

Overview

Manaslu Circuit Trek is an exclusively enchanting trek through the outstanding adventurous trail of the Manaslu region. The trek offers the delighting snowy peaks, magnificent green hill landscape, and the cultural aura of the Tibetan Buddhist communities. The Thorong La Pass (5160 meters) is the highest point of this trek, which is a wonderful viewpoint, located at the base point of Mt. Manaslu.

Also known as the Round Manaslu Trek, it embarks from the Budi Gandaki River valley and connects the Marshyangdi River valley at the concluding point. Manaslu Conservation Area, through which the trek goes, is a pocket zone of snow leopard. The picturesque green hills, oak and rhododendron forest, grassy lands, and many more are the occurring sceneries at the downhill part. The alpine region is dotted with the meadows and the mountain views come at your closer distance. Mt. Manaslu is one of them. The dramatic viewpoint Larke Pass appeals the adventure that you need to be physically fit and acclimatized. The next section is the Marshyangdi River valley that leads you to the Annapurna region of Nepal. The cultural fascinations of the Tibetan Buddhists are amazing that can be experienced during the Manaslu Trek. Samdo and Sama Gaon are the typical representative villages with various ancient Tibetan Buddhist sites and heritages. Colorful monasteries and chhortens are the wonderful offerings that reveal how rich is the Manaslu region in terms of cultural affluence.

March to May and September to November are the best trekking seasons for the Manaslu circuit trekking. Blue Himalaya Tours and Travels offers this trek with professional guides and porters on the requirement. Please, contact us for detailed information.

Itinerary Details

Day 01 : Arrive in Kathmandu

Welcome to Kathmandu, enchanting and exotic, it is a city immersed with ancient temples and tradition! Fused with colorful markets and the bustle of spice sellers and merchants, Kathmandu with its exhilarating allure is a city you won't forget! You'll be met at the airport by your guide and transferred to your hotel. You'll have the afternoon free to explore the streets and markets. In the evening we'll have dinner at a local restaurant. O/N at Hotel.

Day 02 : 4x4 Jeep to SotiKhola (800m) 8-9 hour drive

Drive from Kathmandu, via private 4x4 jeep into the Ghorka region of Nepal. Continue driving through small villages and bustling bazaars, arriving in the settlement of SotiKhola in the BhuriGandaki valley. We will spend the night here in a teahouse (mountain hut). O/N at Guest House.

Day 03 : SotiKhola to MachhaKhola (890m)

The trek begins by following the BhuriGandaki River through the shady sal forest, continuing steeply uphill along a rugged Cliffsides. From here you can see the river's white and wild rapids below. Eventually the trail drops to the Gurung village of Labubesi and follows along the riverbank until we reach the village of MachhaKhola. O/N at Guest House.

Day 04 : MachhaKhola to Jagat (1410m)

We follow the gorge and continue up the river. Langur monkeys can usually be heard playing in the jungle high above, where there are also larger Gurung villages. O/N at Guest House.

Day 05 : Jagat to Deng (1800m)

After spending the night in Jagat the trail begins to climb a rocky ridge where views of Sringi Himal (7187m) emerge. Continue through rich terraced fields of maize, potato and millet before entering the Nupri ('the Western Mountains) via bamboo forests. We spend the night in the Buddhist village of Deng. O/N at Guest House.

Day 06 : Deng to Namrung (2660m)

From Deng, pass by numerous Tibetan mani walls (intricately hand carved stone walls with Buddhist scriptures), weaving in and out of canyons. Enter into a colorful forest of firs, oaks and rhododendrons before arriving in the settlement of Namrung. O/N at Guest House.

Day 07 : Namrung to LhoGham (3180m)

Continuing from Namrung the trek climbs steadily into the alpine where you'll see a first stunning glimpse of Manaslu North and Manaslu. From this point on many of the locals dress in traditional Tibetan clothing called chubas. O/N at Guest House.

Day 08 : LhoGham to Samagaon (3530m)

A shorter day of trekking allows you to acclimatize and enjoy the spectacular mountain views. Walk through a gully of mosses and rhododendron before entering into the village of Samagaon. O/N at Guest House.

Day 09 : Samagaon (rest day) Explore Manaslu base camp or PungyenGompa

A side trip to the spectacular Manaslu Base camp (4900m) is not to be missed! During the climbing season, the base camp is a hive of activity, filled with expedition teams,

equipment, climbers, porters and tents. Leaving from Samagaon early in the morning, we follow the trail through forest before a steep ascent onto a slope and onto a moraine. From here there are magnificent views of the glacier, a turquoise lake and awe-inspiring mountains from all angles. The trek to base camp is around 4-5 hours, and the descent back to Samagaon is about 2-3 hours. As this is an acclimatization and 'rest day' we make sure to take a slow and easy pace. An alternative to the Manaslu Base Camp is a shorter trek to PungyenGompa and the glacial lake, Birendra Tal. Trek through a forested area before reaching a ridge and a grassy plateau. Here you'll discover the gompa that was destroyed by avalanche during the winter in 1953. Continue past to get to the icy waters of Birendra Tal situated at the base of a glacier, and if you're brave take a dip! O/N at Guest House.

Day 10 : Samagaon to Samdo (3860)

This is another shorter day to allow you to better adjust to the altitude. Here is a land of yaks, plentiful marmots and pastures where only barley and potatoes can grow (due the high elevation) and where we finally depart to above the tree line. A pleasant walk brings us to the picturesque village of Samdo –a town known for its yak herding. Samdo is also at the convergence of 3 valleys and is only a day's walk from Tibet. You are quite likely to see traders coming from the valley carrying Chinese and Tibetan goods. O/N at Guest House.

Day 11 : Samdo to LarkyaPhedi(Dharmasala) (4480m)

Continuing on from Samdo follow along a wide, broad path, crossing the BhuriGandaki River and traversing along a mani wall. Continue climbing over the Larkya Glacier until coming to a ridge which offers grand views of a huge gorge. We will spend the night here, before embarking on the high Larkya La the next morning. O/N at Guest House.

Day 12 : LarkyaPhedi to Bimthang (3720m) – Via Larkya La Pas (5100m)

Today is a longer day with a challenging, though not technically difficult trek over the Larkya La at a breathtaking 5100m. From LarkyaPhedi, cross glacial moraine and past four frozen lakes as you make your way to the pass. It takes approximately 5 hours to reach this point. From here you can see incredible views of Himlung Himal (7126m), Cheo Himal (6820m), Gyaji Kung (7030m), Manaslu, and Annapurna II (7937). Begin your descent down a trail along a steep gully. Eventually the trail peters out into more level area of grassy moraine. The valley opens up as you continue your descent to Bimthang. O/N at Guest House.

Day 13 : Rest day at Bhimthang.

It will be another great rest day for after long and big climbing day. You can explore around beautiful Manaslu range and landscape. O/N at Guest House.

Day 14 : Bimthang to Tilje (2300m)

Cross a glacial stream and climb over the side of the moraine descending into a spectacular forest of rhododendron and impressive pines, with view of Manaslu providing an equal amount of splendor. Descend down towards the Dudh (milk) Khola then continue through a more agricultural landscape until reaching the village of Tilje. O/N at Guest House.

Day 15 : Tilje – Chamje (1410m)

Continue a rapid descent into the Marsyangdi Valley through forest, crossing a suspension bridge and making your way to the well-trodden trail of the Annapurna Circuit. We'll make our way to Chamje, staying here for the night and celebrating our success of completing the Manaslu Circuit. O/N at Guest House.

Day 16 : Jeep drive to Kathmandu

We take a private 4x4 jeep and make our way to Kathmandu. O/N at Hotel.

Day 17 : Kathmandu Sightseeing

After breakfast, meet guide at the lobby of Hotel, for Kathmandu city sightseeing in Pashupatinath, Boudhnath, Swoyambhu & Kathmandu Durbar square Evening free for personal activities. O/N stay at Hotel

Day 18 : Departure to onward Destination

Unfortunately it's the end of this adventure. Lost Earth Adventures group services end after breakfast. Transfers to the airport are complimentary. See you next time!