input type="checkbox"/> First aid kit |
| | <input type="checkbox"/> Take all the cash you need |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Private transportation: Kathmandu–Macha Khola–Jagat and Dharapani–Besisahar–Kathmandu.
- All necessary trekking permits for the Manaslu region (MCAP, ACAP, and Special Restricted Area Permit).
- All local taxes, VAT, office service charges, and applicable government fees.
- Airport pick-up and drop-off in an air-conditioned vehicle.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be recalculated if the itinerary is changed or modified.
- Additional activities may be added as per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement of a number of guides and porters.
- For any kind of change, please contact us by email or call.
- Guide and porter will expect tips of \$10 and \$5 respectively per day.
- Himalayan Yatri is not responsible for incidents caused by natural hazards.