



Trip: Manaslu Circuit Trek

Url: <https://www.megaadventuresintl.com/trip/manaslu-circuit-trek/>

Overview

Comparatively Manaslu Region is less travelled area of Nepal. It is quite, calm, culturally and naturally rich area. Most of the time Manaslu Circuit Trekking trail goes perpendicularly with the thundering, Budi Gandaki River. Geographically it is outstanding region, with a lots gorges and high bypass cliffs on the way. Start from 500 m (Arughat) from sea level and gradually ascent up to 5,160 m (Larke La) from warm weather to freezing point. Culturally also Manaslu Circuit Trekking is variants, settlement of Gurung and Magar, indigenous group in the first half of the trek, in low level. Upper part of this region is influenced by Tibetan culture. It is believed that immigrants from Tibet were settling here since 1600s. The Upper region is known as Nupri, where local people still continue their trade with Tibet.

Naturally this region is pristine and awesome. First half of the route offer the greenery view and amazing waterfalls (mainly in fall season) and gradually ascent offers you the snow covered different peak and mountains such as Manalsu (8,156m), Himal Chuli (7,893m), Ganesh Himal (7,118m) Nadi Chuli (7,871m) and many more.

Now we are arranging tea house trek for Manaslu Circuit Trekking which is helpful for making this trip affordable and cost effective. Manaslu Circuit Trekking is also called new Annapurna Circuit trek. Mostly tourist are quite disturbed in Annapurna circuit by motorway road and using Manaslu Circuit Trekking as a new route to do both Lark La and & Thorong La pass. It is getting popular day by day due to less crowd and virgin natural beauty and local lifestyle of the people. One can extend Manaslu Circuit Trekking by adding Tsum Valley trek as well.

Highlights of the trek

- Mixed culture of different indigenous group .
- Beautiful snow caped mountains in the base of green hills.
- Jumping water by the edge of hills – amazing waterfalls in fall season.
- Running Budigandaki river with its thundering sound.

Arrival City Kathmandu

Departure City Kathmandu

Price Per Person

\$1,600.00

Duration 18

days

Trekking Days 12

days

Difficulty Medium-Hard

Max Elevation 5160m/16929ft

Primary Activities

Trekking

Best Season March, April, May,, October, November & December.

Trip Route

Arughat Bazaar- Soti Khola- Khorla Besi- Gagat- Ghap- Sama Gau- Larke Pass– Dharapani- & Besishar.

Includes

- All necessary airport arrival departure as per the itinerary.
- Hotel in Kathmandu in normal nice hotel in B/B plan.
- Private transportation from Kathmandu to Arughat for clients and Nepali staffs.
- Private transportation from Besishar to Kathmandu for clients and Nepali staffs.

- Tea house accommodation during the trekking.
- Breakfast – lunch and dinner during the trekking period.
- Water Purification liquid during the trek.
- One professional English speaking guides and required assistance and their salary.
- All necessary porters and salary.
- Trekking permit.
- MCAP permit.
- Restricted area permit.
- First aid kit.
- Satellite phone for emergency use only.
- Insurance for Nepali staffs.
- Farewell dinner.

Excludes

- Lunch and dinner in Kathmandu .
- Drinking water, Beverages and alcoholic drinks.
- Emergency medical evacuation.
- Tips for staffs .
- Personal expenses and extra services beyond itinerary.

Itinerary

- Day 01 : Arrival in Kathmandu
MAI representative will pick up you in the airport after your arrival and transfer to hotel. In the evening meeting with trekking guide and involve in briefing class of trek.
- Day 02 : Sightseeing around Kathmandu valley.
You will visit some of the famous religious sites of Hinds and Buddhist like Pashupatinath, Swayambhunath, Boudhanath, and some historical sites such as Patan Darbur Square, where you will see extreme & artistic presentation of ancient Nepali art. In the evening final preparation for next day.
- Day 03 : Early in the morning drive to Soti Khola (700m) – 6 hours driving
Early in the morning we will drive out from Kalanki, and join in the one of the busy highway of Nepal, which links the Kathmandu to other parts of Nepal. After 3 hours driving on the busy highway we will enter sub route to Dhading Arughat . Arughat is the gateway to Manaslu region . The small village Sotikhola is further 45 minutes drive from Arughat. Overnight at Soti Khola.
- Day 04 : Trek to Machha Khola (869m)
Today is the first day of trekking. We will process the trek after having breakfast. After crossing white thundering stream we will reach Liding, you will see the breathtaking view of big waterfalls. After liding the trail is slightly difficult you will pass different small village of Magar community before reaching Machha Khola. Machha Khola itself is a village of Magar community settlement near the bank of Budhigandaki. Before reaching Machha Khola we have to pass different waterfalls and white running stream on the way.
- Day 05 : Trek to Jagat (1340 m) 6-7 Hours walking
The narrow trail and lots of up and down leads you At first we will reach small village of Magar community called Khorlabesi If the weather is clear we can see the nice view of Ganesh Himal . As previous day trial goes along the side of thundering Budi Gandaki River . Crossing hot spring village, suspension bridges and amazing waterfalls . Thundering Bhudi Gandaki River descending down in an impressive way of water series. Around 1 hour gentle climb from Doban you will reach in Yaru Bagar, where you can see

the plain area of river bank. In Yaru Bagar you can see small cottage (Bhatti) where local porters and people used to drink tea and local wine. After crossing the suspension bridge, the trail ascent few stone then you will see the small nice village called Jagat. Jagat welcome trekkers with good lodges and nice camping sites.

- Day 06 : Trek Jagat to Deng (1860m) – 6-7 hours walking
After Jagat cross the small village of Sirdibas , cross the suspension bridge and climb up to small market village called Philim. Onward the trail goes straight in sloppy landscapes. On the way before reaching Eklebhatti , you have to pass some local house and amazing waterfalls just above your heads. On the left hand side you can see the George of Budhi Gandaki River and hear the thundering sound of Marathons River. One can stop and watch the hanging house in the hills and imagine the day to day struggle of local people to keep themselves alive. After Eklebhatti trail slightly descend down inside the tall pine trees, near by the bank of river. After crossing the blue metal breezes towards west, trail run inside the tall pine trees and other flora and fauna before reaching the Pewa Phedi. With the continue thundering sounds of Budhigandkai and crossing the different suspension bridge you can reach the Deng, the small settlement of Gurung community.
- Day 07 : Trek Deng to Namrung (2630m) 6-7 hrs walking
As usual today trail continues by the side of Budi Gandaki River. After few minutes a head from Deng you have to cross the suspension bridge. Now you have to climb slightly up, cross few local houses, cross the vertically running stream. By the side of stream you can see the traditional grinding machine (Ghatta). In your left hand side, down below you can see dam like pool of Budhi Gandaki River, before reaching the next local settlement Bhi. Crossing the very thin local house of Bhi and siringi Valley, again you have to cross the tall and little bit scary suspension bridge over the stream. Trail goes up and down inside the forest, where you have to continue ahead crossing some local house and mani walls before reaching Ghap. You can see few more carving stones. Trail run across the fields and head into the woods of oak and rhododendron. Inside the forest you have to cross the couple of whispering streams. Trail continue in the south bank of Budi Gandaki River, crossing to big mani walls. On the way you can see the amazing waterfalls. After crossing the big rock, routes goes slightly up inside the forest of firs and rhododendron. You have to cross the wooden bridge over the river, where you crossing will be more exciting because of rising mist of thundering water. Inside the forest you can hear the chirp ring sound of birds and jumping monkeys. Before reaching Namrung, there is a serious climbing through bamboo and rhododendron.
- Day 08 : Namrung to Samagaon (3,520m)
It takes around 5-6 hours from Samagaon to Namrung. On the way you have to pass long Mani walls and you can easily distinguish the different dialects and dress of local people. The special dress wear by local people is same like Tibetan wraparound cloak. On the way you can see different Gumba such as Hungbugaon Gumdang, Tad Gumba, Naksa Gumba and many more. This day offer the magnificent view of Mt. Manaslu, Peak 29 and many more. Near Samagaon you can see the big chorten.
- Day 09 : Exploring Around Samagoan – Visit Pungyen Gompa – 5-6 hours
We spend the day at Samagaon both for rest and acclimatization. Today, we get acquainted with the rich Sherpa culture. We enjoy the sight of thousands of mani stones with Buddhist texts and pictures and the Sherpa women clad in traditional clothes and ornaments. On a little hill near the Sama village is an old Gompa (Pungyen Gompa), a monastery with great views of the glacier. It is named after Manaslu, Pungyen means bracelet, a good description of the two peaks. It was destroyed a year after the first unsuccessful Japanese attempt to climb Manaslu. The locals believed that the climb angered the gods, and when the Japanese came back a year later they met with a lot of resistance that they had to give up their attempt. They were finally successful in

1959. Overnight in Samagaon.

- Day 10 : Samagaon to Samdo (3,875m)
Samdo is the last point before crossing the Larke la. As previous day you have to cross several Mani walls, Juniper and birch forests. After crossing the wooden bridge over Budi Gandaki, climb between the two branches of river. After walking an hour continue you will be in Samdo, where you can see nice campsite and different lodges.
- Day 11 : Trek to Dharmasala / Larke Phedi (4,460 m)
Even today, we continue our walk down the edge, cross the wooden bridge over Budi Gandaki and begin walking upward. Upon crossing two streams and witnessing the Larkya Glacier we go around the valley of the Salka Khola and climb up again to the stone guest house (4450 m), which is not a lodge but a kind of shelter called Dharmshala, also known as Larke Phedi. The short walk today also leaves plenty of time for acclimatization and relaxing in the afternoon. Overnight in Dharmashala.
Included meals:Breakfast Lunch Dinner.
- Day 12 : Cross Larke la (5,160 m) and trek to Bhimtang (3,590 m) 8-9 hrs walking
Today you have to start little bit early in the morning. First the trail slightly descent, passing fields and large mani walls. After crossing a wooden bridge, you will see an old Mani wall, from where trail ascent towards Larke la, through Junipers. After climbing around 1 hour you can see a porter house. Again there is a long gentle climb beside a moraine there will be the problem of finding real route. Follow the praying flags in the pass and continue ahead. Before the final step of Larke la you will see some frozen lakes. From the pass trail descend down towards west. After continue steep and gentle descending you will reach the plain area of Bimtang, where you can relax and memorize the long walk.
- Day 13 : Trek to Tilije (2,300 m) 4-5 hrs walking
Day 12: Samdo – Dharamsala/Larkya B. C. [4460m/14, 628 ft]: 4 – 5 hours
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- Day 14 : Trek Tilije to Tal (1,700 m) 5-6 hrs walking
Trek down to Jagat.Easy and regular trekking route.
- Day 15 : Trek Tal to Syange (1100 m) 5-6 Hours walking
Besishar is a small city, situated in the hilly reason. It is the gateway to famous Annapurna trekking and exit point of Around Manaslu Trek.
- Day 16 : Drive Syange to kathmandu (8-9 hrs driving)
Your car will come to pick up you at Syange . After Breakfast continue driving to Kathmandu. Overnight at hotel .
- Day 17 : Leisure day in Kathmandu
Today is the last day in kathmandu . Enjoy your free time / shopping / Souvenirs. Evening Farewell dinner.
- Day 18 : Departure.
MAI representative will visit you in your hotel . We will provide a car to drop you at airport.

Testimonials

Manaslu Circuit Trek with Mega Adventures

We have gone with **Mega Adventures International** twice so far. Did the Everest Base Camp trek in October 2017 and the Manaslu Circuit in April 2018. Both the treks were very well organized and professionally handled. Ganesh took a personal interest in our well being, especially when one of the trekkers needed to be evacuated. The guides and porters provided by Mega Adventures were knowledgeable, well-mannered and very professional.

All in all would gladly recommend **Mega Adventures** for anyone planning high altitude or any trek in Nepal.

– Amit M, India

Amazing Experience with Mega Adventures !!

I just came back home after completing the Manaslu Trek organized by Mega Adventures. The experience was amazing, everything was well organized by Ganesh Sharma himself, who was kind enough to accommodate some special needs and wishes before, during and after the trek. He even showed us around Kathmandu! Our guide Maniraj acted very professionally, always taking good care of us while also adding some good fun to every day. If you are looking to enjoy your holidays, I highly recommend letting everything in the hands of Ganesh and his team.

– Sandra González Maldonado, Mannheim, Germany