

# Manaslu Circuit Trek - 12 Days

DURATION: 12 DAYS

## Trip Facts

- Duration : 12 Days
- Trip Difficulty : Challenging
- Group size : 2-20 Pax
- Accommodation : Hotel/Lodge/Tea House
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Bus/Car/Taxi
- Trip starting point : Sotikhola
- Trip Ending point : Besishar



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Best season : March, April and May & September, October and November

## Trip Overview

**Manaslu Circuit Trek** is one of the most unique trekking packages with the assistance of our important Customers across the globe who likes to discover wild and rich cultures & territory. This journey offers you the spectacular occasion of exploring the Manaslu trip, which is astonishing by **Manaslu Himal (8,163m/26,781ft)** antique Buddhist monasteries, enormous towns, lakes, Rivers, Culture, and ethnicity. Manaslu Circuit trip lies inside (**MCAP**) Manaslu Conservation Area project, Which Was established in **1998** to conserve and protect wildlife surroundings and nature.

**The 12-day Manaslu Circuit trek Itinerary** starts, where driving by local bus or jeep for 7 to 8 hours to get there at Sotikhola at 730 meters. Where we spend a night, Sotikhola is a beginning stage and petite settlement situated in the Budigandaki valley for the most division, settled by Gurungs and Tibetans people groups who are one of the major from Manaslu Himalayans district fantastic for their close culture, custom, custom, and tradition of living. The path goes through the accompanying bank of river Budhi Gandaki Valley, which starts from Mt. Manaslu. Along the course, we go through various great villages inhabited by Gurungs and Tibetan Bhatia People groups.

These valley people groups are lucky for this excursion while they are extremely rich in culture and customs and observe the come to everyday life. We arrive at too high Himalayas like Namrung Town, Low, **Samagaun 3500m**, and **Samdo 3800m** are a piece of the raised ground settlement from this region. It is an astounding highlight of the trip.

## Option: I



## Manaslu Base Camp Hiking from Sama Gaun Village:

**Manaslu Circuit Trek 12-days schedule** covers many sides can travel around the Day hiking from Sama Gaun and ascend to MBC and [Birendra Lake](#) for beautiful views through your eyes, Located at 4813 meters.

The excursion is a circuit to Mt. Manaslu Mountain. Which are (8,163 m/26788.ft) the eight most noteworthy tops on the planet, Manaslu Himal is a Well-known expedition, so 4 to 6 campaign groups summit the mountain per ascending time, and it is a challenging climb expedition.

## Option: II

### Hike to Phungen Gompa from Sama Gaun:

A day of hiking begins on a piece of the path among Samagaon. From there, it takes around one hour to arrive at a Yak pasture region and an additional one and a half hours to get there at the Gompa. It is toward the finish of a huge green level enveloped by a breathtaking peak scene. It is perhaps the greatest spot to get a point of view on Mount Manaslu, and its natural factors, but once more - the work is important minimally on a fresh morning. The Gompa integrates a little supplication hall. A few monks integrated into the mountain. There are no lodging, or workplaces here, excluding it looks like an attractive spot for camping out. Morning sees from here will probably be radiant.



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### Cross the Manaslu Larkya la pass (5106m):

The **Manaslu** Larkya La pass is one of the most difficult wonderful high passes trek in the Manaslu region. It lies between Dharmasala and Bimtang village. When you reach the top of Larkya La Pass, Really Beautiful and surrounded by the Whole Manaslu and Annapurna range Himalayas; During the winter season (December, January, and February) is hard to Cross the Larkya La Pass. Due to heavy snowfall, the trekking trail can be blocked.

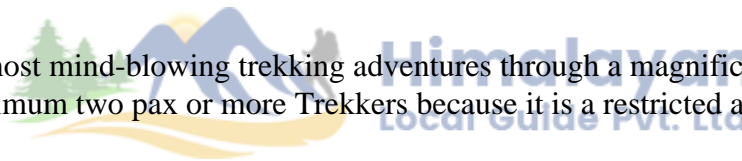
**Himalayan Local Guide Pvt. Ltd** has local guide members and a professional team that has been; leading the diverse holidays around the Nepal Himalayas region. We have diverse multi-package treks for the Manaslu trekking. Trek customizes according to your preferences plan and holiday length as well. We manage the expert guide from the Manaslu area. So, even in such conditions, our success rate is high. Manaslu's restricted trekking destination is undoubtedly the most scenic one. It is 8th world's highest mountain Mt. Manaslu (8163m). However, some well-liked destinations around the valley easily extend your holiday.

**Manaslu** is one of the main; rural trekking routes in Nepal. If you take; bliss in the remote surroundings, tranquility, rambling on the dense forest, and multiethnic community. It is a superlative choice.

## **Peoples & Multiethnic culture of Manaslu Region routes:**

Manaslu Trek Area people groups are generally busy with the tea house business and farming of their property. The vast majority of the mountain Peoples' religion follows Buddhism Bon Po. Likewise, opportunities to look at the ancient Buddhist Religions and scenes of villages, this is the fundamental fascination for vacationers to appreciate all through the excursion.

The Manaslu Circuit Trek - 12 days is one of the most mind-blowing trekking adventures through a magnificent region. This is not hesitation, the best virgin trip route. For this group trip size should be at minimum two pax or more Trekkers because it is a restricted area.



## **Manaslu Local Guide and Porters Cost:**

- Manaslu Guide **Cost is USD: 25** per day.
- Porter **Cost is USD: 23** per day.

## **Communication Service during the Manaslu Trek: Wi-Fi or Data:**

You can get Wi-Fi in some towns and tea houses; however, you need to pay for internet services. One more option for the internet; you can use data via **Ncell** and **NTC** sim cards. Nonetheless, you can get it in Kathmandu, and requires a photocopy of your passport and pp size photos too.

## **Manaslu Trek Permit:**

**\* Special Manaslu Permit.**

**\* MCAP (Manaslu Conservation Area Permit).**

**\* ACAP (Annapurna Conservation Area Permit).**



The Permit should be organized in Kathmandu by Government government-registered company. Likewise, it is mandatory to take a Government Register License Holder Guide.

This trip gives you the lifetime event of screening; Wonderful all-encompassing scenes of the mountain range with glacial masses, and the most part is the chance to see the unique culture, Buddhist religious community, and Hindu sanctuary. For this trip who would like to be more relaxed or depend on their holidays in Nepal, we organize the Tsum Valley Manaslu Trek – 22 Days, the Manaslu and Annapurna Circuit Trek – 14 Days, etc.

## **Is Manaslu Circuit Trek Difficult?**

This Trek is Nepal's preferred trekking destination in the Himalayas. Most trekkers need good health and reasonable physical fitness will be able to complete this journey without worry, and no previous trekking experience is required. However, this trip does reach an elevation higher than 5,000 meters, and it is most important to drink much water and get plenty of rest to let your body adjust naturally to the increased altitude. As always, your local trekking guide will take

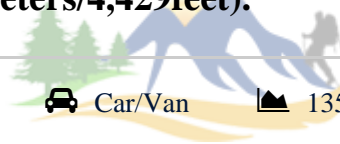
care of your adjustment and make sure that; you take pleasure in a safe and rewarding trek to the Nepal Himalayas.

**Book the 12-day Manaslu Circuit trek with us.** We make sure you are of great hospitality as well as; excellent services throughout your trekking journey. Manaslu region is a very unique and quiet place to do trekking. The comforting and peaceful feeling of the area helps you obtain magnificent; memories. Please kindly feel free to contact our travel planners.

## Trip Itinerary

### Day 01: Arrival in Kathmandu (1350meters/4,429feet).

🕒 20 Minute   🍳 Breakfast   🏠 Hotel   🚗 Car/Van   🏔️ 1350 m



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Our company staff will come to pick up; you up at Tribhuvan international airport. Our guide will be to stand up your name on paper so it will be easy to know; each at the airport terminal gate. He will take you to your hotel by car or van, depending on; the group's size.

### Day 02: Drive from Kathmandu to Sotikhola (730m/2,395feet).

🕒 6/7 Hours   🍳 Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚌 Bus   🏔️ 730 m

After early morning breakfast, we will start our journey along the Prithivi highway west from the Capital city of Kathmandu, through an amazing river view crosses the Trishuli River and join Dhading Besi. We will stop along on the way for a Lunch break. After, we drive to continue to pass through the Arughat Bazzar along with a scenic drive to follow the Budi Gandaki Riverside to Arkhet and reach Soti Khola overnight at Lodge.

### Day 03: Sotikhola - Machhikhola (869meters/2,851feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 869 m

After early morning breakfast, we trek continued following the low valley to the north, having a chance to the Majestic Himalayas views from the Low place and take time to picture the Himalayas and local lifestyle houses, landscapes, waterfalls, etc. we pass the dense forest, Buddhi Gandaki valley, and hillside. We walk a series of ascents and descent leading to the typical small and beautiful village of Lapubesi. From this place, our trekking trails go to descending; to the Wide, Sandy, riverside. Which is a Beautiful place, and reach Machha Khola overnight at Lodge.

### Day 04: Machhikhola - phlim (1570m/5,150feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1570 m

Today will be more exciting. First, we will cross the suspension bridge, and our trail leads to Kholabesi. The trekking route has the chance to explore the beautiful landscape, waterfalls, and hills. After crossing the suspension bridge at Khorlabesi, our trek will continue to join the natural hot spring at the Tatopani. From the Tatopani village, we cross the again bridge and walk through passing; the delightful Village of Dovan, Thulo Dunga, and the trek continues to reach Jagat Village, where we will check the Manaslu permit there. After we trek continues to pass the Salleri village, walk along the riverside, and cross the Budhi Gandaki River on a long suspension bridge trek to Philim Village, we will stay overnight at Lodge.

### Day 05: Philim village – Bhimphedi (1990meters/6,528feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1990 m

After a delicious breakfast, We trek and continue to Ekle Bhatti. The trekking trail will get separated towards Manaslu and Tsum Valley, where you will see the trekking trail map on the board; and hike up to the left side. We will cross the then trek and continue to pass the Nayak Phedi. We lead to the dense forest of Bamboo, rhododendron, and pine forests, where we may see wildlife animals like; Musk deer, Himalayan Thars, and white and Brown monkeys near the trekking trail, after then we trek continue; to pass the Pewa, Deng, Rana Village, and reach to Bhimphedi, we will stay

overnight at Lodge.

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### Day 06: Bhimphedi – Namrung Village (2635meters/8,645feet).

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🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 Walking   🏔️ 2635 m

Today we will head to Namrung village; we will pass the delightful of the Ghap, and we will trek the valley becomes a steeper and long walk through bamboo, rhododendron, and pine forest, crossing the wild river a couple of times to reach Namrung village has police checkpoint for trekker's we will go to check our Manaslu and Tsum valley special permit to there, and we will stay overnight at Lodge.

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### Day 07: Namrung Village – Sama Gaon (3525meters/11,564feet).

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3525 m

Today will be an exciting day, we will pass the beautiful Village of Lihi, Lho, and we follow the bank of; the river with views of many more peaks ahead. After a couple of hours, we will climb uphill through the forest brings us to Shayla, offering Delightful views of Phungi, Manaslu, Buddha Himal, and much more. The Village is beautiful, and we walked on the flat and reach Sama Gaun. We will stay overnight at Lodge.

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### Day 07: Rest Day at Sama Gaon (Exploring day).

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 Hiking   🏔️ 3525 m

After early morning breakfast, we will hike up to Manaslu Base Camp, 1st we walking in the pine forest to reach Birendra Lake, which is one of the most beautiful, and we can spend a few hours there. We will take a picture and climb; continue to ascend to Manaslu Base Camp. It takes around ¾ hours to climb uphill. When we reach Base Camp, we will enjoy nature and take a picture of the white snow-capped mountains. We will spend a few hours there. We trek back down to Sama Gaon. We will stay Overnight at Lodge.

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## Day 08: Sama Gaon – Dharam Shala (4460meters/14,632feet).

🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 4460 m

We'll start early in the morning to head towards Samdo Village, which takes around 2 hours from Sama Gaon. After, we continue to cross the wooden bridge over the Budi Gandaki and ascend gradually up the valley. Another Buddhist mani wall marks the beginning of the ascent to the pass, crosses two streams, and witnesses the Larke la Glacier. We trek continues; to ascend and reach Dharamshala overnight at Lodge.

## Day 10: Dharamshala – Cross the Larkya La Pass (5,106meters/16,751feet) – Bimtang Village (3590meters/11,778feet).

🕒 7/8 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3590 m

Today we will start very early in the morning. We will walk slowly and gradually uphill to Larkya La Pass (5,106 meters/16,751 feet) from sea level, from the Dharamshala to Larke la top. It will take around 4/5 hours. From the top, if the blue sky. We will be able; to see the magical panoramic mountains view of Himlung Himal, Cheo Himal, Samdo Peak, Larkya La Peak, Kanguru, and Annapurna II on the possibility. We will spend a few hours on the top enjoying and taking the Group Picture with the board of Larke la pass and beautiful mountains. Then we trek descending to reach the Bimtang village. We will stay overnight at Lodge.

## Day 11: Bimtang – Dharapani (1937meters/6,354feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 1937 m

We will walk downhill through the riverside. Along the way, we will see the delightful view of mountains and ramble on the pine and rhododendron forests. It will be more; interesting while we on the jungle, and we can see wild animals like Monkeys, musk deer, leopards, jackals, mountain goats, and much more. We will stop for a lunch break at the Surki Khola. After, we trek downhill to reach Gho village. A trek descending to Dharapani Village. We will stay overnight at Lodge.

## Day 12: Dharapani – Besishar (815meters) – Kathmandu.

🕒 9/10 Hours    🍽️ Breakfast & Lunch    🏠 Hotel    🚗 Jeep/Bus/Micro    🏔️ 1350 m

After breakfast, we leave Dharapani from Besishar by local jeep or bus. It will take around 4/5 hours to drive. We pass the beautiful Marshyandi river and the place of Chamje, Jagat, Shyange, Bhulbule, and Khudi and reach Besishar if, we can reach the Besishar before 4:00 pm. Then we will catch the microbus to Kathmandu. On the journey to Kathmandu, the road follows along the scenic Marsyangdi River valley and then meets the Trishuli River as we head west along the Prithivi Highway. The During the drive. We will have good views of lush scenery and terraced farmland.

### Cost Includes

- International **Airport - Hotel - Airport Pick up and drop off** by private car/van/jeep / Hiace: depending on the Group Size.
- Transportation Service from **Kathmandu – Soti Khola** by Local Bus.
- **Dharapani - Besishar** by sharing jeep.
- **Besishar – Kathmandu** by Bus.
- A Full Board basis BLD (**lunches, dinners, and breakfasts**) Choose; by menu
- **Special Manaslu Permit.**
- **MCAP** ( Manaslu Conservation Area Project) Permit.
- **ACAP** (Annapurna Conservation Area Project) Permit.
- The Himalayan Local Guide team is, Professional, Honest, strong, and **Government trained English-speaking Guide's** salary is three times the meals, Insurance, equipment, etc.
- Strong and honest porters during the trek (**2 Clients for 1 Porter**).
- Tea House, Guest House, or Home Stay During the Trek.
- Assistant Guide for Group 5 or above.
- Approval of Certificate After the Successful Trekking.
- Supplementary; energy bar, crackers, Cookies, Halls, etc.
- Seasonal fruits likes; Apples, Orange, etc.
- First Aid kit box.



## Cost Excludes

- Cold & Hard drinks, such as beer, mineral water, cock, Fanta Whisky, etc.
- Three times **Cup of tea and coffee** on your choice in every meal time.
- Personal expenses Such as (laundry, telephone, WIFI, Hot Shower, Shopping, etc.
- Your International airfare.
- Nepal visa fee.
- **Hotel in Kathmandu and Pokhara.**
- Trekking Equipment.
- Travel insurance is just in case.
- **Tips** for Guide and porters.

## Trip Map



## Manaslu Trekking Route Map.





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