

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.
- **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. Drive Distance: 150 km Drive 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). Trek Distance: 19 km Trek 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). Trek Distance: 18 km Trek Duration: 7 hours Sleeping altitude: 2,630 m
Day 5	Tea House in Lho	Namrung to Lho (3,180m) Enjoy incredible views of Ganesh Himal and Hiunchuli. Visit Ribung Gompa, a cultural highlight of the trek (10 km). Trek Distance: 10 km Trek 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).

		Trek Distance: 13 km Trek Duration: 3 hours Sleeping altitude: 3,520 m
Day 7	Tea House in sama gaou	Acclimatization at Samagaon (3,520m) Free to Choose: - 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). Trek Distance: 10 km Trek 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). Trek Distance: 8 km Trek 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). Trek Distance: 19 km Trek 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). Trek Distance: 16 km Trek 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). Trek Distance: 14 km Trek 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. Drive Distance: 200 km Drive Duration: 9 hours Sleeping altitude: 1,400 m
Day 15	-	Final Departure Transfer to Tribhuvan International Airport for your departure flight.

ESSENTIALS

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| ☐ Sleeping bag | ☐ Hat |
| ☐ Neck gaiter | ☐ Sunglass |
| ☐ Base layer top / Base layer pant (Wool, Merino wool) | ☐ Trekking pole |
| ☐ Insulated layer (fleece) | ☐ Water bottle/bladder |
| ☐ T-shirt | ☐ Toiletries |
| ☐ Puffy Jacket | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ Waterproof shell Jacket | ☐ Protein bars and Snickers |
| ☐ Trekking pant / half pant | ☐ Iodine tablet to purify water |
| ☐ Trekking shoes | ☐ Headlight |
| ☐ Wool socks | ☐ Toilet paper and baby wipes |
| ☐ Glove | ☐ Hand sanitizer / Hand wash |
| ☐ Towel (light) | ☐ First aid kit |
| | ☐ 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 can be adjusted based on your preferences and available time.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request at an extra cost.
- Costs may vary due to weather conditions, political situations, or natural events.
- A single supplement is available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- Great Himalayan Yatri Pvt. Ltd. is not responsible for incidents caused by natural hazards.