Asian Expedition Pvt. Ltd
Thamel, Kathmandu Nepal
Web:www.adventuremountains.com, Email:adventuremountains@gmail.com
Phone: +0977-1-4258373, +0977-9841379821

Manaslu Circuit Trek



An ancient route along which caravans of Yaks hauling salt from Tibet, The highest point of the Larkya la Pass at a height of 5135m, and the path sweep through gorges where glaciers hang and drain the frozen eaves of the planet. This trek really gets to see what all the excitement is about the terms of the most awesome mountain scenery on earth, then look no further than the circuit of Manaslu via the Larkya la. The name Manaslu means "The Spirit-Mountain" in the local dialect, referring to the benevolent and strong deity, which dwells within. Trekking in Manaslu is one of the most delightful adventures. This trek would appeal to anyone who is looking for a challenging trek in a remote region of the Nepal Himalayas.

Trip Itinerary:

Manaslu Circuit Trek:

Day 01: Arrive at Tribhuwan International Airport (TIA) Kathmandu.

You are welcomed at the airport and then you will be transferred to the hotel. Our representative will explain briefly the program upon arrival. Overnight at hotel (A)

Day 02: Trek Preparation and Kathmandu Valley Sightseeing Tour.

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Durbar square (which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.) , Swayambhunath Temple (also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu). Overnight at hotel. (A,B)

Day 03: Drive Kathmandu to Arughat (570meters) 8 hours.

Your Trekking staff will come to your Hotel early in the morning at 7.00 am to pick you up; from there we have an 8 hour driving journey to Arughat. From Kathmandu to Dhading Bensi (The district headquarter of Dhading) 4 hours is a comfortable drive but from there to Arugat for another 4 hours, we will be driving on a rough road. (A.B.L.D)

Day 04: Arughat to lapu Bensi (830 meters) 6 hours.

Our route heads northwards following the Buri Gandaki river and passing through terraced fields and scattered farmhouses. After climbing briefly to Keurenipani, we descend once again to the river and pass Moti Khola. We stay in a few villages further at Lapubensi after passing through a forest. (A.B.L.D)

Day 05: Lapu Besi to Dovan village (1070meters) 5.30 hours.

The trail descends slowly until you climb again to the mountain ridge of 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. An hour walking to Tatopani, the hot springs. The trail winds its way along the gorge of the Buri Gandaki. After crossing a suspension bridge then we get the Dovan village. Overnight (A.B.L.D)

Day 06: Dovan to Philim (1570meters) 6 hours.

After a long climb, we reached the sandy plain, village of Jagat, 1350m, with beautiful stone houses and cobbled streets. Large Chorten of stones. Special entry Checkpoint for restriction permits. And walks continue through the small villages of Salleri & Sirdibas, cross the suspension bridge on the Burigandaki river and hike up some 45 minutes up to Philm village. Here are nice lodges, thatch houses, and Japanese-made modern school buildings. Overnight (A.B.L.D)

Day 07: Philm to Deng (2310/1800 meters) 6 hours.

The trail traverses the hillside and passes Ekle Bhatti before crossing back over the river below the confluence of Buri Gandaki and Siyar Khola. From here we enter a dramatic section of the gorge high above the river. Look out for orchids on the walls of the gorge above the trail. The trail makes its way up the west side of the valley and offers a pleasant walk through bamboo forests to the village. Follow the trail upstream of Deng River - a tiny village of 4 houses (A.B.L.D)

Day 08: Deng to Namrung (2630meters) 6 hours.

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 Chortens all around. After crossing the wooden bridge over Budhi Gandaki we follow the path lined with houses that are interspersed with cultivated fields. At Namru, there is a police check post again. Namrung village is the gateway of Manaslu trekking. This is a beautiful village in the forest. (A.B.L.D)

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

Across the Hinan river originating from Linda Glacier and continuing on to Sho. Naike peak, Manaslu north (7774 meters), and Manaslu (8150 meters) are visible from here. Tonight we camp near a spring at Lho gaon – a small village. (A.B.L.D)

Day 10: Lho to Samagaon (3530meters) 6 hours.

You will pass the stone gate and long Mani stone wall of the village after Lho with full view of Peak 29 ahead. You can make a side excursion to Pungen Glacier from here to get a very close-up view of Manaslu. Follow the lateral moraine of Pungen Glacier toward Sama. From the village of Sama, it takes another 20 minutes to reach Sama Gompa for a night halt. (A.B.L.D)

Day11: Acclimatization and exploration day at Samagaon.

We will spend a day here in order to acclimatize and adjust to the reduction of the air and also for local excursion. We mainly hike up to Birendra Tal, a beautiful lake and surrounding marvelous views of Manalsu mountain. Overnight at Lodge.(A,B,L,D)

DAY 12 : Samagaon to Samado (3860 meters)

The trail from Samagaon to Samdo goes north on the upper part of the Budhi Gandaki. It climbs gradually towards Samdo, and just before entering the village passes through the point where the Budhi Gandaki actually starts – at the confluence of Larke Khola and the river coming from Samdo Glacier. A couple of hours of climbing through the forest brings us to the village of Shyala, offering superb views of Phungi, Manaslu, and Himal Chuli. Crossing a wide pasture with many marmots we enter the village of Samdo. Samdo is a tiny lovely village located just under the majestic Samdo peak (6335m) and the Samdo glacier. (A.B.L.D)

Day 13: Trek to Dharmasala (4460meters) 6 hours

The thundering Buri Gandaki trickles to a stream as we continue to follow its course ever upwards. We are surrounded by spectacular mountains from all sides. Manaslu is particularly impressive. After crossing to the east bank of the river, we reach the last permanent settlement in the valley, which is called Sumdu. Above the village, we cross the stream, which runs down from the Gya La (Pass), the pass to Tibet. We come to the ruins of an abandoned village, known as Larkya Bazaar. Presumably, this village thrived as a trading point, with Tibet lying over the Gya La. The commerce seems to have dried up leading to the migration of the settlers. (A.B.L.D)

Day 14: Trek to Bhimtang (3720m) via Cross Larkya La pass (5125m) 8 hours.

We first climb towards Cho Chanda and then slowly head steeply uphill toward the snowed-up pass. From the top the panorama is magnificent: Himlung Himal (7126meter), Cheo Himal (6820meters), Gyagi Kung, Kang Kuru (6981meters), and the Annapurna II (7937meters). The descent is steep, through moraines, towards Bhimtang. (A.B.L.D)

Day 15: Bhimtang to Goa (2515 meters) 5 hours.

We start with a gentle climb through paddy fields towards the small Karcha La pass and descend through fig tree and rhododendron forests to Goa. (A.B.L.D)

Day 16: Goa to Jagat (1330 meters) 5 hours.

Follow the trail downstream of Marshyangdi River, passing through the scattered villages to reach Jagat village via Tal Tibetan village. overnight at hotel.(A.B.L.D)

Day 17: Drive to Besishahar) 5 hours by Jeep.

Today drive to Beshishahar. This ends the walking day of our trekking. overnight stay at lodge. (A.B.L.D)

Day 18: Drive to kathamndy by bus or jeep (6 hr)

We take local bus to Kathmandu. The way returning to Kathamndu is impressive. Rice field, Marshandgi river and Trishuli river with the view of Manaslu mountains and lamjung himal we drive back to Kathmandu. Overnight at Hotel (A.B)

Day 19: Free day Or shopping day. Overnight at hotel.

Day 20: Transfer to the International Airport for your home departure. “Farewell”

(Abbreviation: A - Accommodation, B - Breakfast, L - Lunch, D - Dinner)

Note: Please Click and view the images of Manaslu Larke la Pass Trekking

Cost Details:

Full package cost:

Group Size: minimum 2 People

Per Person : Euro 2250

Cost Includes:

1.4 night hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. Trekking Permit TIMS, Manaslu Special restricted permit
4. Meal: All meals Breakfast, Lunch, and Dinner during the trek
5. One experience trekking guide 1 porter for 2 trekkers
6. Annapurna Conservation permit,
7. Local land transportation like bus service, if you desire to take a private Jeep costs should be paid by clients.
8. Life, Medical Insurance for Guide & Porter

9. All accommodations during the trek are best available in hotel/guesthouses
10. Our service charge
11. Good Salary for Guide and Porters.

Cost Excludes:

1. Personal equipment for trekking
2. Personal Insurance for travel to Nepal
3. Lunch & dinner in Kathmandu
4. Emergency Rescue evacuation during the trek incase needed
5. Personal expenses
6. Tipping (Tips) for guide & porter
7. Bar bills, Beverage and mineral water during the trek.
8. The cost not mentioned in cost includes

.....



Asian Expedition Pvt. Ltd.

G. Post box No: 20377
Thamel Kathmandu Nepal
Phone:+0977-1-4258373, +0977-9841379821
Emai:adventuremountains@gmail.com, info@adventuremountains.com
web:www.adventuremountains.com