Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Manaslu Circuit Trek

Duration: 16 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: 3 Star Hotel

Meal: BB

- **Landing at Tribhuwan International Airport**: Upon landing and completing check-in, you will be greeted by our airport representative at the terminal.
- **Transfer to Hotel**: You will then be taken to your designated hotel. After checking in, take some time to rest and refresh.
- **Briefing on the Expedition**: Our representative will provide a brief overview of your upcoming expedition, detailing the itinerary and important information.
- **Explore Thamel**: If you're up for it, enjoy a short stroll through the vibrant streets of Thamel, known for its shops, cafes, and lively atmosphere.
- **Overnight Stay**: Spend the night at a hotel in Kathmandu, preparing for your adventure ahead.

Day 2 Full day sightseeing in Kathmandu permit issue.

- Time : Whole Day
- Max Altitude : 1,400 m

Accommodation: 3 Star Hotel

Meal: BB

- **Breakfast**: Begin your day with a hearty breakfast at the hotel.
- **UNESCO World Heritage Tour**: Visit key landmarks in the Kathmandu Valley, including:
  - **Kathmandu Durbar Square**: A former royal palace known for its temples and statues.
  - **Patan Durbar Square**: Showcasing Newari culture with shrines, temples, and royal residences.

    - **Bhaktapur Durbar Square**: Famous for its 55-window palace, Golden Gate, and Pottery Square.
    - **Swayambhunath Stupa** (Monkey Temple): A hilltop site blending Hindu and Buddhist traditions.
- **Permit Processing**: Visit the Department of Immigration for trekking permits.
- **Overnight Stay**: Return to your hotel in Kathmandu for an overnight stay..

Day 3 Drive from Kathmandu to Macha Khola.

- Time : 10 hr
- Max Altitude : 900 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Early Start**: Begin your day early with breakfast before starting your trek through the Himalayas.
- **Drive Along the Kathmandu-Pokhara Highway**: Head west along the Kathmandu-Pokhara Highway, traveling to Dhading Besi. From there, you'll ascend through Soti Khola and pass rural areas, small villages, grassy rooftops, and lush hilltops.
- **Scenic Views**: As the road turns into a rugged dirt path, take in stunning views of the southern slopes of Annapurna, Manaslu, Ganesh Himal, and Langtang Himal.
- **Arrival at Macha Khola**: After a long 10-hour drive, arrive at Macha Khola (900 m) in the Budhi Gandaki Valley.
- **Overnight Stay**: Settle in for the night at a nearby teahouse or lodge.

Day 4 Trek from Macha Khola to Jagat

- Time : 6 - 7 hr
- Max Altitude : 1,290 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Waterfalls and Scenic Attractions**: Along the journey, enjoy the sight of waterfalls, the stunning Buddha cliff, and natural hot springs. This marks your entry into the Manaslu Conservation Area.
- **Trek Duration and Terrain**: Today's trail covers 6-7 hours of trekking with a mix of uphill and downhill sections. You'll follow the river through a gorge, heading toward Khorla Besi, a charming Gurung village.
- **Passing Villages**: Continue your hike through villages like Tatopani, Dovan, and Thulo Dhunga, taking in the local culture and landscapes.
- **Arrival at Jagat**: Reach Jagat (1,290 m), the first Tibetan Buddhist-influenced village on this route and the official gateway to the Manaslu Conservation Area.
- **Overnight Stay**: Spend the night at a teahouse or lodge in Jagat.

Day 5 Trek from Jagat to Deng

- Time : 6 - 7 hr
- Max Altitude : 1,865 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Challenging Ascent**: Today’s trek involves a 6-7 hour ascent, starting with a steep climb over rocky terrain to Salleri.
- **Descent and River Crossing**: After descending to Sirdibas, continue toward Ghatta Khola, where you'll cross a large suspension bridge to reach Philim.
- **Trekking to Deng**: Walk north past millet fields to Ekle Bhatti, then trek through grasslands and bamboo groves along the Budhi Gandaki River. The trail gradually widens as you approach Deng Khola.
- **Arrival at Deng**: Cross the Deng Khola to reach Deng village (1,865 m), where you'll stay overnight at a local teahouse.

Day 6 Trek from Deng to Namrung

- Time : 6 - 7 hr
- Max Altitude : 2,630 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Departure from Deng**: Begin today’s trek by crossing the Budhi Gandaki River and leaving Deng behind.
- **Trek to Ghap**: Ascend through a stunning valley, passing small villages and numerous Tibetan mani walls, intricately carved with Buddhist teachings, as you make your way to Ghap village.
- **Journey to Prok**: Continue from Ghap to the village of Prok, enjoying beautiful views of Singri Himal along the way.
- **Forest Trek and River Crossings**: Trek through fir, oak, and rhododendron forests, crossing the river multiple times as you ascend.
- **Arrival at Namrung**: A final steep climb brings you to Namrung (2,630 m), where you’ll be rewarded with breathtaking views of Ganesh Himal, Mount Himchuli, and Singri Himal.
- **Overnight Stay**: After a 6-7 hour trek, settle in for the night at a teahouse or lodge in Namrung.

Day 7 Trek from Namrung to Lho

- Time : 5 - 6 hr
- Max Altitude : 3,180 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Trek to Lho Gaun**: Today's 5-6 hour trek takes you along a trail lined with an impressive Mani stone wall as you approach Lho Gaun (3,180 m).
- **Ascent to Pungen Glacier**: Climb the mountainside to reach the crest at Pungen Glacier, where you'll witness the glacier descending from the stunning Peak 29. Enjoy close-up views of the glacier and spectacular panoramas of Mount Manaslu from the lower glacier.
- **Return to Lho Gaun**: After exploring the glacier, return to Lho Gaun for the rest of the evening.
- **Cultural Experience**: Along the way, immerse yourself in Himalayan life and culture, observing the local lifestyle.
- **Overnight Stay**: Spend the night at a teahouse in Lho Gaun..

Day 8 Trek from Lho to Sama Gau

- Time : 4 - 5 hr
- Max Altitude : 3,530 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Early Start**: Begin your trek early in the morning, heading from Lho to Samagaun (3,530 m).
- **Through the Forest to Shyala**: The trail takes you through a forest, arriving at Shyala village, which is surrounded by crop fields and offers several wooden resting spots.
- **River and Pungen Glacier**: Continue trekking, crossing a small river that flows from the Pungen Glacier, before reaching the flat, expansive village of Samagaun, located near the Manaslu Base Camp.
- **Arrival at Samagaun**: After 4-5 hours of trekking through rugged terrain, settle in for the night at a teahouse or lodge in Samagaun.

Day 9 Acclimatization Day at Sama Gau

- Time : Whole Day
- Max Altitude : 3,450 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Acclimatization Day**: Take a day to rest and acclimatize in Samagaun as you've reached higher elevations. Use this time to adjust to the altitude while exploring the village.
- **Cultural Exploration**: Discover the local lifestyle and customs of the people living in Samagaun.
- **Optional Activities**:
    - **Hike to Manaslu Base Camp**: Explore the base camp for stunning views of Mount Manaslu.
    - **Visit Birendra Lake**: A beautiful glacier-fed lake at 3,450 meters, where slabs of ice crash into the water in spectacular fashion.
    - **Pungyen Monastery**: A 1.5-hour hike south of Samagaun takes you to this secluded monastery, offering incredible mountain vistas.

Day 10 Trek to Samdo

- Time : 5 - 6 hr
- Max Altitude : 3,875 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Trek to Samdo (3,875 m)**: Continue your journey toward Samdo. Today's 5-6 hour trek is both fascinating and enjoyable as you cross pastures and climb through the valley, surrounded by juniper and birch trees.
- **River Crossing and Ascent**: Descend to the Budhi Gandaki River, cross it via a wooden bridge, and then ascend sharply on the other side.
- **Arrival at Samdo**: Reach Samdo, a Tibetan refugee village, where you'll be greeted with breathtaking views of the Himalayas, especially Mount Manaslu.
- **Explore Samdo**: After arriving, explore the village and nearby hills before settling in for an overnight stay at a teahouse or lodge.

Day 11 Acclimatization Day (Day trip to Tibet Border)

- Time : Whole Day
- Max Altitude : 5,000 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

An acclimatization day in Samdo is crucial during the Manaslu Circuit Trek to help your body adapt to the high altitude and prevent altitude sickness. This rest day is essential for your well-being in the challenging high-altitude environment.

- **Tibet Border Hike**: Instead of a full rest, you'll take a short hike toward the Tibet Border, reaching an elevation of around 5,000 meters. This gentle hike aids in acclimatization while offering refreshing views.
- **Return to Samdo**: After the hike, return to Samdo for an overnight stay and prepare for the next leg of the journey toward Dharamsala.

Day 12 Trek from Samdo to Dharamsala

- Time : 4 - 5 hr
- Max Altitude : 4,460 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- Before arriving at the Budhi Gandaki River on an ancient wooden crossroads, we leave Samdo beneath and proceed toward the Samdo, passing past pastures and historic Mani barriers.
- After crossing two rivers and passing through the Salka Khola valley, we continue ascending and arrive after 4-5 hours of trek at the Dharmasala(Alt. 4460 meters) after spotting the Larkya Glacier.
- Overnight at local lodge/teahouse.

Day 13 Trek from Dharamsala to Bimthang via Larkya pass

- Time : 7 - 9 hr
- Max Altitude : 5,106 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Anticipated Adventure**: Today, you will cross the stunning Larkya La Pass at 5,106 meters, one of the world's most beautiful passes, during a 7-9 hour trek.
- **Early Start**: Begin before sunrise, navigating rocky terrain marked by prayer flags.
- **Descent to Frozen Lakes**: After ascending, carefully descend to four frozen lakes, then tackle the challenging trail to Larkya La Pass, enjoying views of peaks like Himlung Himal (7,126 m) and Annapurna II.
- **Post-Pass Descent**: The trail continues gently for a short distance before descending steeply and becoming easier as you approach a secluded meadow.
- **Arrival at Bhimtang**: Arrive at Bhimtang, marked by Mani walls and small structures, where you'll spend the night at a teahouse.

Day 14 Trek from Bimthang to Dharapani

- Time : 7 - 8 hr
- Max Altitude : 1,860 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Trek Duration**: Begin your 7-8 hour trek, watching the sunrise over the stunning snow-capped peaks of foggy Bhimtang.
- **Scenic Descent**: The trail descends through beautiful rhododendron and pine forests, following the ice-blue Dudh Khola River, known for its milky turquoise color.
- **Lunch Stop**: Reach Soti Khola for a lunch break before continuing your journey.
- **Villages and Wildlife**: Pass through the villages of Homuk and Gho, where you may spot langur monkeys, before hiking through fields and meadows to Tilije, famous for its brandy.
- **Final Stretch**: Continue on, crossing the Mani Walls and Thonje Village, before arriving in Dharapani.

Day 15 Drive from Dharapani to Kathmandu

- Time : 6 - 7 hr
- Max Altitude : 1,400 m

Accommodation: Tea House & Local Lodge

Meal: Full Board

- **Morning Drive**: After breakfast, drive to Besi Sahar, marking the end of your trek.
- **Journey to Kathmandu**: After a brief stop, board the vehicle for the return drive to Kathmandu along the Prithvi Highway. Enjoy the scenic views as you pass the confluence of the Marsyagdi and Trishuli rivers, taking in the stunning landscapes of terraced plains and towering hills.
- **Arrival in Kathmandu**: Upon arrival in the bustling capital, take time to refresh and relax.
- **Evening Exploration**: Explore the vibrant streets of Thamel Market in the evening, savoring local spices, dishes, and beverages of your choice.
- **Farewell Dinner**: Enjoy a farewell dinner with our representatives, reminiscing about your unforgettable experiences in the Manaslu region. Overnight at your hotel.

Day 16 Final Departure from Nepal

- Time : N/A
- Max Altitude : N/A

Accommodation: 3 Star Hotel in Kathmandu

Meal: BB

- **Journey's End**: The departure date has arrived, marking the end of your journey.
- **Airport Transfer**: A few hours before your flight, our airport representative will pick you up from your accommodation and escort you to the airport.
- **Best Wishes**: We wish you all the best in your future endeavors and travels!

Cost Include

- Accommodation in 3-star hotel in Kathmandu
- Accommodation in a teahouse or lodge during the trek on a full-board sharing basis (breakfast, lunch, and dinner) during the trek.
- All the airport transfers in Kathmandu.
- Special restricted area permit and ACAP, MCAP, and Tims permit for trekking.
- Transportation from Kathmandu – Machha Khola – Dharapani-Kathmandu.
- Daily fresh fruits during the trekking , Special Care for Every trekker
- Experience English-speaking Guides.
- One porter for every two trekkers.
- Insurance for guide and porter.
- Free t-shirts / Trip Map / Farewell Dinner
- Govt. Taxes and other taxes
- Trekking Certificate from Destination Unlimited

Equipment List & Gear Guide

Coming Soon

Cost Exclude

- Nepal entry visa / Travel Insurance
- Extra charge if early return from trekking.
- Tips for guide, porter, and driver.
- Personal belongings and Expenses
- All the lunch and dinner in Kathmandu / Rescue and Insurance
- Additional costs arise due to Natural disasters, Political Disturbances, Problematic conditions, and Epidemics.
- All the personal expenses water, extra food, mobile and associate charges, internet charges, beverages, etc.
- Personal assistance for extra costs
