



Manaslu Circuit Trek -15 Days

Trip fact:

Maximum Altitude	: 5,160m Larkya La Pass
Accommodation	: Hotels, Lodge, Teahouse
Meals	: All meals during the trek (B,L,D)
Activity per day	: 4-6 hours walking

Outline Itinerary:

Day 01: Arrival in Kathmandu

Day 02: Drive from Kathmandu to Soti Khola (730 m/2,896 ft) via Arughat

Day 03: Trek from Soti Khola to Machha Khola (930 m/3,051 ft)

Day 04: Machha Khola to Jagat (1,410 m/4,625 ft)

Day 05: Jagat to Deng (1,860 m/6,102 ft)

Day 06: Deng to Namrung (2,660 m/8,727 ft)

Day 07: Namrung to Shyala (3,520 m/11,548 ft)

Day 08: Trek to Pung Gyen Gompa (4,080 m/13386 ft) then walk to Samagaun (3,530 m/11,581 ft) to spend the night

Day 09: Acclimatization day in Samagaun

Day 10: Samagaun to Samdo (3,690 m/12,107 ft)

Day 11: Samdo to Larke Phedi (Dharamsala) (4,470 m/14,665 ft)

Day 12: Dharamsala to Bhimtang (3,720 m/12,205 ft) by crossing Larkya La Pass (5,106 m/16,752 ft)

Day 13: Bimthang to Tilche (2,300 m / 7,546 ft)

Day 14: Tilije to Dharapani (1,860 m/ 6,102 ft) and to Kathmandu (1,300 m/4,265ft) via Besisahar (760 m/2,493 ft)

Day 15: Final departure



Detail Itinerary



Day 1: Arrival in Kathmandu

At the Tribhuvan International Airport, our staff will be there to meet and greet you. You will be gathered by the team from the terminal at the airport. They will provide a private vehicle for you to ride in as you are taken to the specified hotel. Later, we will meet you at our office so that we can introduce you to the mountain guide. We will finish preparing for our trip by packing our bags. Spend the last part of the day wandering around Thamel and indulging in a tasty Nepalese dinner.



Day 2: Travel by vehicle from Kathmandu to Soti Khola, which is located at 2,896 feet (730 meters), via Arughat.

On this day, we leave Kathmandu and make the journey by car to Soti Khola. It marks the beginning of our journey through the wilderness. The scenery along the way is absolutely breathtaking. We will have the opportunity to view mountains, rivers, mountains, and terraced fields. As the ride draws to a close, the pavement begins to exhibit some undulations, signaling that we have reached a more mountainous region.



Day 3: Trek from Soti Khola to Machha Khola (2,965 ft/890 m)

The path that we took to get to Maccha Khola, which was our destination for the day, began at Soti Khola. This is a lovely and undemanding hike that takes you through sal forests and past cascading waterfalls. On our journey, we might come across some mules. Machhakhola is reached after a precipitous ascent that passes through Lapubesi (884 m) and Khanibesi (970 m). A bridge will need to be traversed in order for us to enter Maccha Khola. The view to the northeast of Ganesh Himal from Macchia Khola is absolutely breathtaking.



Day 4: Travel from Machhakhola to Jagat (1,410 meters/4,625 feet)

On the way up from Machha Khola to Jagat village, the path travels over a suspension bridge and goes by Khorlabeshi, which is located 970 meters above sea level. On our way to Tatopani, we will follow the Budhi Gandaki river and go through the area of the landslide (990 m). From Tatopani to Jagat, there are two different routes to take. The alternative path that goes through Dobhan (1,070 m) and Yaruphant will be the one that we take (1,170 m). Along the way, there are great mountain views as well as bridges, waterfalls, and areas that are prone to landslides. As we make our way to Jagat village from Yaruphant, we make our way past the rockfall area and along a stone-paved path.



Day 5: From Jagat to Deng, a distance of 1,804 meters (5,917 feet)

We begin our journey to Salleri by crossing a bridge and then walking along the Budhi Gandaki river until we reach our destination (1,353 m). The path continues to climb to Sirdibas, which is located at an elevation of 1,420 meters, and then continues along a winding path that leads to Philim, which is located at an elevation of 1,570 meters. After registering for our MCAP permit, we will take a stroll alongside the Ekle Bhatti river (1,600 m). The path climbs up via Thangurmu, which is 1,660 meters in elevation, and then crosses a brand-new suspension bridge at Lokpa (2,240). The path leads through a bamboo forest and gradually gains elevation as it makes its way to Deng. Today will be the day that we enter Nupri, the mountainous western region.



Day 6: Deng to Namrung (2,630 m/8,626 ft)

Immediately after leaving the village of Deng, we will travel across the Budh Gandaki river on a bridge. On the way to Rana, the path passes through some beautiful forests filled with rhododendron, fir, and oak (1,910 m). From this point, we continue our ascent to Bihi by following a path that gradually rises to Bhi Phedi, which is 1,990 meters away (2,130 m). We go an alternate way through the village of Prok, which is at an elevation of 2,397 meters and is a viewpoint of the Siringi Himal. On our way to Namrung village, we pass a waterfall and then continue through an area that is prone to landslides. We will travel over three suspension bridges on the way to our destination.



Day 7: Namrung to Shyala (3,500 m/11,482 ft)

The village of Lihi can be reached by following the path that winds through the alpine woodlands (2,920 m). Up until the village of Sho, there are numerous landslides visible (2,880 m). In this section of the trail, the vistas of Himchuli are absolutely breathtaking. We will continue our hike to Lho from Sho by way of the region that was affected by the earthquake (3,180 m). Along the entirety of the trail are a great number of stupas, chortens, and mani walls. After that, we take a trail that gradually declines in elevation before beginning our ascent to Shyala (3,500 m).



Day 8: You will hike to Pung Gyen Gompa, which is located at 4,800 meters (15,748 feet), and then walk to Samagaun, which is located at 3,520 meters (11,548 feet), where you will spend the night

After leaving Shyala, we walk for about half an hour before reaching a bridge. Pung Gyen Gompa is reached via a detour to the south of Samagaun on the trail. Pung Gyen Glacier is visible to us while we are traveling there. We get to take in some breathtaking vistas of snow-covered peaks such as Manaslu, Simnang Himal, Naike Peak, and Himahchuli, amongst others. Following our exploration of the gompa, we will continue on a steep and rocky path leading uphill to Samagaun, where we will spend the night.



Day 9: Acclimatization day in Samagaun

In order to better acclimatize ourselves to the altitude, we will remain in Samagaun for one more day. Hiking up to the Birendra Tal is on the agenda for today (lake). We climb up through a series of switchbacks until we reach a junction, and then we turn left to head toward the lake. The lake and the rolling hills and towering mountains that surround it are both breathtaking sights.



Day 10: Samagaun to Samdo (3,875 m/12,713 ft) Kathmandu

The path that leads from Samagaun to Samdo involves a strenuous ascent up a vertical incline. We are currently traveling through juniper and birch forests. Mount Manaslu can be seen in its entirety as hikers make their way up the trail that follows the Budhi Gandaki river. The Tibetan refugee community of Samdo is characterized by its expansive mani walls and numerous stupas.



Day 11: Samdo to Larke Phedi (Dharamsala) (4,480 m/14,698 ft)

From Samdo to Larke Phedi is only a short distance on foot. This location is also referred to by the name Dharmasala. After climbing up from Samdo, we will make our way to a bridge that spans the Budhi Gandaki river. The trail then passes through the town of Larkya Bazar (4,090 m). As we make our way to Larke Phedi, we will walk alongside mani walls and stone huts. There are glaciers that we can see along the way.



Day 12: Dharamsala to Bhimtang (3,720 m/12,205 ft) by crossing Larkya la pass (5,160 m/16,929 ft)

Today is going to be a very long day for us. After leaving Larke Phedi, the path follows the Larkya Glacier for a while. We are climbing steep, rocky terrain both going up and coming down. Because this section of the Manaslu circuit trail is fairly difficult and exposed to the wind, we start our hike relatively early in the morning. It is the glaciers that are all around us.

After traversing a moraine, we will descend to a lake and walk along a steep grassy slope until we reach the water's edge. After that, we make our way past four frozen lakes and then climb a hill to reach the summit of Larkya La. The views of the surrounding mountains are breathtaking once you reach the summit of the pass. After that, we walk in an area that has a snow screen and a grassy moraine rockfall. The path makes its way down to Bimthang, where travelers will spend the night.



Day 13: Bimthang to Tilije (1,700 m / 5,576 ft)

Tilije can be reached after a protracted descent from Bimthang. We make our way to Hampuk via a steep descent of the terrain (3,430 m). After traversing a bridge, we continue our journey to Yak Kharka along a path that gradually declines in elevation (3,020 m). Karche is at the end of this path, which takes us through a verdant forest (2,700 m). From this vantage point, we continue on through Gho, which is at an elevation of 2,515, and then we begin our descent to the village of Tilije.



Day 14: Tilije to Dharapani and to Kathmandu (1,400 m) via Besisahar (760 m/2,493 ft)

The final day of the journey has finally arrived. From Tilije to Dharapani is only a few minutes' walk away. On the way, we make a pit stop at Thonje Gumpa, which is located at an elevation of 1,965 meters, and we also cross a suspension bridge. After leaving Dharapani, we get in a jeep driven by locals and travel to Besisahar. We switch to another comfortable vehicle at this point and continue on to Kathmandu by road. You are welcome to spend the afternoon window shopping in Thamel and then come join us for a farewell dinner.

Day 15: Final departure

You will be escorted to the international airport by the airport team in preparation for your departure. You are welcome to meet them at the specified time in the lobby of your hotel. If you would like to, you will have the opportunity to join us on another hike if we organize one.



Cost Include:

- ✓ All ground travel, including getting to and from the airport, is done in a private car.
- ✓ Kathmandu to Soti khola by bus
- ✓ Dharapani to Beshishar by sharing local jeep
- ✓ Beshishar to Kathmandu by bus
- ✓ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea each meal
- ✓ You will be provided with the best available lodge with private or shared bathrooms
- ✓ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✓ Certificate of completion of the trip
- ✓ Taxes and official costs paid to the government.
- ✓ A map of a trek and a certificate of completion of the trip
- ✓ All papers that need to be done, Fees for entering permits you need to go while hiking.
- ✓ Duffle bag for trekking.
- ✓ First aid kit- Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.

Cost Exclude:

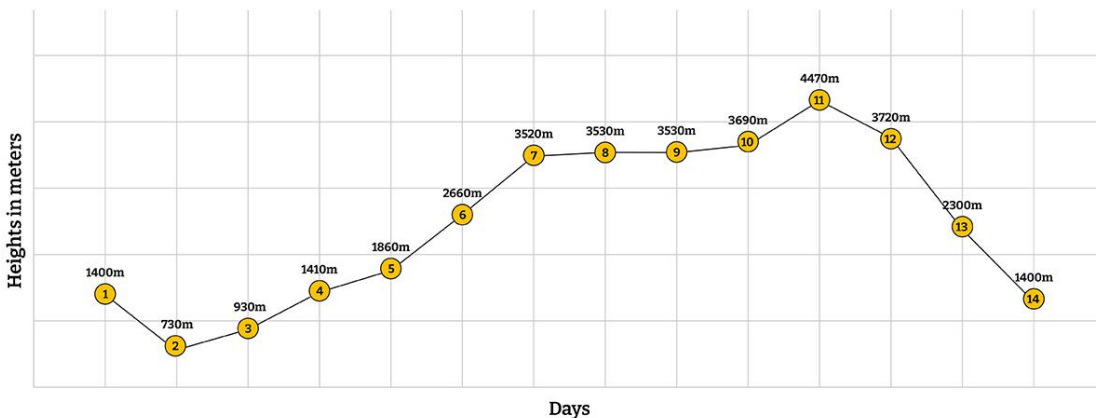
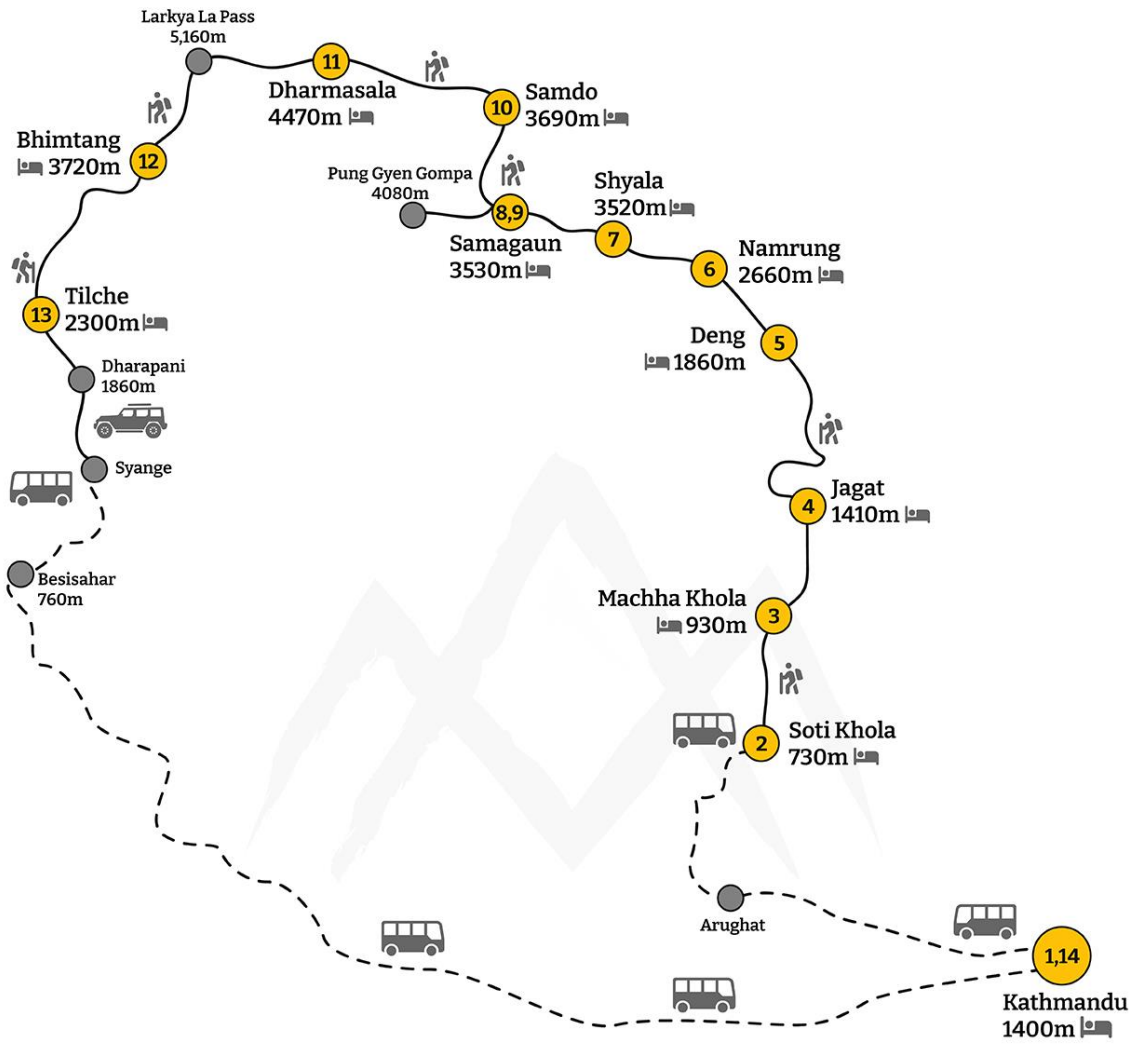
- ✗ Food that you will eat in Kathmandu for lunch and dinner
- ✗ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✗ Your insurance for travel and medical care.
- ✗ International Airfare.
- ✗ Your Personal Expenses.
- ✗ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✗ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✗ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✗ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✗ One porter for two people: US\$ 260



Route Map:



Manaslu Circuit Trek 14 Days





Payment process

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

Cancellation policy

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted
- Cancellation on the same day: 25% of full payment will be deducted
- No refund on cancellation after departure

List of Trekking Equipment for Manaslu Circuit Trek

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

Head and Hand

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

Upper Body

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

Lower Body

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks
- Sandals
- Lightweight Hiking/Trekking Boots



Toiletries

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

Miscellaneous

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

Travel Document

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram ([@adventuremastertrek](#)) or get in touch via [WhatsApp \(+9779851033195\)](#). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!
Adventure Master Trek

We are recommended on



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