

## Manaslu Circuit Trek

Duration: 20 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5,215m</b>
<b>Activity: Trekking</b>	<b>Group Size: Min 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

“The human spirit needs places where nature has not been rearranged by the hand of man.” • **Manaslu circuit trek**, also known as **Around Manaslu Trek**, is considered the best trek of Nepal by many expert trekkers these days. Mt. Manaslu, at an altitude of 8163m, is the eighth highest peak in the world. This trekking around Manaslu lets you marvel at the magnificent views of Mt. Manaslu. It is undoubtedly one of the best treks to explore untouched natural splendour and unexploited culture of local people. Although it is considered as a great alternative trek to Annapurna circuit, it has the advantage of being less crowded nature compared to popular Annapurna circuit. The trekking trail is through amazing landscapes, traditional bridges, foothills, and local villages. The highest point of the trek is the top of Larkya La Pass (5,215m), a dramatic pass crossing the Himalayas. It was a camping trek when it was opened in the early 1990s but it is a tea house trek now with the establishment of tea houses on different parts of the trail. Camping is required only if we go off the beaten track. Our **Manaslu Circuit Trek** requires 20 days to accomplish with well-managed itinerary ensuring adequate time for acclimatization. It begins with a sightseeing tour in Kathmandu valley followed by 6 hrs drive to Arughat from where the actual trek starts. You follow Buddhi Gandaki River, trek highs and lows passing several picturesque villages and admiring Himalayan views on the way until you reach Sama Gaon. Next, we trek to Samdo village where we spent a whole day for acclimatization. Continuing our trek from Samdo, we reach Dharmshala (Larke Phedi) which is a kind of shelter but not lodge. Next, we ascend Larkya La Pass and the view from the top is simply awe-inspiring. From Larkya La, you can witness four glaciers and amazing views of Himlung Himal, Cheo Himal, Kangguru and Annapurna II. After we cross the pass, we reach Bimthang. We enjoy great Himalayan views from the ridge at Bimthang and pass through several villages experiencing local culture to finally reach Besisahar from where we drive back to Kathmandu for return. **Manaslu Circuit Trek** is loved by those who realize they miss [Annapurna Circuit Trek](#) in its golden age. It is graded as a strenuous trek and quite demanding. For it, you need to have cardiovascular fitness and should be able to walk 5-6 hrs a day (few days require 7-8 hrs walking). Like other treks, the best times for



# Himalayan Holyland Treks & Expedition Pvt. Ltd.

Kaldhara Marga, Thamel, Kathmandu, Nepal

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Manaslu Circuit Trek are spring (March to May) and autumn (September to mid-December).



## Itinerary

### Day 01: Arrival in Kathmandu airport (1350meters).

There you will be met by our Airport Representative and transferred to hotel by private tourist vehicle. Overnight at hotel on BB plan.

### Day 02: City guided tour in Kathmandu.

After breakfast, at 9 am sightseeing tour to Pashupatinath( famous Hindus temple in South Asia, Boudhanath( Biggest Buddhist Stupa in the world) Patan city (16-century royal palace), Syombhunath( Buddhist hilltop temple), Kathmandu City. Overnight at the hotel on BB plan.

### Day 03: Drive to Aarughat by Landcruiser.

Your Trekking staff will come to your Hotel early in the morning at 8.00 am to pick you up, from there we have a 6-hour driving journey to Arughat. O/N at a mountain lodge.

### Day 04: Trek to SotiKhola (775meters) 6 hours.

Follow the Budhi Gandaki River toward its point of origin. We pass the village of Morder and Simre to reach Arkhat River. After Arkhat we ascend slowly toward Kyoropani. Camp today nears the confluence of Seti River &#8211; an ideal place to take a fresh water bath. O/N at a mountain lodge.

### Day 05: Trek to MachhaKhola (900meters) 5.30 hours.

The trail descends slowly until you climb again to mountain ridge to Almara. Pass the forest trail to arrive at Riden Gaon. The valley here cuts into another side of the river to enter Budhi Gandaki. At Lambesi, the trail follows down to the sandy river bed of Budhi Gandaki. Camp tonight at Machha River. O/N at a mountain lodge.

### Day 06: Trek to Jagat (1340meters) 6 hours.

After crossing Machha River and Khrolabesi, there is a hot spring called &#8220;Tatopani&#8221;. The trail follows forested area after this toward Dovan. Below Dovan, there is a huge rapid at Budhi Gandaki. As the elevation increases, the rapids and the scenery undergoes a complete transformation. At Jagat, there is a police check-post where your trekking permit will be checked. O/N at a mountain lodge.

### Day 07: Trek to Ngyak (2310meters) 6 hours.

After ascending to a terraced hill of Saguleri and view of Sringi Himal (7177 meters) we continue toward Sirish Gaon, Gandaki valley narrows from herewith soaring precipitous walls. O/N at a mountain lodge.

### Day 08: Trek to Ghap (2100meters) 6 hours.

Follow the trail upstream of Deng River &#8211; a tiny village of 4 houses. We walk through a newly built rock tunnel from here, thus avoiding the traditional steep climb. At Ghap, the Tibetan culture begins with Mani stones and Chhortens all around. O/N at a mountain lodge.

## Day 09: Trek to Lho (3200meters) 6 hours.

Today is a wonderful trekking day; after passing through the seemingly deserted seasonal village of Nambachhe, planted with fields of barley and lined with mani walls, we ascend through a dense, cool forest for an hour, crossing the Buri Gandaki once on a wooden bridge, to Namrung, at 2540 meters, where we will stop for a cup of chai at a lodge run by a Tibetan family. As we gain altitude, we reach alpine territory and are treated to increasing mountain views. Namrung village is the start of Nubri, the region of purely Tibetan inhabitants speaking a dialect of western Tibet. Above this village, the valley opens out and there are extensive pastures. A few hours later, we reach the village of Lihi at 2840 meters, a substantial altitude gain. We are climbing gently now, cross a large stream flowing down from the Lidanda Glaciers, and reach the picturesque Tibetan village of Sho at 3000m, where we stop for lunch. Look for the bear claw on the upper deck of the house, and across the river to the ruins of an old Tibetan fort. From Sho, the views of NgadiChuli are spectacular, and further on, towards Lho, we are finally treated to views of Manaslu itself; quite an impressive afternoon! We set up camp in Lho, a lively village adorned with many prayer flags, in the yard of a small lodge. Sunset and sunrise from the campsite are wonderful, and the small Gompa just below our campsite worth a visit. O/N at a mountain lodge

## Day 10: Trek to Sama Gaon (3500meters) 6 hours.

Walking through the upper reaches of Lho, with the snowy peaks of Manaslu ahead of us in the distance, we pass the new gompa and then ascend through light forests next to a small river to reach the Tibetan settlement of Shyla, where the villagers are often out in the fields. Another few hours of trekking through classic alpine scenery leads us past Tibet grazing settlements, the town of PungGyan Gompa, and then Sama Gaon, or Ro, as the locals call it. Sama Gaon sits in a bowl at the foot of the pastures leading to the high peaks, with mani walls, a small gompa and tightly packed rows of houses at the lower reaches of the village, and the large gompa at the upper reaches. The people settled here from Tibet over 500 years ago, and the two gompas date from this time, both having unique architecture and built of wood. The Tibetan villages here have entrance gates which are very distinctive from the Tibetan ones, and they maintain an active trade with their co-religionists in Tibet (notice the Chinese brandy and beer on sale). If the weather is good, you will see the village women weaving wool (baal) from Tibet into gowns which are then traded back to Tibet. Taxes were actually paid to the Dzongkha Dzong (fortress) at the border of Tibet, a few days walk from Sama Gaon, as late as the 1940s until it was taken over by the Gorkhas in the late 19th century. Later, after 1959, the region was home to Tibetan guerrillas and thus closed to trekking until 1992.

Take the afternoon to hike up to the gompa above the town, and to wander the streets of the fascinating Sama Gaon village. O/N at a mountain lodge

## Day 11: Trek to Samdo (3850meters) 5 hours.

Another day of incredible mountain views during the walk up to Samdo, an easy three hours away. En route we pass the long mani walls at Kermo Kharka, after which we spot the entrance chorten of Samdo high on a bluff. We descend back to the Bhudi Gandaki and cross a small bridge before another short climb to the entrance of Samdo; look back down valley for great views. The villagers of Samdo came across the border from the village of Riu after 1959 and built their new village here, at their old herding settlement (see below). Samdo village is a collection of houses and lodges at 3850 meters, and most trekkers miss the heat of a week ago as we huddle around the stove and a wind from Tibet batters the windowpanes. Get out and take a walk around the village, where the inhabitants live an essentially Tibetan lifestyle, herding their yaks, sheep and goats, training their horses and planting barley. There is a small home gompa in a house mid-village which we visited during our last village, a puja being held by several of the reincarnated lamas living in the Samdo. O/N at mountain lodge.

## Day 12: Acclimatization and exploration day.

We will spend a day here in order to acclimatize and adjust to the thinning of the air and also for the local excursion.

On our rest day here why not a day trip to the border of Tibet; no passport required. It takes five hours walking to the Gya La (large pass) to do just that, and then take in the views and ruminate on the border markers at the top: China, 1962. We will probably share the trail with groups of Samdo residents, carrying timbers over the border to Tibet. True High Asia! As the people of Ro, Samdo inhabitants are Tibetan, and were ceded the land by the king of Jumla over 500 years ago; but, unlike the Ro people, they only claimed their land after the Chinese takeover in the early 1950s. Since then they have established trade with China and India, marketing among other things, the aphrodisiac root that grows in the region. We try to get into some of the local houses for tasting Chhyang (Tibetan barley beer), salt butter tea and perhaps a few carpets to buy! O/N at a mountain lodge.

#### **Day 13: Trek to Dharamsala/LarkyaPhedi (4460meters) 4 hours.**

We leave on the trade route to Tibet and climb through the ruins of Larkya bazaar, one of the trade markets that flourished years back. After two hours of climbing past glaciers, with increasingly awe-inspiring panoramas, we come to the campsite at Dharamsala, where we have lunch and gaze out at the views. You'll really feel the altitude and the cold here, so enjoy a more leisurely afternoon and keep warm. We'll have an early dinner in preparation for our pass crossing tomorrow. Overnight at Tented Camp.

#### **Day 14: Cross Larkya La (5215meters) and trek to Bimtang (3590meters) 7 hours.**

After a short climb above the campsite, we reach the ablation valley on the North side of the Larkya Glaciers where we have views of Cho Danda and then of Larkya Peak. We continue across the moraines of the glacier, making a gradual ascent which becomes steeper only in the last section to the pass, which should take us about three hours to crest. From the pass, there are outstanding views of Himlung Himal, Cheo Himal, Kangguru and the huge Annapurna II. If there is fresh snow, we may see Snow Leopard prints from the evening before; it's also blue sheep (Bharal) and Tibetan Snow Cock territory.

The views from the top of the pass are truly unbelievable. After hanging our Tibetan prayer flags, and yelling 'Ki ki so solhagyalo' (may the Gods be victorious), get ready for a steep, ankle straining drop to a trail following the glacial moraine, very slippery if covered in snow so have your Yak tracks ready if you've brought them, and definitely use trekking poles. It is a longer day than usual to our campsite at Bhimthang, but to walk into these low pastures with the evening mist coming in and Manaslu is an experience not to be missed. A boulder-strewn descent brings us, finally, to Bimtang, where the three sisters of the Three Sisters Hotel are on hand with Himalayan chilled beer. Overnight at Tented Camp.

#### **Day 15: Trek to Tilje (2500meters) 5 hours.**

The campsite at Bimtang is frigid in the morning, so get to the dining tent quickly for a cup of fresh coffee! Porters pour hot water over tent pegs to get them out. Pee bottles freeze. No option if you want to get warm, move down the valley into the sun, through forested hillsides to Tilje, at the end of our lost world. Here the inhabitants are a mix of Manangis (of Tibetan descent) and Chettris (Hindus), so eat a mix of Dal Bhat, buckwheat Dhido, tsampa and Tibetan tea. The gorge ahead marks the land of apple pie, cold beers and hot showers; the Annapurna Circuit. Overnight mountain lodge.

#### **Day 16: Trek to Tal (1725meters) 5 hours.**

Follow the trail downstream of Marshyangdi River, passing through the scattered villages to reach Tal village for overnight stay. O/N at the mountain lodge.

#### **Day 17: Trek to Baundanda (1275meters) 5 hours.**

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Ascending gently for 30 minutes and the trail runs gently down to Sanjee village, then the trail goes up for 15 minutes to GharmuPhant. From here another 2 hours easy walk and 30 minutes up will take to the village of Bahundanda. O/N at the mountain lodge.

**Day 18: Trek to Beshisahar. 5 hours.**

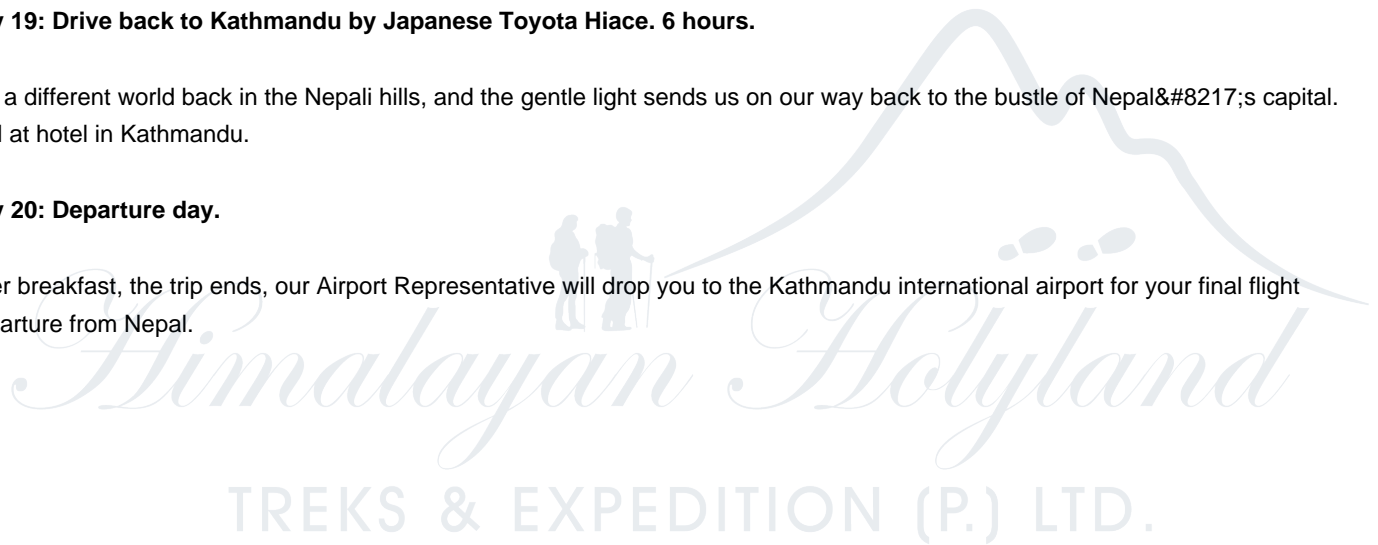
The last day of the trek, and a hot, five-hour walk through gentle, muted hills and colourful villages to Bhulbhule and Khudi, where we will meet our transport back to Besi Sahar. If the road isn't passable, we continue to walk to Besi Sahar to start the five-hour drive back to Kathmandu following morning O/N at a mountain lodge.

**Day 19: Drive back to Kathmandu by Japanese Toyota Hiace. 6 hours.**

It is a different world back in the Nepali hills, and the gentle light sends us on our way back to the bustle of Nepal's capital. O/N at hotel in Kathmandu.

**Day 20: Departure day.**

After breakfast, the trip ends, our Airport Representative will drop you to the Kathmandu international airport for your final flight departure from Nepal.



## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Kathmandu in a B/B basis.
- => Tea house accommodation during the trek.
- => Hot soup in high places.
- => Three times meal in the trek.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(ACAP, Special Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => All other necessary domestic transportation as per mentioned in the itinerary.
- => All special trekking permits for restriction zones such as Manaslu, Dolpo and Mustang region.
- => Trip completion certificate.

## Cost Excludes

- Â => Personal expenses/insurance.
- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses: Shower, battery charge, bar bills, laundry during the trek.
- => Extra night accommodation in Kathmandu, in exception of an itinerary.
- => Tips for guide and porters.
- => Helicopter rescue flight in case of emergency during your trekking period, Political evacuations, landslides etc.