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Around Manaslu Trek

URL: https://naatatravels.com/trip/around-manaslu-trek/

Duration
18 Days

Per Person Cost
USD 1890

Difficulty
Strenuous

Group Size
1-16

Maximum Elevation
5160 meters

Accommodation
3-star hotel in Kathmandu and Teahouses during the trek

arrival_on
Kathmandu

Meals
Breakfast in Kathmandu and all meals during the trek

Departure
Kathmandu

Trip Route
Nepal

Trip Highlights

You reach close to the 8 th tallest mountain in world.

Amazing natural beauty of the forests, rivers and faun in the Manaslu region.

Rich culture throughout the trek, from Nepalese at the start of the trek to Tibetan ethnic groups on the highlands.

The highest point the trek at Larkya La pass at 5167 meters.

Stunning views of world’s highest snow-capped peaks including, Manaslu, Himlung and Annapurna II.

Visit Nubri monastery and Pungyen monastery.

Trip Overview

Manaslu Circuit Trek is one the best treks to undertake in Nepal. Being one of Nepal's lesser-traveled destinations, this trail's peace and solitude are unparalleled. The scenic views of Manaslu and other mountain ranges, including the Annapurna range, are a joy to watch. Flanked by Ganesh Himal to the east and the Annapurna Region to the west, standing tall at 8163 meters, Manaslu is one of the most graceful 8000-metered giants.

Manaslu region lies above the foothills of the Gorkha district. We will meet people of numerous ethnicities like Brahmins and Chettris in the lower areas and the Gurung people in the higher regions. The Gurungs of this region follow Tibetan Buddhism. The Manaslu circuit takes you from the steamy lowlands with their rice millet terraces through the mighty gorges of the Budi Gandaki with its turquoise waters and impressive waterfalls. The suspension bridges in the Manaslu region are quite an experience due to their sheer height and length. Moreover, the monsoon rain often washes the minor bridges away, leaving semi-submerged rocks to cross the rivers.

The trail was initially opened to trekkers in 1992; this trek still feels like a walk into the past. If you want to know what trekking felt like in the 80s, the Manaslu circuit is the way to go. However, you better be fit as the trial is rather demanding. Our journey to Manaslu begins with a tour of **Kathmandu's UNESCO World Heritage** sites. The short tour is followed by a drive to Gorkha, a historically significant site in the history of Nepal, from where we start our trekking journey. Our journey begins from lush green hilly areas to the rocky and icy mountains to the north, thus enabling you to see the changing vegetation throughout the trek.

With its remoteness and secluded solidarity, it is considered different from trekking in the Annapurna region, making 'Around Manaslu Trek' a first choice.

The eighth-highest peak in the world, Mt. Manaslu, is not just a 15-day trek but an experience of a lifetime. Our trip begins with sightseeing the UNESCO World Heritage Sites in Kathmandu. We visit Bhaktapur Durbar Square, Patan Durbar Square, Pashupatinath Temple, and Swoyambhunath Temple. Then, we go through the historically renowned (ancient) Kingdom of Gorkha in the southwest of Nepal. Our trip continues to the splendid Manaslu region.

Manaslu Circuit Trek Difficulty

Naata Travel & Adventures's 18-day around Manaslu circuit trek is designed for trekkers to accomplish the rather demanding trek with the utmost comfort possible. Being 18 days long, this trek demands good physical condition from its trekkers. For one, the terrain is rugged on this trek, and coupled with the high altitude and the length of the trip, one needs to have good endurance and fitness to enjoy the journey to the fullest. The average walking time in this trek is 5 to 7 hours per day. At the same time, the average walking distance is 10-18 kilometers per day. Like all the trips from Naata Travel & Adventures, acclimatization is well-placed to make your trip a worthwhile one.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuwan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation	Meals:	Altitude:
3-star hotel	Dinner	1350m

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.
We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara–style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation	Meals:	Altitude:
3-star hotel	Breakfast	1350m

Day 8-9 hours: Drive from Kathmandu to Sotikhola

We start an early drive to Sotikhola. The drive is engaging in itself as we get to see Nepali countryside and the roads are twisty as the line the hills. The roads are paved till Arughat, which we will go through Dhading Bensi and from there on the roads are rough. Further there is a town called Sotikhola where we will stay the night.

Accommodation	Meals:	Altitude:
Tea House	Breakfast, lunch and dinner	710 meters

Day : Trek from Soti Khola to Machha khola

We start our trek today and the trek welcomes us with beautiful Sal forests, and we have to climb onto a ridge above the fast flowing Budhi Gandaki. We then walk up and down the rocky trails of Khursane and pass two waterfalls. We then reach a Gurung village called Labubesi. As we walk further the valley opens up and we walk along the sandy river bed before climbing over a ridge. We then cross a suspension bridge to reach Machha Khola village. We stay the night there.

Time:
7 hours

Accommodation
Tea House

Meals:
Breakfast, lunch and dinner

Altitude:
900 meters

Day : Trek from Machha Khola to Jagat

The trek today gets considerably more involving. We cross the Tharo khola till we come across a small hot spring in Tatopani. We then climb over a ridge after which we cross the Budhi Gandaki on a suspension bridge. We start climb stone staircases till we reach dobhan after which we cross another suspension bridge over Yaru Khola to reach Tharo Bharyang. We then climb another ridge, trek along the river to reach the village of Jagat.

Time:
6-7 hours

Accommodation
Tea House

Meals:
Breakfast, lunch and dinner

Altitude:
1410 meters

Day : Trek from Jagat to Deng

Today we start the trek by climbing up a ridge to Salleri followed by Siridibas. We reach Ghatte khola and we continue walking upstream and past a yet another suspension bridge to Philim, which is a Gurung village. We then pass millet fields and into a steep gorge. We again cross the Budhi Gandaki a couple of times before we reach bamboo forests and to the village of Deng. We stay overnight at Deng.

Time:
6-7 hours

Accommodation
Tea House

Meals:
Breakfast, lunch and dinner

Altitude:
1804 meters

Day : Trek from Deng to Namrung

We cross the Budhi Gandaki which is one the several crossing river for today and head west to reach Budhi Gandaki Valley. The trail passes through forests after which we reach Prok village which provides a pleasant view of Siringi Himal. We also come across several Buddhist Gompas along the route. The trail then enters a dense forest and follows a river upstream. After crossing the forest the trail is easy and a brief steep climb gets us to Namrung where we stay the night.

Time:
6-7 hours

Accommodation
Tea House

Meals:
Breakfast, lunch and dinner

Altitude:
2630 meters

Day : Trek from Namrung to Samagaon

We climb and pass through forests and reach Lihi which is a small village. We further pass through Sho, Lho and Shyala villages after which we reach Sama village. As in any trek in Nepal there are mountains for you to see and in this case we can see Ganesh Himal and Mt. Manasluy. We also come across the famous Ribung Gompa. Reaching Shyala we can see Himal Chuli and Manaslu and large glaciers ahead. We stay the night in a village called Samagaon.

Time:
6-7 hours

Accommodation
Tea house

Meals:
Breakfast, lunch and dinner

Altitude:
3530 meters

Day : Trek from Samagaon Samagaon via Pungyen gompa

We rest and acclimatize in Samagaon. There are mostly Sherpa people inhabiting this place. We can learn a few things about their rich culture. We can also see thousands of mani stones with engraved Buddhist texts and pictures. Our destination for today will be an old Pungyen Gompa atop a little hill which provides great views of glaciers. After spending a few hours there we return to Samagaon to stay the night.

Time:
6-7 hours

Accommodation
Tea House

Meals:
Breakfast, lunch and dinner

Altitude:
3600 meters

Day : Trek from Samagaon to Samdo

Today we descend down to the Budhi Gandaki river and follow the trail that leads to a bridge. The trail on the left leads to Manaslu base camp. We walk on a easy trail above a river passing and cross the Budhi Gandaki once again on a wooden bridge. Finally passing through kani we reach Samdo. We stay the night in Samdo.

Time:
5-6 hours

Accommodation
Tea house

Meals:
Breakfast, lunch and dinner

Altitude:
3860 meters

Day : Rest day in Samdo

We stay the day in Samdo for acclimatization. Today we can take a short hike to a trade pass to Tibet and have excellent views of Mt Manaslu along with hother Himalayan ranges which includes Simrang, Hiunchuli, Ngadi, Larkye Peak etc.

Accommodation
Teahouse

Meals:
Breakfast, lunch and dinner

Altitude:
2860 meters

Day : Samdo to Dharamsala

Today after doing some walking and river crossing we come acroos the Lakya Glacier and climb to the stone guest house (4450m), which is not a lodge but a shelter called Dharmasala. Today we have plenty of time for acclimatization. We stay the night in Dharmasala.

Time:
4-5 hours

Accommodation
Teahouse

Meals:
Breakfast, lunch and dinner

Altitude:
4460 meters

Day : Dharamsala to Larkya La and Bhimthang

We walk on the moraines of the Larkya glaciers and make ascents as well as descents. We reach a pass from where we can see the huge Annapurna II and many other mountains. As we walk further Mt. Manaslu becomes taller by every step we take. We stay overnight in Minthang.

Time:
8-9 hours

Accommodation
Teahouse

Meals:
Breakfast, lunch and dinner

Altitude:
5160 meters

Day : Bhimthang to Tilije

We stand at the highest point of the trek in Bimthang and enjoy the views of Mt. Manaslu, Lamjung Himal and Cheo himal. Then we start descending by crossing a bridge over Dukh Khola. We walk through rhododendron forests and follow a trail through a valley and we reach a cultivated land in the valley of Karche. The trail then comes off a ridge and takes us beyond the village of Gho. We walk further and reach Tilije where we stay the night.

Time:
5-6 hours

Accommodation
Teahouse

Meals:
Breakfast, lunch and dinner

Altitude:
2300 meters

Day : Tilije to Tal

After walking for a while we come to stone paved trail and it passes through a beautiful village. We then cross a bridge over Dudh Khola and reach the Thonje village. We cross a police checkpoint and continue to Dharapani. Dharapani is a Annapurna circuit section. We come to Karthe village and cross a bridge over Marshyangdi khola and reach the village of Tal situated below a waterfall.

Time:
5-6 hours

Accommodation
Teahouse

Meals:
Breakfast, lunch and dinner

Altitude:
1700 meters

Day : Tal to Syange

The trail today leads Chyamje village which are situated high on the hillsides. The trail then descends through rhododendron forests and fine forests to Syange.

Time:
6-7 hours

Accommodation
Teahouse

Meals:
Breakfast, lunch and dinner

Altitude:
1080 meters

Day 8-9 hours: Drive from Syange to Kathmandu

We start the drive to Kathmandu early in the morning and we enjoy the views of hills and the twisty Marshyangdi and Trishuli rivers. Naata Trek and Tours will organize a THANK YOU dinner in the evening.

Accommodation	Meals:	Altitude:
3-star hotel	Breakfast, lunch and dinner	1350 meters

Day : Final departure

Our trip concludes today and our office representatives will drive you to the airport today for your final departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandua with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-liscensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures’s trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits (TIMS)
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance

- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Best time to Trek Manaslu Circuit

Spring

Spring season begins in March and lasts till the end of May. It is the second busiest time of the year to trek in Nepal and one of the best. This season is the right pick if you are after warmer temperatures and blossoming flora and fauna. The days are long, the trail is ablaze with colorful rhododendron flowers, and the sky is clear, providing clear views of the Himalayas. The temperatures are cold during mornings and nights at the beginning of March, so wear adequate clothing.

Autumn

The Autumn season begins in September and lasts till the end of November. This is the trek peak season, and Nepal and trails are generally crowded. These months have pleasant daytime temperatures and extended spells of fine weather. This season has long been considered the best time to trek in Nepal. The dust is washed away by the monsoon rain, thus making the greenery even more pronounced and the sky more transparent. This is the best time to enjoy the views of the Himalayas, thus making it the busiest time of the year.

A worthwhile Trip: Traveling on a beaten trail teaches you a thousandfold compared to traveling a thousand times on a familiar road.

Note:

However, it is a controlled trekking route, allowing only well-organized trekking groups and agencies special permits for entry into this mind-boggling region. The Manaslu trekking route provides basic facilities with local eateries and the most basic accommodations illuminating local village life in Nepal.

Like all Naata Travel & Adventures's itineraries, 'Manaslu Circuit Trek' also ensures enough time for acclimatization. As much of the trek involves walking on mountain trails, it is necessary to have proper cardiovascular fitness. Furthermore, it is vital to note that trekking at altitudes above 3000m/10000ft is more demanding to the body than walking at low elevations.

Address

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