Manaslu Circuit Trekking

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Opened for trekking in the 1990s, Manaslu Trek is an adventurous and challenging trekking trail in Nepal Himalaya. It is a journey to the base of Mt. Manaslu (8163 meters), the eighth tallest mountain in the world, geographically close to Nepal-Tibet (China) border. Adventure Thirdpole Treks was one of the first companies to take trekking groups into the region. It, however, remained virtually inaccessible from 1996 till 2006 due to political unrest. In terms of tourism, Manaslu is still categorized as 'controlled area' so special permits are required to trek here.

Few travelers penetrate this high and mysterious valley, which once had much more important trading links with Tibet than it does today, and one will have the feeling of entering a secret Buddhist world of monasteries, mani walls and prayer flags. Impressive is the exploration of Tsum Valley famous for Milarepa caves, Mu Gompa and yak pastures. The crossing of Larkya La (5160m) pass, one of the highest Himalayan valleys, is a major highlight. The pass offers remarkable panoramas of Manaslu, Himal Chuli (7893m), Himlung (7126m) and Cheo Himal (6820m).

Over 110 species of birds, 33 mammals, 11 butterflies, and 3 reptiles have been recorded in the area which includes snow leopard, grey wolf, musk deer, blue sheep, and Himalayan Thar. The region is inhabited by Bhotia people such as Nubri, Tsum, and Gurungs who have closer cultural and geographical ties with Tibet than Nepal.

Manaslu trek is a tea house trek and starts at Arughat along the Buri Gandaki River and descends down to Annapurna region.

Duration: 21 days

Price: $1700

Rating: 4 Star

Group Size: Min 2 Pax.

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Manaslu Region

Itinerary:

Day 1: Arrival in Kathmandu airport (1345meters)

There you will be met by our Airport Representative and transferred to hotel by private tourist vehicle

Day 2: Sightseeing around Kathmandu valley

Your sightseeing trip will start at 9 AM in the morning after breakfast. We will provide a private vehicle and professional tour guide. We visit Pashupatinath temple, Buddhanath, Monkey temple, Bhaktapur Durbar square. The afternoon includes a final briefing and preparations for the trek.

Day 3: Drive to Arughat (640meters) 5 hours

Our 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 for 3.30 hours is a comfortable drive but from there to Arugat for another 4 hours, we will be driving on the dirt road.

Day 4: Trek to Soti Khola (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 Arkhet we ascend slowly toward Kyoropani. Camp today nears the confluence of Seti River - an ideal place to take a fresh water bath.

Day 5: Trek to Machha Khola (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

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

After crossing Machha Khola and Khorla Bensi, there is a hot spring called "Tatopani". 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.

Day 7: 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.

Day 8: Trek to Ghap (2100meters) 6 hours.

Follow the trail upstream of Deng River - 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.

Day 9: Trek to Lho (3200meters) 6 hours.

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. After Namru, across the Hinan river originating from Linda Glacier and continue 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.

Day 10: Trek to Samagompa (3500meters) 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 night halt.

Day 11: Trek to Stone Hut (4500meters) 5 hours.

Today we climb a terraced hill on the opposite bank of Budhi Gandaki River from here toward a most remote permanent settlement - Samdo. Here amid the most severe conditions of nature live some 200 villagers in forty houses check-by-jowl.

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 a local excursion

Day 13: Cross Larkya La (5215meters) and trek Bhimtang (3590meters) 8 hours.

We first climb towards Cho Chanda and then slowly head steeply uphill towards 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.

Day 14: Trek to Tilje (3900meters) 5 hours.

The route gets easier. We start with a gentle climb through paddy fields towards the small Karcha La pass and descend through fig tree and rhododendron forests to Tilje.

Day 15: 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.

Day 16: Trek to Jagat (1300meters) 5 hours.

Today the trail runs gently downstream of the river passing the village of Chamje and Himal Pani We will have overnight stay at Jagat.

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

Ascending gently for 30 minutes and the trail runs gently down to Sanjee village, then the trail goes up for 15 minutes to Gharmuu Phant. From here another 2 hours easy walk and 30 minutes up will take to the village of Bahundanda.

Day 18: Trek to Beshisahar. 5 hours.

The trail runs gently downstream of the river passing the village of Naadi. From here the trail takes you to the bank of Marshyngdi River and the town of Bhulbhule, Khudi all the way to Besisahar.

Day 19: Drive Back to KTM.

Drive back to KTM, 6.30 hrs

Day 20: Leisure Day in KTM

If you are interested in continuing onto Chitwan Jungle Safari, River Rafting, Adventure, Kathmandu Shopping Tour or Scenic Everest Flight !!

Day 21: Departure

You will departure from Kathmandu to your destinated place.

Highlights:

- 360 degree view of Himalayas including Manaslu
- Experience well preserved authentic Tibetan culture of Nubri and Tsum people
- Cross Larkya La pass at 5160m
- Visit Mu Gompa in Tsum Valley
- Trek through Manaslu Conservation Area