DOLPO
Caravan Treks and Expedition

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Manaslu Circuit Trek - 17 Days

Do you want to walk into the middle of towering Himalayas peaks, plunge into time-honored traditions, or embark on adventures that challenge yet fascinate you? The **Manaslu Circuit Trek in Nepal** takes you on an awe-filled journey.

Right in the middle of pristine landscapes of western Nepal lies a best-kept secret among trekkers who want to get **off the beaten track**-the Manaslu trek. While its more famous brethren, like **Everest Base Camp** or **Annapurna Circuit**, are often crowded and touristic, **Manaslu Circuit Nepal** is relatively quieter, more authentic, and equally-if not more-breathtaking.

Whether you're a seasoned trekker or a curious adventurer, the Manaslu Circuit is the legendary trek that leads through the heart of Nepal's Himalayas into the most fascinatingly beautiful and culturally enriching areas. It circumscribes towering **Mount Manaslu**, the eighth-highest peak on Earth. **Manaslu** Trekking gives one a true insight into Himalayas trekking without being in a jam, as one generally sees on more commercialized routes like the Annapurna or Everest Base Camp treks.

WHY CHOOSE THE MANASLU CIRCUIT TREK?

The Manaslu Circuit is often compared to the Annapurna Circuit but offers a quieter, less commercialized experience. Nestled around Mt. Manaslu-the world's eighth-highest peak, at 8,163 meters (26,781 feet)-this trek promises unparalleled natural beauty, richness in culture, and unique biodiversities unlike anywhere else.

Here are the reasons to consider for Manaslu trek:

- **Remote Adventure:** There aren't a lot of trek routes that seem untouched, but the Manaslu Circuit feels fresh compared to many other treks.
- **Cultural Immersion:** The route takes you through traditional villages influenced by Tibetan Buddhism, where prayer flags flutter, and monasteries dot the trails.
- **Diverse Landscapes:** The trek offers a variety of scenery, from subtropical forests to alpine meadows and glacial terrains.
- **Larkya La Pass:** Crossing the 5,160-meter (16,930 feet) **Larkya La Pass** is a challenging yet rewarding highlight.

MANASLU CIRCUIT TREKKING MAP

Having a **Manaslu Circuit Trekking Map** is essential for navigating the trails. Most trekking agencies provide detailed maps outlining key stops, elevation profiles, and landmarks. This map is your best companion for a seamless trekking experience.

BEST TIME FOR TREKKING MANASLU NEPAL

- **Spring (March-May):** Enjoy blooming rhododendrons and clear skies.
- **Autumn (September-November):** Experience stable weather and excellent visibility.

Avoid **monsoon (June-August)** and **winter (December-February)** due to safety concerns and harsh conditions. For more details, **click here**.

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*For more information on this incredible **Manaslu Circuit trek** into the heart of the Himalayas, or to reserve your space and Customized Itinerary, **contact us** now.*

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PRICE INCLUDES

- Accommodation in the local lodge (dinner, breakfast and lunch)
- 3 nights in Kathmandu) with breakfast.
- All transportation, including airport pickup and drop-off.
- Trekking permit in the national park (Specious permit - 100 dollars, Manaslu conservation N.P, Annapurna Conservation N.P)
- One expert trek leader, assistants guides (1 assis. for 4 guests), Porters (1 porter for 2 customers)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your use)
- All government and local taxes.
- Nepalese team insurance
- Welcome dinner & Farewell dinner

PRICE EXCLUDES

- **Nepal entry visa** at immigration at Tribhuwan International Airport (TIA) (approximately 50 USD) per person per month.
- Trekking equipment such as sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone pill charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- insurance (it's mandatory if you need it for rescue or evacuations)
- International flight

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ITINERARY IN DETAIL

Day 1: Day 1 Arrival in Kathmandu

Upon your arrival in Kathmandu, you will sort out your visa and immigration and our representative will be there to collect your baggage and drop you to the hotel. After checking in you will have time depending on your arrival then you can decide to do a little bit of sightseeing or rest in your room.

Day 2: Day 2 Kathmandu to Barpak (1915) 7/8 hours drive

Departure by bus/jeep to up to Barpak, depending upon the number of groups. Around 4 hours of the road is better and the second part of the road may be in poor condition after heavy rainfall. We pass by Mugling Bazar (the center city of Nepal) which separates the road of the south of Nepal and Pokhara. After 20 minutes from Mugling Bazar, we leave the road to Pokhara and turn towards the Gorkha Bazar (the old capital of Nepal). We can see lots of villages, cultivation of rice, and mountains like Boudha Himal, Himal Chuli, and Ngadi Chuli. If we arrive at the time at Barpak village. We visited the village which is very clean and big. We can see the people of Gurung and Ghale in their traditional dress.

Breakfast, lunch and dinner are included.

Private vehicle, between 7h to 8h of road

Day 3: Day 3 Baroark to Lapark (2100m) 5/6 hours

We start to climb bypassing the school, and big football ground, and visit a small Buddha park, from where we can see the view of Barpak village. And then the day begins to climb a steep of stones to reach Mamche Danda, where we can take a tea break. We pass by Pushu Danda located at 2800m which is the highest point of the day. On a clear day, superb view of Buddha Himal, Ganesh Himal, and Shiringi Himal. We lunch at the new smart new village of Laprak which was built after the earthquake. We then descend to the Gurung old village of Laprak where we spend the night.

Breakfast, lunch and dinner are included.

Between 5h and 6h
Accommodation: in the lodge
Height difference: +800m/-600m

Day 4: Day 4 Lapark to Khola Bhensi (885m) via Singla Village 6/7 hours

After passing Sigla Village our destination will be the right bank of the Budhi Gandaki River and the gateway to the Manaslu circuit trek. From Laprak we go down to join the Maccha Khola river which we cross by a suspension bridge. We then go up to the village of Singla (2300m). Wonderful view of Ganesh Himal ranges from Singla village. From there, a long descent with many steps through rice fields and millet fields allows us to reach Khola village and after 1 hour and 30 minutes of descent, we arrive at korla Bensi at our camp.

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Breakfast, lunch and dinner are included.

Between 6h and 7h
Accommodation: in the lodge
Height difference: +500m/-1700m

Day 5: Day 5 Khola Bhesni to Salleri (1345) via Jagat (1330m) 6/7 hours

We walk on the gorge of Budhi Gandaki River a river that we follow its source. We pass naturally hot spring source (Tatopani). The path changes banks and, after a slightly steep climb, We lunch at Yaru Phant before lunch, we pass by through big landslides. And then we reach the very beautiful and clean village of Jagat (1330m) covered its streets by stones. From Jagat, we enter the restriction zone of Manaslu Conservation Area. We continue up to Salleri (1345m), a small, silent, and clean village of stone houses, surrounded by cultivated fields.

Breakfast, lunch and dinner are included.

Between 6h and 6h30
Accommodation: in the lodge
Height difference: +970m/-480m

Day 6: Day 6 Salleri to Deng (1900m)

We go forward to join the chief village of this area Philim, where there is a checkpoint for the permits, police control with a big school, and some lodges. We cross one of the long suspension bridges. We walk on the balcony way with a big waterfall. We start to see the change in vegetation. There are several hamlets and immense Himalayan pine forests. The Georges are narrow and lunch at Nyak Phedi just after the separating way of Tsyum valley and Manaslu circuit trek. There is one border to go to Tibet. Tsyum Valley is newly opened to the valley to do the trek with Tibetan culture. The one famous way to do business with Himalayan salt and wool was by exchanging rice from the down area. We change banks several times to follow the course of the Budhi Gandaki which slopes towards the west. We arrive at Deng (1875m), the first village where the Tibetan Buddhist influence is present.

Breakfast, lunch and dinner are included.

Between 6h and 6h30
Accommodation: in the lodge
Height difference: +1150m/-600m

Day 7: Day 7 Deng to Namrung (2615m)

The morning walk after breakfast is very pleasant. We see the Shringi Himal (718m). We cross the bridge and steep climb and we start to see some Tibetan villages follow one another with their “manis” (engraved stone walls) and prayer wheels, signs of cultural change. After lunching at Ghap (2200m) we cross the humid forest with big and tall trees of pines, where we can see some monkeys and wild animals. We climb Steep before reaching Namrung

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(2615m), There are apple farms. a beautiful typical Tibetan village with its stove built in the middle of the main street and women work to make tissues for the souvenir for tourists. The people do business with Tibet.

Breakfast, lunch and dinner are included.

Between 6h30 and 7h of walk
Accommodation: in the lodge
Height difference:+1350m/-620m

Day 8: Day 8 Namrung to Sama Gompa (3525m)

This day allows us to see the 8th highest mountain in the world. We cross some villages. These villages do cultivation. We can cross some Buddhist monuments like Monastery, Stupas, and Manis with prayer wheels. The people practice Buddhism by their hearts. We start to climb towards Lhi gaon, and just after passing Syo gaon, we start to see Naike Peak (6211m), Manaslu North (7157m), and Manaslu (8163m). We lunch at Lho village (3110m), where we can see a big stupa. We cross Lho gaon which is a beautiful dry stone village surrounded by barley fields, with a view of the monastery built on its heights. We then reach Sama Gompa, where we do one day of rest for acclimatization. The most important village in the valley is located on a vast grassy plateau. There are old and new villages in Sama Gaun.

Breakfast, lunch and dinner are included.

Between 6h and 6h30
Accommodation: in the lodge
Height difference: +1350m/-975m

Day 9: Day 9 Rest in Sama Gompa

Day off after lunch break. (Acclimatization Day)
The most beautiful day of the trek for the view. We climb up to 4000m altitude for acclimatization. We go up on the Pungen glacier path to see the glacier. After reaching 4000m altitude, we can see the part of Manaslu with different big mountains in 360 degrees. Return to camp by the same route and free time after the lunch break to visit the villages, rest, and do the laundry service.

Breakfast, lunch, and dinner are included.
Walking hours: 4 hours
Accommodation: in the lodge
Height difference + 500 m/-500 m

Day 10: Day 10 Sama Gompa To Samdo (3860m) The last village of Gorkha District to the Tibet border.

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We go up Lake Birendra and then go down the valley due north on a gentle slope. After following an immense mani more than 150m long, a short but steep climb takes us to the traditional village of Samdo (3860m), the last one before Tibet. Walk through its streets, where we can come across a few women on their loom. Possible stop at the village monastery.

For the ''courageous'', the possibility of going up in the afternoon to the north of the village where goats generally graze (elevation difference +100m/-100m): a breathtaking view of Himal Chuli (7893m) to the south.

Breakfast, lunch and dinner are included.

Between 3h and 3h30 of walk
Accommodation: in the lodge
Height difference:+530m/-240m

Day 11: Day 11 Samdho to Dharmasala (Larke Phedi 4465m)

Easy to walk and cross the river which comes from the Tibet border and start to climb up by passing Manies. We take a rest at the separation of two ways to go to Tibet and Dharmsala where we sleep. We climb up gradually. There are 2/3 steep parts to arrive at camp. We do lunch camp in the same place and after lunch break, we climb around 100m for acclimation.

Breakfast, lunch and dinner are included.

Between 3h and 3h30 of walk
Accommodation:in the lodge
Height difference:+650m/-60m

Day 12: Day 12 Dharmasala to Bhimthang (3720m) via Larke La (5150m)

We go forward to join the chief village of this area Philim, where there is a checkpoint for the permits, police control with a big school, and some lodges. We cross one of the long suspension bridges. We walk on the balcony way with a big waterfall. We start to see the change in vegetation. There are several hamlets and immense Himalayan pine forests. The Georges are narrow and lunch at Nyak Phedi just after the separating way of Tsyum valley and Manaslu circuit trek. There is one border to go to Tibet. Tsyum Valley is newly opened to the valley to do the trek with Tibetan culture. The one famous way to do business with Himalayan salt and wool was by exchanging rice from the down area. We change banks several times to follow the course of the Budhi Gandaki which slopes towards the west. We arrive at Deng (1875m), the first village where the Tibetan Buddhist influence is present.

Breakfast, lunch and dinner are included.

Between 6h and 6h30
Accommodation: in the lodge
Height difference: +1150m/-600m

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Day 13: Day 13 Bimthang to Tilije (2245m)

Almost 360-degree view of the mountains from Bimtang with Ponkar glacier. We start to descend by passing rhododendrons (in flower in spring) and pine forests with super views of Manaslu, Ngadi Himal, Himal Chuli, and the north face of Phungi Himal. This day is one of the most beautiful and pleasant days for the hike. We go back down to the plain, following the river to the village of Tilije (2245m) with high stone walls, a sort of "border" mixing Hinduism and Buddhism. Tilije is Gurung village. Possible to walk more than 1 hour to arrive at Dharapani (1900m), (the center point to join the Annapurna Classique trek).

Breakfast, lunch, and dinner are included.

between 6 am and 6:30 am
Accommodation: in the lodge
Height difference:+340m/-1700 m

Day 14: Day 14 Tilije to Bhulbhule (850m) via Dharapani (1900m)

We walk to Dharapani where we join the Marsyangdi valley and therefore the “classic” Annapurna tour. We then join Ngadi then Bhulbule or Bensishar via the jeep track.

Breakfast, lunch and dinner are included.

between 1h to 1h30 of walk
Accommodation: in the lodge
Height difference:+150m/-380m

Private vehicle, between 4h and 4h30

Day 15: Day 15 Bhulbhule or Besisahar to Kathamndu

We take the private bus which takes us around 8 hours to arrive in Kathmandu.

Breakfast and lunch are included.

Accommodation; in a hotel
Private vehicle, between 7h30 and 8h

Day 16: Day 16 Rest and sightseeing in Kathmandu

This day is normally our emergency day if we have some weather problem then we can use this day but if we don't then we can use this for sightseeing and rest in Kathmandu.

In Kathmandu, we can visit UNESCO World Heritage sites with experienced tour guides and test some authentic Nepali cuisine.

Day 17: Day 17 Departure to your home destinations

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FAQ

1. Where does Manaslu lies ?

Northern Nepal

It is the eighth-highest mountain in the world. Mt. Manaslu lies on the border between Gorkha and Manang districts in northern Nepal, 64 km east of Annapurna. The Manaslu region encompasses the subtropical foothills of the Himalayas to the arid Trans-Himalayan high pastures bordering Tibet.

2. How difficult is the Manaslu Circuit Trek?

The Manaslu Circuit Trek is classified as challenging. It involves daily walks of 6-8 hours on rugged terrain, including steep ascents and descents. The trail reaches altitudes as high as 5,160 meters (16,930 feet) at the Larkya La Pass, requiring trekkers to be in good physical condition and to acclimatize properly to avoid altitude sickness.

3. How long does the Manaslu Circuit Trek take?

The trek typically takes **14–17 days**, depending on your itinerary and acclimatization needs.

A standard breakdown includes:

- 10–12 days of trekking.
- 2–3 days for travel, preparation, and rest.

Additional days may be required if you plan side trips, such as visiting **Manaslu Base Camp** or exploring the **Tsum Valley**.

4. Why is Manaslu Circuit trek so popular?

Manaslu circuit trek is popular among trekkers for its remote and off-the-beaten-path experience, offering a less crowded alternative to the more famous treks in Nepal. The Manaslu Circuit Trek is renowned for its diverse landscapes, ranging from lush subtropical forests to high-altitude mountain passes, and its rich cultural experiences in traditional Tibetan villages. The trek also provides stunning views of Manaslu, the world's eighth-highest mountain at 8,163 meters (26,781 feet).

5. How hard is it to climb Manaslu?

Climbing Manaslu is considered one of the more challenging 8,000-meter peaks. The ascent is technically demanding, involving steep ice and snow slopes, crevasses, and the risk of avalanches. Climbers must be well-experienced in high-altitude mountaineering, possess muscular physical endurance, and be prepared for extreme conditions above 7,000 meters (22,965 feet). Despite these challenges, Manaslu is often seen as a more achievable goal than other 8,000-meter peaks like Everest or K2.

6. Is the Manaslu Circuit Trek safe?

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The Manaslu Circuit Trek is generally safe for well-prepared trekkers. Key safety considerations include proper acclimatization to prevent altitude sickness, trekking with a guide (which is mandatory), and being aware of weather conditions, especially when crossing the Larkya La Pass. The region is less developed than other trekking areas, so having a good guide and being well-prepared for remote trekking conditions is crucial.

7. What is the Manaslu Circuit Trek, and why is it famous?

The **Manaslu Circuit Trek** is a remote and scenic trek in Nepal that circles **Mount Manaslu**, the world's eighth-highest peak at 8,163 meters (26,781 feet).

It is famous for its:

- **Untouched Beauty:** Compared to the more popular Annapurna or Everest treks, Manaslu is quieter and less commercialized.
- **Cultural Immersion:** The trek passes through villages rich in Tibetan Buddhist culture.
- **Challenging Trails:** Crossing the high-altitude Larkya La Pass (5,160m) is both thrilling and rewarding.

The trek offers a perfect blend of natural beauty, adventure, and cultural discovery.

8. What is the best time to do the Manaslu Circuit Trek?

The best seasons for trekking the Manaslu Circuit are:

- **Spring (March-May):**
  - Mild temperatures.
  - Blooming rhododendrons.
  - Clear mountain views.
- **Autumn (September-November):**
  - Stable weather.
  - Crisp air and excellent visibility.
  - Perfect conditions for crossing Larkya La Pass.

Avoid:

- **Monsoon (June-August):** Heavy rain makes trails slippery and prone to landslides.
- **Winter (December-February):** Harsh weather and snow can block the pass.

9. Is the Manaslu Circuit Trek difficult?

The trek is rated as **moderate to challenging**, making it suitable for trekkers with some prior experience.

Factors contributing to its difficulty:

- **Altitude:** Reaching a maximum of 5,160 meters (16,930 feet) at **Larkya La Pass**.
- **Long Days:** Trekking 6–8 hours daily on rugged terrain.
- **Weather:** Cold temperatures and changing conditions at higher altitudes.

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Preparation Tips:

- Build endurance with cardio and strength training.
- Acclimatize properly during the trek.
- Hire a guide and porter to ease the load.

10. Do I need a guide for the Manaslu Circuit Trek?

Yes, hiring a licensed guide is mandatory for the Manaslu Circuit Trek, as it passes through restricted areas.

Benefits of a Guide:

- Ensures safety and navigation.
- Provides cultural insights.
- Assists in emergencies.

You are also required to trek with at least two people (excluding the guide) and obtain permits through a registered agency.

11. What permits do I need for the Manaslu Circuit Trek?

You'll need the following permits:

1. **Manaslu Restricted Area Permit (MRAP):** $70 (Sept-Nov) or $50 (Dec-Aug) for the first week.
2. **Manaslu Conservation Area Permit (MCAP):** $30 per person.
3. **Annapurna Conservation Area Permit (ACAP):** $20 per person.

Permits must be arranged by a trekking agency, and you must trek with a guide.

12. What is the highest point of the Manaslu Circuit Trek?

The highest point is **Larkya La Pass**, at an altitude of 5,160 meters (16,930 feet).

This high-altitude pass offers panoramic views of the **Manaslu Himalaya**, including peaks like Himlung, Cheo, and Annapurna II. The crossing is challenging due to its steep ascent and descent, often on snow-covered trails.

13. What should I pack for the Manaslu Circuit Trek?

Packing essentials include:

- **Clothing:** Thermal layers, a down jacket, trekking pants, and gloves.
- **Footwear:** Sturdy trekking boots and extra socks.
- **Gear:** Sleeping bag (rated for -10°C), trekking poles, and a daypack.
- **Miscellaneous:** Sunscreen, water purification tablets, a power bank, and snacks.

Travel light but ensure you're prepared for both cold weather and rugged terrain.

14. Is altitude sickness a concern?

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Yes, altitude sickness can be a concern as you trek above 3,000 meters (9,842 feet). Symptoms include headaches, nausea, and fatigue.

Prevention Tips:

- Acclimatize properly with rest days.
- Stay hydrated and avoid alcohol.
- Ascend gradually and listen to your body.

If symptoms worsen, descend immediately and seek medical help.

15. Are teahouses comfortable on the trek?

Teahouses along the trail are basic but provide essential services, including:

- Simple twin-sharing rooms with blankets.
- Hot meals (dal bhat, noodles, soups).
- Shared bathrooms (hot showers available for a fee).

In remote areas, accommodations can be more rustic, but they add to the authentic Himalayan experience.

16. What is the food like on the trek?

Teahouses offer a variety of local and international dishes, such as:

- **Dal Bhat:** The staple Nepali meal of rice, lentil soup, and vegetables, with unlimited servings.
- **Tibetan Bread:** A dense flatbread often served with jam or honey.
- **Soups and Noodles:** Great for energy and warmth.
- **Snacks:** Bring energy bars or chocolates for extra fuel.

Vegetarian options are common, and food is freshly prepared.

17. Can I charge my devices on the trek?

Yes, electricity is available at most teahouses, but it’s solar-powered and may not be reliable.

- **Charging Fee:** $2–$5 per device.
- **Tip:** Bring a power bank or solar charger as a backup.

18. What is the tipping culture for guides and porters?

Tipping is customary and appreciated for trekking staff in Nepal.

- **Guide:** $5–$10 per day.
- **Porter:** $3–$5 per day.
- **Teahouse Staff:** A small tip of $1–$2 for exceptional service.

It’s a way to show gratitude for their hard work and support.

19. Is the Manaslu Circuit Trek suitable for beginners?

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While the trek is considered challenging due to its altitude, distance, and rugged trails, determined beginners with proper preparation can complete it.

- **Preparation:** Train with cardio and strength exercises.
- **Support:** Hire a guide and porter to make the journey easier.

Beginners should take extra care with acclimatization and pacing.

20. What are the cultural highlights of the Manaslu Circuit Trek?

The trek passes through traditional Gurung and Tibetan villages, offering rich cultural experiences.

- **Monasteries:** Visit ancient Buddhist monasteries like **Ribung Gompa** in Samagaun.
- **Prayer Flags:** Witness colorful flags fluttering against the mountain backdrop.
- **Festivals:** If trekking during **Lhosar** (Tibetan New Year), you can experience vibrant local celebrations.

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